



THE CONCISE NEW ZEALAND

FOOD COMPOSITION TABLES

12TH EDITION 2016

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Contents

1	Foreword	i	K	Fin fishes.....	93
2	Acknowledgements	ii	L	Fruits.....	99
3	Notes for users	iii	M	Meats.....	113
	Limitations in the dataset.....	iii	N	Meat products.....	131
	Data selection procedures.....	iii	P	Miscellaneous.....	137
	Documentation procedures.....	iv	Q	Nuts and seeds.....	139
	Notes on food groups.....	v	R	Recipes.....	145
	Notes on food components.....	v	S	Sauces and condiments.....	147
4	The Concise New Zealand Food Composition Tables	1	T	Shellfishes.....	153
	A Bakery products.....	1	U	Snack foods.....	157
	B Beverages, alcoholic.....	17	V	Soups.....	161
	C Beverages, non alcoholic.....	25	W	Sugars, confectionaries and sweet spreads.....	165
	D Breakfast cereals.....	41	X	Vegetables and pulses.....	171
	E Cereals and pseudo-cereals.....	45	5	Appendices	
	F Dairy.....	57		Appendix I – Alcohol values.....	201
	G Eggs.....	71		Appendix II – Caffeine values.....	205
	H Fast foods.....	75		Appendix III – Nutrient trace and significant figures.....	212
	J Fats and oils.....	87		Appendix IV – Food index.....	213

Foreword

The 12th Edition of the Concise New Zealand Food Composition Tables contains information on 34 food components for over 1000 foods and drinks. The Concise Tables are a subset of data from the New Zealand Food Composition Database. The complete dataset (2600 foods and up to 350 food components) is available as FOODfiles 2016 Version 01, and can be accessed from on the same website www.foodcomposition.co.nz.

The Concise Tables are intended to be a quick reference on the nutrient content of foods and drinks that are commonly consumed in New Zealand. They are available free of charge in both PDF and Microsoft Office Excel 2007 formats.

Data from the New Zealand Food Composition Database are used to translate food intake into nutrient intake in nutrition surveys and studies. Knowledge of New Zealanders' food and nutrient intake ensures that the Ministry's policies, programmes, and health education resources have a sound technical basis.

Food composition data are used in many other ways to improve the health of New Zealanders. For example, they are used to plan menus and provide dietary advice in health care settings, develop nutrition labels and Health Star Ratings on packaged foods, and in nutrition education and research.

The Ministry of Health anticipates that the latest Edition of Concise Tables will continue to be widely used by health practitioners, the food industry, researchers, teachers, students and the general public to help New Zealanders live well, stay well and get well.

Dr Caroline McElnay, Director of Public Health

Acknowledgements

Many people have been involved in developing the New Zealand Food Composition Database (NZFCD) from which the 12th Edition 2016 of The Concise New Zealand Food Composition Tables and New Zealand FOODfiles 2016 Version 01 are derived.

Special acknowledgement is due to Dr Barbara Burlingame who initiated the 1st Edition of The Concise New Zealand Food Composition Tables in 1993 and was first author of the next two editions. Dr Nelofar Athar oversaw production of the 3rd to 7th Editions and Dr Lucy Lesperance oversaw the 8th Edition's release. Subathira Sivakumaran the 9–12th Editions.

The New Zealand Institute for Plant & Food Research Limited (Plant & Food Research; PFR) and the Ministry of Health acknowledge the assistance provided by scientific and technical personnel at various research associations, producer boards and food companies, government and university analytical laboratories, and other members of Plant & Food Research's Portfolios.

In particular, we would like to thank Sally Mackay for providing useful feedback on the 12th Edition of Concise Tables. We would like to thank Maria Turley,

Health and Disability Intelligence, the Ministry of Health, for providing feedback on the Concise Tables 12th Edition.

Thanks also go to Plant & Food Research staff including TC Chadderton (Food Innovation, Portfolio Manager) and members of the PFR Science Publication Unit for reviewing this publication; Andrew McLachlan (Biometrician) for applying mode of data expression; Carol Dolman (Publishing Administrator) for assistance with formatting; and Minna Pesonen (Brand Designer) for designing the front cover for this joint Plant & Food Research and Ministry of Health publication.

We would also like to thank the PFR Development and Web Infrastructure Team, in particular Zane Gilmore, who leads the team, and the late Thomas Schara, for their development and ongoing management of the Food Information Management System (FIMS) and the NZFCD, that underpins the New Zealand FOODfiles and the Concise Tables, and the launch of this readily accessible web version. The launch of the website www.foodcomposition.co.nz would not have been possible without the additional support of Jack McKenzie, Web Developer; Dr Matthew Laurensen, Manager for Science and Business Solutions; and John McMaster, Chief Information Officer.

Notes for users

Limitations in the data set

The Concise New Zealand Food Composition Tables contains a subset of foods and nutrients from the New Zealand FOODfiles 2016 Version 01¹. The list of foods in the 12th Edition (www.foodcomposition.co.nz/concise-tables) updates the 11th Edition, which is archived on the same website. The Concise Tables 12th Edition contains 34 components within the body of the table and two more components, alcohol and caffeine, in Appendix I and II, respectively.

The Concise Tables 12th Edition lists 1063 foods, almost 40% of the 2631 foods in New Zealand FOODfiles 2016 Version 01. All the foods in the tables have values for all components with the exception of alpha-linolenic acid (63%) and linoleic acid (67%). The missing data are represented as blanks. Users should treat a blank as a missing value, not a zero. The complete list of components, more detail on a food's description, sampling details, component messages, and source of the data can be found in the New Zealand FOODfiles 2016 Version 01. Users who need to develop Nutrition Information Panel (NIP) labels for foods can make use of a separate data set, also available at the same website: www.foodcomposition.co.nz/nip-database.

¹ The New Zealand Institute for Plant & Food Research Limited 2017. New Zealand Food Composition Database: New Zealand FOODfiles 2016 Version 01. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health. www.foodcomposition.co.nz/foodfiles [accessed May 2017].

² U.S. Department of Agriculture Agricultural Research Service 2016. USDA national nutrient database for standard reference, Release 28 USDA Nutrient Data Laboratory. www.ars.usda.gov/ba/bhnrc/ndl [accessed September 2016].

Very few foods have a constant composition and the data presented do not represent absolute values. The purpose of the Concise Tables, and of all NZFCD products, is to present a reliable estimate of the usual composition of foods as available and/or consumed, based on representative samples.

Data selection procedures

Strict protocols have been followed to generate the data for foods listed in these tables. Systematic sampling was performed by purchasing foods from three or more geographical centres, including a number of samples from different manufacturing dates and brands. The samples were composited before being submitted for analysis by accredited laboratories. The size of individual samples, the number of samples and analytical replicates, and the data source vary from food to food. These details can be found in the FOODfiles 2016 Version 01: Name.FT. Data for the majority of foods has been determined by analysis in New Zealand and Australia accredited laboratories with a few food records borrowed from USDA² CoF IDS³ and NUTTAB⁴.

Approximately 35% of values in these tables are borrowed or derived from other data sources, rather than from New Zealand analysis or presumed zero (logical zero). This has been done to present complete tables of core nutrients with no

³ Food Standards Agency 2002. McCance and Widdowson's the composition of foods integrated dataset (CoF IDs) Royal Society of Chemistry. www.food.gov.uk/science/dietarysurveys/dietsurveys/ [accessed January 2010].

⁴ Food Standards Australia New Zealand 2011. NUTTAB 2010-Australian food composition tables. Food Standards Australia New Zealand. www.foodstandards.gov.au/consumerinformation/nuttab2010/ [accessed December 2011]

missing values. Copyright information from other sources is reproduced with permission. Source codes, used in Appendix IV – Food index (and described in Table 1 below), indicate the countries from which the primary nutritional information has been derived. The source for individual components can be found in the New Zealand FOODfiles 2016 Version 01, DATA.FT files.

Approximately 100 foods in the tables were derived from recipe calculations by applying appropriate Nutrient Retention Factors (NRF)⁵ and Yield Factors (YF). The details of the ingredients used to prepare these recipes; NRF and YF can be found in the New Zealand FOODfiles 2016 Version 01: INGREDIENT.FT, NRF.FT and YF.FT files. Description for these files can be found in the New Zealand FOODfiles 2016 Manual⁶ in the same website.

Table 1. Source codes

Source code	Source
a	FSANZ-NUTTAB
b	UK National Nutrient Databank or McCance and Widdowson's The Composition of Foods Integrated Dataset (Co FIDS)
c	Calculated by NZFCD after data entry
d	Derived from any of several published sources
f	Fortified
h	Pacific Islands Food Composition Tables and publications
m	Manufacturer's supplied data
n	Papua New Guinea
o	Other overseas databases
p	Presumed zero
r	Value derived from a related food
u	USDA National Nutrient Database
w	Value derived from sample with unknown dry matter or water, may not be directly related to water value present
x	No confidence in selected value
y	Australian Aboriginal Foods
z	New Zealand analytical data

Documentation procedures

Mean values presented in all food records are rounded to a fixed number of decimal places or a fixed number of significant figures for each food component.

The alpha-numeric code, i.e. the FoodID, associated with each food record, provides a unique food identifier within the NZFCD. The alphabetic food character indicates the food group, as shown in the tables in Appendices I–II and IV. The numeric character(s) represent a record position within a category. The foods are

⁵ U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory 2007. USDA Table of Nutrient Retention Factors: Release 6. www.ars.usda.gov/SP2UserFiles/Place/12354500/Data/retn/retn06.pdf [accessed January 2009].

⁶ Sivakumaran S, Huffman L, Gilmore Z, Sivakumaran S 2017. New Zealand FOODfiles 2016 Manual. The New Zealand Institute for Plant & Food Research Limited. www.foodcomposition.co.nz/foodfiles [accessed May 2017].

sorted alphabetically both in the tables in this document and within the chapters. The 'Short Food Name' is used for each food in the food table. The 'Short Food Name' for each food is derived from the 'Food Name' which is composed of multi-faceted descriptors selected according to the INFOODS Guidelines for Describing Foods⁷ (Appendix V). The 'Food Name' is used in the FOODfiles 2016 Version 01 and NIP database.

Notes on food groups

Whenever possible, foods are described in generic terms. However, some foods only exist as single proprietary products, and are therefore represented by their brand names.

The term 'pseudo-cereals' has been used to categorise foods that are used like cereals but taxonomically are not true cereals. These plant foods typically have low water and high starch content, and include soy beans, soy bean flour and other legumes, sago, and tapioca.

All dairy products are made from cows' milk unless otherwise indicated.

The same foods, prepared or processed in different ways, are not always derived from a single original sample. For example, the same sample of peaches was not analysed in raw, canned, dried and frozen forms. The data are obtained from many sources and may represent different growing years, growing areas, cultivars, and analysis by different laboratories. Therefore, differences in values for various forms of the same food do not necessarily represent just the effect of processing or preparation.

The term 'separable lean' refers to meat muscle, including inseparable fat. The term 'separable fat' refers to subcutaneous or depot fat with all separable lean removed. The term 'separable lean and fat' refers to meat muscle, where separable and inseparable fat are included. Nutrient values can be calculated for meat with any percentage of separable lean by scaling the values presented in 'separable lean' and 'separable fat' records.

For all shellfish, except scallops, the entire non-shell portion represents the edible portion. For scallops, the edible portion is the adductor muscle only.

Notes on food components

The 34 food components in the main body of the tables are presented in a fixed format for each record. The order of presentation is based on major nutrient categories and conventions. A summary of the components, their 'Component Identifier' component, unit of measure and comments is shown in Table 2.

Users of these food composition tables are expected to have a basic understanding of the food components within each nutrient category. Therefore, this section provides only information that is not immediately obvious or self-explanatory. The details of method of analysis can be found in the New Zealand FOODfiles 2016 Manual sourced from the same website.

⁷ Truswell S, Batteson DJ, Madafoglio KC, Pennington JAT, Rand WM, Klesin JC 1991. INFOODS guidelines for describing foods: A systematic approach to describing foods to facilitate international exchange of food composition data. *Journal of Food Composition and Analysis* 4: 18-38.

Table 2. Components

Components Table heading	Component identifier ^a	Component	Unit per 100 g ^b	Comment ^c
Water	WATER	Water	g	
Energy	ENERC	Energy, total metabolisable	kJ	Sum of fat, protein, carbohydrate available, and alcohol multiplied by energy conversion factor listed in Table 3. The energy value expressed in kilocalorie (kcal) per 100 g can be calculated using the conversion factors (kcal/g).
Energy (NIP)	ENERC_FSANZ2	Energy, total metabolisable, available carbohydrate, FSANZ	kJ	Sum of fat, protein, available carbohydrate, dietary fibre, alcohol and organic acids multiplied by energy conversion factor listed in Table 3. 1 kcal = 4.18 kJ.
Protein	PROT	Protein, total	g	The protein values are calculated from total nitrogen and multiplied by specific nitrogen conversion factors.
Fat	FAT	Fat, total	g	
Carbohydrate, available	CHOAVL_FSANZ	Available carbohydrate, FSANZ	g	Sum of analytical values of sugars, starch and glycogen.
Fibre, dietary	FIBTG	Fibre, total dietary	g	Determined by AOAC Prosky method for the mixture of non-starch polysaccharides, lignin, resistant starch and resistant oligosaccharides.
Sugars	SUGAR	Sugars, total	g	Sum of individual mono and disaccharides.
Starch	STARCH	Starch, total	g	
SFA	FASAT	Fatty acids, total saturated	g	Fatty acids, total mono, poly and saturated fatty acids calculated by summation of the individual mono, poly and saturated fatty acids, respectively.
MUFA	FAMS	Fatty acids, total monounsaturated	g	
PUFA	FAPU	Fatty acids, total polyunsaturated	g	
Alpha-linolenic acid	F18D3N3	Fatty acid 18:3 omega-3	g	
Linoleic acid	F18D2N6	Fatty acid 18:2 omega-6	g	
Cholesterol	CHOLE	Cholesterol	mg	
Sodium Na	NA	Sodium	mg	
Iodide I	ID	Iodide	µg	Synonym of iodine.

Components Table heading	INFOODS ^a tagname	Components	Units per 100g ^b	Comments ^c
Potassium K	K	Potassium	mg	
Phosphorus P	P	Phosphorus	mg	
Calcium Ca	CA	Calcium	mg	
Iron Fe	FE	Iron	mg	
Zinc Zn	ZN	Zinc	mg	
Selenium Se	SE	Selenium	µg	
Vitamin A	VITA	Vitamin A, retinol equivalents	µg	Total vitamin A activity = retinol (µg) plus 1/6 th multiplied by beta carotene equivalent (µg).
Beta-carotene	CARTBEQ	Beta-carotene equivalents	µg	
Thiamin	THIA	Thiamin	mg	Vitamin B1.
Riboflavin	RIBF	Riboflavin	mg	Vitamin B2.
Niacin	NIAEQ	Niacin equivalents, total	mg	Preformed niacin plus niacin equivalents from tryptophan.
Vitamin B6	VITB6A	Vitamin B6	mg	
Vitamin B12	VITB12	Vitamin B12	µg	Cobalamin.
Dietary Folate	FOLDEE	Dietary folate equivalents	µg	Folate, food naturally occurring food folates plus folic acids multiplied by 1.67.
Vitamin C	VITC	Vitamin C	mg	L-ascorbic acid plus L-dehydroascorbic acid.
Vitamin D	VITD	Vitamin D; calculated by summation	µg	Sum of vitamin D2 and D3. D2 is in plant foods and D3 is in animal foods.
Vitamin E	VIT E	Vitamin E, alpha tocopherol equivalents	mg	Vitamin E = (alpha tocopherol x 1.0) + (beta tocopherol x 0.4) + (gamma tocopherol x 0.1) + (delta tocopherol x 0.01).

^aThe 'Component Identifier' includes the available INFOODS tagnames for the food components. For those not available the 'Component Identifiers' were generated for the NZFCD following a similar naming convention to the INFOODS tagnames (Klensin JC, Feskanich D, Lin V, Truswell S, Southgate DAT 1989. Identification of foods components for INFOODS data Interchange Tokyo, United Nations University. <http://archive.unu.edu/unupress/unupbooks/80734e/80734E00.htm> [accessed April 2011] and FAO/INFOODS 2012. FAO/INFOODS Guidelines: Guidelines for food matching. Version 1.2. FAO. www.fao.org/infoods/infoods/standards-guidelines/en/ [accessed 2012]).

^bTrace amounts are different for every nutrient. Please refer to Appendix III for trace nutrient levels.

^cMore information about the analytical methods for the components can be found in the New Zealand 2016 FOODfiles Manual in the same website www.foodcomposition.co.nz.

The sum of the proximate components (water, fat, protein, sugars, starch, dietary fibre and alcohol) is usually within the range of 95–105 g per 100 g edible portion. A margin of plus or minus 5 g per 100 g is considered acceptable⁸, particularly as many of the components have been determined independently on samples in different laboratories. For some food records, the sum is outside this range. Explanations for proximate values being outside this range can include the presence of high levels of unusual constituents not measured in proximate analyses and analytical variance.

The energy data (Energy, total metabolisable and Energy, total metabolisable, available carbohydrate, FSANZ) is expressed in units of kilojoules (kJ). All values are calculated from the energy-producing food components (carbohydrate, protein, fat, and alcohol), with and without dietary fibre and organic acids, using conversion factors listed in Table 3. To prepare nutrition information panels that require energy to be calculated as per the Australian New Zealand Food Standards Code⁹, the reader is referred to the separate online database on this website called “NZ Food Composition Data for Nutrition Information Panels” (www.foodcomposition.co.nz/nip-database).

Table 3. Energy conversion factors

Component	kJ/g	kcal/g
Protein	17	4
Total fat	37	9
Available carbohydrate	17	4
Alcohol	29	7
Dietary fibre	8	2
Organic acid	13	3
1 kcal = 4.18 kJ		

⁸ FAO/INFOODS 2012. FAO/INFOODS Guidelines: Guidelines for checking food composition data prior to the publication of a user table/database, version 01. FAO. www.fao.org/infoods/infoods/standards-guidelines/en/ [accessed January 2012].

⁹ Food Standards Australia New Zealand 2013. Australia New Zealand Standards Code - Standard 1.2.8 - Nutrition information requirements. www.comlaw.gov.au/Details/F2013C00098 [accessed February 2013].

The additional values for Measure (g) and the Common Standard Measure (CSM) are expressed as New Zealand metric standards (Table 4) for each food. If the CSM is not available, the amount commonly purchased or eaten has been used. For the alcoholic beverages in New Zealand one standard drink containing 10g of pure alcohol is used¹⁰. More measures and CSM can be found in the FOODfiles 2016 V01: CSM.FT. All measures are made on the edible portion, so no adjustments are required for the portion of the food that would typically be discarded. Volume measures are also converted to weight in grams, based on a food’s density, and nutrient values are presented on this basis. The density (g/cm³) for each food can also be found in the CSM.FT file.

Table 4. New Zealand metric standards for measuring volume

1 cup	250 mL
1 tablespoon	15 mL
1 teaspoon	5 mL

¹⁰ Health promotion agency (April 2016). The straight up guide to standard drinks. Wellington: Health promotion agency. Retrieved from <http://www.alcohol.org.nz/help-advice/standard-drinks>

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A	BAKERY PRODUCTS																		
A1122	Bagels, white, plain, toasted	100	28.8	1080	1100	9.7	1.8	49.7	2.8	5.6	44.1	0.4	0.6	0.8	trace	0.7	0	510	40
	1 bagel (3.3 x 9.6cm diameter)	88.9	25.6	958	978	8.6	1.6	44.2	2.4	5	39.2	0.3	0.5	0.7	trace	0.6	0	450	35
A148	Biscuit, Afghan	100	2.6	2000	2050	5.6	21.7	64.9	5.6	33.6	31.4	12.9	0.3	6.9			0	260	3.5
	1 biscuit (1.3 x 5.5cm diameter)	17.6	0.5	352	360	1	3.8	11.4	1	5.9	5.5	2.3	trace	1.2			0	46	0.6
A146	Biscuit, Arrowroot	100	2.7	1800	1820	7	10.5	76.1	2	24.3	51.9	4.4	1	3.8			0	280	1
	1 biscuit	8	0.2	144	145	0.6	0.8	6.1	0.2	1.9	4.1	0.4	0.1	0.3			0	22	0.1
A1060	Biscuit, Chocolate Chip Fudge, Farmbake, Arnott's	100	3	2010	2030	5.9	20.1	68.9	2	39.8	29.1	10.2	7	1.8	0.1	1.7	5	210	4.3
	1 biscuit (1.0 x 5.8cm diameter)	12.7	0.4	256	258	0.7	2.5	8.8	0.3	5.1	3.7	1.3	0.9	0.2	trace	0.2	1	27	0.5
A1061	Biscuit, Chocolate Chip, Cookie Time	100	7.1	2020	2040	6.4	23.4	61.7	2.2	39.5	22.2	15	5.4	1	0.2	0.6	54	380	4.2
	1 biscuit (1.7 x 11.0cm diameter)	96.1	6.8	1940	1960	6.2	22.5	59.2	2.1	37.9	21.3	14.4	5.2	1	0.2	0.6	52	370	4
A1076	Biscuit, Classic Dark, Tim Tam, Arnott's	100	1	2170	2200	5.5	26.9	63.7	3.9	46.4	17.3	14.6	8.6	1.7	trace	1.7	3	140	3.6
	1 biscuit (6.2 x 3.2 x 1.3cm)	19	0.2	412	418	1	5.1	12.1	0.7	8.8	3.3	2.8	1.6	0.3	trace	0.3	1	27	0.7
A1069	Biscuit, Dark Chocolate, Digestive, Arnott's	100	2.7	2030	2070	6.1	23.7	61.9	5.1	33.7	28.2	12.8	7.7	1.7	0.1	1.6	3	260	6.1
	1 biscuit (0.7 x 7.5cm diameter)	18	0.5	366	373	1.1	4.3	11.1	0.9	6.1	5.1	2.3	1.4	0.3	trace	0.3	1	47	1.1
A1070	Biscuit, Dark Chocolate, Wheaten, Griffin's	100	1.6	1930	1970	6.4	23.8	55.6	5.1	33.7	21.9	13.4	7.2	1.7	0.1	1.6	3	300	1.5
	1 biscuit (0.5 x 5.4cm diameter)	10.3	0.2	199	203	0.7	2.4	5.7	0.5	3.5	2.3	1.4	0.7	0.2	trace	0.2	trace	31	0.2
A1072	Biscuit, Double Deck Dark Chocolate Delight, Chit Chat, Griffin's	100	1.1	2100	2110	5.5	24.3	65	1.8	43.4	21.6	16.2	5.5	1	trace	1	7	230	5.7
	1 biscuit (6.5 x 2.9 x 1.3cm)	19.1	0.2	401	403	1.1	4.6	12.4	0.3	8.3	4.1	3.1	1.1	0.2	trace	0.2	1	44	1.1
A5	Biscuit, Gingernuts	100	4.2	1740	1750	5	9	77.7	1.9	37.5	40.3	4.3	3.2	0.9		0.9	2	190	1
	1 biscuit (0.8 x 5.2cm diameter)	9	0.4	156	158	0.4	0.8	7	0.2	3.4	3.6	0.4	0.3	0.1		0.1	trace	17	0.1
	1 biscuit (0.9 x 5.4cm diameter)	13	0.5	226	228	0.6	1.2	10.1	0.2	4.9	5.2	0.6	0.4	0.1		0.1	trace	25	0.1
A71	Biscuit, MallowPuffs, Griffin's	100	12	1790	1800	5.3	16.6	63.9	0.7	50.3	13.7	9.6	6.2	0.6		0.6	6	110	8
	1 biscuit (2.7 x 4.5cm diameter)	21.5	2.6	385	386	1.1	3.6	13.7	0.2	10.8	2.9	2.1	1.3	0.1		0.1	1	25	1.7

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A	BAKERY PRODUCTS																		
A1122	Bagels, white, plain, toasted	100	150	100	37	0.9	0.7	9.7	0	0	0.13	0.09	2.7	0.15	0	71	0	0	0.15
	1 bagel (3.3 x 9.6cm diameter)	88.9	130	91	33	0.8	0.6	8.6	0	0	0.12	0.08	2.4	0.13	0	63	0	0	0.13
A148	Biscuit, Afghan	100	170	120	46	1.9	0.8	0	0	0	0.14	0.07	3.3	0.28	0	6	0	0	1.4
	1 biscuit (1.3 x 5.5cm diameter)	17.6	30	21	8.1	0.3	0.1	0	0	0	0.03	0.01	0.57	0.05	0	1.1	0	0	0.25
A146	Biscuit, Arrowroot	100	140	99	28	0	0.6	0	0	0	0.26	0	2.2	0.16	0.05	13	0	0	0.93
	1 biscuit	8	11	7.9	2.2	0	trace	0	0	0	0.02	0	0.18	0.01	trace	1	0	0	0.07
A1060	Biscuit, Chocolate Chip Fudge, Farmbake, Arnott's	100	170	100	48	1.7	0.7	5	6	7	0.14	0.11	1.4	0.11	0.36	9	0	0	2.3
	1 biscuit (1.0 x 5.8cm diameter)	12.7	22	13	6.1	0.2	0.1	0.6	1	1	0.02	0.01	0.18	0.01	0.05	1.1	0	0	0.29
A1061	Biscuit, Chocolate Chip, Cookie Time	100	210	100	50	12	0.7	2	144	89	0.1	0.11	1.3	0.26	0.15	9	0	0	1.5
	1 biscuit (1.7 x 11.0cm diameter)	96.1	200	96	48	11	0.7	1.9	139	86	0.1	0.11	1.3	0.25	0.14	8.6	0	0	1.4
A1076	Biscuit, Classic Dark, Tim Tam, Arnott's	100	340	120	49	8.8	1	3	1	7	0.1	0.09	1	1.7	0.38	42	0	0	3.5
	1 biscuit (6.2 x 3.2 x 1.3cm)	19	65	23	9.3	1.7	0.2	0.6	trace	1	0.02	0.02	0.2	0.32	0.07	8	0	0	0.66
A1069	Biscuit, Dark Chocolate, Digestive, Arnott's	100	250	150	50	6.8	1	4	3	16	0.18	0.11	1.2	0.79	0.38	42	0	0	3
	1 biscuit (0.7 x 7.5cm diameter)	18	45	27	9	1.2	0.2	0.7	trace	3	0.03	0.02	0.22	0.14	0.07	7.6	0	0	0.55
A1070	Biscuit, Dark Chocolate, Wheaten, Griffin's	100	330	190	32	15	1.2	0	3	16	0.18	0.11	1.3	0.79	0.38	42	0	0	3
	1 biscuit (0.5 x 5.4cm diameter)	10.3	34	20	3.3	1.6	0.1	0	trace	2	0.02	0.01	0.13	0.08	0.04	4.3	0	0	0.31
A1072	Biscuit, Double Deck Dark Chocolate Delight, Chit Chat, Griffin's	100	340	150	80	26	0.8	0	12	14	0.13	0.23	1.1	0.62	0.38	42	0	0	2.8
	1 biscuit (6.5 x 2.9 x 1.3cm)	19.1	65	29	15	5	0.2	0	2	3	0.03	0.04	0.2	0.12	0.07	8	0	0	0.53
A5	Biscuit, Gingernuts	100	220	69	64	1.7	0.6	0.9	3	5	0.06	0	1.5	0.05	0	5.2	0.1	0	1.8
	1 biscuit (0.8 x 5.2cm diameter)	9	20	6.2	5.8	0.2	trace	0.1	trace	trace	trace	0	0.13	trace	0	0.5	trace	0	0.16
	1 biscuit (0.9 x 5.4cm diameter)	13	29	9	8.3	0.2	0.1	0.1	trace	1	0.01	0	0.19	0.01	0	0.7	trace	0	0.24
A71	Biscuit, MallowPuffs, Griffin's	100	200	140	97	1.9	0.6	1.4	22	19	0.05	0.18	0.69	0.01	0	7.4	trace	0	1.3
	1 biscuit (2.7 x 4.5cm diameter)	21.5	43	30	21	0.4	0.1	0.3	5	4	0.01	0.04	0.15	trace	0	1.6	trace	0	0.28

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A64	Biscuit, Malt	100	3.1	1840	1850	7.5	13.5	71.1	1.8	19.4	51.8	6.2	5.1	1.3		1.3	7	410	1
	1 biscuit (6.6 x 4.4 x 0.6cm)	7.5	0.2	138	139	0.6	1	5.3	0.1	1.5	3.9	0.5	0.4	0.1		0.1	trace	31	0.1
A1074	Biscuit, Milk Chocolate, Digestives, Arnott's	100	2.5	2040	2070	6	22.4	65.1	4.2	38	27.1	12	7.2	1.6	0.1	1.5	6	220	11
	1 biscuit (0.7 x 7.5cm diameter)	17.6	0.4	358	364	1.1	3.9	11.5	0.7	6.7	4.8	2.1	1.3	0.3	trace	0.3	1	39	2
A1066	Biscuit, White & Dark Chocolate, Farmbake, Arnott's	100	3.6	2060	2080	5	21.3	70	2.1	40.2	29.8	11.5	6.8	1.7	trace	1.7	5	160	3.7
	1 biscuit (1.0 x 5.2cm diameter)	12.6	0.5	260	262	0.6	2.7	8.8	0.3	5.1	3.8	1.4	0.9	0.2	trace	0.2	1	20	0.5
A1067	Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams	100	4.7	2000	2020	5.5	21.1	66.1	2.5	36.4	29.7	11.5	6.5	1.6	trace	1.6	10	260	2.7
	1 biscuit (1.3 x 5.3cm diameter)	13.3	0.6	266	268	0.7	2.8	8.8	0.3	4.8	4	1.5	0.9	0.2	trace	0.2	1	35	0.4
A1064	Biscuit, milk chocolate, Double Coat, Tim Tam, Arnott's	100	0.9	2210	2220	4.9	26	68.5	1.5	51.6	16.9	14.4	8.3	1.6	0.1	1.5	9	390	16
	1 biscuit (6.2 x 3.3 x 1.5cm)	22.8	0.2	503	506	1.1	5.9	15.6	0.3	11.8	3.9	3.3	1.9	0.4	trace	0.3	2	89	3.5
A1071	Biscuit, milk chocolate, Original, Tim Tam, Arnott's	100	1.2	2210	2220	4.9	26	68.5	1.8	49.8	18.7	14.1	8.4	1.7	0.1	1.6	7	170	12
	1 biscuit (6.2 x 3.2 x 1.3cm)	18.5	0.2	409	411	0.9	4.8	12.7	0.3	9.2	3.5	2.6	1.6	0.3	trace	0.3	1	31	2.3
A1075	Biscuit, milk chocolate, Wheaten, Griffin's	100	1.7	2020	2050	6.2	24.2	60	4.2	37.8	22.2	13.4	7.4	1.8	0.1	1.7	6	330	3.8
	1 biscuit (0.8 x 5.5cm diameter)	10.8	0.2	218	222	0.7	2.6	6.5	0.5	4.1	2.4	1.5	0.8	0.2	trace	0.2	1	36	0.4
A66	Biscuit, peanut brownie	100	4.1	2020	2040	7.1	21.6	64.4	2.4	28.7	35.8	8.7	8.7	2.9		2.9	12	400	1
	1 biscuit (1.2 x 5.4cm diameter)	12	0.5	242	244	0.9	2.6	7.7	0.3	3.4	4.3	1	1	0.3		0.3	1	48	0.1
	1 biscuit (1.6 x 5.5cm diameter)	22	0.9	444	448	1.6	4.8	14.2	0.5	6.3	7.9	1.9	1.9	0.6		0.6	3	88	0.2
A63	Biscuit, shortbread	100	3.9	1990	2010	5.5	23.9	59.7	1.9	12.9	46.8	12.2	8.3	1.5		1.5	29	280	0.7
	1 biscuit (1.1 x 5.0cm diameter)	12.5	0.5	249	251	0.7	3	7.5	0.2	1.6	5.8	1.5	1	0.2		0.2	4	35	0.1
	1 biscuit (1.6 x 5.3cm diameter)	20.5	0.8	408	411	1.1	4.9	12.2	0.4	2.6	9.6	2.5	1.7	0.3		0.3	6	57	0.1
A12	Biscuit, wafer, raspberry, cream filled	100	2.3	2070	2080	3.3	21.9	71	1.4	38.4	32.6	20.5	0.2	0.2		0.2	2	110	32
	1 biscuit (2.6 x 8.0 x 1.0cm)	9	0.2	187	188	0.3	2	6.4	0.1	3.5	2.9	1.8	trace	trace		trace	trace	9.9	2.9
A62	Biscuit, with coconut, Krispie, Griffin's	100	2.9	1830	1860	5.4	17	65.4	3.4	26.4	39.1	9.7	5.1	1.3		1.3	17	340	4
	1 biscuit (0.6 x 6.0cm diameter)	8.8	0.3	161	164	0.5	1.5	5.8	0.3	2.3	3.4	0.9	0.4	0.1		0.1	2	30	0.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A64	Biscuit, Malt	100	170	110	27	0.9	0.7	1.2	2	0	0.13	0.01	2.2	0.05	0	7.9	trace	0	1.8
	1 biscuit (6.6 x 4.4 x 0.6cm)	7.5	13	8.3	2	0.1	trace	0.1	trace	0	0.01	trace	0.17	trace	0	0.6	trace	0	0.14
A1074	Biscuit, Milk Chocolate, Digestives, Arnott's	100	260	160	90	4.5	0.9	4	11	11	0.18	0.19	1.2	0.65	0.38	42	0	0	2.3
	1 biscuit (0.7 x 7.5cm diameter)	17.6	46	28	16	0.8	0.2	0.7	2	2	0.03	0.03	0.21	0.11	0.07	7.4	0	0	0.4
A1066	Biscuit, White & Dark Chocolate, Farmbake, Arnott's	100	230	120	10	15	0.6	4	0	0	0.1	0.08	0.94	1.1	0.15	42	0	0	2.3
	1 biscuit (1.0 x 5.2cm diameter)	12.6	29	15	1.3	1.8	0.1	0.5	0	0	0.01	0.01	0.12	0.14	0.02	5.3	0	0	0.29
A1067	Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams	100	160	80	34	2	0.6	3	0	0	0.11	0.08	1.4	0.39	0.15	42	0	0	2.9
	1 biscuit (1.3 x 5.3cm diameter)	13.3	21	11	4.5	0.3	0.1	0.4	0	0	0.02	0.01	0.18	0.05	0.02	5.6	0	0	0.38
A1064	Biscuit, milk chocolate, Double Coat, Tim Tam, Arnott's	100	220	110	51	5.8	0.8	3	24	17	0.09	0.19	0.93	0.73	0.38	42	0	0	3.7
	1 biscuit (6.2 x 3.3 x 1.5cm)	22.8	50	25	12	1.3	0.2	0.7	5	4	0.02	0.04	0.21	0.17	0.09	9.6	0	0	0.85
A1071	Biscuit, milk chocolate, Original, Tim Tam, Arnott's	100	210	110	90	4	0.6	3	12	14	0.13	0.23	0.96	0.62	0.38	42	0	0	2.8
	1 biscuit (6.2 x 3.2 x 1.3cm)	18.5	39	20	17	0.7	0.1	0.6	2	3	0.02	0.04	0.18	0.12	0.07	7.8	0	0	0.51
A1075	Biscuit, milk chocolate, Wheaten, Griffin's	100	350	200	50	4.7	1.1	0	119	11	0.18	0.19	1.2	0.65	0.38	42	0	0	2.3
	1 biscuit (0.8 x 5.5cm diameter)	10.8	38	22	5.4	0.5	0.1	0	13	1	0.02	0.02	0.13	0.07	0.04	4.5	0	0	0.24
A66	Biscuit, peanut brownie	100	190	150	36	1.4	0.9	4.4	42	57	0.02	0.03	3.4	0.09	0	16	trace	0	2.1
	1 biscuit (1.2 x 5.4cm diameter)	12	23	18	4.3	0.2	0.1	0.5	5	7	trace	trace	0.41	0.01	0	1.9	trace	0	0.26
	1 biscuit (1.6 x 5.5cm diameter)	22	42	33	7.9	0.3	0.2	1	9	13	trace	0.01	0.74	0.02	0	3.5	trace	0	0.47
A63	Biscuit, shortbread	100	82	72	20	0.6	0.4	4.7	152	177	0.04	0.04	1.3	0.05	0	5.8	trace	0	1.5
	1 biscuit (1.1 x 5.0cm diameter)	12.5	10	9	2.5	0.1	0.1	0.6	19	22	trace	trace	0.17	0.01	0	0.7	trace	0	0.19
	1 biscuit (1.6 x 5.3cm diameter)	20.5	17	15	4.1	0.1	0.1	1	31	36	0.01	0.01	0.28	0.01	0	1.2	trace	0	0.31
A12	Biscuit, wafer, raspberry, cream filled	100	73	50	20	0.5	0.2	11	1	6	0	0.03	0.81	0	0	4	0	0	0.13
	1 biscuit (2.6 x 8.0 x 1.0cm)	9	6.6	4.5	1.8	trace	trace	1	trace	trace	0	trace	0.07	0	0	0.4	0	0	0.01
A62	Biscuit, with coconut, Krispie, Griffin's	100	170	85	21	0.9	0.7	0.7	1	0	0.01	0.06	0.92	0.04	0	5.8	0.1	0	1.5
	1 biscuit (0.6 x 6.0cm diameter)	8.8	15	7.5	1.8	0.1	0.1	0.1	trace	0	trace	trace	0.08	trace	0	0.5	trace	0	0.13

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A9	Biscuit, with cream filling	100	1.6	1930	1950	5	19.7	66	1.8	31.6	34.5	13.1	4.3	1.2			3	250	0.7
	1 biscuit	15	0.2	290	292	0.8	2.9	9.9	0.3	4.7	5.2	2	0.6	0.2			trace	38	0.1
A1125	Bread roll or bun, white, fortified	100	33.4	1010	1040	9.4	2.1	45.3	3.5	3.1	42.2	0.5	0.5	0.8	0.1	0.7	0	540	44
	1 bun medium (8.1cm diameter)	51.5	17.2	519	533	4.8	1.1	23.3	1.8	1.6	21.7	0.3	0.3	0.4	trace	0.4	0	280	23
	1 bun large (11.6cm diameter)	62.4	20.8	628	646	5.9	1.3	28.2	2.2	1.9	26.3	0.3	0.3	0.5	trace	0.4	0	340	27
	1 long roll (14.1 x 5.5cm diameter)	66.5	22.2	670	688	6.3	1.4	30.1	2.4	2.1	28	0.4	0.3	0.5	trace	0.5	0	360	29
A1126	Bread roll or bun, wholemeal, fortified	100	36.4	909	960	10.2	2.6	37.6	6.4	2.8	34.8	0.5	0.6	1	0.1	0.9	0	550	38
	1 bun medium (8.2cm diameter)	54.4	19.8	495	522	5.5	1.4	20.5	3.5	1.5	18.9	0.3	0.3	0.5	trace	0.5	0	300	21
	1 bun large (10.4cm diameter)	77.7	28.3	706	746	7.9	2	29.2	4.9	2.2	27	0.4	0.5	0.8	0.1	0.7	0	430	30
	1 long roll (9.1 x 7.6cm diameter)	62.8	22.9	571	603	6.4	1.6	23.6	4	1.8	21.9	0.3	0.4	0.6	trace	0.6	0	350	24
A206	Bread roll, currant, commercial	100	34.1	1150	1190	7.5	1.4	57.3	4.3	18.1	39.2	0.2	0.4	0.3	0.1	0.3	12	370	3
	1 slice (11.6 x 9.2 x 1.0cm)	27	9.2	311	321	2	0.4	15.5	1.2	4.9	10.6	0.1	0.1	0.1	trace	0.1	3	100	0.8
A1021	Bread, 9 Grain & Seed Toast, Tip Top, fortified vitamins E & folate	100	36.2	951	995	12.2	4	35	5.5	2	33	0.4	1.7	1.2	0.3	0.9	0	410	0.5
	1 slice (10.9 x 11.1 x 1.2cm)	37.8	13.7	359	376	4.6	1.5	13.2	2.1	0.7	12.5	0.1	0.6	0.5	0.1	0.4	0	150	0.2
A1100	Bread, Gluten Free Ancient Grain & Seeds, Burgen	100	38.5	957	1050	4.4	8.7	33	12.1	8	25	1.3	3	3.8	0.5	3.3	0	500	6.6
	1 slice (8.7 x 8.6 x 1.1cm)	44.8	17.2	429	472	1.9	3.9	14.8	5.4	3.6	11.2	0.6	1.4	1.7	0.2	1.5	0	220	3
A1098	Bread, Gluten Free White, Burgen	100	40.4	970	1030	2.3	4.9	44.1	7.7	6.5	37.6	0.9	2.7	1	0.3	0.7	0	690	4
	1 slice (8.9 x 8.6 x 1.1cm)	41.1	16.6	399	424	0.9	2	18.1	3.2	2.7	15.5	0.4	1.1	0.4	0.1	0.3	0	280	1.6
A1101	Bread, Gluten free 6 Seed, Vogel's	100	40.8	919	947	6.1	7.9	30.8	3.4	4.1	26.7	0.8	3.6	3	0.5	2.5	0	410	31
	1 slice (9.8 x 9.7 x 1.3cm)	35.7	14.6	328	338	2.2	2.8	11	1.2	1.5	9.5	0.3	1.3	1.1	0.2	0.9	0	150	11
A1045	Bread, Mixed Grain & Toasted Sesame Toast, Vogel's	100	44.9	881	937	9.4	5.7	30.1	7	0.4	29.7	0.6	2.9	1.8	0.3	1.4	0	370	36
	1 slice toast (9.5 x 10.3 x 1.2cm)	42.5	19.1	374	398	4	2.4	12.8	3	0.1	12.6	0.2	1.2	0.8	0.1	0.6	0	160	15
A1051	Bread, Nature's Grain, River Mill, fortified	100	37.5	947	981	10	2	41.5	4.2	3.8	37.7	0.4	0.5	0.9	0.1	0.8	0	440	51
	1 slice (10.5 x 11.9 x 1.2cm)	33.3	12.5	315	327	3.3	0.7	13.8	1.4	1.3	12.6	0.1	0.2	0.3	trace	0.3	0	150	17

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A9	Biscuit, with cream filling	100	130	88	41	0.5	0.5	3	2	0	0.09	0.12	1.4	0.01	0	4	0.2	0	3.4
	1 biscuit	15	20	13	6.2	0.1	0.1	0.5	trace	0	0.01	0.02	0.22	trace	0	0.6	trace	0	0.52
A1125	Bread roll or bun, white, fortified	100	160	110	48	0.9	0.7	9	0	0	0.32	0.09	2.9	0.3	0	120	0	0	0.01
	1 bun medium (8.1cm diameter)	51.5	81	55	25	0.5	0.4	4.6	0	0	0.17	0.05	1.5	0.15	0	60	0	0	trace
	1 bun large (11.6cm diameter)	62.4	98	67	30	0.6	0.5	5.6	0	0	0.2	0.06	1.8	0.19	0	73	0	0	0.01
	1 long roll (14.1 x 5.5cm diameter)	66.5	100	71	32	0.6	0.5	6	0	0	0.21	0.06	1.9	0.2	0	78	0	0	0.01
A1126	Bread roll or bun, wholemeal, fortified	100	250	190	41	1.9	1.5	8	0	0	0.25	0.13	3.9	0.57	0	53	0	0	0.15
	1 bun medium (8.2cm diameter)	54.4	140	100	22	1	0.8	4.4	0	0	0.14	0.07	2.1	0.31	0	29	0	0	0.08
	1 bun large (10.4cm diameter)	77.7	190	150	32	1.5	1.2	6.2	0	0	0.19	0.1	3	0.44	0	41	0	0	0.12
	1 long roll (9.1 x 7.6cm diameter)	62.8	160	120	26	1.2	0.9	5	0	0	0.16	0.08	2.4	0.36	0	33	0	0	0.09
A206	Bread roll, currant, commercial	100	200	78	75	1.7	1	2.3	0	0	0.11	0.04	2.7	0	0	220	0	0	0
	1 slice (11.6 x 9.2 x 1.0cm)	27	55	21	20	0.5	0.3	0.6	0	0	0.03	0.01	0.73	0	0	58	0	0	0
A1021	Bread, 9 Grain & Seed Toast, Tip Top, fortified vitamins E & folate	100	250	200	87	6.1	1.6	9.4	0	0	0.24	0.1	2.8	0.18	0	440	0	0	3.8
	1 slice (10.9 x 11.1 x 1.2cm)	37.8	95	76	33	2.3	0.6	3.6	0	0	0.09	0.04	1.1	0.07	0	170	0	0	1.4
A1100	Bread, Gluten Free Ancient Grain & Seeds, Burgen	100	240	170	100	1.3	1.1	0	0	0	0.17	0.22	1.9	0.27	0	0	0	0	2.6
	1 slice (8.7 x 8.6 x 1.1cm)	44.8	110	77	45	0.6	0.5	0	0	0	0.08	0.1	0.85	0.12	0	0	0	0	1.1
A1098	Bread, Gluten Free White, Burgen	100	110	70	68	0	0.3	0	0	0	0.06	0.18	0.43	0.09	0	0	0	0	0.68
	1 slice (8.9 x 8.6 x 1.1cm)	41.1	46	29	28	0	0.1	0	0	0	0.03	0.07	0.18	0.04	0	0	0	0	0.28
A1101	Bread, Gluten free 6 Seed, Vogel's	100	140	110	99	1.3	1	4	0	0	0.11	0.18	1.9	0.24	0	28	0	0	0.62
	1 slice (9.8 x 9.7 x 1.3cm)	35.7	50	41	35	0.5	0.4	1.4	0	0	0.04	0.06	0.66	0.09	0	10	0	0	0.22
A1045	Bread, Mixed Grain & Toasted Sesame Toast, Vogel's	100	160	130	23	1.1	1.1	7	0	0	0.15	0.11	3.5	0.16	0	18	0	0	0.33
	1 slice toast (9.5 x 10.3 x 1.2cm)	42.5	68	54	9.8	0.5	0.5	3	0	0	0.06	0.05	1.5	0.07	0	7.7	0	0	0.14
A1051	Bread, Nature's Grain, River Mill, fortified	100	150	110	95	1.2	0.9	9	0	0	0.14	0.1	3.7	0.23	0	820	0	0	0.08
	1 slice (10.5 x 11.9 x 1.2cm)	33.3	49	37	32	0.4	0.3	3	0	0	0.05	0.03	1.2	0.08	0	270	0	0	0.03

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A1052	Bread, Salba Traditional European Rye, Yarrows	100	38.6	885	961	11.3	4	32	9.6	2.7	29.3	1.2	1.3	1.2	0.2	1	0	350	28
	1 slice (10.7 x 11.5 x 1.6cm)	46.5	17.9	411	447	5.3	1.9	14.9	4.5	1.3	13.6	0.6	0.6	0.5	0.1	0.5	0	160	13
A1050	Bread, Salba Traditional Wholegrain, Yarrows	100	40.3	848	943	10.7	3.2	32.3	11.8	2.6	29.7	0.8	1.1	1.1	0.2	0.9	0	340	25
	1 slice (10.7 x 11.7 x 1.6cm)	46.1	18.6	391	435	4.9	1.5	14.9	5.4	1.2	13.7	0.4	0.5	0.5	0.1	0.4	0	160	12
A211	Bread, Soy & Linseed, Vogel's & Burgen	100	43.2	1010	1060	13.3	7.1	30.4	6.6	3.8	26.6	0.8	1.8	3.4	1.5	1.8	0	410	7.3
	1 slice (9.4 x 9.4 x 1.1cm)	37	16	372	391	4.9	2.6	11.2	2.4	1.4	9.8	0.3	0.6	1.2	0.6	0.7	0	150	2.7
A1048	Bread, Station Seed & Grain, MacKenzie	100	40.2	904	962	11.7	4.8	31	7.3	2.1	28.9	0.8	1.8	1.9	0.3	1.6	0	420	45
	1 slice (9.2 x 14.8 x 1.8cm)	58.6	23.5	530	564	6.8	2.8	18.2	4.3	1.2	16.9	0.4	1.1	1.1	0.2	0.9	0	250	26
A1053	Bread, Swiss Bake Grains Plus, Molenberg, Quality Bakers	100	40.2	909	958	11.4	3.2	35.2	6.1	2.7	32.5	0.6	1	1.4	0.1	1.2	0	410	42
	1 slice toast (10.5 x 11.3 x 1.2cm)	37.7	15.2	343	361	4.3	1.2	13.3	2.3	1	12.3	0.2	0.4	0.5	trace	0.5	0	150	16
A1049	Bread, Tuscan Mixed Grain, Freya's	100	39.5	927	968	9.6	2.7	39.1	5.1	2.7	36.4	0.5	1	1	0.1	0.9	0	410	37
	1 slice (9.2 x 12.3 x 1.3cm)	40.8	16.1	378	395	3.9	1.1	15.9	2.1	1.1	14.9	0.2	0.4	0.4	0.1	0.4	0	170	15
A1123	Bread, chapatti or roti, wholemeal, restaurant	100	34.3	1040	1090	8.3	4.9	42.3	6.7	3.1	39.2	1	1.7	1.8	0.2	1.6	0	320	6.9
	1 chapatti or roti (0.4 x 20cm diameter)	98.8	33.9	1030	1080	8.2	4.8	41.8	6.6	3.1	38.7	0.9	1.7	1.8	0.2	1.5	0	320	6.8
A1015	Bread, gluten free, mixed grain, sliced, prepacked	100	43.5	920	948	4.8	4.7	39.1	3.5	2.4	36.7	0.5	1.7	1.6	0.3	1.3	0	370	2.1
	1 slice (8.6 x 7.8 x 1.1cm)	42.5	18.5	391	403	2	2	16.6	1.5	1	15.6	0.2	0.7	0.7	0.1	0.6	0	160	0.9
A1014	Bread, gluten free, white, sliced & unsliced, prepacked	100	42.8	911	919	3.6	3	43.5	1	4.3	39.2	0.4	0.7	0.8	0.1	0.7	0	370	1.8
	1 slice (8.8 x 7.7 x 1.0cm)	34.8	14.9	317	320	1.2	1	15.1	0.3	1.5	13.6	0.1	0.2	0.3	trace	0.2	0	130	0.6
A1024	Bread, mixed grain, Ancient Grains, Vogel's	100	43.1	872	912	9.7	4	32.9	5	2.8	30.1	0.3	1.6	1	0.2	0.8	0	360	0.5
	1 slice sandwich (10 x 8.7 x 0.8cm)	34.7	15	303	317	3.4	1.4	11.4	1.7	1	10.4	0.1	0.5	0.3	0.1	0.3	0	120	0.2
	1 slice toast (10.0 x 9.0 x 1.0cm)	43.6	18.8	380	398	4.2	1.7	14.4	2.2	1.2	13.1	0.1	0.7	0.4	0.1	0.3	0	160	0.2
A1010	Bread, mixed grain, heavy, sliced, prepacked	100	45.6	968	1010	9.3	2.3	42.6	5.3	4.6	38	0.2	0.7	0.7	0.1	0.6	0	370	2.5
	1 slice sandwich (10.1 x 8.6 x 0.9cm)	37.3	17	361	377	3.5	0.9	15.9	2	1.7	14.2	0.1	0.3	0.3	trace	0.2	0	140	0.9
	1 slice toast (10 x 8.9 x 0.9cm)	41.7	19	404	421	3.9	1	17.8	2.2	1.9	15.8	0.1	0.3	0.3	trace	0.2	0	150	1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A1052	Bread, Salba Traditional European Rye, Yarrows	100	180	150	100	1.5	1.3	7	0	0	0.95	0.12	3.7	0.9	0	55	0	0	0.08
	1 slice (10.7 x 11.5 x 1.6cm)	46.5	81	69	47	0.7	0.6	3.3	0	0	0.44	0.06	1.7	0.42	0	25	0	0	0.04
A1050	Bread, Salba Traditional Wholegrain, Yarrows	100	180	150	110	2	1.3	5	0	0	0.89	0.12	3.9	0.21	0	39	0	0	0
	1 slice (10.7 x 11.7 x 1.6cm)	46.1	84	70	49	0.9	0.6	2.3	0	0	0.41	0.06	1.8	0.1	0	18	0	0	0
A211	Bread, Soy & Linseed, Vogel's & Burgen	100	290	170	120	1.8	1.3	4.1	0	0	0.18	0.11	2.4	0.05	0	460	0	0	0.33
	1 slice (9.4 x 9.4 x 1.1cm)	37	110	63	45	0.7	0.5	1.5	0	0	0.07	0.04	0.89	0.02	0	170	0	0	0.12
A1048	Bread, Station Seed & Grain, MacKenzie	100	190	180	140	2	1.5	6	0	0	0.19	0.1	4.6	0.22	0	33	0	0	0.29
	1 slice (9.2 x 14.8 x 1.8cm)	58.6	110	110	81	1.2	0.9	3.5	0	0	0.11	0.06	2.7	0.13	0	19	0	0	0.17
A1053	Bread, Swiss Bake Grains Plus, Molenberg, Quality Bakers	100	200	180	120	2	1.5	6	0	0	0.15	0.12	4.7	0.29	0	47	0	0	0.28
	1 slice toast (10.5 x 11.3 x 1.2cm)	37.7	75	67	44	0.8	0.6	2.3	0	0	0.06	0.05	1.8	0.11	0	18	0	0	0.11
A1049	Bread, Tuscan Mixed Grain, Freya's	100	150	120	110	1	1	6	0	0	0.14	0.11	3.5	0.2	0	31	0	0	0
	1 slice (9.2 x 12.3 x 1.3cm)	40.8	62	49	44	0.4	0.4	2.4	0	0	0.06	0.05	1.4	0.08	0	13	0	0	0
A1123	Bread, chapatti or roti, wholemeal, restaurant	100	250	180	24	2.4	1.3	10	0	0	0.27	0.09	3.6	0.48	0	13	0	0	0.54
	1 chapatti or roti (0.4 x 20cm diameter)	98.8	250	180	24	2.4	1.2	9.9	0	0	0.27	0.09	3.5	0.47	0	13	0	0	0.53
A1015	Bread, gluten free, mixed grain, sliced, prepacked	100	170	120	23	1.3	0.9	2.9	0	0	0.12	0.05	1.5	0.16	0	21	0	0.5	0.81
	1 slice (8.6 x 7.8 x 1.1cm)	42.5	72	51	9.8	0.6	0.4	1.2	0	0	0.05	0.02	0.64	0.07	0	9.1	0	0.2	0.34
A1014	Bread, gluten free, white, sliced & unsliced, prepacked	100	140	63	10	0.3	0.6	1	0	0	0.04	0.07	0.88	0.07	0	13	0	0.3	0.74
	1 slice (8.8 x 7.7 x 1.0cm)	34.8	49	22	3.5	0.1	0.2	0.3	0	0	0.01	0.02	0.31	0.02	0	4.5	0	0.1	0.26
A1024	Bread, mixed grain, Ancient Grains, Vogel's	100	180	140	41	1.6	1.1	3.2	16	6	0.18	0.05	2.4	0.21	0	35	0	0	0.48
	1 slice sandwich (10 x 8.7 x 0.8cm)	34.7	62	49	14	0.6	0.4	1.1	5	2	0.06	0.02	0.84	0.07	0	12	0	0	0.17
	1 slice toast (10.0 x 9.0 x 1.0cm)	43.6	78	61	18	0.7	0.5	1.4	7	3	0.08	0.02	1.1	0.09	0	15	0	0	0.21
A1010	Bread, mixed grain, heavy, sliced, prepacked	100	200	140	42	1.1	1.1	5.7	0	0	0.16	0.15	2.3	0.12	0	19	0	0.5	0.53
	1 slice sandwich (10.1 x 8.6 x 0.9cm)	37.3	75	52	16	0.4	0.4	2.1	0	0	0.06	0.06	0.84	0.05	0	7.2	0	0.2	0.2
	1 slice toast (10 x 8.9 x 0.9cm)	41.7	83	58	18	0.5	0.5	2.4	0	0	0.07	0.06	0.94	0.05	0	8.1	0	0.2	0.22

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A1009	Bread, mixed grain, light, sliced, prepacked	100	38.3	964	1000	9.9	2.8	40.7	5.1	4.1	36.6	0.4	0.9	0.9	0.2	0.8	0	450	0.5
	1 slice sandwich (11.4 x 10.3 x 1.1cm)	31.7	12.1	306	319	3.1	0.9	12.9	1.6	1.3	11.6	0.1	0.3	0.3	trace	0.2	0	140	0.2
	1 slice toast (11.1 x 10.5 x 1.3cm)	38.3	14.7	369	385	3.8	1.1	15.6	2	1.6	14	0.2	0.3	0.4	0.1	0.3	0	170	0.2
A1124	Bread, naan, white, plain, restaurant	100	34.5	1070	1100	7.1	5.3	44.1	4	4	40.1	1.1	1.8	1.5	0.2	1.3	6	580	9.4
	1 naan bread triangle (29 x 20 x 1cm)	145	50	1550	1590	10.3	7.7	63.9	5.8	5.8	58.1	1.6	2.6	2.2	0.3	1.9	9	840	14
A1097	Bread, pita, white	100	33.7	1050	1070	10.4	0.9	49.2	3	2.3	46.9	0.1	0.2	0.3			0	340	0
	1 small pocket (11cm diameter)	48	16.2	502	514	5	0.4	23.6	1.4	1.1	22.5	0.1	0.1	0.1			0	170	0
	1 large pocket (15cm diameter)	82	27.6	858	878	8.6	0.7	40.3	2.5	1.9	38.5	0.1	0.1	0.2			0	280	0
A234	Bread, plain, Panini, prepacked	100	27.6	1260	1290	9.4	8.4	46.8	3.5	3.6	43.3	0.7	4.5	1.5			0	520	0
	1 panini (2.1 x 9.9 x 17.1)	92	25.4	1160	1190	8.6	7.7	43.1	3.2	3.3	39.8	0.6	4.2	1.4			0	480	0
A1008	Bread, wheatmeal, sliced, prepacked	100	39.9	908	960	10.5	2.9	36.6	6.5	3.8	32.8	0.4	0.8	0.9	0.1	0.7	0	430	0.5
	1 slice sandwich (11.5 x 10.3 x 1.0cm)	30.5	12.2	277	293	3.2	0.9	11.2	2	1.2	10	0.1	0.2	0.3	trace	0.2	0	130	0.2
	1 slice toast (11.4 x 10.0 x 1.2cm)	37.5	15	340	360	3.9	1.1	13.7	2.4	1.4	12.3	0.1	0.3	0.3	trace	0.3	0	160	0.2
A1007	Bread, white, sliced, prepacked	100	38	977	1010	9.1	2.4	43.1	3.6	4.3	38.8	0.3	0.6	0.7	0.1	0.6	0	460	0.5
	1 slice sandwich (11.2 x 10.8 x 1.0cm)	32	12.2	312	322	2.9	0.8	13.8	1.2	1.4	12.4	0.1	0.2	0.2	trace	0.2	0	150	0.2
	1 slice toast (11.1 x 10.8 x 1.4cm)	38.5	14.6	376	387	3.5	0.9	16.6	1.4	1.7	14.9	0.1	0.2	0.3	trace	0.2	0	180	0.2
	1 slice thick toast (11.1 x 11.2 x 1.6cm)	46.5	17.7	454	467	4.2	1.1	20	1.7	2	18	0.1	0.3	0.3	trace	0.3	0	210	0.2
A45	Bread, wholemeal, pita	100	35.9	966	1030	10.1	2.2	41.9	7.8	2.2	39.7	0.3	0.5	0.7			0	320	0.5
	1 pita (1.1 x 15.7cm diameter)	85	30.5	821	874	8.6	1.9	35.6	6.6	1.9	33.7	0.3	0.5	0.6			0	280	0.4
A25	Bun, currant	100	27.7	1250	1270	7.6	7.5	49.3	3.5	15.1	34.2	1.8	2.7	1.5			17	230	2.3
	1 bun	80	22.2	996	1020	6.1	6	39.4	2.8	12.1	27.4	1.4	2.2	1.2			14	180	1.8
A130	Bun, iced	100	27.4	1420	1450	5	7.2	63.2	3.3	34.4	28.8	3.9	1.6	0.6			4	200	0.3
	1 bun	80	21.9	1140	1160	4	5.8	50.5	2.6	27.5	23.1	3.1	1.3	0.5			3	160	0.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A1009	Bread, mixed grain, light, sliced, prepacked	100	180	130	90	1.4	1.1	8.7	0	0	0.24	0.1	2.4	0.18	0	34	0	0.5	0.53
	1 slice sandwich (11.4 x 10.3 x 1.1cm)	31.7	57	41	29	0.4	0.3	2.8	0	0	0.08	0.03	0.77	0.06	0	11	0	0.1	0.17
	1 slice toast (11.1 x 10.5 x 1.3cm)	38.3	69	50	34	0.5	0.4	3.3	0	0	0.09	0.04	0.93	0.07	0	13	0	0.2	0.2
A1124	Bread, naan, white, plain, restaurant	100	140	250	220	1.1	0.5	7	0	0	0.12	0.07	2.1	0.22	0	12	0	0	0.44
	1 naan bread triangle (29 x 20 x 1cm)	145	210	360	320	1.6	0.7	10	0	0	0.17	0.1	3.1	0.32	0	17	0	0	0.64
A1097	Bread, pita, white	100	120	95	34	1	1	19	0	0	0.67	0.04	3	0.08	0	24	0	0	0.1
	1 small pocket (11cm diameter)	48	60	46	16	0.5	0.5	8.9	0	0	0.32	0.02	1.4	0.04	0	12	0	0	0.05
	1 large pocket (15cm diameter)	82	100	78	28	0.8	0.8	15	0	0	0.55	0.03	2.4	0.07	0	20	0	0	0.08
A234	Bread, plain, Panini, prepacked	100	150	100	54	1.1	1.1	9.7	0	0	0.28	0.06	3.1	0.04	0	2.4	0	0	0.39
	1 panini (2.1 x 9.9 x 17.1)	92	140	96	50	1	1	8.9	0	0	0.26	0.06	2.9	0.04	0	2.2	0	0	0.36
A1008	Bread, wheatmeal, sliced, prepacked	100	210	160	86	1.7	1.4	9.1	0	0	0.34	0.08	4	0.15	0	41	0	0.3	0.82
	1 slice sandwich (11.5 x 10.3 x 1.0cm)	30.5	64	49	26	0.5	0.4	2.8	0	0	0.1	0.02	1.2	0.05	0	12	0	0.1	0.25
	1 slice toast (11.4 x 10.0 x 1.2cm)	37.5	79	60	32	0.6	0.5	3.4	0	0	0.13	0.03	1.5	0.06	0	15	0	0.1	0.31
A1007	Bread, white, sliced, prepacked	100	130	88	85	1	0.7	9	0	0	0.23	0.04	2.4	0.07	0	28	0	0.3	0.35
	1 slice sandwich (11.2 x 10.8 x 1.0cm)	32	42	28	27	0.3	0.2	2.9	0	0	0.07	0.01	0.77	0.02	0	8.9	0	0.1	0.11
	1 slice toast (11.1 x 10.8 x 1.4cm)	38.5	50	34	33	0.4	0.3	3.5	0	0	0.09	0.02	0.92	0.03	0	11	0	0.1	0.14
	1 slice thick toast (11.1 x 11.2 x 1.6cm)	46.5	60	41	40	0.4	0.3	4.2	0	0	0.11	0.02	1.1	0.03	0	13	0	0.1	0.16
A45	Bread, wholemeal, pita	100	220	180	38	1.8	1.6	19	trace	3	0.31	0.09	2.7	0.08	0	26	0	0	0.1
	1 pita (1.1 x 15.7cm diameter)	85	180	150	32	1.5	1.4	16	trace	3	0.26	0.08	2.3	0.07	0	22	0	0	0.09
A25	Bun, currant	100	210	100	40	1.3	0.6	1	0	0	0.6	0.16	3	0.11	0	40	0	0	1.5
	1 bun	80	170	80	32	1	0.5	0.8	0	0	0.48	0.13	2.4	0.09	0	32	0	0	1.2
A130	Bun, iced	100	120	54	34	1.6	0.8	0	1	6	0.11	0.04	2.2	0.05	0	40	0	0	0.66
	1 bun	80	96	43	27	1.3	0.6	0	1	5	0.09	0.03	1.7	0.04	0	32	0	0	0.53

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A26	Cake, fruitcake	100	19.5	1510	1540	5.1	12.9	55.6	3.4	42.1	13.5	5.8	5.2	1.1			80	250	13
	1 slice (7.5 x 5.0 x 1.5cm)	40	7.8	604	615	2	5.2	22.2	1.4	16.8	5.4	2.3	2.1	0.5			32	100	5.2
A1029	Cracker, corn, Cruskits, Arnott's	100	6.9	1430	1440	8.1	1.2	73.3	1.6	0.2	73.1	0.2	0.3	0.6	trace	0.6	trace	740	0.5
	1 biscuit (12 x 5.6 x 0.5cm)	6.4	0.4	91	92	0.5	0.1	4.7	0.1	trace	4.7	trace	trace	trace	trace	trace	trace	47	trace
A1031	Cracker, mixed grain, Cruskits, Light, Arnott's	100	6.3	1410	1440	12.5	2.5	65.2	3.2	2.6	62.6	0.4	0.3	1	0.1	0.9	1	820	6.6
	1 biscuit (11.8 x 5.7 x 0.4cm)	6	0.4	85	86	0.8	0.2	3.9	0.2	0.2	3.8	trace	trace	0.1	trace	trace	trace	49	0.4
A1032	Cracker, mixed grain, Litebread, Original Crisp bread, Huntley & Palmers	100	4.9	1440	1460	11.7	3	66.3	3.4	4.6	61.7	0.3	1	0.7	trace	0.6	1	450	2.7
	1 biscuit (12 x 5.9 x 0.4cm)	6.7	0.3	96	98	0.8	0.2	4.4	0.2	0.3	4.1	trace	0.1	trace	trace	trace	trace	30	0.2
A233	Cracker, rice, barbecue flavoured	100	3.6	1590	1610	6.9	2.8	80.7	2.2	1.2	79.5	0.8	1.3	0.5			0	360	18
	1 biscuit (4.7cm diameter)	1.9	0.1	30	31	0.1	trace	1.5	trace	trace	1.5	trace	trace	trace			0	6.8	0.3
A1034	Cracker, rice, plain	100	3.8	1540	1540	6.6	3.8	75.7	0.7	2	73.7	0.7	1.3	1.2			0	470	0.5
	1 biscuit (4.7cm diameter)	2.1	0.1	32	32	0.1	0.1	1.6	trace	trace	1.5	trace	trace	trace			0	9.9	trace
A1035	Cracker, rice, seaweed flavoured, Sakata	100	5.8	1430	1440	8.3	1.6	72.6	0.7	4	68.6	0.3	0.6	0.4	trace	0.4	0	900	18
	1 biscuit (5.0cm diameter)	2	0.1	29	29	0.2	trace	1.5	trace	0.1	1.4	trace	trace	trace	trace	trace	0	18	0.4
A141	Cracker, rye, Crispbread, Ryvita	100	3.6	1390	1510	11.3	1.6	67.4	14.3	1.7	65.7	0.3	0.3	0.5			0	400	0.8
	1 cracker	10	0.4	139	151	1.1	0.2	6.7	1.4	0.2	6.6	trace	trace	trace			0	40	0.1
A1033	Cracker, wheat, Cream Crackers, Reduced Fat, Huntley & Palmers	100	3.9	1480	1520	11.7	4.2	66.2	5.4	2.2	64	0.4	1.8	0.6	trace	0.6	1	180	0.5
	1 biscuit (6.4 x 6.0 x 0.3cm)	7.9	0.3	117	120	0.9	0.3	5.2	0.4	0.2	5.1	trace	0.1	trace	trace	trace	trace	14	trace
A119	Cracker, wheat, Meal Mates, Griffin's	100	1.8	1940	1960	8	25.7	49.9	3.4	1.1	48.8	9.5	8.6	3.6			53	760	0.8
	1 biscuit (0.4 x 6.3cm diameter)	5.8	0.1	112	114	0.5	1.5	2.9	0.2	0.1	2.8	0.5	0.5	0.2			3	44	trace
A1030	Cracker, wheat, Salada, Light, Original, Arnott's	100	4.7	1410	1440	10.8	2.7	66.3	3.2	1.4	64.9	0.6	0.5	0.7	trace	0.6	4	1000	0.5
	1 biscuit (10 x 8.7 x 0.4cm)	14.8	0.7	209	212	1.6	0.4	9.8	0.5	0.2	9.6	0.1	0.1	0.1	trace	0.1	trace	150	0.1
A137	Cracker, wheat, Snax, Griffin's	100	3.6	1960	1980	7.2	24.5	54.6	3.4	2.3	52.2	10.7	9	2.4			10	750	1
	1 biscuit (0.5 x 5.0cm diameter)	3.6	0.1	70	71	0.3	0.9	2	0.1	0.1	1.9	0.4	0.3	0.1			trace	27	trace

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A26	Cake, fruitcake	100	390	110	50	1.3	0.5	3.4	6	38	0.1	0.07	1.3	0.11	0	8	0	0	1.9
	1 slice (7.5 x 5.0 x 1.5cm)	40	160	44	20	0.5	0.2	1.4	3	15	0.04	0.03	0.52	0.04	0	3.2	0	0	0.76
A1029	Cracker, corn, Cruskits, Arnott's	100	70	48	2.4	0.5	0.2	4.4	7	44	0.04	0.02	1.1	0.06	0	16	0	0	0.04
	1 biscuit (12 x 5.6 x 0.5cm)	6.4	4.5	3.1	0.2	trace	trace	0.3	trace	3	trace	trace	0.07	trace	0	1	0	0	trace
A1031	Cracker, mixed grain, Cruskits, Light, Arnott's	100	220	160	56	1.6	1.2	23	8	0	0.45	0.06	2.6	0.13	0	27	0	0	0.25
	1 biscuit (11.8 x 5.7 x 0.4cm)	6	13	9.6	3.4	0.1	0.1	1.4	trace	0	0.03	trace	0.16	0.01	0	1.6	0	0	0.02
A1032	Cracker, mixed grain, Litebread, Original Crisp bread, Huntley & Palmers	100	220	140	57	0.8	1.2	8.5	8	0	0.45	0.06	2.6	0.13	0	27	0	0	0.3
	1 biscuit (12 x 5.9 x 0.4cm)	6.7	15	9.4	3.8	0.1	0.1	0.6	trace	0	0.03	trace	0.18	0.01	0	1.8	0	0	0.02
A233	Cracker, rice, barbecue flavoured	100	85	85	19	0.5	1.3	0	0	0	0.67	0.04	2.7	0.27	0	20	0	0	0.81
	1 biscuit (4.7cm diameter)	1.9	1.6	1.6	0.4	trace	trace	0	0	0	0.01	trace	0.05	trace	0	0.4	0	0	0.02
A1034	Cracker, rice, plain	100	130	120	7.8	0.4	1.2	1	0	0	0.07	0.11	3.2	0.76	0	18	0	0	0.88
	1 biscuit (4.7cm diameter)	2.1	2.7	2.5	0.2	trace	trace	trace	0	0	trace	trace	0.07	0.02	0	0.4	0	0	0.02
A1035	Cracker, rice, seaweed flavoured, Sakata	100	260	130	12	0.6	1.3	3.8	14	84	0.07	0.08	3.2	0.76	0	56	0	0	0.08
	1 biscuit (5.0cm diameter)	2	5.2	2.6	0.2	trace	trace	0.1	trace	2	trace	trace	0.07	0.02	0	1.1	0	0	trace
A141	Cracker, rye, Crispbread, Ryvita	100	360	320	42	1.2	2.8	0	2	9	0.24	0.07	5.4	0.11	0	35	0	0	0.5
	1 cracker	10	36	32	4.2	0.1	0.3	0	trace	1	0.02	0.01	0.54	0.01	0	3.5	0	0	0.05
A1033	Cracker, wheat, Cream Crackers, Reduced Fat, Huntley & Palmers	100	220	120	28	1.2	1	6.7	3	6	0.16	0.03	2.2	0.13	0	41	0	0	0.5
	1 biscuit (6.4 x 6.0 x 0.3cm)	7.9	17	9.5	2.2	0.1	0.1	0.5	trace	trace	0.01	trace	0.17	0.01	0	3.2	0	0	0.04
A119	Cracker, wheat, Meal Mates, Griffin's	100	180	250	57	1.4	1.3	9	0	0	0.05	0.06	3.5	0.21	0	26	0	0	1.5
	1 biscuit (0.4 x 6.3cm diameter)	5.8	10	15	3.3	0.1	0.1	0.5	0	0	trace	trace	0.2	0.01	0	1.5	0	0	0.09
A1030	Cracker, wheat, Salada, Light, Original, Arnott's	100	190	120	25	1.3	0.9	9.7	3	6	0.16	0.03	2.2	0.37	0	41	0	0	0.22
	1 biscuit (10 x 8.7 x 0.4cm)	14.8	28	18	3.7	0.2	0.1	1.4	trace	1	0.02	trace	0.33	0.06	0	6	0	0	0.03
A137	Cracker, wheat, Snax, Griffin's	100	110	300	6.2	0	0.6	0	17	14	0.05	0.04	3	0.06	0	22	0	0	1.3
	1 biscuit (0.5 x 5.0cm diameter)	3.6	4	11	0.2	0	trace	0	1	trace	trace	trace	0.11	trace	0	0.8	0	0	0.05

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A140	Cracker, wheat, Water Cracker, Arnott's	100	3.5	1690	1710	10	7.2	73.7	2.8	0.4	73.2	2.9	1.9	0.8			3	630	0.8
	1 biscuit (0.4 x 5.5cm diameter)	3.2	0.1	54	55	0.3	0.2	2.4	0.1	trace	2.3	0.1	0.1	trace			trace	20	trace
A134	Cracker, wheat, cheese flavoured	100	2.8	2010	2040	11.6	22.4	58	3.4	3.1	54.9	10.1	7	1.9			14	880	0.8
	1 biscuit Cheddar (4.4 x 2.6 x 0.4cm)	2.3	0.1	46	47	0.3	0.5	1.3	0.1	0.1	1.3	0.2	0.2	trace			trace	20	trace
	1 biscuit Cheds (6.9 x 5.3 x 0.5cm)	8.3	0.2	167	169	1	1.9	4.8	0.3	0.3	4.6	0.8	0.6	0.2			1	73	0.1
A135	Cracker, wheat, sesame	100	2.5	1930	1980	9.7	22.6	54.6	6.7	2.8	51.9	9.5	8.1	3.1			10	890	0.8
	1 biscuit Sesame Wheat (6.0 x 5.9 x 0.5cm)	6.7	0.2	129	133	0.6	1.5	3.7	0.4	0.2	3.5	0.6	0.5	0.2			1	59	trace
A101	Croissant, plain	100	21.9	1660	1690	10.4	22.5	38.6	2.9	6.4	32.2	11.6	4.4	1.1	0.2	1	52	380	0.5
	1 small (7-12cm long)	50	11	832	844	5.2	11.2	19.3	1.5	3.2	16.1	5.8	2.2	0.6	0.1	0.5	26	190	0.3
	1 large (>15cm long)	75	16.4	1250	1270	7.8	16.9	29	2.2	4.8	24.2	8.7	3.3	0.9	0.1	0.7	39	290	0.4
A1120	Crumpet, white, toasted	100	47.3	732	752	6.6	1	34.3	2.6	1.6	32.6	0.2	0.2	0.5	trace	0.5	0	820	0
	1 crumpet round (1.4 x 9.2cm diameter)	48.5	22.9	355	365	3.2	0.5	16.6	1.2	0.8	15.8	0.1	0.1	0.3	trace	0.2	0	400	0
	1 crumpet square (10.9 x 10.5 x 1.5cm)	69.8	33	511	525	4.6	0.7	23.9	1.8	1.1	22.8	0.1	0.1	0.4	trace	0.3	0	580	0
A34	Doughnut, sugar & cinnamon	100	23.8	1650	1670	6.1	21.7	43.8	2.1	14.8	29	9.7	9.7	1.2			24	230	3
	1 doughnut (2.5 x 8.5cm diameter)	42	10	693	701	2.6	9.1	18.4	0.9	6.2	12.2	4.1	4.1	0.5			10	97	1.3
A96	English muffin, bread-like, assorted flavours, toasted	100	44	875	920	9.6	0.6	40.6	5.6	4	36.6	0.3	0.1	0.1			0	340	8.7
	1 muffin	80	35.2	700	736	7.7	0.5	32.5	4.5	3.2	29.3	0.2	0.1	0.1			0	270	6.9
A1017	Garlic bread, made with butter, La Famiglia & Signature Range	100	28.1	1560	1590	7.6	19.6	41.5	3.6	2.8	38.7	10.6	5.1	2.4			10	460	2
	1 slice	25	7	390	397	1.9	4.9	10.4	0.9	0.7	9.7	2.6	1.3	0.6			3	120	0.5
	1 loaf (25.4 x 6 x 4.5cm)	222.8	62.6	3470	3540	16.8	43.7	92.4	8	6.2	86.2	23.5	11.5	5.3			23	1000	4.5
A1019	Garlic bread, made with margarine, Pams & Mamma Fiorelli's	100	29.2	1630	1660	7.6	21.5	41.5	3.6	2.8	38.7	4.6	6.1	9.3			0	460	0
	1 slice	25	7.3	407	415	1.9	5.4	10.4	0.9	0.7	9.7	1.2	1.5	2.3			0	120	0
	1 loaf (25.6 x 5.7 x 5.5cm)	218	63.5	3550	3620	16.5	46.9	90.4	7.8	6.1	84.3	10	13.3	20.2			0	1000	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A140	Cracker, wheat, Water Cracker, Arnott's	100	160	120	25	0.5	0.9	0	2	9	0.15	0.06	3.4	0.16	0	26	0	0	1.5
	1 biscuit (0.4 x 5.5cm diameter)	3.2	5.1	3.8	0.8	trace	trace	0	trace	trace	trace	trace	0.11	trace	0	0.8	0	0	0.05
A134	Cracker, wheat, cheese flavoured	100	210	200	27	0.7	1.6	0	79	200	0.28	0.3	5.2	0.08	0.25	25	0	0	2.6
	1 biscuit Cheddar (4.4 x 2.6 x 0.4cm)	2.3	4.8	4.6	0.6	trace	trace	0	2	5	0.01	0.01	0.12	trace	0.01	0.6	0	0	0.06
	1 biscuit Cheds (6.9 x 5.3 x 0.5cm)	8.3	17	17	2.2	0.1	0.1	0	7	17	0.02	0.03	0.43	0.01	0.02	2.1	0	0	0.22
A135	Cracker, wheat, sesame	100	200	180	34	0.9	1.5	0	17	14	0.18	0.06	4.4	0.14	0	22	0	0	1.3
	1 biscuit Sesame Wheat (6.0 x 5.9 x 0.5cm)	6.7	13	12	2.3	0.1	0.1	0	1	1	0.01	trace	0.29	0.01	0	1.5	0	0	0.09
A101	Croissant, plain	100	170	110	54	0.9	0.9	0	157	0	0.2	0.12	2.7	0.11	0.24	28	1.5	0.1	1
	1 small (7-12cm long)	50	84	57	27	0.5	0.5	0	79	0	0.1	0.06	1.3	0.06	0.12	14	0.8	trace	0.52
	1 large (>15cm long)	75	130	85	40	0.7	0.7	0	118	0	0.15	0.09	2	0.08	0.18	21	1.1	0.1	0.77
A1120	Crumpet, white, toasted	100	150	290	77	0.7	0.5	6.5	0	0	0.1	0.04	1.7	0.14	0	0	0	0	0.09
	1 crumpet round (1.4 x 9.2cm diameter)	48.5	70	140	37	0.3	0.2	3.2	0	0	0.05	0.02	0.83	0.07	0	0	0	0	0.04
	1 crumpet square (10.9 x 10.5 x 1.5cm)	69.8	100	200	54	0.5	0.3	4.5	0	0	0.07	0.03	1.2	0.1	0	0	0	0	0.06
A34	Doughnut, sugar & cinnamon	100	87	81	28	0.8	0.6	9	5	0	0.3	0.07	2.5	0.02	0	19	0	0	0
	1 doughnut (2.5 x 8.5cm diameter)	42	37	34	12	0.3	0.3	3.8	2	0	0.13	0.03	1	0.01	0	8	0	0	0
A96	English muffin, bread-like, assorted flavours, toasted	100	150	92	70	0.9	1	32	0	0	0.35	0.08	2.9	0.05	0	46	0	0	0.01
	1 muffin	80	120	74	56	0.7	0.8	25	0	0	0.28	0.06	2.3	0.04	0	37	0	0	0.01
A1017	Garlic bread, made with butter, La Famiglia & Signature Range	100	97	79	83	0.6	1	7	52	trace	0.07	0.07	2.6	0.04	0	22	2.4	0.2	0.44
	1 slice	25	24	20	21	0.2	0.3	1.7	13	trace	0.02	0.02	0.65	0.01	0	5.5	0.6	trace	0.11
	1 loaf (25.4 x 6 x 4.5cm)	222.8	220	170	190	1.4	2.3	16	117	1	0.16	0.16	5.7	0.09	0	49	5.3	0.4	0.98
A1019	Garlic bread, made with margarine, Pams & Mamma Fiorelli's	100	97	79	83	0.6	1	7	52	trace	0.07	0.07	2.5	0.04	0	22	2.4	0	2.8
	1 slice	25	24	20	21	0.2	0.3	1.7	13	trace	0.02	0.02	0.62	0.01	0	5.5	0.6	0	0.7
	1 loaf (25.6 x 5.7 x 5.5cm)	218	210	170	180	1.4	2.2	15	114	1	0.15	0.15	5.4	0.09	0	48	5.2	0	6.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A127	Muffin, blueberry	100	28.1	1520	1540	4.2	18	45.8	2.3	27.3	18.5	3.2	4.9	7			6	240	8.7
	1 muffin (6.0cm top diameter x 4.0cm height)	60	16.9	910	921	2.5	10.8	27.5	1.4	16.4	11.1	1.9	2.9	4.2			4	140	5.2
A129	Muffin, bran	100	32.7	1090	1130	6.1	8.1	40.6	5	22.8	17.9	1.1	2.9	2.6			37	730	8.7
	1 medium muffin (7.5cm top diameter x 6.0cm height)	105	34.3	1150	1190	6.4	8.5	42.7	5.3	23.9	18.8	1.2	3	2.7			39	770	9.1
A128	Muffin, chocolate	100	17.1	1730	1740	5.3	20	53.1	1.6	33.8	19.4	6.1	4.7	5.1			41	220	8.7
	1 muffin (6.0cm top diameter x 4.0cm height)	60	10.2	1040	1050	3.2	12	31.9	1	20.3	11.6	3.7	2.8	3			25	130	5.2
A143	Pizza base, no topping	100	31.2	1140	1170	9.6	4	48.8	3.7	3	45.8	0.6	1.1	1.6			0	280	0.3
	1 piece (1/8 of 22.0cm diameter)	201	62.7	2290	2350	19.3	7.9	98	7.4	6	92	1.1	2.3	3.3			0	560	0.6
A1134	Scone, white, plain	100	30.7	1110	1130	8.6	5.2	45.6	2.7	4.7	40.9	1	2.3	1.5	0.3	1.2	0	850	2.4
	1 scone (10.4 x 9.5 x 4.8cm)	126.1	38.7	1400	1430	10.8	6.6	57.5	3.4	5.9	51.5	1.3	2.9	1.9	0.4	1.5	0	1100	3
A1135	Scone, white, with cheese	100	33.2	1190	1210	10.8	11.4	34.6	2.4	3.6	31	5	3.1	1.2	0.3	0.9	21	740	2.3
	1 scone (9.5 x 8.3 x 5.0cm)	139.3	46.2	1660	1690	15	15.9	48.2	3.4	5	43.1	7	4.4	1.7	0.4	1.3	29	1000	3.2
A1133	Scone, white, with dates	100	30.8	1100	1130	7.1	4.8	47.5	3.6	14.2	33.3	1.3	1.8	1.1	0.2	0.9	5	610	2.4
	1 scone (8.8 x 7.1 x 5.0cm)	134.3	41.3	1480	1520	9.5	6.4	63.8	4.8	19.1	44.7	1.7	2.5	1.5	0.3	1.2	6	820	3.3
A1011	Stuffing, from chicken, deli cooked	100	68.1	590	606	4.6	2	25.8	2	2.2	23.6	0.4	1	0.5	0.1	0.4	3	470	3.8
	1 tablespoon (15mL)	7.7	5.2	45	47	0.4	0.2	2	0.2	0.2	1.8	trace	0.1	trace	trace	trace	trace	36	0.3
	1 cup (250mL)	37.6	25.6	222	228	1.7	0.8	9.7	0.8	0.8	8.9	0.2	0.4	0.2	trace	0.1	1	180	1.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
A127	Muffin, blueberry	100	84	87	30	0.8	0.5	7.7	15	0	0.02	0.07	2.2	0.03	0	12	0	0	4.2
	1 muffin (6.0cm top diameter x 4.0cm height)	60	50	52	18	0.5	0.3	4.6	9	0	0.01	0.04	1.3	0.02	0	7.2	0	0	2.5
A129	Muffin, bran	100	230	350	130	5	1.7	7.7	69	370	0	0.08	4.4	0.08	0	10	0	0	2.5
	1 medium muffin (7.5cm top diameter x 6.0cm height)	105	240	370	140	5.3	1.8	8.1	72	389	0	0.08	4.6	0.08	0	11	0	0	2.7
A128	Muffin, chocolate	100	130	110	27	1.2	0.6	7.7	15	0	0.02	0.08	2.1	0.03	0	10	0	0	4
	1 muffin (6.0cm top diameter x 4.0cm height)	60	75	66	16	0.7	0.4	4.6	9	0	0.01	0.05	1.3	0.02	0	6	0	0	2.4
A143	Pizza base, no topping	100	150	93	35	1.1	1	35	0	0	0.19	0.07	2.7	0.04	0	16	0	0	0.17
	1 piece (1/8 of 22.0cm diameter)	201	300	190	70	2.2	2	70	0	0	0.38	0.14	5.3	0.08	0	32	0	0	0.34
A1134	Scone, white, plain	100	140	470	46	0.9	1	3	4	26	0.16	0.05	2.1	0.19	0	3.5	0	0	0.76
	1 scone (10.4 x 9.5 x 4.8cm)	126.1	170	590	58	1.1	1.2	3.8	5	33	0.2	0.06	2.6	0.24	0	4.5	0	0	0.96
A1135	Scone, white, with cheese	100	130	450	220	0.9	1	2.9	61	26	0.19	0.14	2.4	0.21	0	3.5	0	0	0.66
	1 scone (9.5 x 8.3 x 5.0cm)	139.3	170	630	310	1.2	1.3	4	85	36	0.27	0.2	3.4	0.29	0	4.9	0	0	0.92
A1133	Scone, white, with dates	100	250	470	93	0.9	1	3	12	26	0.19	0.09	2	0.67	0	3.5	0	0	0.62
	1 scone (8.8 x 7.1 x 5.0cm)	134.3	340	640	120	1.2	1.3	4.1	17	35	0.26	0.12	2.7	0.9	0	4.7	0	0	0.83
A1011	Stuffing, from chicken, deli cooked	100	210	120	26	0.9	0.4	2.7	74	25	0.12	0.1	2.4	0.06	0.43	20	0	0.3	0.3
	1 tablespoon (15mL)	7.7	16	9.2	2	0.1	trace	0.2	6	2	0.01	0.01	0.19	trace	0.03	1.5	0	trace	0.02
	1 cup (250mL)	37.6	79	45	9.8	0.3	0.1	1	28	9	0.05	0.04	0.9	0.02	0.16	7.5	0	0.1	0.11

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
B	BEVERAGES, ALCOHOLIC																		
B1016	Beer, full-strength (5% alcohol by volume)	100	93	114	116	0.4	0	0.5	0	trace	0	0	0	0	0	0	0	4.6	0.7
	1 small glass (280mL, 1.0 standard drink)	281.4	262	321	326	1.1	0	1.3	0	0.1	0	0	0	0	0	0	0	13	1.9
	1 regular bottle or can (330mL, 1.2 standard drink)	331.7	308	378	385	1.3	0	1.5	0	0.2	0	0	0	0	0	0	0	15	2.2
	1 large can (440mL, 1.6 standard drink)	442.2	411	504	513	1.8	0	2	0	0.2	0	0	0	0	0	0	0	20	2.9
	1 large glass (450mL, 1.7 standard drinks)	452.3	421	516	525	1.8	0	2	0	0.2	0	0	0	0	0	0	0	21	3
	1 large bottle (500mL, 1.8 standard drink)	502.5	467	573	583	2	0	2.3	0	0.3	0	0	0	0	0	0	0	23	3.3
B1015	Beer, high-strength (> 5% alcohol by volume)	100	91	144	146	0.5	0	0.7	0	0.2	0	0	0	0	0	0	0	4.4	0.7
	1 small glass (280mL, 1.3 standard drink)	282.5	257	406	413	1.4	0	2.1	0	0.7	0	0	0	0	0	0	0	12	1.9
	1 regular bottle or can (330mL, 1.5 standard drink)	333	303	479	487	1.7	0	2.4	0	0.8	0	0	0	0	0	0	0	14	2.2
	1 large can (440mL, 2.0 standard drink)	444	404	638	650	2.2	0	3.2	0	1	0	0	0	0	0	0	0	19	2.9
	1 large glass (450mL, 2.1 standard drinks)	454.1	413	653	664	2.3	0	3.3	0	1	0	0	0	0	0	0	0	20	3
	1 large bottle (500mL, 2.3 standard drink)	504.5	459	725	738	2.5	0	3.7	0	1.2	0	0	0	0	0	0	0	22	3.3
B35	Beer, low alcohol	100	97.2	41	41	0.1	trace	0.6	0	0	0.6	0	0	0	0	0	0	1.5	1.3
	1 small glass (280mL, 0.3 standard drinks)	268.8	261	111	111	0.3	trace	1.5	0	0	1.5	0	0	0	0	0	0	4	3.5
	1 regular bottle or can (330mL, 0.3 standard drinks)	316.8	308	130	130	0.4	trace	1.8	0	0	1.8	0	0	0	0	0	0	4.8	4.1
	1 large can (440mL, 0.4 standard drinks)	422.4	411	174	174	0.5	trace	2.4	0	0	2.4	0	0	0	0	0	0	6.3	5.4
	1 large glass (450mL, 0.4 standard drinks)	432	420	178	178	0.6	trace	2.5	0	0	2.5	0	0	0	0	0	0	6.5	5.6
	1 large bottle (500mL, 0.5 standard drinks)	480	467	198	198	0.6	trace	2.7	0	0	2.7	0	0	0	0	0	0	7.2	6.2

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
B	BEVERAGES, ALCOHOLIC																		
B1016	Beer, full-strength (5% alcohol by volume)	100	36	16	4.4	0	0	0	0	0	0	0.03	0.05	0.03	0	0	0	0	0
	1 small glass (280mL, 1.0 standard drink)	281.4	100	44	12	0	0	0	0	0	0	0.08	0.14	0.08	0	0	0	0	0
	1 regular bottle or can (330mL, 1.2 standard drink)	331.7	120	52	15	0	0	0	0	0	0	0.1	0.17	0.1	0	0	0	0	0
	1 large can (440mL, 1.6 standard drink)	442.2	160	70	19	0	0	0	0	0	0	0.13	0.22	0.13	0	0	0	0	0
	1 large glass (450mL, 1.7 standard drinks)	452.3	160	71	20	0	0	0	0	0	0	0.14	0.23	0.14	0	0	0	0	0
	1 large bottle (500mL, 1.8 standard drink)	502.5	180	79	22	0	0	0	0	0	0	0.15	0.25	0.15	0	0	0	0	0
B1015	Beer, high-strength (> 5% alcohol by volume)	100	55	23	4.1	trace	0	0	0	0	0	0.03	0.06	0.03	0	0	0	0	0
	1 small glass (280mL, 1.3 standard drink)	282.5	160	65	11	trace	0	0	0	0	0	0.09	0.17	0.09	0	0	0	0	0
	1 regular bottle or can (330mL, 1.5 standard drink)	333	180	77	14	trace	0	0	0	0	0	0.1	0.2	0.1	0	0	0	0	0
	1 large can (440mL, 2.0 standard drink)	444	240	100	18	trace	0	0	0	0	0	0.13	0.27	0.13	0	0	0	0	0
	1 large glass (450mL, 2.1 standard drinks)	454.1	250	100	18	trace	0	0	0	0	0	0.14	0.27	0.14	0	0	0	0	0
	1 large bottle (500mL, 2.3 standard drink)	504.5	280	120	20	trace	0	0	0	0	0	0.15	0.3	0.15	0	0	0	0	0
B35	Beer, low alcohol	100	11	4.8	1.4	0	0	trace	0	0	0	0.01	0.12	0	0	0.9	0	0	0
	1 small glass (280mL, 0.3 standard drinks)	268.8	29	13	3.8	0	0	0.1	0	0	0	0.03	0.32	0	0	2.4	0	0	0
	1 regular bottle or can (330mL, 0.3 standard drinks)	316.8	35	15	4.4	0	0	0.2	0	0	0	0.03	0.38	0	0	2.9	0	0	0
	1 large can (440mL, 0.4 standard drinks)	422.4	46	20	5.9	0	0	0.2	0	0	0	0.04	0.51	0	0	3.8	0	0	0
	1 large glass (450mL, 0.4 standard drinks)	432	47	21	6	0	0	0.2	0	0	0	0.04	0.52	0	0	3.9	0	0	0
	1 large bottle (500mL, 0.5 standard drinks)	480	52	23	6.7	0	0	0.2	0	0	0	0.05	0.58	0	0	4.3	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
B1018	Beer, low-strength (2.5% alcohol by volume)	100	94.5	64	65	0.2	0	0.2	0	trace	0	0	0	0	0	0	0	3.2	0.7
	1 small glass (280mL, 0.6 standard drink)	282.2	267	180	184	0.6	0	0.6	0	0.1	0	0	0	0	0	0	0	9.1	1.9
	1 regular bottle or can (330mL, 0.7 standard drink)	332.6	314	212	217	0.7	0	0.7	0	0.1	0	0	0	0	0	0	0	11	2.2
	1 large can (440mL, 0.9 standard drink)	443.5	419	283	290	0.9	0	1	0	0.1	0	0	0	0	0	0	0	14	2.9
	1 large glass (450mL, 0.9 standard drinks)	453.6	429	290	296	0.9	0	1	0	0.1	0	0	0	0	0	0	0	15	3
	1 large bottle (500mL, 1.0 standard drink)	504	476	322	329	1	0	1.1	0	0.1	0	0	0	0	0	0	0	16	3.3
B1017	Beer, mid-strength (4% alcohol by volume)	100	94.1	93	95	0.3	0	0.3	0	trace	0	0	0	0	0	0	0	3.4	0.7
	1 small glass (280mL, 0.9 standard drink)	282.7	266	263	269	0.8	0	1	0	0.1	0	0	0	0	0	0	0	9.6	1.9
	1 regular bottle or can (330mL, 1.0 standard drink)	332	312	309	315	1	0	1.1	0	0.1	0	0	0	0	0	0	0	11	2.2
	1 large can (440mL, 1.3 standard drink)	442.6	416	412	421	1.3	0	1.5	0	0.2	0	0	0	0	0	0	0	15	2.9
	1 large glass (450mL, 1.4 standard drinks)	452.7	426	421	430	1.4	0	1.5	0	0.2	0	0	0	0	0	0	0	15	3
	1 large bottle (500mL, 1.5 standard drink)	503	473	468	478	1.5	0	1.7	0	0.2	0	0	0	0	0	0	0	17	3.3
B1030	Cider, apple, (5% alcohol by volume)	100	89.2	209	217	0	0	5.6	0	5.6	0	0	0	0	0	0	0	3	0
	1 small glass (280mL, 1.1 standard drinks)	283.6	253	592	615	0	0	15.9	0	15.9	0	0	0	0	0	0	0	8.6	0
	1 regular bottle (330mL, 1.3 standard drinks)	334.3	298	698	724	0	0	18.7	0	18.7	0	0	0	0	0	0	0	10	0
	1 large glass (450mL, 1.8 standard drinks)	455.9	407	952	988	0	0	25.5	0	25.5	0	0	0	0	0	0	0	14	0
	1 large bottle (500mL, 2.0 standard drinks)	506.5	452	1060	1100	0	0	28.4	0	28.4	0	0	0	0	0	0	0	15	0
B12	Cider, sweet	100	91.2	152	152	0	0	2.6	0	2.6	0	0	0	0	0	0	0	7	0.5
	1 small glass (280mL, 1.0 standard drinks)	282.8	258	428	428	0	0	7.4	0	7.4	0	0	0	0	0	0	0	20	1.4
	1 regular bottle (330mL, 1.2 standard drinks)	333.3	304	505	505	0	0	8.7	0	8.7	0	0	0	0	0	0	0	23	1.7
	1 large glass (450mL, 1.7 standard drinks)	454.5	415	689	689	0	0	11.8	0	11.8	0	0	0	0	0	0	0	32	2.3
	1 large bottle (500mL, 1.9 standard drinks)	505	461	765	765	0	0	13.1	0	13.1	0	0	0	0	0	0	0	35	2.5

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
B1018	Beer, low-strength (2.5% alcohol by volume)	100	27	12	2.9	trace	0	0	0	0	0	0.03	0.02	0.03	0	0	0	0	0
	1 small glass (280mL, 0.6 standard drink)	282.2	77	34	8.2	trace	0	0	0	0	0	0.09	0.06	0.09	0	0	0	0	0
	1 regular bottle or can (330mL, 0.7 standard drink)	332.6	91	40	9.7	trace	0	0	0	0	0	0.1	0.07	0.1	0	0	0	0	0
	1 large can (440mL, 0.9 standard drink)	443.5	120	53	13	trace	0	0	0	0	0	0.13	0.09	0.13	0	0	0	0	0
	1 large glass (450mL, 0.9 standard drinks)	453.6	120	54	13	trace	0	0	0	0	0	0.14	0.09	0.14	0	0	0	0	0
	1 large bottle (500mL, 1.0 standard drink)	504	140	60	15	trace	0	0	0	0	0	0.15	0.1	0.15	0	0	0	0	0
B1017	Beer, mid-strength (4% alcohol by volume)	100	30	12	4.1	0	0	0	0	0	0	0.03	0.04	0.03	0	0	0	0	0
	1 small glass (280mL, 0.9 standard drink)	282.7	86	35	11	0	0	0	0	0	0	0.09	0.11	0.09	0	0	0	0	0
	1 regular bottle or can (330mL, 1.0 standard drink)	332	100	41	13	0	0	0	0	0	0	0.1	0.13	0.1	0	0	0	0	0
	1 large can (440mL, 1.3 standard drink)	442.6	130	54	18	0	0	0	0	0	0	0.13	0.18	0.13	0	0	0	0	0
	1 large glass (450mL, 1.4 standard drinks)	452.7	140	55	18	0	0	0	0	0	0	0.14	0.18	0.14	0	0	0	0	0
	1 large bottle (500mL, 1.5 standard drink)	503	150	62	20	0	0	0	0	0	0	0.15	0.2	0.15	0	0	0	0	0
B1030	Cider, apple, (5% alcohol by volume)	100	56	12	2.7	trace	trace	0	0	0	0	0	0	0	0	0	2	0	0
	1 small glass (280mL, 1.1 standard drinks)	283.6	160	33	7.7	0.1	trace	0	0	0	0	0	0	0	0	0	5.7	0	0
	1 regular bottle (330mL, 1.3 standard drinks)	334.3	190	39	9.1	0.1	trace	0	0	0	0	0	0	0	0	0	6.7	0	0
	1 large glass (450mL, 1.8 standard drinks)	455.9	250	54	12	0.1	trace	0	0	0	0	0	0	0	0	0	9.1	0	0
	1 large bottle (500mL, 2.0 standard drinks)	506.5	280	60	14	0.1	trace	0	0	0	0	0	0	0	0	0	10.1	0	0
B12	Cider, sweet	100	72	3	8	0.5	0	1.5	0	0	0	0	0.01	0.01	0	0.1	0	0	0
	1 small glass (280mL, 1.0 standard drinks)	282.8	200	8.5	23	1.4	0	4.2	0	0	0	0	0.03	0.03	0	0.3	0	0	0
	1 regular bottle (330mL, 1.2 standard drinks)	333.3	240	10	27	1.6	0	5	0	0	0	0	0.03	0.03	0	0.3	0	0	0
	1 large glass (450mL, 1.7 standard drinks)	454.5	330	14	36	2.2	0	6.8	0	0	0	0	0.05	0.05	0	0.5	0	0	0
	1 large bottle (500mL, 1.9 standard drinks)	505	360	15	40	2.5	0	7.6	0	0	0	0	0.05	0.05	0	0.5	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
B17	Port, wine, fortified	100	71.1	673	673	0.1	0	12.3	0	12.3	0	0	0	0	0	0	0	4	0.5
	1 small glass (100mL, 1.6 standard drinks)	103	73.2	693	693	0.1	0	12.7	0	12.7	0	0	0	0	0	0	0	4.1	0.5
	1 average glass (150mL, 2.5 standard drinks)	154.5	110	1040	1040	0.2	0	19	0	19	0	0	0	0	0	0	0	6.2	0.8
B18	Sherry, dry	100	81	481	481	0.2	0	1.3	0	1.3	0	0	0	0	0	0	0	10	0.5
	1 small glass (100mL, 1.6 standard drinks)	99	80.2	476	476	0.2	0	1.3	0	1.3	0	0	0	0	0	0	0	9.9	0.5
	1 average glass (150mL, 2.3 standard drinks)	148.5	120	715	715	0.3	0	2	0	2	0	0	0	0	0	0	0	15	0.7
B20	Sherry, sweet	100	74.8	633	633	0.3	0	10.3	0	10.3	0	0	0	0	0	0	0	13	0.5
	1 small glass (100mL, 1.6 standard drinks)	101	75.6	640	640	0.3	0	10.4	0	10.4	0	0	0	0	0	0	0	13	0.5
	1 average glass (150mL, 2.4 standard drinks)	151.5	113	960	960	0.5	0	15.7	0	15.7	0	0	0	0	0	0	0	20	0.8
B21	Spirit, 70 proof	100	68.3	921	921	0	0	0.1	0	0.1	0	0	0	0	0	0	0	2	0.5
	1 shot (30mL, 0.9 standard drinks)	28.5	19.5	262	262	0	0	trace	0	trace	0	0	0	0	0	0	0	0.6	0.1
	Double shot (60mL, 1.8 standard drinks)	57	38.9	525	525	0	0	0.1	0	0.1	0	0	0	0	0	0	0	1.1	0.3
B1010	Spirit, gin, 90 proof	100	62.1	1100	1100	0	0	0	0	0	0	0	0	0	0	0	0	2	0
	1 shot (30mL, 1.1 standard drinks)	28.2	17.5	310	310	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0
	Double shot (60mL, 2.1 standard drinks)	56.4	35	620	620	0	0	0	0	0	0	0	0	0	0	0	0	1.1	0
B1012	Spirit, rum, 80 proof	100	66.6	969	969	0	0	0	0	0	0	0	0	0	0	0	0	1	0
	1 shot (30mL, 0.9 standard drinks)	28.2	18.8	273	273	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0
	Double shot (60mL, 1.9 standard drinks)	56.4	37.6	546	546	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0
B1011	Spirit, vodka, 80 proof	100	66.6	969	969	0	0	0	0	0	0	0	0	0	0	0	0	1	0
	1 shot (30mL, 0.9 standard drinks)	28.2	18.8	273	273	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0
	Double shot (60mL, 1.9 standard drinks)	56.4	37.6	546	546	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0
B1009	Spirit, whiskey, 86 proof	100	63.9	1050	1050	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0
	1 shot (30mL, 1.0 standard drinks)	28.2	18	295	295	0	0	trace	0	trace	0	0	0	0	0	0	0	0	0
	Double shot (60mL, 2.0 standard drinks)	56.4	36	590	590	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
B17	Port, wine, fortified	100	97	12	4	0.4	0.3	0	0	0	0	0.01	0.06	0.01	0	0.1	0	0	0
	1 small glass (100mL, 1.6 standard drinks)	103	100	12	4.1	0.4	0.3	0	0	0	0	0.01	0.06	0.01	0	0.1	0	0	0
	1 average glass (150mL, 2.5 standard drinks)	154.5	150	19	6.2	0.6	0.4	0	0	0	0	0.02	0.09	0.02	0	0.2	0	0	0
B18	Sherry, dry	100	57	11	7	0.4	0.3	0	0	0	0	0.01	0.1	0.01	0	0.1	0	0	0
	1 small glass (100mL, 1.6 standard drinks)	99	56	11	6.9	0.4	0.3	0	0	0	0	0.01	0.1	0.01	0	0.1	0	0	0
	1 average glass (150mL, 2.3 standard drinks)	148.5	85	16	10	0.6	0.4	0	0	0	0	0.02	0.15	0.02	0	0.1	0	0	0
B20	Sherry, sweet	100	110	10	7	0.4	0	0	0	0	0	0.01	0.07	0.01	0	0.1	0	0	0
	1 small glass (100mL, 1.6 standard drinks)	101	110	10	7.1	0.4	0	0	0	0	0	0.01	0.07	0.01	0	0.1	0	0	0
	1 average glass (150mL, 2.4 standard drinks)	151.5	170	15	11	0.6	0	0	0	0	0	0.02	0.11	0.02	0	0.2	0	0	0
B21	Spirit, 70 proof	100	1	4	0	trace	trace	0	0	0	0.01	0	0.01	0	0	0	0	0	0
	1 shot (30mL, 0.9 standard drinks)	28.5	0.3	1.1	0	trace	trace	0	0	0	trace	0	trace	0	0	0	0	0	0
	Double shot (60mL, 1.8 standard drinks)	57	0.6	2.3	0	trace	trace	0	0	0	0.01	0	0.01	0	0	0	0	0	0
B1010	Spirit, gin, 90 proof	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 shot (30mL, 1.1 standard drinks)	28.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Double shot (60mL, 2.1 standard drinks)	56.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
B1012	Spirit, rum, 80 proof	100	2	5	0	0.1	0.1	0	0	0	0.01	0	0	0	0	0	0	0	0
	1 shot (30mL, 0.9 standard drinks)	28.2	0.6	1.4	0	trace	trace	0	0	0	trace	0	0	0	0	0	0	0	0
	Double shot (60mL, 1.9 standard drinks)	56.4	1.1	2.8	0	0.1	trace	0	0	0	0.01	0	0	0	0	0	0	0	0
B1011	Spirit, vodka, 80 proof	100	1	5	0	trace	0	0	0	0	0.01	0.01	0	0	0	0	0	0	0
	1 shot (30mL, 0.9 standard drinks)	28.2	0.3	1.4	0	trace	0	0	0	0	trace	trace	0	0	0	0	0	0	0
	Double shot (60mL, 1.9 standard drinks)	56.4	0.6	2.8	0	trace	0	0	0	0	0.01	0.01	0	0	0	0	0	0	0
B1009	Spirit, whiskey, 86 proof	100	1	3	0	trace	trace	0	0	0	0.01	0	0.05	0	0	0	0	0	0
	1 shot (30mL, 1.0 standard drinks)	28.2	0.3	0.8	0	trace	trace	0	0	0	trace	0	0.01	0	0	0	0	0	0
	Double shot (60mL, 2.0 standard drinks)	56.4	0.6	1.7	0	trace	trace	0	0	0	0.01	0	0.03	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
B1028	Wine, red, (13.5% alcohol by volume), Pinot Noir	100	86.9	317	325	0.2	0	0.2	0	0.2	0	0	0	0	0	0	0	2.5	0
	1 small glass (100mL, 1.1 standard drinks)	99.4	86.4	315	323	0.2	0	0.2	0	0.2	0	0	0	0	0	0	0	2.5	0
	1 average glass (150mL, 1.6 standard drinks)	149.1	130	473	485	0.3	0	0.2	0	0.2	0	0	0	0	0	0	0	3.7	0
B1026	Wine, red, (14% alcohol by volume), Cabernet Sauvignon	100	86.1	329	336	0.3	0	0.2	0	0.2	0	0	0	0	0	0	0	4	1.7
	1 small glass (100mL, 1.1 standard drinks)	99.5	85.7	327	335	0.3	0	0.2	0	0.2	0	0	0	0	0	0	0	4	1.7
	1 average glass (150mL, 1.7 standard drinks)	149.3	129	491	502	0.4	0	0.3	0	0.3	0	0	0	0	0	0	0	6	2.5
B1027	Wine, red, (14% alcohol by volume), Merlot	100	86.3	329	336	0.3	0	0.4	0	0.4	0	0	0	0	0	0	0	4.8	1.5
	1 small glass (100mL, 1.1 standard drinks)	99.5	85.9	327	335	0.3	0	0.4	0	0.4	0	0	0	0	0	0	0	4.7	1.5
	1 average glass (150mL, 1.6 standard drinks)	149.3	129	491	502	0.4	0	0.5	0	0.5	0	0	0	0	0	0	0	7.1	2.2
B1025	Wine, red, (14% alcohol by volume), Shiraz	100	85.5	339	347	0.2	0	0.2	0	0.2	0	0	0	0	0	0	0	6.8	2.2
	1 small glass (100mL, 1.1 standard drinks)	99.4	85	337	345	0.2	0	0.1	0	0.1	0	0	0	0	0	0	0	6.8	2.2
	1 average glass (150mL, 1.7 standard drinks)	149.1	127	505	517	0.3	0	0.2	0	0.2	0	0	0	0	0	0	0	10	3.3
B1029	Wine, rose, (12% alcohol by volume)	100	88.2	287	295	0.2	0	0.7	0	0.7	0	0	0	0	0	0	0	4.8	2
	1 small glass (100mL, 0.9 standard drinks)	99.5	87.8	286	293	0.2	0	0.7	0	0.7	0	0	0	0	0	0	0	4.7	2
	1 average glass (150mL, 1.4 standard drinks)	149.3	132	429	440	0.3	0	1.1	0	1.1	0	0	0	0	0	0	0	7.1	3
B1020	Wine, white, dry, (11% alcohol by volume), Semillon	100	89.2	267	275	0.2	0	0.2	0	0.2	0	0	0	0	0	0	0	6.2	0
	1 small glass (100mL, 0.9 standard drinks)	99.3	88.6	265	273	0.2	0	0.2	0	0.2	0	0	0	0	0	0	0	6.1	0
	1 average glass (150mL, 1.3 standard drinks)	149	133	398	410	0.3	0	0.3	0	0.3	0	0	0	0	0	0	0	9.2	0
B1021	Wine, white, dry, (12% alcohol by volume), Sauvignon Blanc	100	88.3	295	304	0.2	0	0.3	0	0.3	0	0	0	0	0	0	0	2.3	0
	1 small glass (100mL, 1.0 standard drinks)	99.2	87.6	293	301	0.2	0	0.3	0	0.3	0	0	0	0	0	0	0	2.3	0
	1 average glass (150mL, 1.5 standard drinks)	148.8	131	439	452	0.3	0	0.4	0	0.4	0	0	0	0	0	0	0	3.4	0
B1019	Wine, white, dry, (13% alcohol by volume), Chardonnay	100	87.7	307	314	0.3	0	0.3	0	0.3	0	0	0	0	0	0	0	3.8	0
	1 small glass (100mL, 1.0 standard drinks)	99.2	87	304	312	0.3	0	0.3	0	0.3	0	0	0	0	0	0	0	3.8	0
	1 average glass (150mL, 1.5 standard drinks)	148.8	130	457	468	0.4	0	0.4	0	0.4	0	0	0	0	0	0	0	5.7	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
B1028	Wine, red, (13.5% alcohol by volume), Pinot Noir	100	91	32	6.8	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 1.1 standard drinks)	99.4	91	32	6.7	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 average glass (150mL, 1.6 standard drinks)	149.1	140	48	10	0.3	0.1	0	0	0	0	0	0	0	0	0	0	0	0
B1026	Wine, red, (14% alcohol by volume), Cabernet Sauvignon	100	120	35	7.2	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 1.1 standard drinks)	99.5	120	35	7.1	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 average glass (150mL, 1.7 standard drinks)	149.3	170	52	11	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
B1027	Wine, red, (14% alcohol by volume), Merlot	100	91	26	7.1	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 1.1 standard drinks)	99.5	90	26	7.1	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 average glass (150mL, 1.6 standard drinks)	149.3	140	39	11	0.3	0.1	0	0	0	0	0	0	0	0	0	0	0	0
B1025	Wine, red, (14% alcohol by volume), Shiraz	100	120	32	6.5	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 1.1 standard drinks)	99.4	110	32	6.4	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 average glass (150mL, 1.7 standard drinks)	149.1	170	48	9.7	0.3	0.1	0	0	0	0	0	0	0	0	0	0	0	0
B1029	Wine, rose, (12% alcohol by volume)	100	51	27	8.2	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 0.9 standard drinks)	99.5	51	27	8.1	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 average glass (150mL, 1.4 standard drinks)	149.3	76	40	12	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0
B1020	Wine, white, dry, (11% alcohol by volume), Semillon	100	57	25	9.3	0.2	0.1	0	0	0	0	0	0.01	0	0	0	5.6	0	0
	1 small glass (100mL, 0.9 standard drinks)	99.3	57	25	9.2	0.2	0.1	0	0	0	0	0	0.01	0	0	0	5.6	0	0
	1 average glass (150mL, 1.3 standard drinks)	149	85	37	14	0.3	0.1	0	0	0	0	0	0.02	0	0	0	8.3	0	0
B1021	Wine, white, dry, (12% alcohol by volume), Sauvignon Blanc	100	56	18	7.7	0.1	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 small glass (100mL, 1.0 standard drinks)	99.2	56	18	7.7	0.1	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 average glass (150mL, 1.5 standard drinks)	148.8	84	27	12	0.1	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
B1019	Wine, white, dry, (13% alcohol by volume), Chardonnay	100	52	25	6.9	0.2	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 small glass (100mL, 1.0 standard drinks)	99.2	52	25	6.8	0.2	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 average glass (150mL, 1.5 standard drinks)	148.8	78	37	10	0.3	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
B1022	Wine, white, medium dry, (12% alcohol by volume), Riesling	100	88.5	289	298	0.2	0	0.4	0	0.4	0	0	0	0	0	0	0	5.2	1.5
	1 small glass (100mL, 1.0 standard drinks)	99.3	87.9	287	296	0.2	0	0.4	0	0.4	0	0	0	0	0	0	0	5.2	1.5
	1 average glass (150mL, 1.4 standard drinks)	149	132	431	444	0.3	0	0.6	0	0.6	0	0	0	0	0	0	0	7.8	2.2
B1023	Wine, white, sparkling, (12% alcohol by volume)	100	88.3	302	311	0.2	0	1	0	1	0	0	0	0	0	0	0	2	0
	1 small glass (100mL, 1.0 standard drinks)	99.5	87.9	301	310	0.2	0	1	0	1	0	0	0	0	0	0	0	2	0
	1 average glass (150mL, 1.5 standard drinks)	149.3	132	451	465	0.3	0	1.4	0	1.4	0	0	0	0	0	0	0	3	0
B1024	Wine, white, sweet, dessert, (11.5% alcohol by volume)	100	71.2	502	517	0.4	0	14.7	0	14.7	0	0	0	0	0	0	0	13	1.8
	1 small glass (100mL, 0.9 standard drinks)	106.6	75.9	535	552	0.4	0	15.7	0	15.7	0	0	0	0	0	0	0	14	1.9
	1 average glass (150mL, 1.4 standard drinks)	159.9	114	803	827	0.6	0	23.5	0	23.5	0	0	0	0	0	0	0	20	2.9
C	BEVERAGES, NON-ALCOHOLIC																		
C1036	Baking cocoa, powder, Bournville, Cadbury	100	2.7	1220	1530	24.7	15.8	12.4	39.1	1.7	10.7	9.7	4.9	0.4	trace	0.4	0	100	1.4
	1 teaspoon (5mL)	1.9	trace	23	29	0.5	0.3	0.2	0.7	trace	0.2	0.2	0.1	trace	trace	trace	0	1.9	trace
C1047	Coffee beverage, brewed from grounds, dripped prepared	100	99.4	54	54	1.5	0.8	0	0	0	0	0	0	0	0	0	0	0.8	0
	1 cup (250mL)	255	253	139	139	3.7	2	0	0	0	0	0	0	0	0	0	0	2	0
C1046	Coffee beverage, brewed from grounds, plunger prepared	100	99.4	54	54	1.5	0.8	0	0	0	0	0	0	0	0	0	0	1	0
	1 cup (250mL)	255	253	139	139	3.7	2	0	0	0	0	0	0	0	0	0	0	2.6	0
C1045	Coffee beverage, espresso, cafe variety	100	96.3	54	54	1.5	0.8	0	0	0	0	0	0	0	0	0	0	0	0.1
	1 shot (30mL)	30	28.9	16	16	0.4	0.2	0	0	0	0	0	0	0	0	0	0	0	trace
	2 shot (55 mL)	55	53	30	30	0.8	0.4	0	0	0	0	0	0	0	0	0	0	0	0.1
	1 cup short black cafe size (70mL)	70	67.4	38	38	1	0.6	0	0	0	0	0	0	0	0	0	0	0	0.1
	1 cup short black takeaway size (90mL)	90	86.7	49	49	1.3	0.7	0	0	0	0	0	0	0	0	0	0	0	0.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
B1022	Wine, white, medium dry, (12% alcohol by volume), Riesling	100	44	23	10	0.1	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 small glass (100mL, 1.0 standard drinks)	99.3	44	23	10	0.1	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 average glass (150mL, 1.4 standard drinks)	149	66	34	15	0.1	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
B1023	Wine, white, sparkling, (12% alcohol by volume)	100	35	20	6.9	0.2	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 small glass (100mL, 1.0 standard drinks)	99.5	35	20	6.8	0.2	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 average glass (150mL, 1.5 standard drinks)	149.3	53	30	10	0.3	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
B1024	Wine, white, sweet, dessert, (11.5% alcohol by volume)	100	100	48	15	0.2	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
	1 small glass (100mL, 0.9 standard drinks)	106.6	110	51	16	0.2	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
	1 average glass (150mL, 1.4 standard drinks)	159.9	160	76	24	0.3	0.1	0	0	0	0	0	0.03	0	0	0	0	0	0
C	BEVERAGES, NON-ALCOHOLIC																		
C1036	Baking cocoa, powder, Bournville, Cadbury	100	2700	790	180	9.8	7.5	11	3	15	0.38	0.2	6.6	1.6	0	65	0	0	2.6
	1 teaspoon (5mL)	1.9	51	15	3.5	0.2	0.1	0.2	trace	trace	0.01	trace	0.13	0.03	0	1.2	0	0	0.05
C1047	Coffee beverage, brewed from grounds, dripped prepared	100	48	2.3	1.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0.17
	1 cup (250mL)	255	120	5.9	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0.43
C1046	Coffee beverage, brewed from grounds, plunger prepared	100	46	2.5	1.3	trace	0	0	0	0	0	0	0	0	0	0	0	0	0.17
	1 cup (250mL)	255	120	6.4	3.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0.43
C1045	Coffee beverage, espresso, cafe variety	100	470	24	9.1	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0.17
	1 shot (30mL)	30	140	7.2	2.7	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0.05
	2 shot (55 mL)	55	260	13	5	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0.09
	1 cup short black cafe size (70mL)	70	330	17	6.4	0.1	trace	0	0	0	0	0	0	0	0	0	0	0	0.12
	1 cup short black takeaway size (90mL)	90	420	22	8.2	0.1	trace	0	0	0	0	0	0	0	0	0	0	0	0.15

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
C1057	Coffee beverage, flat white, double shot & milk standard 3.3% fat, 285 mL, cafe variety	100	89.6	204	204	2.9	2.6	3.5	0	3.5	0	1.5	0.6	0.1	trace	trace	8	29	4.4
	1 cup regular takeaway size (285mL)	244.9	219	500	500	7.1	6.3	8.6	0	8.6	0	3.7	1.5	0.2	trace	0.1	21	72	11
C1048	Coffee beverage, instant, dry powder with water	100	99.3	3	5	0.2	trace	0	0.2	0	0	trace	trace	0	0	trace	0	1.3	0.3
	1 cup (250mL)	250	248	8	11	0.4	trace	0	0.5	0	0	trace	trace	0	0	trace	0	3.2	0.7
C1049	Coffee beverage, instant, dry powder with water & milk standard 3.3% fat	100	97.8	33	35	0.6	0.4	0.6	0.2	0.6	0	0.2	0.1	trace	trace	trace	1	5.8	1
	1 cup (250mL)	250	244	84	87	1.4	1	1.4	0.5	1.4	0	0.6	0.2	trace	trace	trace	3	14	2.4
C1052	Coffee beverage, instant, dry powder with water & milk trim 0.5% fat	100	98	23	24	0.6	trace	0.6	0.2	0.6	0	trace	trace	trace	0	trace	trace	5.9	1
	1 cup (250mL)	250	245	57	61	1.6	0.1	1.5	0.5	1.5	0	trace	trace	trace	0	trace	1	15	2.5
C1064	Coffee beverage, latte, double shot & milk standard 3.3% fat, 300 mL, cafe variety	100	89.8	199	199	2.9	2.5	3.4	0	3.4	0	1.5	0.6	0.1	trace	trace	8	28	4.2
	1 cup large cafe size (300mL)	219.4	197	437	437	6.3	5.5	7.4	0	7.4	0	3.2	1.3	0.1	trace	0.1	18	62	9.2
C1069	Coffee beverage, latte, double shot & milk trim 0.5% fat, 300 mL, cafe variety	100	91.4	134	134	3.3	0.4	3.7	0	3.7	0	0.1	trace	trace	trace	trace	2	29	4.4
	1 cup large cafe size (300mL)	219.4	200	294	294	7.3	0.9	8.1	0	8.1	0	0.2	0.1	trace	trace	trace	5	64	9.6
C1092	Coffee beverage, long black, double shot, 150 mL, cafe variety	100	98.6	20	20	0.5	0.3	0	0	0	0	0	0	0	0	0	0	0.6	0.2
	1 cup small cafe size (150mL)	150	148	30	30	0.8	0.4	0	0	0	0	0	0	0	0	0	0	0.9	0.3
C1055	Coffee beverage, long black, double shot, 285 mL, cafe variety	100	99.3	10	10	0.3	0.2	0	0	0	0	0	0	0	0	0	0	0.8	0.2
	1 cup regular takeaway size (285mL)	285	283	30	30	0.8	0.4	0	0	0	0	0	0	0	0	0	0	2.3	0.6
C1082	Coffee beverage, mochaccino, double shot & milk standard 3.3% fat, 300 mL, cafe variety	100	88.1	220	226	3.3	2.8	3.6	0.8	3.4	0.2	1.6	0.7	0.1	trace	trace	8	30	4.2
	1 cup large cafe size (300mL)	223.9	197	492	506	7.4	6.2	8	1.8	7.5	0.5	3.6	1.5	0.2	trace	0.1	18	66	9.3
C1086	Coffee beverage, mochaccino, double shot & milk trim 0.5% fat, 300 mL, cafe variety	100	89.6	156	162	3.7	0.7	3.9	0.8	3.7	0.2	0.3	0.1	trace	trace	trace	2	30	4.3
	1 cup large cafe size (300mL)	223.9	201	349	363	8.4	1.6	8.7	1.8	8.2	0.5	0.7	0.3	trace	trace	trace	5	68	9.7
C1044	Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe	100	1.5	1690	1770	14.3	23	35	10.5	29.3	5.7	21.9	0.1	0	0	0	4	720	39
	1 teaspoon (5mL)	2.3	trace	39	41	0.3	0.5	0.8	0.2	0.7	0.1	0.5	trace	0	0	0	trace	17	0.9

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
C1057	Coffee beverage, flat white, double shot & milk standard 3.3% fat, 285 mL, cafe variety	100	220	76	94	trace	0.3	0.7	25	20	0.01	0.21	0.64	0.02	0.21	6.6	0.2	0.4	0.08
	1 cup regular takeaway size (285mL)	244.9	540	190	230	0.1	0.7	1.8	61	48	0.02	0.51	1.6	0.05	0.51	16	0.5	0.9	0.2
C1048	Coffee beverage, instant, dry powder with water	100	28	2.5	2.9	trace	0	0	0	0	0	0	0.32	0.19	0	0	0	0	0
	1 cup (250mL)	250	69	6.2	7.3	0.1	0	0	0	0	0	0	0.8	0.48	0	0	0	0	0
C1049	Coffee beverage, instant, dry powder with water & milk standard 3.3% fat	100	46	14	17	trace	trace	0.1	4	3	0	0.03	0.42	0.19	0.04	1.1	trace	0.1	0.01
	1 cup (250mL)	250	110	34	43	0.1	0.1	0.3	10	8	0	0.08	1.1	0.48	0.1	2.7	0.1	0.2	0.03
C1052	Coffee beverage, instant, dry powder with water & milk trim 0.5% fat	100	46	16	20	trace	trace	0.1	trace	0	0	0.03	0.41	0.19	0.04	0.8	trace	trace	0.01
	1 cup (250mL)	250	120	39	49	0.1	0.1	0.3	1	0	0	0.08	1	0.48	0.1	2.1	trace	0.1	0.03
C1064	Coffee beverage, latte, double shot & milk standard 3.3% fat, 300 mL, cafe variety	100	230	74	91	trace	0.3	0.7	24	19	0.01	0.2	0.62	0.02	0.2	6.3	0.2	0.4	0.09
	1 cup large cafe size (300mL)	219.4	500	160	200	0.1	0.6	1.6	53	42	0.02	0.44	1.4	0.04	0.44	14	0.5	0.8	0.2
C1069	Coffee beverage, latte, double shot & milk trim 0.5% fat, 300 mL, cafe variety	100	230	86	110	trace	0.3	0.7	2	0	0.02	0.19	0.55	0.02	0.22	4.9	trace	0.2	0.07
	1 cup large cafe size (300mL)	219.4	510	190	230	0.1	0.7	1.5	5	0	0.04	0.42	1.2	0.04	0.48	11	0.1	0.5	0.15
C1092	Coffee beverage, long black, double shot, 150 mL, cafe variety	100	170	8.8	4.5	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0.06
	1 cup small cafe size (150mL)	150	260	13	6.8	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0.09
C1055	Coffee beverage, long black, double shot, 285 mL, cafe variety	100	93	4.6	3.3	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0.03
	1 cup regular takeaway size (285mL)	285	260	13	9.4	0.1	trace	0	0	0	0	0	0	0	0	0	0	0	0.09
C1082	Coffee beverage, mochaccino, double shot & milk standard 3.3% fat, 300 mL, cafe variety	100	280	89	93	0.2	0.4	0.9	24	19	0.02	0.2	0.74	0.05	0.2	7.5	0.2	0.4	0.14
	1 cup large cafe size (300mL)	223.9	630	200	210	0.5	0.9	2	53	43	0.05	0.45	1.7	0.11	0.45	17	0.5	0.8	0.31
C1086	Coffee beverage, mochaccino, double shot & milk trim 0.5% fat, 300 mL, cafe variety	100	280	100	110	0.2	0.5	0.9	2	trace	0.02	0.19	0.68	0.05	0.21	6.1	trace	0.2	0.12
	1 cup large cafe size (300mL)	223.9	630	220	240	0.5	1	2	5	1	0.05	0.43	1.5	0.11	0.47	14	0.1	0.5	0.27
C1044	Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe	100	1400	610	400	0.1	1.3	4	2	9	0.14	0.87	9.6	3.4	0.31	27	0	0	0.11
	1 teaspoon (5mL)	2.3	32	14	9.2	trace	trace	0.1	trace	trace	trace	0.02	0.22	0.08	0.01	0.6	0	0	trace

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
C1043	Coffee, instant, decaffeinated, dry powder	100	3.3	426	630	22.5	1	0.4	25.5	0	0.4	0.4	0.1	0.4	trace	0.4	0	40	3.7
	1 teaspoon (5mL)	1.7	0.1	7	11	0.4	trace	trace	0.4	0	trace	trace	trace	trace	0	trace	0	0.7	0.1
C1042	Coffee, instant, dry powder	100	3.2	422	626	22.5	0.9	0.4	25.5	0	0.4	0.4	0.1	0.4	trace	0.4	0	40	3.7
	1 teaspoon (5mL)	1.8	0.1	8	11	0.4	trace	trace	0.5	0	trace	trace	trace	trace	0	trace	0	0.7	0.1
C1030	Energy drink, assorted flavours, V, Frucor, fortified	100	88	175	175	0	0	10.3	0	10.3	0	0	0	0	0	0	0	110	0
	1 cup (250mL)	258.2	227	452	452	0	0	26.6	0	26.6	0	0	0	0	0	0	0	280	0
C1031	Energy drink, sugar free, V, Frucor, fortified	100	98.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	110	0
	1 cup (250mL)	265	261	0	0	0	0	0	0	0	0	0	0	0	0	0	0	290	0
C74	Energy food drink, dry powder, Chocolate, Nesquik, Nestle	100	0.6	1530	1530	1.1	0.2	88.3	0	82.3	6	0	0	0	0	0	0	8.8	0
	1 teaspoon (5mL)	2.7	trace	41	41	trace	trace	2.4	0	2.2	0.2	0	0	0	0	0	0	0.2	0
C1038	Energy food drink, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrah	100	2.9	1350	1430	16.6	9.3	42.5	9.7	36	6.5	8.1	0.7	0.1	trace	0.1	9	1500	92
	1 teaspoon (5mL)	2	0.1	27	29	0.3	0.2	0.9	0.2	0.7	0.1	0.2	trace	trace	0	trace	trace	29	1.8
C1037	Energy food drink, dry powder, Drinking Chocolate, Cadbury	100	0.9	1630	1680	5.2	2.5	85.1	6.3	80.4	4.7	1.3	0.6	0.1	trace	0.1	0	0	0
	1 teaspoon (5mL)	3.1	trace	50	52	0.2	0.1	2.6	0.2	2.5	0.1	trace	trace	trace	0	trace	0	0	0
C1035	Energy food drink, powder, malted barley and chocolate, Milo, Nestle, fortified	100	1.3	1490	1530	11.8	9.7	87.7	5.7	52.1	2.6	4.5	3.7	0.9	trace	0.9	5	110	40
	1 teaspoon (5mL)	2.2	trace	33	34	0.3	0.2	1.9	0.1	1.1	0.1	0.1	0.1	trace	trace	trace	trace	2.4	0.9
C138	Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansell's, fortified	100	1.2	1600	1650	0.1	0.6	92.8	0.2	92.8	0	0.1	0.3	0.2			0	190	1.5
	1 tablespoon (15mL)	20	0.2	320	331	trace	0.1	18.6	trace	18.6	0	trace	trace	trace			0	37	0.3
C99	Flavoured drink, dry powder, assorted flavours, Raro	100	1.2	1600	1660	0.1	0.6	92.8	0.3	92.8	0	0.1	0.3	0.2			0	190	0.1
	1 tablespoon (15mL)	13.5	0.2	216	223	trace	0.1	12.5	trace	12.5	0	trace	trace	trace			0	25	trace
C58	Flavoured drink, lemon & barley, dry powder with water	100	90.5	158	163	trace	0.1	9	0	8.8	0.2	trace	0.1	trace			0	17	0.1
	1 cup (250mL)	259	234	410	423	0.1	0.4	23.2	0	22.8	0.4	trace	0.2	0.1			0	44	0.2

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
C1043	Coffee, instant, decaffeinated, dry powder	100	0	340	140	3.5	0.3	0	0	0	0	0.08	44	26	0	0	0	0	0.13
	1 teaspoon (5mL)	1.7	0	5.8	2.4	0.1	trace	0	0	0	0	trace	0.76	0.44	0	0	0	0	trace
C1042	Coffee, instant, dry powder	100	3500	340	140	3.5	0.3	0	0	0	0	0.08	45	26	0	0	0	0	0.13
	1 teaspoon (5mL)	1.8	63	6.1	2.5	0.1	trace	0	0	0	0	trace	0.8	0.47	0	0	0	0	trace
C1030	Energy drink, assorted flavours, V, Frucor, fortified	100	1.8	0	0.7	0	0	0	0	0	0	0.64	7.6	2.6	1.1	0	0	0	0
	1 cup (250mL)	258.2	4.8	0	1.9	0	0	0	0	0	0	1.7	20	6.6	2.9	0	0	0	0
C1031	Energy drink, sugar free, V, Frucor, fortified	100	1.8	0	0.7	0	0	0	0	0	0	0.64	7.6	2.6	1.1	0	0	0	0
	1 cup (250mL)	265	4.9	0	2	0	0	0	0	0	0	1.7	20	6.8	2.9	0	0	0	0
C74	Energy food drink, dry powder, Chocolate, Nesquik, Nestle	100	2.4	2.2	1.5	trace	0	0	0	0	0.02	0.2	0.3	0.03	0	3	0	0	0.15
	1 teaspoon (5mL)	2.7	0.1	0.1	trace	trace	0	0	0	0	trace	trace	0.01	trace	0	0.1	0	0	trace
C1038	Energy food drink, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrah	100	2200	1500	920	8.6	2.3	5	2	12	0.25	1.4	4.5	1.8	0.76	46	0	0	0.4
	1 teaspoon (5mL)	2	44	30	18	0.2	trace	0.1	trace	trace	trace	0.03	0.09	0.04	0.02	0.9	0	0	0.01
C1037	Energy food drink, dry powder, Drinking Chocolate, Cadbury	100	850	170	44	2.7	1.7	2	1	7	0.14	0.06	0.38	0.43	0	29	0	0	0.42
	1 teaspoon (5mL)	3.1	26	5.4	1.4	0.1	trace	0.1	trace	trace	trace	trace	0.01	0.01	0	0.9	0	0	0.01
C1035	Energy food drink, powder, malted barley and chocolate, Milo, Nestle, fortified	100	1000	750	1000	46	1.9	4	566	10	3.8	2	3.9	1.1	0.37	59	153	0	1.3
	1 teaspoon (5mL)	2.2	22	17	22	1	trace	0.1	12	trace	0.08	0.04	0.09	0.03	0.01	1.3	3.4	0	0.03
C138	Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansell's, fortified	100	2.8	16	39	0.2	trace	0	0	0	0	0	0	0	0	0	208	0	0
	1 tablespoon (15mL)	20	0.6	3.2	7.8	trace	trace	0	0	0	0	0	0	0	0	0	41.6	0	0
C99	Flavoured drink, dry powder, assorted flavours, Raro	100	2.8	16	39	0.2	trace	0	0	0	0	0	0	0	0	0	140	0	0
	1 tablespoon (15mL)	13.5	0.4	2.2	5.3	trace	trace	0	0	0	0	0	0	0	0	0	18.9	0	0
C58	Flavoured drink, lemon & barley, dry powder with water	100	2.5	1.9	6	trace	trace	0	0	0	0	0	0.01	0	0	trace	26	0	0
	1 cup (250mL)	259	6.5	4.9	16	trace	trace	0	0	0	0	0	0.03	0	0	trace	67.3	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
C47	Flavoured drink, orange	100	91.1	207	207	0	0.3	11.5	0	11.5	0	0	0	0	0	0	0	16	0.2
	1 cup (250mL)	260	237	537	537	0	0.8	29.9	0	29.9	0	0	0	0	0	0	0	42	0.5
C1103	Fruit drink orange, sweetened, fortified vitamin C	100	88.9	118	118	0.3	0.1	6.5	0	6.5	0	0	0	0	0	0	0	3.3	1
	1 cup (250mL)	256.5	228	304	304	0.6	0.3	16.7	0	16.7	0	0	0	0	0	0	0	8.5	2.6
C1108	Fruit drink, blackcurrant, sweetened, fortified vitamin C	100	92.4	150	150	0.3	0	8.6	0	8.6	0	0	0	0	0	0	0	6.7	0.8
	1 cup (250mL)	257.4	238	387	387	0.6	0	22.1	0	22.1	0	0	0	0	0	0	0	17	2.1
C1105	Fruit drink, cranberry, sweetened, fortified vitamin C	100	89	160	160	0	0	9.4	0	9.4	0	0	0	0	0	0	0	6.4	0.2
	1 cup (250mL)	257.7	229	412	412	0	0	24.2	0	24.2	0	0	0	0	0	0	0	16	0.5
C1106	Fruit drink, cranberry, unsweetened	100	99.1	10	10	0	0	0.6	0	0.6	0	0	0	0	0	0	0	6.4	0.2
	1 cup (250mL)	248	246	25	25	0	0	1.5	0	1.5	0	0	0	0	0	0	0	16	0.5
C1102	Fruit drink, orange, unsweetened, fortified vitamin C	100	92.9	59	59	0.3	0.1	3	0	3	0	0	0	0	0	0	0	3.3	1
	1 cup (250mL)	253.9	236	150	150	0.6	0.3	7.6	0	7.6	0	0	0	0	0	0	0	8.4	2.6
C93	Juice concentrate, Blackcurrant, Baker Halls, fortified	100	40.9	968	968	0.1	0	56.8	0	56.8	0	0	0	0	0	0	0	14	0.1
	100mL	112	45.8	1080	1080	0.1	0	63.6	0	63.6	0	0	0	0	0	0	0	16	0.1
C95	Juice concentrate, Lemon & Barley, Baker Halls, fortified	100	55	741	741	0	0	43.6	0	43.6	0	0	0	0	0	0	0	14	0.9
	100mL	112	61.6	830	830	0	0	48.8	0	48.8	0	0	0	0	0	0	0	16	1.1
C1028	Juice concentrate, blackcurrant, frozen	100	40.6	611	636	1.9	0.5	33	3.1	33	0	trace	0.1	trace	0	trace	0	18	1.8
	100mL	128	52	783	814	2.4	0.6	42.2	4	42.2	0	trace	0.1	trace	0	trace	0	23	2.3
C55	Juice concentrate, orange	100	59.1	641	741	0.1	1.6	34.1	0.4	34.1	0	0.3	0.5	0.5			0	34	0.9
	100mL	112.4	66.4	720	833	0.1	1.8	38.3	0.5	38.3	0	0.3	0.5	0.6			0	38	1.1
C46	Juice, apple, Fresh Up	100	88.5	184	184	1.1	trace	9.6	0	9.6	0	trace	trace	trace			0	2	0.9
	1 cup (250mL)	261	231	480	480	2.9	0.1	25.1	0	25.1	0	trace	trace	trace			0	5.2	2.3
C26	Juice, grape	100	88.9	206	208	0.1	0.1	11.8	0.2	11.8	0	0	0	0	0	0	0	9	0.9
	1 cup (250mL)	266	237	549	553	0.3	0.3	31.4	0.5	31.4	0	0	0	0	0	0	0	24	2.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
C47	Flavoured drink, orange	100	1	0	1	0	trace	0	0	0	0	0	0	0	0	0	1	0	0
	1 cup (250mL)	260	2.6	0	2.6	0	0.1	0	0	0	0	0	0	0	0	0	2.6	0	0
C1103	Fruit drink orange, sweetened, fortified vitamin C	100	100	6.6	4.5	0	trace	0	1	4	0.05	0.02	0.05	0.05	0	0	47.2	0	0
	1 cup (250mL)	256.5	270	17	12	0	trace	0	2	10	0.13	0.05	0.13	0.13	0	0	121	0	0
C1108	Fruit drink, blackcurrant, sweetened, fortified vitamin C	100	16	1.1	2	0	0	0	0	0	0	0.02	0.05	0	0	0	58.6	0	0
	1 cup (250mL)	257.4	40	2.8	5.1	0	0	0	0	0	0	0.05	0.13	0	0	0	151	0	0
C1105	Fruit drink, cranberry, sweetened, fortified vitamin C	100	15	0.7	1.6	0	trace	0	0	0	0	0.02	0	0	0	0	21.7	0	0
	1 cup (250mL)	257.7	39	1.8	4.1	0	trace	0	0	0	0	0.05	0	0	0	0	55.9	0	0
C1106	Fruit drink, cranberry, unsweetened	100	15	0.7	1.6	0	trace	0	0	0	0	0.02	0	0	0	0	0	0	0
	1 cup (250mL)	248	37	1.7	3.9	0	trace	0	0	0	0	0.05	0	0	0	0	0	0	0
C1102	Fruit drink, orange, unsweetened, fortified vitamin C	100	100	6.6	4.5	0	trace	0	1	4	0.05	0.02	0.05	0.05	0	0	41.1	0	0
	1 cup (250mL)	253.9	260	17	11	0	trace	0	2	10	0.13	0.05	0.13	0.13	0	0	104	0	0
C93	Juice concentrate, Blackcurrant, Baker Halls, fortified	100	66	6	7	0.4	0.1	0	trace	1	0	0	0.2	1	0	0	260	0	0
	100mL	112	74	6.7	7.8	0.4	0.1	0	trace	1	0	0	0.22	1.1	0	0	291	0	0
C95	Juice concentrate, Lemon & Barley, Baker Halls, fortified	100	18	4	4	0	0	0	2	10	0	0	0.1	0.01	0	5	151	0	0
	100mL	112	20	4.5	4.5	0	0	0	2	11	0	0	0.11	0.01	0	5.6	169	0	0
C1028	Juice concentrate, blackcurrant, frozen	100	1300	130	120	2.2	0.6	0	1	5	0.03	0.08	3.8	0.9	0	82	478	0	0
	100mL	128	1600	170	150	2.8	0.8	0	1	7	0.04	0.1	4.8	1.2	0	100	612	0	0
C55	Juice concentrate, orange	100	1	0	0.8	trace	trace	0.9	1	5	0	0	0	0	0	0	4	0	0
	100mL	112.4	1.1	0	0.9	trace	trace	1	1	6	0	0	0	0	0	0	4.5	0	0
C46	Juice, apple, Fresh Up	100	18	6	5	0.1	trace	0	0	0	0	0.01	0.34	0.05	0	0.3	11	0	0.01
	1 cup (250mL)	261	47	16	13	0.2	0.1	0	0	0	0	0.03	0.89	0.13	0	0.8	28.7	0	0.03
C26	Juice, grape	100	63	8	6	0.2	0	0	0	0	0.01	0.01	1.2	0.02	0	0.7	27	0	0
	1 cup (250mL)	266	170	21	16	0.4	0	0	0	0	0.03	0.03	3.2	0.05	0	1.9	71.8	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
C12	Juice, grapefruit, unsweetened	100	89.8	147	148	0.3	0.2	7.9	0.1	7.9	0	trace	trace	0.1			0	3	0.9
	1 cup (250mL)	256	230	376	378	0.8	0.5	20.2	0.3	20.2	0	0.1	0.1	0.2			0	7.7	2.4
C38	Juice, orange with apple base, Just Juice, fortified	100	88.2	183	186	0.3	trace	10.4	0.3	10.4	0	trace	trace	trace			0	3	0.9
	1 cup (250mL)	262	231	480	486	0.8	0.1	27.2	0.8	27.2	0	trace	trace	trace			0	7.9	2.3
C1100	Juice, orange, sweetened, ready to drink, composite, fortified vitamin C	100	87.8	147	149	0.6	0.1	7.8	0.3	7.8	trace	0	0	0	0	0	0	1.5	0.4
	1 cup (250mL)	257.7	226	379	385	1.6	0.3	20.1	0.7	20.1	trace	0	0	0	0	0	0	3.9	1.1
C1099	Juice, orange, unsweetened, fortified vitamin C	100	89.3	134	136	0.6	0.1	7	0.3	7	trace	0	0	0	0	0	0	1.5	0.4
	1 cup (250mL)	255.3	228	341	347	1.6	0.3	17.9	0.7	17.9	trace	0	0	0	0	0	0	3.8	1.1
C1098	Juice, orange, unsweetened, shelf stable or refrigerated, Arano	100	90.2	113	115	0.6	0.1	5.8	0.3	5.8	trace	0	0	0	0	0	0	1.5	0.4
	1 cup (250mL)	256.7	232	290	296	1.6	0.3	14.9	0.7	14.9	trace	0	0	0	0	0	0	3.9	1.1
C16	Juice, tomato, McCoy	100	92.3	95	99	0.9	0.1	4.4	0.5	4.4	0	trace	trace	0.1			0	93	0.6
	1 cup (250mL)	257	237	245	255	2.4	0.3	11.3	1.3	11.3	0	trace	trace	0.1			0	240	1.5
C1097	Liquid breakfast, assorted flavours, Fast Start, Anchor, fortified	100	78.1	327	335	5	2	14	0.9	7.3	2.6	1.2	0.5	0.1	trace	trace	7	57	5.8
	1 cup (250mL)	268	209	877	897	13.4	5.4	37.5	2.4	19.6	7	3.1	1.3	0.2	trace	0.1	19	150	16
C1094	Liquid breakfast, assorted flavours, Up&Go, Sanitarium, fortified	100	82.1	264	268	3.2	1.7	11.8	0.5	6.9	1.8	0.6	0.5	0.4	trace	0.4	3	58	12
	1 cup (250mL)	266.9	219	706	716	8.4	4.5	31.5	1.3	18.4	4.8	1.5	1.4	1.2	0.1	1	9	150	32
C1026	Non alcoholic beverage, kava, prepared	100	99.1	18	18	0.1	0.1	0.8	0	0	0.8	trace	trace	trace	0	trace	0	2.8	0
	1 cup (250mL)	244.3	242	45	45	0.2	0.2	2	0	0	2	0.1	trace	trace	0	trace	0	6.8	0
C1017	Probiotic drink, assorted flavours, Activate Body Boost Shots, Meadow Fresh, fortified	100	89	184	184	1.1	0.8	8	0	6	2	0.6	0.1	0.1			3	16	5.8
	100mL	103	91.7	190	190	1.1	0.8	8.2	0	6.2	2.1	0.6	0.1	0.1			3	17	6
C1006	Rice milk, Get Natural, fortified	100	88.1	89	89	0.1	0.5	4	0.1	3	1	0.1	0.2	0.1	trace	0.1	0	86	0.9
	1 cup (250mL)	275	242	244	246	0.3	1.4	11	0.3	8.3	2.8	0.2	0.7	0.3	0.1	0.2	0	240	2.6
C1007	Rice milk, Organic Rice Lactose Free Drink Original, Signature Range	100	87.8	163	164	0.4	1.1	6.8	0.1	4.9	1.9	0.1	0.5	0.3	0.1	0.2	0	61	0.3
	1 cup (250mL)	267.5	235	436	438	1.2	2.9	18.1	0.3	13	5.1	0.4	1.4	0.7	0.2	0.5	0	160	0.8

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
C12	Juice, grapefruit, unsweetened	100	110	12	9	0.3	0.4	0.1	trace	1	0.04	0.01	0.23	0.01	0	6	28	0	0.18
	1 cup (250mL)	256	280	31	23	0.8	1	0.3	trace	3	0.1	0.03	0.59	0.03	0	15	71.7	0	0.46
C38	Juice, orange with apple base, Just Juice, fortified	100	81	8	4	0.1	trace	0.1	1	7	0.01	0	0.14	0.03	0	10	35	0	0.07
	1 cup (250mL)	262	210	21	10	0.2	0.1	0.3	3	18	0.03	0	0.37	0.08	0	26	91.7	0	0.18
C1100	Juice, orange, sweetened, ready to drink, composite, fortified vitamin C	100	180	17	9.1	0.1	trace	0	3	17	0.09	0.04	0.12	0.12	0	22	44.2	0	0.15
	1 cup (250mL)	257.7	450	44	23	0.2	0.1	0	7	44	0.23	0.1	0.31	0.31	0	57	114	0	0.39
C1099	Juice, orange, unsweetened, fortified vitamin C	100	180	17	9.1	0.1	trace	0	3	17	0.09	0.04	0.12	0.12	0	22	68	0	0.15
	1 cup (250mL)	255.3	450	43	23	0.2	0.1	0	7	44	0.23	0.1	0.31	0.31	0	56	174	0	0.38
C1098	Juice, orange, unsweetened, shelf stable or refrigerated, Arano	100	180	17	9.1	0.1	trace	0	3	17	0.09	0.04	0.12	0.12	0	22	37.2	0	0.15
	1 cup (250mL)	256.7	450	43	23	0.2	0.1	0	7	44	0.23	0.1	0.31	0.31	0	56	95.4	0	0.39
C16	Juice, tomato, McCoy	100	55	20	8	0.3	0.1	0.2	50	297	0.03	0.03	2.5	0.1	0	19	35	0	0.86
	1 cup (250mL)	257	140	51	21	0.7	0.3	0.4	127	763	0.08	0.08	6.5	0.26	0	49	90	0	2.2
C1097	Liquid breakfast, assorted flavours, Fast Start, Anchor, fortified	100	160	150	160	0.1	0.7	1.2	42	7	0.24	0.5	2.8	0.35	0.42	87	0	0.4	0.12
	1 cup (250mL)	268	420	410	440	0.3	1.9	3.2	114	20	0.64	1.3	7.4	0.94	1.1	230	0	1.2	0.32
C1094	Liquid breakfast, assorted flavours, Up&Go, Sanitarium, fortified	100	190	130	170	0.4	0.3	1.8	54	7	0.2	0.44	2.6	0.62	0.69	77	2.7	1.1	0.5
	1 cup (250mL)	266.9	510	350	450	1	0.8	4.8	144	19	0.53	1.2	6.9	1.7	1.8	200	7.2	3	1.3
C1026	Non alcoholic beverage, kava, prepared	100	63	2.1	4.7	0.4	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 cup (250mL)	244.3	150	5.1	11	0.9	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
C1017	Probiotic drink, assorted flavours, Activate Body Boost Shots, Meadow Fresh, fortified	100	150	110	140	0	3	1	188	2	0.3	0.24	0.18	0.4	0.32	5	10	0	2.5
	100mL	103	160	110	140	0	3.1	1	194	2	0.31	0.25	0.19	0.41	0.33	5.2	10.3	0	2.6
C1006	Rice milk, Get Natural, fortified	100	23	25	48	trace	trace	0.1	2	0	0.05	0.01	0.01	0.07	0	20	0	0	0.11
	1 cup (250mL)	275	63	69	130	0.1	trace	0.3	4	0	0.14	0.03	0.03	0.19	0	55	0	0	0.3
C1007	Rice milk, Organic Rice Lactose Free Drink Original, Signature Range	100	30	20	0.7	trace	0.1	0.2	2	0	0.05	0.01	0.01	0.07	0	20	0	0	0.11
	1 cup (250mL)	267.5	80	54	1.7	0.1	0.2	0.6	4	0	0.13	0.03	0.03	0.19	0	54	0	0	0.29

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
C1002	Rice milk, Original Calcium Enriched, Vitasoy, fortified	100	89.1	190	191	0.4	1	8.6	0.1	5.5	3.1	0.1	0.2	0.5	trace	0.5	0	64	0.8
	1 cup (250mL)	270	241	513	515	1	2.8	23.1	0.3	14.7	8.4	0.3	0.7	1.4	trace	1.4	0	170	2.1
C1001	Rice milk, Original Lactose Free Beverage Low Fat & Natural, Rice Dream	100	89	128	129	0.1	0.8	5.7	0.1	4.3	1.4	0.3	0.1	0.1	trace	0.1	0	36	0.6
	1 cup (250mL)	262	233	336	338	0.3	2.1	14.8	0.3	11.1	3.7	0.8	0.3	0.3	trace	0.3	0	94	1.5
C1003	Rice milk, Protein & Calcium Enriched, Vitasoy, fortified	100	87	173	174	1.5	1.1	6.3	0.1	5.8	0.5	0.1	0.2	0.6	trace	0.6	0	61	0.6
	1 cup (250mL)	267.5	233	462	464	4	2.9	16.9	0.3	15.5	1.3	0.4	0.6	1.5	trace	1.5	0	160	1.6
C1004	Rice milk, Rice Drink Original, Rice Dream, fortified	100	88.8	128	129	0.1	0.8	5.7	0.1	4.3	1.4	0.3	0.1	0.1	trace	0.1	0	36	0.6
	1 cup (250mL)	270	240	346	348	0.3	2.2	15.3	0.3	11.5	3.8	0.8	0.3	0.3	trace	0.3	0	97	1.6
C1005	Rice milk, Rice Drink Vanilla, Rice Dream, fortified	100	87.9	129	130	0.2	0.8	5.7	0.1	4.3	1.4	0.3	0.1	0.1	trace	0.1	0	36	0.6
	1 cup (250mL)	270	237	348	350	0.5	2.2	15.3	0.3	11.5	3.8	0.8	0.3	0.3	trace	0.3	0	97	1.6
C1023	Smoothie, Feijoa Smoothie, Simply Squeezed, fortified	100	85.9	199	206	0.2	0.1	11.3	0.8	11.2	trace	trace	trace	trace	trace	trace	0	2.2	0.3
	1 cup (250mL)	272.5	234	543	561	0.5	0.4	30.7	2.2	30.6	0.1	0.1	0.1	0.1	trace	trace	0	6	0.9
C1022	Smoothie, berry, fortified	100	86.1	202	209	0.5	0.3	10.8	0.9	10.4	0.4	trace	trace	0.1	trace	trace	0	2	0.1
	1 cup (250mL)	275	237	557	576	1.5	0.7	29.7	2.4	28.6	1.1	0.1	0.1	0.2	0.1	0.1	0	5.5	0.3
C1120	Soft drink, assorted fruit flavours, reduced sugar	100	92.9	104	104	0	0	6.1	0	6.1	0	0	0	0	0	0	0	3.3	0.2
	1 cup (250mL)	258.8	240	268	268	0	0	15.8	0	15.8	0	0	0	0	0	0	0	8.5	0.4
C1123	Soft drink, assorted tea flavours, artificially-sweetened	100	99.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.9	0
	1 cup (250mL)	251.8	251	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4.8	0
C1122	Soft drink, assorted tea flavours, reduced sugar	100	95.1	75	75	0	0	4.4	0	4.4	0	0	0	0	0	0	0	1.9	0
	1 cup (250mL)	252.8	240	189	189	0	0	11.1	0	11.1	0	0	0	0	0	0	0	4.8	0
C1121	Soft drink, assorted tea flavours, sugar-sweetened	100	92.6	121	121	0	0	7.1	0	7.1	0	0	0	0	0	0	0	1.9	0
	1 cup (250mL)	257	238	310	310	0	0	18.2	0	18.2	0	0	0	0	0	0	0	4.9	0
C1119	Soft drink, carbonated, assorted fruit flavours, sugar-sweetened	100	88.5	167	167	0	0	9.8	0	9.8	0	0	0	0	0	0	0	3.3	0.2
	1 cup (250mL)	258.8	229	431	431	0	0	25.4	0	25.4	0	0	0	0	0	0	0	8.5	0.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
C1002	Rice milk, Original Calcium Enriched, Vitasoy, fortified	100	27	41	54	trace	trace	0.4	2	0	0.05	0.01	0.01	0.07	0	20	0	0	0.26
	1 cup (250mL)	270	73	110	150	0.1	0.1	1.1	4	0	0.14	0.03	0.03	0.19	0	54	0	0	0.7
C1001	Rice milk, Original Lactose Free Beverage Low Fat & Natural, Rice Dream	100	18	8.3	6.9	trace	0.1	0.1	2	0	0.05	0.01	0.01	0.07	0	20	0	0	0.26
	1 cup (250mL)	262	47	22	18	0.1	0.2	0.3	4	0	0.13	0.03	0.03	0.18	0	52	0	0	0.68
C1003	Rice milk, Protein & Calcium Enriched, Vitasoy, fortified	100	75	63	67	0.2	0.1	0.8	2	0	0.07	0.02	4.7	0.08	0	20	0	0	0.35
	1 cup (250mL)	267.5	200	170	180	0.5	0.3	2.2	4	0	0.19	0.05	13	0.21	0	54	0	0	0.94
C1004	Rice milk, Rice Drink Original, Rice Dream, fortified	100	18	54	110	trace	0.1	0.1	41	0	0.05	0.01	0.01	0.07	0.8	20	0	1	0.26
	1 cup (250mL)	270	49	150	300	0.1	0.2	0.3	109	0	0.14	0.03	0.03	0.19	2.2	54	0	2.8	0.7
C1005	Rice milk, Rice Drink Vanilla, Rice Dream, fortified	100	18	54	110	trace	0.1	0.1	41	0	0.05	0.01	0.01	0.07	0.77	20	0	1	0.26
	1 cup (250mL)	270	49	150	300	0.1	0.2	0.3	109	0	0.14	0.03	0.03	0.19	2.1	54	0	2.8	0.7
C1023	Smoothie, Feijoa Smoothie, Simply Squeezed, fortified	100	62	3.7	28	trace	trace	0.2	35	0	0.01	0.03	0.11	0.03	0	79	34.4	0	0.75
	1 cup (250mL)	272.5	170	10	76	0.1	trace	0.5	94	0	0.03	0.08	0.3	0.08	0	220	93.7	0	2
C1022	Smoothie, berry, fortified	100	180	14	7.5	0.2	0.1	0.2	2	14	0.01	0.04	0.11	0.13	0	45	50.3	0	0.18
	1 cup (250mL)	275	500	39	21	0.5	0.2	0.6	6	39	0.03	0.11	0.3	0.36	0	120	138	0	0.5
C1120	Soft drink, assorted fruit flavours, reduced sugar	100	5.2	0.7	1.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	258.8	13	1.8	3.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1123	Soft drink, assorted tea flavours, artificially-sweetened	100	18	1.3	1.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	251.8	45	3.3	4.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1122	Soft drink, assorted tea flavours, reduced sugar	100	18	1.3	1.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	252.8	45	3.3	4.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1121	Soft drink, assorted tea flavours, sugar-sweetened	100	18	1.3	1.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	257	46	3.3	4.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1119	Soft drink, carbonated, assorted fruit flavours, sugar-sweetened	100	5.2	0.7	1.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	258.8	13	1.8	3.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
C1115	Soft drink, carbonated, cola flavour, artificially-sweetened, caffeinated	100	99.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0.1
	1 cup (250mL)	251.8	252	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.5	0.3
C1113	Soft drink, carbonated, cola flavour, artificially-sweetened, non-caffeinated	100	99.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0.1
	1 cup (250mL)	250.3	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.5	0.3
C1118	Soft drink, carbonated, lemon flavour, artificially-sweetened	100	99.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6.4	0.2
	1 cup (250mL)	251.5	249	0	0	0	0	0	0	0	0	0	0	0	0	0	0	16	0.5
C1116	Soft drink, carbonated, lemon flavour, sugar-sweetened	100	90.2	168	168	0	0	9.9	0	9.9	0	0	0	0	0	0	0	6.4	0.2
	1 cup (250mL)	256.8	232	432	432	0	0	25.4	0	25.4	0	0	0	0	0	0	0	16	0.5
C1114	Soft drink, cola flavour, reduced sugar, caffeinated	100	93.6	109	109	0	0	6.4	0	6.4	0	0	0	0	0	0	0	1	0.1
	1 cup (250mL)	257.3	241	280	280	0	0	16.5	0	16.5	0	0	0	0	0	0	0	2.6	0.3
C1112	Soft drink, cola flavour, sugar-sweetened, caff	100	89.7	134	134	0	0	7.9	0	7.9	0	0	0	0	0	0	0	1	0.1
	1 cup (250mL)	253.5	227	340	340	0	0	20	0	20	0	0	0	0	0	0	0	2.5	0.3
C1117	Soft drink, lemon flavour, reduced sugar	100	92.5	119	119	0	0	7	0	7	0	0	0	0	0	0	0	6.4	0.2
	1 cup (250mL)	256	237	305	305	0	0	17.9	0	17.9	0	0	0	0	0	0	0	16	0.5
C81	Soft drink, soda water	100	99.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0.2
	1 cup (250mL)	250	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	0.5
C79	Soft drink, tonic water	100	91.1	150	150	0	0	8.8	0	8.8	0	0	0	0	0	0	0	4	0.2
	1 cup (250mL)	258	235	386	386	0	0	22.7	0	22.7	0	0	0	0	0	0	0	10	0.6
C166	Soy drink, soy milk, So Good Essential, Sanitarium, fortified	100	88.2	210	212	2.8	2.3	4.6	0.3	2	2.7	0.3	0.4	1.4	0.3		0	32	2
	1 cup (250mL)	260	229	546	552	7.3	5.9	12	0.8	5.1	6.9	0.7	1.1	3.7	0.8		0	83	5.2
C30	Soy milk, So Good Lite Soy Milk, Sanitarium, fortified	100	90	171	177	2.9	1.6	3.7	0.8	1.8	1.8	0.2	0.5	0.7	trace		0	43	2
	1 cup (250mL)	260	234	444	460	7.6	4.1	9.5	2.1	4.8	4.8	0.6	1.4	1.9	0.1		0	110	5.2
C29	Soy milk, So Good Regular Soy Milk, Sanitarium, fortified	100	87.8	244	250	2.6	3.7	3.7	0.8	1.8	1.8	0.4	1.1	2	trace		0	43	2
	1 cup (250mL)	255	224	621	638	6.7	9.4	9.3	2	4.7	4.7	1	2.8	5.1	0.1		0	110	5.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
C1115	Soft drink, carbonated, cola flavour, artificially-sweetened, caffeinated	100	2.9	16	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	251.8	7.3	41	2.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1113	Soft drink, carbonated, cola flavour, artificially-sweetened, non-caffeinated	100	2.9	16	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	250.3	7.3	41	2.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1118	Soft drink, carbonated, lemon flavour, artificially-sweetened	100	5	0.6	1.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	251.5	13	1.5	4.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1116	Soft drink, carbonated, lemon flavour, sugar- sweetened	100	5	0.6	1.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	256.8	13	1.5	4.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1114	Soft drink, cola flavour, reduced sugar, caffeinated	100	2.9	16	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	257.3	7.5	42	2.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1112	Soft drink, cola flavour, sugar-sweetened, caff	100	2.9	16	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	253.5	7.4	42	2.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1117	Soft drink, lemon flavour, reduced sugar	100	5	0.6	1.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	256	13	1.5	4.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C81	Soft drink, soda water	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C79	Soft drink, tonic water	100	0	0	1	trace	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	258	0	0	2.6	trace	0.3	0	0	0	0	0	0	0	0	0	0	0	0
C166	Soy drink, soy milk, So Good Essential, Sanitarium, fortified	100	140	100	130	1.2	0.1	1.4	29	0	0.09	0.16	1.1	0.21	0.17	170	0	0	0.85
	1 cup (250mL)	260	360	270	330	3.2	0.3	3.6	76	0	0.23	0.42	2.9	0.55	0.44	440	0	0	2.2
C30	Soy milk, So Good Lite Soy Milk, Sanitarium, fortified	100	230	110	110	0.5	0.1	1.4	36	0	0.09	0.14	1.1	0.06	0.4	21	0	0	0.3
	1 cup (250mL)	260	590	290	300	1.2	0.3	3.6	94	0	0.23	0.36	2.9	0.16	1	55	0	0	0.78
C29	Soy milk, So Good Regular Soy Milk, Sanitarium, fortified	100	230	110	110	0.5	0.1	1.4	36	0	0.1	0.14	1.1	0.06	0.36	21	0	0	1.9
	1 cup (250mL)	255	580	290	290	1.1	0.3	3.6	92	0	0.26	0.36	2.8	0.15	0.92	54	0	0	4.8

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
C92	Soy milk, So Good, Vanilla Flavoured, Sanitarium, fortified	100	84.2	311	318	2.4	4.2	6.7	0.8	4.6	2.1	0.4	0.9	2.7	trace		0	43	2
	1 cup (250mL)	255	215	793	810	6.1	10.8	17.1	2	11.7	5.4	1.1	2.2	7	trace		0	110	5.1
C1034	Sports drink, assorted flavours, Isopower, Low Carb, Mizone, fortified	100	97.2	58	58	0	0	3.4	0	3.4	0	0	0	0	0	0	0	24	0
	1 cup (250mL)	255	248	147	147	0	0	8.7	0	8.7	0	0	0	0	0	0	0	61	0
C1033	Sports drink, assorted flavours, Isopower, Mizone, Frucor, fortified	100	97.2	102	102	0	0	6	0	6	0	0	0	0	0	0	0	28	0
	1 cup (250mL)	256.6	249	262	262	0	0	15.4	0	15.4	0	0	0	0	0	0	0	72	0
C18	Sports drink, flavoured, Lucozade	100	81.7	238	238	0	0	14	0	14	0	0	0	0	0	0	0	29	0.1
	1 cup (250mL)	265	217	631	631	0	0	37.1	0	37.1	0	0	0	0	0	0	0	77	0.2
C86	Sports drink, ready to drink, Gatorade	100	93	122	122	0.1	0.4	6.4	0	6.4	0	0	0	0			0	45	0.1
	1 cup (250mL)	256	238	313	313	0.2	0.9	16.3	0	16.3	0	0	0	0			0	120	0.2
C84	Sports drink, ready to drink, Powerade	100	89.4	155	155	0	0.2	8.8	0	8.8	0	0	0	0			0	4.6	0.1
	1 cup (250mL)	255.4	228	395	395	0	0.4	22.4	0	22.4	0	0	0	0			0	12	0.2
C1032	Sports water, assorted flavours, Mizone, Frucor, fortified	100	97.2	43	43	0	0	2.5	0	2.5	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	260	253	111	111	0	0	6.5	0	6.5	0	0	0	0	0	0	0	0	0
C1040	Tea beverage, black	100	99.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.1	0
	1 cup (250mL)	255	255	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.8	0
C1041	Tea beverage, black, decaffeinated	100	99.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.1	0
	1 cup (250mL)	255	255	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.8	0
C1039	Tea beverage, green	100	99.8	1	1	trace	0	0	0	0	0	0	0	0	0	0	0	1.3	0.1
	1 cup (250mL)	252.7	252	2	2	0.1	0	0	0	0	0	0	0	0	0	0	0	3.3	0.3
C76	Tea beverage, herbal, brewed	100	99.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1
	1 cup (250mL)	250	249	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2
C41	Water, bottled, New Zealand	100	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3.3	0.2
	1 cup (250mL)	250	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8.3	0.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
C92	Soy milk, So Good, Vanilla Flavoured, Sanitarium, fortified	100	230	110	110	0.5	0.1	1.4	36	0	0.08	0.14	1	0.06	0.5	21	0	0	1.9
	1 cup (250mL)	255	580	290	290	1.1	0.3	3.6	92	0	0.2	0.36	2.6	0.15	1.3	54	0	0	4.8
C1034	Sports drink, assorted flavours, Isopower, Low Carb, Mizone, fortified	100	5.8	1.8	0.3	0	0	0	0	0	0	0	1.1	0.24	0.22	0	0	0	0
	1 cup (250mL)	255	15	4.5	0.6	0	0	0	0	0	0	0	2.9	0.61	0.56	0	0	0	0
C1033	Sports drink, assorted flavours, Isopower, Mizone, Frucor, fortified	100	5.8	1.8	0.3	0	0	0	0	0	0	0	1.1	0.24	0.22	0	35.6	0	0
	1 cup (250mL)	256.6	15	4.5	0.6	0	0	0	0	0	0	0	2.9	0.62	0.57	0	91.2	0	0
C18	Sports drink, flavoured, Lucozade	100	1	4	5	0.1	0	0	139	835	0	0	0	0	0	0	9	0	0
	1 cup (250mL)	265	2.7	11	13	0.3	0	0	370	2210	0	0	0	0	0	0	23.9	0	0
C86	Sports drink, ready to drink, Gatorade	100	10	0	2.4	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	256	26	0	6.1	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
C84	Sports drink, ready to drink, Powerade	100	5.4	3.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	255.4	14	8.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1032	Sports water, assorted flavours, Mizone, Frucor, fortified	100	5.8	1.8	0.3	0	0	0	0	0	0	0	1.1	0.24	0.22	0	35.6	0	0
	1 cup (250mL)	260	15	4.6	0.7	0	0	0	0	0	0	0	3	0.62	0.57	0	92.4	0	0
C1040	Tea beverage, black	100	18	1.2	0.9	trace	trace	0	0	0	0	0	1.7	0	0	0	0	0	0
	1 cup (250mL)	255	45	3	2.4	trace	trace	0	0	0	0	0	4.4	0	0	0	0	0	0
C1041	Tea beverage, black, decaffeinated	100	0	1.2	0.9	trace	trace	0	0	0	1	0	1.7	0	0	0	0	0	0
	1 cup (250mL)	255	0	3	2.4	trace	trace	0	0	0	2.6	0	4.4	0	0	0	0	0	0
C1039	Tea beverage, green	100	8.3	0.5	1	trace	trace	0	0	0	0	0	0.23	0	0	0	0	0	0
	1 cup (250mL)	252.7	21	1.2	2.6	0.1	trace	0	0	0	0	0	0.58	0	0	0	0	0	0
C76	Tea beverage, herbal, brewed	100	9	0	2	0.1	0	0	0	0	0	0	0	0	0	1	0	0	0
	1 cup (250mL)	250	23	0	5	0.3	0	0	0	0	0	0	0	0	0	2.5	0	0	0
C41	Water, bottled, New Zealand	100	0.2	0	1.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	250	0.6	0	4.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
C40	Water, tap	100	100	0	0	0	0	0	0	0	0	0	0	0			0	1	0.2
	1 cup (250mL)	250	250	0	0	0	0	0	0	0	0	0	0	0			0	2.5	0.6
D	BREAKFAST CEREALS																		
D1046	All Bran Original, Kellogg's, fortified	100	2.2	1090	1320	13.6	3.3	62.3	28.8	18.2	25.1	0.5	0.5	1.6	0.1	1.5	0	330	6.7
	1 cup (250mL)	78.9	1.7	860	1040	10.7	2.6	49.2	22.7	14.4	19.8	0.4	0.4	1.3	0.1	1.2	0	260	5.3
D1041	Breakfast cereals, rice puffed, cocoa coated, ready to eat, fortified	100	4.2	1490	1500	5.6	1	80.1	1.3	34.5	45.6	0.5	0.3	0.1	trace	0.1	0	430	0
	1 cup (250mL)	62.9	2.6	939	946	3.5	0.6	50.4	0.8	21.7	28.7	0.3	0.2	0.1	trace	0.1	0	270	0
D1053	Cluster Crisp, Manuka Honey with Roasted Cashew, Sanitarium, fortified	100	3.4	1580	1620	7.8	12.9	56.8	5.1	21	35.8	2.7	7.2	2.2	trace	2.2	0	250	0
	1 cup (250mL)	92.6	3.1	1460	1500	7.2	11.9	52.6	4.7	19.4	33.2	2.5	6.6	2	trace	2	0	230	0
D1045	Cluster Crisp, Sanitarium, fortified	100	3.5	1570	1610	7.8	12.7	56.8	5.1	21	35.8	2.5	7.1	2.3	trace	2.2	0	250	0
	1 cup (250mL)	92.8	3.2	1450	1490	7.2	11.7	52.7	4.7	19.5	33.2	2.3	6.5	2.1	trace	2	0	230	0
D1052	Cluster Crisp, Vanilla Almond, Sanitarium, fortified	100	3.4	1560	1600	7.8	12.4	56.8	5.1	21	35.8	2.3	6.9	2.3	0.1	2.2	0	250	0
	1 cup (250mL)	92.9	3.2	1450	1480	7.3	11.5	52.8	4.7	19.5	33.3	2.2	6.4	2.1	trace	2.1	0	230	0
D1038	Coco Pops, Kellogg's, fortified	100	2.7	1570	1580	5.6	1.1	84.4	1.3	38.8	45.6	0.7	0	trace	trace	0	0	430	0
	1 cup (250mL)	52.4	1.4	823	828	2.9	0.6	44.2	0.7	20.3	23.9	0.4	0	trace	trace	0	0	230	0
D1032	Crunchy Nut Corn Flakes, Kellogg's, fortified	100	5.1	1600	1620	7.7	3.3	79.3	2.5	31.7	47.6	0.5	1.2	0.8			0	470	0.7
	1 cup (250mL)	44	2.2	704	713	3.4	1.5	34.9	1.1	13.9	20.9	0.2	0.5	0.3			0	210	0.3
D1036	Fruitful Breakfast, Hubbards	100	5.9	1610	1660	8.8	12	59.7	6	28.4	31.3	3.3	5.1	3	0.4	2.6	0	48	1.8
	1 cup (250mL)	147.5	8.7	2370	2440	12.9	17.7	88.1	8.9	41.9	46.2	4.8	7.5	4.4	0.6	3.8	0	71	2.7
D1043	Just Right, Original Kellogg's, fortified	100	6.4	1510	1580	7.9	2.1	76.3	9	32.2	44.1	0.4	0.6	0.7	trace	0.7	0	30	1.9
	1 cup (250mL)	53.1	3.4	802	840	4.2	1.1	40.5	4.8	17.1	23.4	0.2	0.3	0.4	trace	0.3	0	16	1
D1049	Light 'n' Tasty, Apricot, Sanitarium, fortified	100	5.9	1420	1480	7.4	2.9	69.9	7.1	25.2	44.7	0.5	0.8	0.9	trace	0.9	0	320	0
	1 cup (250mL)	77.5	4.5	1100	1150	5.7	2.2	54.2	5.5	19.5	34.6	0.4	0.6	0.7	trace	0.7	0	250	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
C40	Water, tap	100	2.3	0	1.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	250	5.8	0	4.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
D	BREAKFAST CEREALS																		
D1046	All Bran Original, Kellogg's, fortified	100	820	630	72	7.7	5.5	17	1	5	1.2	2.6	9.5	1.8	0	1300	0	0	1.4
	1 cup (250mL)	78.9	650	500	57	6.1	4.3	13	1	4	0.97	2.1	7.5	1.5	0	1000	0	0	1.1
D1041	Breakfast cereals, rice puffed, cocoa coated, ready to eat, fortified	100	230	99	10	8.9	8.3	8	trace	2	1.9	0.87	9	0.48	0	850	0	0	0.1
	1 cup (250mL)	62.9	140	62	6.5	5.6	5.2	5	trace	1	1.2	0.55	5.6	0.3	0	540	0	0	0.06
D1053	Cluster Crisp, Manuka Honey with Roasted Cashew, Sanitarium, fortified	100	210	190	26	5	1.4	5	4	22	0.72	0.49	5.4	0.33	0	100	0	0	2
	1 cup (250mL)	92.6	190	180	24	4.6	1.3	4.6	3	21	0.67	0.45	5	0.31	0	93	0	0	1.8
D1045	Cluster Crisp, Sanitarium, fortified	100	210	190	26	5	1.4	5	4	22	0.72	0.49	5.4	0.33	0	120	0	0	2
	1 cup (250mL)	92.8	190	180	24	4.6	1.3	4.6	3	21	0.67	0.46	5	0.31	0	110	0	0	1.8
D1052	Cluster Crisp, Vanilla Almond, Sanitarium, fortified	100	210	190	26	5	1.4	5	4	22	0.72	0.49	5.3	0.33	0	130	0	0	2
	1 cup (250mL)	92.9	200	180	24	4.6	1.3	4.6	3	21	0.67	0.46	4.9	0.31	0	120	0	0	1.8
D1038	Coco Pops, Kellogg's, fortified	100	230	99	370	12	4.9	8	trace	2	2.1	1.7	13	0.48	0	670	53.5	0	0.1
	1 cup (250mL)	52.4	120	52	190	6.1	2.6	4.2	trace	1	1.1	0.9	6.6	0.25	0	350	28	0	0.05
D1032	Crunchy Nut Corn Flakes, Kellogg's, fortified	100	130	55	16	4	0.5	2	5	29	0.92	0.6	9.1	0.1	0	280	33.3	0	0.6
	1 cup (250mL)	44	59	24	7	1.8	0.2	0.9	2	13	0.41	0.26	4	0.04	0	120	14.7	0	0.26
D1036	Fruitful Breakfast, Hubbards	100	330	240	45	2.5	1.5	9	5	32	0.21	0.13	2.1	0.25	0	23	0	0	0.58
	1 cup (250mL)	147.5	490	350	66	3.7	2.2	13	8	47	0.31	0.19	3.1	0.37	0	34	0	0	0.86
D1043	Just Right, Original Kellogg's, fortified	100	450	190	31	8.4	1.3	10	0	0	1.4	1.3	8.2	0.78	0	600	0	0	0.36
	1 cup (250mL)	53.1	240	100	16	4.5	0.7	5.3	0	0	0.76	0.68	4.4	0.41	0	320	0	0	0.19
D1049	Light 'n' Tasty, Apricot, Sanitarium, fortified	100	310	530	820	13	1.3	8	4	23	0.86	3.4	4.8	0.33	0	550	2	0	0.4
	1 cup (250mL)	77.5	240	410	640	10	1	6.2	3	18	0.67	2.6	3.7	0.26	0	430	1.6	0	0.31

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
D1050	Light 'n' Tasty, Berry, Sanitarium, fortified	100	5.9	1400	1460	7.4	2.6	69.6	7.1	24.9	44.7	0.4	0.8	0.8	trace	0.8	0	230	0
	1 cup (250mL)	82.4	4.9	1160	1200	6.1	2.1	57.4	5.9	20.5	36.8	0.3	0.6	0.7	trace	0.6	0	190	0
D1051	Light 'n' Tasty, Peach & Raspberry, Sanitarium, fortified	100	5.6	1420	1470	7.4	3.8	67.6	7.1	22.9	44.7	0.6	1.5	0.8	trace	0.7	0	260	0
	1 cup (250mL)	75.7	4.2	1070	1110	5.6	2.9	51.2	5.4	17.3	33.8	0.5	1.1	0.6	trace	0.6	0	200	0
D1037	Nutri-Grain, Kellogg's, fortified	100	3.9	1630	1650	22.4	2.7	67.8	1.7	35.1	32.7	0.4	0.7	1	trace	0.9	0	520	5.7
	1 cup (250mL)	36.8	1.4	601	606	8.2	1	25	0.6	12.9	12	0.1	0.3	0.4	trace	0.3	0	190	2.1
D22	Porridge, prepared with water, salt added	100	87.4	206	219	1.5	1.1	8.2	1.7	0	8.2	0.2	0.4	0.4			0	160	0.2
	1 cup (250mL)	260	227	535	571	4	2.9	21.3	4.4	0	21.3	0.4	1	1.1			0	420	0.4
D1017	Puffed Wheat, Sanitarium	100	7.3	1570	1630	11.6	1.4	77.9	6.7	6.7	71.2	0.3	0.2	0.6			0	6	0.5
	1 cup (250mL)	30	2.2	472	488	3.5	0.4	23.4	2	2	21.4	0.1	trace	0.2			0	1.8	0.2
D42	Rice Bubbles, Kellogg's, fortified	100	3.3	1550	1570	6.7	1.1	82.1	2.2	10.2	71.9	0.2	0.5	0.2			0	1000	0.8
	1 cup (250mL)	30	1	465	470	2	0.3	24.6	0.7	3.1	21.6	0.1	0.1	0.1			0	310	0.2
D1029	Ricies, Sanitarium, fortified	100	4.1	1470	1470	6	1.1	77.9	0.8	8.1	69.8	0.3	0.2	0.3			0	890	0.5
	1 cup (250mL)	32	1.3	469	471	1.9	0.4	24.9	0.3	2.6	22.3	0.1	0.1	0.1			0	280	0.2
D1018	San Bran, Sanitarium	100	7.3	966	1240	12.4	1.4	41.4	34.6	19.5	21.9	0.3	0.1	0.7			0	870	0.5
D1048	Simply Toasted Muesli Apricot, Hubbards	100	3.9	1520	1600	8.8	10.3	58.4	10	22.7	35.7	3.6	3.6	2.5	0.2	2.3	0	19	4.3
	1 cup (250mL)	142.7	5.6	2170	2290	12.6	14.7	83.3	14.3	32.4	50.9	5.1	5.1	3.5	0.2	3.3	0	27	6.1
D1057	Skippy Cornflakes, Sanitarium, fortified	100	4.1	1470	1500	7.5	1.3	76.2	3.3	7.3	68.9	0.1	0.1	0.5			0	610	0
	1 cup (250mL)	33.4	1.4	491	500	2.5	0.4	25.5	1.1	2.4	23	trace	trace	0.2			0	200	0
D1016	Special K, Forest Berries, Kellogg's, fortified	100	3	1530	1570	18.1	0.9	70.2	4.3	25.7	44.5	0.1	0.1	0.4			0	340	2
	1 cup (250mL)	40	1.2	614	628	7.2	0.4	28.1	1.7	10.3	17.8	0.1	0.1	0.2			0	130	0.8
D1042	Special K, Original, Kellogg's, fortified	100	3.2	1480	1500	18.4	2	64.3	2.5	14.2	50.1	0.6	0.2	0.8	0.1	0.7	0	400	1.6
	1 cup (250mL)	41.5	1.3	614	622	7.6	0.8	26.7	1	5.9	20.8	0.2	0.1	0.3	trace	0.3	0	170	0.7

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
D1050	Light 'n' Tasty, Berry, Sanitarium, fortified	100	310	420	550	13	1.3	8	4	23	0.86	3.4	4.8	0.33	0	550	2	0	0.31
	1 cup (250mL)	82.4	260	350	450	11	1.1	6.6	3	19	0.71	2.8	3.9	0.27	0	460	1.6	0	0.26
D1051	Light 'n' Tasty, Peach & Raspberry, Sanitarium, fortified	100	310	410	620	13	1.3	8	4	23	0.86	3.4	4.8	0.33	0	550	0	0	0.55
	1 cup (250mL)	75.7	230	310	470	10	1	6.1	3	18	0.65	2.6	3.6	0.25	0	420	0	0	0.42
D1037	Nutri-Grain, Kellogg's, fortified	100	150	99	310	9.3	1.4	22	3	18	2.9	1.6	13	2	0	250	34.7	0	0.19
	1 cup (250mL)	36.8	54	36	110	3.4	0.5	8.1	1	7	1.1	0.6	4.7	0.75	0	91	12.8	0	0.07
D22	Porridge, prepared with water, salt added	100	46	47	7	0.5	0.4	0	0	0	0.06	0.01	0.45	0.01	0	4	0	0	0.21
	1 cup (250mL)	260	120	120	18	1.3	1	0	0	0	0.16	0.03	1.2	0.03	0	10	0	0	0.55
D1017	Puffed Wheat, Sanitarium	100	300	310	40	2.6	2.4	9.1	1	5	0.06	0.12	4.4	0.22	0	20	0	0	0.5
	1 cup (250mL)	30	90	93	12	0.8	0.7	2.7	trace	1	0.02	0.04	1.3	0.07	0	6	0	0	0.15
D42	Rice Bubbles, Kellogg's, fortified	100	100	99	7	10	6	0	0	0	0.92	1.4	9.7	1.8	0	270	33.3	0	0.13
	1 cup (250mL)	30	31	30	2.1	3	1.8	0	0	0	0.28	0.42	2.9	0.54	0	82	10	0	0.04
D1029	Ricies, Sanitarium, fortified	100	99	84	3.9	10	1	2	0	0	1.5	0.62	15	0.26	0	15	0	0	0.11
	1 cup (250mL)	32	32	27	1.2	3.2	0.3	0.6	0	0	0.47	0.2	4.9	0.08	0	4.8	0	0	0.04
D1018	San Bran, Sanitarium	100	1000	820	84	9.1	4.6	14	1	6	0.34	0.7	5.4	1	0	110	0	0	2.2
D1048	Simply Toasted Muesli Apricot, Hubbards	100	390	280	42	3	2.2	7	2	14	0.48	0.21	2.7	0.36	0	29	0.9	0	0.52
	1 cup (250mL)	142.7	560	400	60	4.3	3.1	10	3	21	0.69	0.3	3.8	0.51	0	42	1.3	0	0.74
D1057	Skippy Cornflakes, Sanitarium, fortified	100	110	53	9	11	2.7	2	14	82	1.7	0.63	12	0.5	0	560	0	0	0.09
	1 cup (250mL)	33.4	35	18	3	3.7	0.9	0.7	5	27	0.56	0.21	4.1	0.17	0	190	0	0	0.03
D1016	Special K, Forest Berries, Kellogg's, fortified	100	190	160	670	10	1.6	16	0	0	0.92	1.4	11	1.3	0	540	0	0	0.3
	1 cup (250mL)	40	76	65	270	4	0.6	6.4	0	0	0.37	0.56	4.2	0.52	0	220	0	0	0.12
D1042	Special K, Original, Kellogg's, fortified	100	140	150	780	12	1.4	19	1	4	1.6	1.7	14	2.8	0	590	0	0	0.15
	1 cup (250mL)	41.5	57	61	320	4.8	0.6	7.9	trace	2	0.67	0.7	5.9	1.2	0	250	0	0	0.06

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
D43	Sultana Bran, Kellogg's, fortified	100	7.8	1300	1460	9.2	1.6	63.9	19.5	32.2	31.7	0.4	0.4	0.2			0	660	1
	1 cup (250mL)	45	3.5	586	656	4.1	0.7	28.8	8.8	14.5	14.3	0.2	0.2	0.1			0	300	0.5
D44	Sustain, Kellogg's, fortified	100	8	1410	1470	8.6	2.8	68.1	8	16.4	51.7	0.4	1	0.7			0	97	1.1
	1 cup (250mL)	60	4.8	844	883	5.1	1.7	40.9	4.8	9.8	31	0.2	0.6	0.4			0	58	0.6
D1047	Toasted Muesli Golden Oats & Fruit, Sanitarium	100	4.1	1700	1780	8.8	14.4	60	10	24.3	35.7	2.5	5.4	3.9	1	3	0	270	3.4
	1 cup (250mL)	128.8	5.3	2190	2300	11.3	18.5	77.3	12.9	31.3	46	3.2	7	5	1.2	3.8	0	350	4.4
D1055	Toasted Muesli Super Fruity, Sanitarium, fortified	100	6.4	1610	1690	8.8	9.8	64.8	10	29.1	35.7	1.6	4.1	2.8	0.3	2.5	0	91	3.4
	1 cup (250mL)	133.4	8.5	2150	2260	11.8	13.1	86.4	13.3	38.8	47.6	2.1	5.5	3.7	0.4	3.3	0	120	4.5
D1054	Toasted Strawberry and Rhubarb, Sanitarium	100	4.8	1530	1610	8.8	11.7	55.9	10	20.2	35.7	2.9	4.7	3.2	0.8	2.4	0	68	4.1
	1 cup (250mL)	125.8	6	1930	2030	11.1	14.7	70.3	12.6	25.4	44.9	3.7	6	4	1	3	0	86	5.2
D1012	Weet-Bix Oat Bran, Sanitarium, fortified	100	1.1	1540	1640	12.8	2.5	72.6	11.7	6.8	65.8	0.4	0.4	1.3			0	300	0.5
	1 biscuit (8.6 x 4.3 x 1.8cm)	22.2	0.2	343	364	2.8	0.6	16.1	2.6	1.5	14.6	0.1	0.1	0.3			0	67	0.1
D1056	Weet-Bix, Sanitarium, fortified	100	6.6	1290	1380	12.5	2.3	58.4	10.7	1.7	56.7	trace	0.3	1	0.1	1	0	280	0
	1 biscuit (8.4 x 4.2 x 1.9cm)	16.8	1.1	217	231	2.1	0.4	9.8	1.8	0.3	9.5	trace	trace	0.2	trace	0.2	0	47	0
D1035	Weeties, Sanitarium	100	3.4	1330	1390	11.9	2.1	61.5	7.8	0.6	60.9	1.2	0.5	0.2	trace	0.2	0	460	0
	1 cup (250mL)	51.5	1.8	682	715	6.1	1.1	31.7	4	0.3	31.4	0.6	0.3	0.1	trace	0.1	0	240	0
E	CEREALS AND PSEUDO-CEREALS																		
E3	Barley, pearl, boiled	100	69.6	494	521	2.7	0.6	25.1	3.3	0	25.1	0.1	trace	0.3			0	1	0.2
	1 cup (250mL)	165	115	816	860	4.4	1	41.4	5.5	0	41.4	0.2	0.1	0.4			0	1.7	0.2
E68	Bulgur, boiled	100	76.2	359	393	3.1	0.4	17.2	4.2	0	17.2	0.1	0	0.2			0	10	0.2
	1 cup (250mL)	192.3	147	691	756	5.9	0.8	33.1	8.1	0	33.1	0.2	0	0.4			0	19	0.3
E99	Cornmeal, wholegrain, yellow	100	10.3	1350	1410	8.1	3.6	63.5	7.3	2.3	61.2	0.5	0.9	1.5			0	35	0.5
	1 cup (250mL)	122	12.5	1650	1720	9.9	4.4	77.4	8.9	2.8	74.6	0.6	1.1	1.9			0	43	0.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
D43	Sultana Bran, Kellogg's, fortified	100	700	400	53	6.7	4	0	0	0	0.61	1	7.6	0.9	0	330	0	0	0.91
	1 cup (250mL)	45	310	180	24	3	1.8	0	0	0	0.27	0.45	3.4	0.41	0	150	0	0	0.41
D44	Sustain, Kellogg's, fortified	100	340	530	45	6.7	0.9	0	0	0	1.2	1	8.4	0.9	0	370	22.2	0	1.8
	1 cup (250mL)	60	200	320	27	4	0.5	0	0	0	0.73	0.6	5	0.54	0	220	13.3	0	1.1
D1047	Toasted Muesli Golden Oats & Fruit, Sanitarium	100	390	280	42	3	2.2	7	2	14	0.48	0.21	2.7	0.36	0	29	0.6	0	1.4
	1 cup (250mL)	128.8	500	360	54	3.9	2.8	9	3	19	0.62	0.27	3.4	0.46	0	37	0.8	0	1.8
D1055	Toasted Muesli Super Fruity, Sanitarium, fortified	100	390	280	42	3	2.2	7	2	14	0.48	0.21	2.7	0.36	0	29	0.7	0	1.2
	1 cup (250mL)	133.4	520	370	56	4	2.9	9.3	3	19	0.64	0.28	3.5	0.48	0	39	0.9	0	1.6
D1054	Toasted Strawberry and Rhubarb, Sanitarium	100	390	280	42	3	2.2	7	2	14	0.48	0.21	2.7	0.36	0	29	1	0	0.61
	1 cup (250mL)	125.8	490	350	53	3.8	2.8	8.8	3	18	0.6	0.26	3.3	0.45	0	37	1.3	0	0.77
D1012	Weet-Bix Oat Bran, Sanitarium, fortified	100	330	290	45	13	2.6	14	0	0	1.1	0.98	8.9	0.31	0	400	0	0	6.3
	1 biscuit (8.6 x 4.3 x 1.8cm)	22.2	73	64	10	2.9	0.6	3.1	0	0	0.24	0.22	2	0.07	0	90	0	0	1.4
D1056	Weet-Bix, Sanitarium, fortified	100	390	280	32	15	2.2	13	0	0	5.7	1.5	16	0.77	0	590	0	0	0.57
	1 biscuit (8.4 x 4.2 x 1.9cm)	16.8	66	47	5.4	2.6	0.4	2.2	0	0	0.95	0.26	2.6	0.13	0	99	0	0	0.1
D1035	Weeties, Sanitarium	100	370	280	27	3.2	1.7	10	2	15	0	0.16	7.1	0.88	0	34	0	0	0.3
	1 cup (250mL)	51.5	190	140	14	1.6	0.9	5.2	1	8	0	0.08	3.7	0.45	0	18	0	0	0.15
E	CEREALS AND PSEUDO-CEREALS																		
E3	Barley, pearl, boiled	100	92	71	7	1	0.7	0	0	0	0.02	0.01	1.3	0.04	0	3	0	0	0.1
	1 cup (250mL)	165	150	120	12	1.7	1.2	0	0	0	0.03	0.02	2.1	0.07	0	5	0	0	0.17
E68	Bulgur, boiled	100	48	87	12	1	0.5	0	0	0	0.34	0	2.3	0.83	0	18	0	0	0.03
	1 cup (250mL)	192.3	92	170	23	1.9	1	0	0	0	0.65	0	4.4	1.6	0	35	0	0	0.06
E99	Cornmeal, wholegrain, yellow	100	290	240	6	3.5	1.8	1.9	47	282	0.23	0.2	4.6	0.3	0	25	0	0	2.2
	1 cup (250mL)	122	350	290	7.3	4.2	2.2	2.3	57	344	0.28	0.24	5.6	0.37	0	31	0	0	2.7

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
E1068	Couscous, white wheat, cooked in water, not drained, no salt or fat added	100	55.6	707	731	6.7	1	32.7	3	0.8	31.9	0.2	0.1	0.6	trace	0.5	0	15	16
	1 cup (250mL)	143.2	79.6	1010	1050	9.6	1.4	46.9	4.3	1.1	45.7	0.3	0.2	0.8	trace	0.7	0	21	24
E1067	Couscous, white wheat, dry	100	9.2	1440	1480	13.1	1.9	67.3	5.3	1.5	65.8	0.4	0.3	1.3	0.1	1.1	0	34	40
	1 cup (250mL)	211.2	19.4	3030	3120	27.7	4	142	11.1	3.2	139	0.9	0.6	2.7	0.2	2.3	0	72	84
E1071	Couscous, wholemeal wheat, cooked in water, not drained, no salt or fat added	100	59.9	564	601	5.9	1.2	24.6	4.6	0	24.6	0.2	0.2	0.7	trace	0.6	0	11	12
	1 cup (250mL)	128.1	76.7	722	770	7.6	1.5	31.5	5.9	0	31.5	0.3	0.3	0.8	0.1	0.8	0	14	15
E6	Custard, dry powder	100	12.5	1460	1460	0.6	0.7	83.6	0.5	0	83.6	0.1	0.2	0.3			0	320	1
	1 tablespoon (15mL)	8.6	1.1	125	126	trace	0.1	7.2	trace	0	7.2	trace	trace	trace			0	28	0.1
E1032	Flour, chickpea, raw	100	10.3	1440	1530	24	6.7	46.4	10.8	2.6	43.8	0.7	1.5	3			0	64	0
	1 cup (250mL)	95.8	9.8	1380	1470	23	6.4	44.5	10.3	2.5	42	0.7	1.4	2.9			0	61	0
E9	Flour, corn	100	12.5	1460	1460	0.6	0.7	83.6	0.9	0	83.6	0.1	0.1	0.2			0	52	0.5
	1 tablespoon (15mL)	7.5	0.9	109	110	trace	trace	6.3	0.1	0	6.3	trace	trace	trace			0	3.9	trace
E12	Flour, soy, full fat	100	8.3	1590	1700	29.5	18.2	24.4	13.9	13.4	11	2.5	3	11.4			0	10	3
	1 cup (250mL)	68	5.6	1080	1160	20.1	12.4	16.6	9.5	9.1	7.5	1.7	2	7.7			0	6.9	2
E108	Flour, wheat, white	100	13.3	1430	1450	9.1	1.2	72.4	2.7	0.5	71.9	0.2	0.1	0.5			0	1.3	1
	1 tablespoon (15mL)	8.2	1.1	117	119	0.7	0.1	5.9	0.2	trace	5.9	trace	trace	trace			0	0.1	0.1
	1 cup (250mL)	137.3	18.3	1960	1990	12.5	1.6	99.5	3.7	0.7	98.8	0.2	0.1	0.7			0	1.8	1.4
E46	Flour, wheat, wholemeal	100	11.6	1300	1390	12.1	1.7	60.8	11.2	1	59.8	0.2	0.2	0.8			0	2.9	1
	1 cup (250mL)	124.3	14.4	1620	1730	15	2.1	75.5	13.9	1.2	74.4	0.3	0.2	1			0	3.6	1.2
E127	Frozen meal, lasagne, beef, bake	100	70.3	530	550	6.7	4.4	14.9	2.5	3.1	11.8	2	1.6	0.4		0.4	12	290	3.8
	1 cup (250mL)	150	105	796	826	10.1	6.6	22.3	3.8	4.7	17.7	3	2.4	0.6		0.6	18	430	5.7
E129	Frozen meal, macaroni cheese, baked	100	69.1	600	611	7.1	6.2	14.7	1.3	2	12.8	3.6	1.8	0.3		0.3	17	270	3.3
	1 cup (250mL)	132.5	91.6	796	809	9.4	8.2	19.5	1.7	2.6	16.9	4.7	2.3	0.4		0.4	22	360	4.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
E1068	Couscous, white wheat, cooked in water, not drained, no salt or fat added	100	120	85	13	0.7	0.7	5.6	1	5	0.09	0.02	2	0.09	0	5.6	0	0	0.07
	1 cup (250mL)	143.2	170	120	19	1.1	0.9	8.1	1	8	0.13	0.03	2.9	0.13	0	8	0	0	0.1
E1067	Couscous, white wheat, dry	100	280	200	30	1.7	1.5	13	2	13	0.25	0.04	4.1	0.24	0	19	0	0	0.16
	1 cup (250mL)	211.2	590	420	63	3.6	3.2	27	5	27	0.53	0.08	8.7	0.51	0	39	0	0	0.34
E1071	Couscous, wholemeal wheat, cooked in water, not drained, no salt or fat added	100	200	150	16	1.5	1.3	4.9	1	4	0.17	0.03	2.4	0.16	0	7.9	0	0	0.05
	1 cup (250mL)	128.1	250	190	21	2	1.6	6.2	1	6	0.22	0.04	3.1	0.21	0	10	0	0	0.06
E6	Custard, dry powder	100	61	39	15	1.4	0.3	0.5	0	0	0.04	0.08	0.47	0	0	0	0	0	0
	1 tablespoon (15mL)	8.6	5.2	3.4	1.3	0.1	trace	trace	0	0	trace	0.01	0.04	0	0	0	0	0	0
E1032	Flour, chickpea, raw	100	850	320	45	4.9	2.8	8.3	4	25	0.49	0.11	5.1	0.49	0	440	0	0	0
	1 cup (250mL)	95.8	810	300	43	4.7	2.7	8	4	24	0.47	0.11	4.8	0.47	0	420	0	0	0
E9	Flour, corn	100	61	39	15	1.4	0.3	0.5	0	0	0.04	0.08	0.45	0	0	0	0	0	0
	1 tablespoon (15mL)	7.5	4.6	2.9	1.1	0.1	trace	trace	0	0	trace	0.01	0.03	0	0	0	0	0	0
E12	Flour, soy, full fat	100	2100	510	170	15	5.6	13	12	72	0.57	0.16	12	0.45	0	340	0	0	0.54
	1 cup (250mL)	68	1400	340	110	10	3.8	8.6	8	49	0.39	0.11	8.1	0.31	0	230	0	0	0.37
E108	Flour, wheat, white	100	160	120	24	2	0.8	3.2	0	0	0.19	0.02	2.4	0.06	0	18	0	0	0.52
	1 tablespoon (15mL)	8.2	13	9.8	2	0.2	0.1	0.3	0	0	0.02	trace	0.19	trace	0	1.4	0	0	0.04
	1 cup (250mL)	137.3	220	160	33	2.7	1.1	4.4	0	0	0.26	0.03	3.2	0.08	0	24	0	0	0.71
E46	Flour, wheat, wholemeal	100	370	330	42	4.1	3.1	5	1	5	0.28	0.06	4	0.11	0	41	0	0	0.5
	1 cup (250mL)	124.3	460	410	52	5.1	3.9	6.2	1	6	0.35	0.08	5	0.14	0	50	0	0	0.62
E127	Frozen meal, lasagne, beef, bake	100	230	88	58	0.7	1	3.2	54	210	0.1	0.11	2.3	0.23	0.75	13	0	0	0.67
	1 cup (250mL)	150	340	130	88	1.1	1.5	4.7	82	315	0.15	0.17	3.5	0.35	1.1	20	0	0	1
E129	Frozen meal, macaroni cheese, baked	100	81	130	140	0.4	0.9	2.8	92	111	0.04	0.18	2.1	0.05	0.2	5	0	0.4	0.45
	1 cup (250mL)	132.5	110	170	190	0.5	1.1	3.7	122	147	0.05	0.24	2.8	0.07	0.27	6.6	0	0.5	0.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
E128	Frozen meal, spaghetti bolognese, baked	100	73	496	511	6.3	4.4	13.3	1.8	1.7	11.6	1.6	1.9	0.6		0.5	8	240	1.9
	1 cup (250mL)	122.5	89.4	608	626	7.8	5.4	16.3	2.2	2.1	14.2	1.9	2.3	0.7		0.6	9	290	2.3
E81	Noodle, instant, boiled, drained	100	59.3	759	786	4.7	7	24.7	3.4	0	24.7	2.6	1.6	0.4		0.4	2	130	1
	1 cup (250mL)	123	73	933	966	5.7	8.6	30.4	4.2	0	30.4	3.2	2	0.5		0.5	2	160	1.2
E1053	Noodle, rice flour, dry, boiled, drained	100	71	450	453	2	0.3	23.8	0.3	0	23.8	0.1	0.1	trace	trace	0.1	0	16	7.5
	1 cup (250mL)	222.4	158	1000	1010	4.5	0.6	53	0.7	0	53	0.2	0.2	0.1	trace	0.2	0	35	17
E1056	Noodle, shelf-fresh, boiled, drained, Japanese udon noodles	100	73.5	417	425	2.7	0.5	20.8	1	0	20.8	0.1	0.1	0.1	trace	0.1	0	68	0.6
	1 cup (250mL)	186.4	137	778	792	5	1	38.7	1.8	0	38.7	0.1	0.2	0.2	trace	0.3	0	130	1.2
E1057	Noodle, shelf-fresh, stir fried, Japanese udon noodles	100	59.1	745	756	3.7	5.5	28.2	1.3	0	28.2	0.5	3	1.5	0.4	1.1	0	190	3.5
	1 cup (250mL)	191.8	113	1430	1450	7	10.6	54.1	2.5	0	54.1	0.9	5.8	2.8	0.7	2	0	360	6.6
E39	Noodle, wheat flour with egg, boiled, drained	100	84.3	258	272	2.3	0.5	11.8	1.8	0.2	11.6	0.1	0.1	0.1			6	15	6.8
	1 cup (250mL)	169	142	436	460	3.9	0.8	19.9	3	0.3	19.6	0.1	0.2	0.2			10	25	11
E40	Noodle, wheat flour with egg, fried	100	75.1	630	643	1.9	11.5	10.1	1.6	0.5	9.6	2	2.4	3.3			5	84	6.8
	1 cup (250mL)	169	127	1060	1090	3.3	19.4	17.1	2.7	0.8	16.2	3.4	4	5.6			8	140	11
E1050	Noodle, wheat flour, assorted flavours, boiled, undrained, 2 Minutes, Maggi	100	81.2	278	280	2.4	0.6	12.7	0.2	0.6	12.1	0.2	0.2	0.1	trace	0.1	0	240	8.9
	1 cup (250mL)	285	231	793	799	6.9	1.6	36.3	0.7	1.8	34.5	0.6	0.5	0.4	trace	0.4	0	690	25
	1 cake (11.5 x 8.0 x 2.6cm)	396.3	322	1100	1110	9.6	2.3	50.4	1	2.5	48	0.8	0.7	0.6	trace	0.5	0	960	35
E1049	Noodle, wheat, Shin Ramyun noodle soup Hot & Spicy, Nong Shim, boiled, undrained	100	84.7	275	278	1.4	2.5	9.4	0.4	0.3	9.1	1.2	0.9	0.3	trace	0.3	0	280	32
	1 cup (250mL)	284	241	780	789	4	7	26.6	1.1	0.9	25.8	3.4	2.5	0.8	trace	0.8	0	810	92
	1 cake (11.5 x 8.0 x 2.6cm)	732	620	2010	2030	10.2	18.1	68.6	2.9	2.2	66.4	8.8	6.4	2	trace	2	0	2100	240
E23	Oat bran	100	9.1	1370	1490	14.6	5.1	54.9	15.3	3.4	51.5	0.9	1.7	2			0	3.9	0.2
	1 cup (250mL)	120	11	1640	1790	17.5	6.1	65.9	18.4	4.1	61.8	1.1	2.1	2.4			0	4.7	0.2

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
E128	Frozen meal, spaghetti bolognese, baked	100	170	73	36	0.9	1	3.5	49	179	0.1	0.11	2	0.23	0.75	13	0	0	0.66
	1 cup (250mL)	122.5	210	90	44	1	1.2	4.3	60	219	0.12	0.14	2.5	0.28	0.92	16	0	0	0.81
E81	Noodle, instant, boiled, drained	100	39	74	8	0	0.4	7.1	0	0	0.08	0.31	0.93	0.09	0	6.1	0	0	0.32
	1 cup (250mL)	123	48	91	9.8	0	0.5	8.7	0	0	0.1	0.38	1.1	0.11	0	7.6	0	0	0.39
E1053	Noodle, rice flour, dry, boiled, drained	100	11	22	9.6	0.1	0.4	0.7	0	0	0	0.03	0.22	0.02	0	0.9	0	0	0
	1 cup (250mL)	222.4	25	50	21	0.3	0.9	1.4	0	0	0	0.07	0.49	0.04	0	2	0	0	0
E1056	Noodle, shelf-fresh, boiled, drained, Japanese udon noodles	100	3.3	15	4.8	0	0.1	1.5	0	0	0.02	0.04	0.56	0	0	0	0	0	0.02
	1 cup (250mL)	186.4	6.1	29	9	0	0.2	2.7	0	0	0.04	0.08	1	0	0	0	0	0	0.04
E1057	Noodle, shelf-fresh, stir fried, Japanese udon noodles	100	15	25	6.9	0	0.2	2	0	0	0.04	0.06	1.1	0	0	0	0	0	0.74
	1 cup (250mL)	191.8	28	47	13	0	0.3	3.8	0	0	0.08	0.12	2	0	0	0	0	0	1.4
E39	Noodle, wheat flour with egg, boiled, drained	100	25	31	4	0.2	0.3	0.4	2	0	0.02	0.01	0.54	0.01	0.09	1	0	0	0.7
	1 cup (250mL)	169	42	52	6.8	0.3	0.5	0.7	3	0	0.03	0.02	0.91	0.02	0.15	1.7	0	0	1.2
E40	Noodle, wheat flour with egg, fried	100	28	27	5	0.2	0.3	0.4	2	0	0.02	0.01	0.44	0.01	0	1	0	0	2.7
	1 cup (250mL)	169	47	46	8.5	0.3	0.5	0.7	3	0	0.03	0.02	0.74	0.02	0	1.7	0	0	4.5
E1050	Noodle, wheat flour, assorted flavours, boiled, undrained, 2 Minutes, Maggi	100	120	28	6.2	0.2	0.1	1.6	1	4	0.11	0.46	0.1	0.05	0	0	0	0	0.02
	1 cup (250mL)	285	340	80	18	0.6	0.4	4.6	2	10	0.31	1.3	0.29	0.14	0	0	0	0	0.06
	1 cake (11.5 x 8.0 x 2.6cm)	396.3	470	110	25	0.8	0.6	6.4	2	14	0.44	1.8	0.4	0.2	0	0	0	0	0.08
E1049	Noodle, wheat, Shin Ramyun noodle soup Hot & Spicy, Nong Shim, boiled, undrained	100	45	15	4.5	trace	0.1	1.6	0	0	0.07	0.04	0.65	0.01	0	3.5	0	0	0.26
	1 cup (250mL)	284	130	43	13	0.1	0.2	4.6	0	0	0.2	0.11	1.8	0.03	0	9.9	0	0	0.74
	1 cake (11.5 x 8.0 x 2.6cm)	732	330	110	33	0.1	0.4	12	0	0	0.51	0.29	4.8	0.07	0	25	0	0	1.9
E23	Oat bran	100	550	710	56	5.3	3	2	0	0	1.1	0.21	4.1	0.16	0	51	0	0	2.6
	1 cup (250mL)	120	660	860	67	6.3	3.6	2.4	0	0	1.4	0.25	4.9	0.19	0	61	0	0	3.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
E22	Oatmeal, dry	100	6.9	1540	1620	14.1	4.7	66.2	10.5	0	66.2	1	1.5	2			0	9.3	0.1
	1 cup (250mL)	90	6.2	1390	1460	12.6	4.3	59.6	9.5	0	59.6	0.9	1.3	1.8			0	8.4	0.1
E1022	Oats, Traditional Wholegrain Oats, Harraways	100	1.3	1500	1600	14.3	7	58.9	11.9	0	58.9	1.3	2.7	2.6	0.1	2.5	0	2.5	0
	1 cup (250mL)	112.5	1.4	1690	1800	16.1	7.9	66.3	13.4	0	66.3	1.5	3	2.9	0.1	2.8	0	2.8	0
E25	Oats, rolled, raw	100	10.4	1370	1450	13.5	5	56.2	10.1	0	56.2	trace	trace	2.1			0	9.3	1
	1 cup (250mL)	90	9.4	1230	1310	12.1	4.5	50.6	9.1	0	50.6	trace	trace	1.9			0	8.4	0.9
E1015	Oats, toasted, rolled oats, Harraways	100	0.8	1540	1630	12.5	7.5	61.6	11.5	1	60.6	1.4	3	2.6	0.1	2.5	0	2.5	0
	1 cup (250mL)	101.9	0.8	1570	1660	12.8	7.6	62.8	11.7	1	61.8	1.5	3	2.6	0.1	2.5	0	2.5	0
E1061	Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled	100	69.7	441	450	4.5	3.2	19.9	1.2	3.2	16.7	1.4	0.5	0.4	trace	0.3	7	140	11
	1 cup (250mL)	181.2	126	800	816	8.2	5.7	36	2.1	5.7	30.3	2.5	0.9	0.7	0.1	0.5	14	260	19
E55	Pasta, fresh, assorted type, cooked	100	60.5	549	571	6.9	0.6	24.2	2.7	0	24.2	0	0	0	0	0	6	290	1.5
	1 cup (250mL)	150	90.8	824	856	10.3	0.9	36.3	4.1	0	36.3	0	0	0	0	0	9	430	2.2
E56	Pasta, fresh, fettuccine, herb & garlic, cooked	100	63.8	533	545	5.7	1.7	21.9	1.5	0.4	21.5	0.1	0.1	0.3			0	220	1.5
	1 cup (250mL)	148	94.4	789	807	8.5	2.5	32.4	2.2	0.6	31.9	0.1	0.1	0.4			0	320	2.2
E57	Pasta, fresh, ravioli, beef & pork, cooked	100	56	674	690	8.9	3.1	24	2	0.8	23.2	1.3	1.1	0.4		0.3	51	410	0.8
	1 cup (250mL)	150	83.9	1010	1040	13.3	4.7	36	3	1.1	34.8	1.9	1.7	0.5		0.5	77	620	1.1
E118	Pasta, wheat flour with egg, boiled, drained	100	61.3	601	610	5.8	0.3	29	1.1	0	29	0.1	0.1	0.1			2	2.8	0
	1 cup (250mL)	120	73.6	721	732	6.9	0.3	34.8	1.4	0	34.8	0.1	0.1	0.1			3	3.4	0
E119	Pasta, wheat flour with vegetable flavours, boiled, drained	100	62.7	618	632	5.5	0.3	30.1	1.9	0.1	30.1	0.1	0.1	0.2			0	2.7	0
	1 cup (250mL)	114	71.5	704	721	6.3	0.4	34.4	2.1	0.1	34.3	0.1	0.1	0.2			0	3.1	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
E22	Oatmeal, dry	100	480	360	100	6.9	2.7	2	0	0	0.56	0.19	4.1	0.12	0	46	0	0	0.41
	1 cup (250mL)	90	440	330	92	6.2	2.4	1.8	0	0	0.5	0.17	3.7	0.11	0	41	0	0	0.37
E1022	Oats, Traditional Wholegrain Oats, Harraways	100	380	460	77	6.1	2	2	0	0	0.43	0.12	2.6	0.33	0	82	0	0	0.2
	1 cup (250mL)	112.5	430	520	87	6.9	2.3	2.3	0	0	0.48	0.14	2.9	0.37	0	92	0	0	0.23
E25	Oats, rolled, raw	100	480	360	100	6.9	0.7	1.1	0	0	0.56	0.19	3.8	0.12	0	46	0	0	0.41
	1 cup (250mL)	90	440	330	92	6.2	0.6	0.9	0	0	0.5	0.17	3.4	0.11	0	41	0	0	0.37
E1015	Oats, toasted, rolled oats, Harraways	100	370	440	68	4.5	2.7	1	0	0	0.31	0.1	2.6	0.39	0	88	0	0	0.15
	1 cup (250mL)	101.9	380	450	69	4.6	2.8	1	0	0	0.32	0.1	2.6	0.4	0	90	0	0	0.15
E1061	Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled	100	130	99	49	0.5	0.5	3	39	109	0.11	0.11	1.2	0.07	0.09	12	0.1	0.2	0.11
	1 cup (250mL)	181.2	230	180	89	1	0.8	5.4	71	197	0.2	0.2	2.1	0.13	0.16	21	0.1	0.4	0.2
E55	Pasta, fresh, assorted type, cooked	100	81	170	38	1.3	1.5	17	0	0	0.11	0.27	1.2	0.03	0.15	6	0	0	0.27
	1 cup (250mL)	150	120	260	57	1.9	2.2	26	0	0	0.17	0.41	1.7	0.05	0.23	9	0	0	0.41
E56	Pasta, fresh, fettuccine, herb & garlic, cooked	100	84	170	44	1.5	1.3	18	0	0	0.06	0.25	1.2	0.03	0.45	0	0	0	0.44
	1 cup (250mL)	148	120	250	66	2.2	1.9	26	0	0	0.09	0.37	1.7	0.04	0.67	0	0	0	0.65
E57	Pasta, fresh, ravioli, beef & pork, cooked	100	190	210	80	1.6	2.7	18	34	204	0.09	0.72	2.3	0.05	0.83	6.6	0	0	0.56
	1 cup (250mL)	150	280	310	120	2.4	4.1	27	51	306	0.14	1.1	3.5	0.08	1.2	9.9	0	0	0.84
E118	Pasta, wheat flour with egg, boiled, drained	100	28	58	10	0.5	0.5	4.9	0	0	0.03	0.02	1.5	0.03	0	10	0	0	0.1
	1 cup (250mL)	120	34	70	12	0.6	0.5	5.9	0	0	0.04	0.02	1.7	0.04	0	12	0	0	0.12
E119	Pasta, wheat flour with vegetable flavours, boiled, drained	100	36	64	13	0.6	0.5	3.5	1	4	0.05	0.01	1.5	0.06	0	10	0	0	0.1
	1 cup (250mL)	114	41	73	15	0.7	0.6	4	1	5	0.06	0.01	1.7	0.07	0	11	0	0	0.11

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
E1064	Pasta, white wheat flour, assorted shapes, regular, boiled, drained, no salt added	100	65.3	548	566	5	0.8	25.4	2.3	0	25.4	0.2	0.1	0.5	trace	0.5	0	4.1	2.7
	1 cup spirals (250mL)	109.8	71.7	601	622	5.5	0.9	27.9	2.6	0	27.9	0.2	0.1	0.5	trace	0.5	0	4.5	2.9
	1 cup macaroni elbow (250mL)	112.9	73.7	618	639	5.7	0.9	28.7	2.6	0	28.7	0.2	0.1	0.5	trace	0.5	0	4.7	3
	1 cup risoni (250mL)	200.6	131	1100	1140	10.1	1.6	51	4.7	0	51	0.3	0.2	1	0.1	0.9	0	8.3	5.3
E1066	Pasta, wholemeal wheat flour, assorted shapes, boiled, drained, no salt added	100	62.2	526	572	6.3	1.3	21.8	5.9	0	21.8	0.2	0.2	0.8	trace	0.7	0	5.7	3.4
	1 cup spirals or penne (250ml)	111.2	69.2	585	637	7	1.4	24.2	6.5	0	24.2	0.3	0.2	0.8	trace	0.8	0	6.4	3.8
E1025	Quinoa, cooked	100	71.6	445	467	4.4	1.9	17.6	2.8	0	17.6	0.2	0.5	1			0	7	0.2
	1 cup (250mL)	146.3	105	651	684	6.4	2.8	25.8	4.1	0	25.8	0.3	0.7	1.5			0	10	0.2
E42	Rice, brown, boiled	100	66	581	595	2.6	1.1	29.2	1.8	0.5	28.7	0.2	0.4	0.4			0	1	0.3
	1 cup (250mL)	206	136	1200	1230	5.3	2.3	60.2	3.7	1	59.1	0.4	0.8	0.8			0	2.1	0.7
E1069	Rice, creamed, canned	100	74.6	428	434	2.9	1.7	18.6	0.7	11.7	6.9	1	0.3	0.1	trace	trace	30	44	7.5
	1 cup (250mL)	257.8	192	1100	1120	7.6	4.4	47.8	1.9	30.2	17.7	2.4	0.9	0.2	trace	0.1	77	110	19
E1046	Rice, white, Basmati, boiled, undrained	100	66.6	534	539	3.1	0.4	27.4	0.6	0	27.4	0.2	0.1	0.1	trace	0.1	0	1.4	0
	1 cup (250mL)	162.1	108	865	873	5.1	0.6	44.4	1	0	44.4	0.4	0.1	0.1	trace	0.1	0	2.3	0
E1023	Rice, white, Jasmine, boiled, undrained	100	76.5	398	400	1.6	0.2	21.4	0.2	trace	21.3	0	0	0			0	9	0.1
	1 cup (250mL)	196.5	150	782	786	3.2	0.4	42	0.4	0.1	41.9	0	0	0			0	18	0.2
E27	Rice, white, polished, boiled	100	65	501	507	3.2	0.4	25.3	0.7	0	25.3	0.1	0.1	0.1			0	0.9	0.3
	1 cup (250mL)	144	93.6	721	730	4.6	0.6	36.4	1	0	36.4	0.2	0.2	0.2			0	1.2	0.4
E1016	Rice, wild, cooked	100	73.9	413	428	4.1	0.3	19.5	1.8	0.7	18.8	0	0	0			0	3	0
	1 cup (250mL)	173.3	128	716	741	7	0.6	33.8	3.1	1.3	32.6	0	0	0			0	5.2	0
E73	Semolina, cooked	100	91.6	128	129	1	0.1	6.3	0.2	0.6	5.7	0	0	0.1			0	10	1.1
	1 cup (250mL)	245	224	313	316	2.4	0.2	15.4	0.5	1.5	14	0	0	0.1			0	25	2.7

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
E1064	Pasta, white wheat flour, assorted shapes, regular, boiled, drained, no salt added	100	32	65	10	0.5	0.6	4.3	2	10	0.06	0.01	1.3	0.06	0	6.3	0	0	0.08
	1 cup spirals (250mL)	109.8	35	72	11	0.5	0.6	4.8	2	11	0.07	0.01	1.4	0.07	0	7	0	0	0.09
	1 cup macaroni elbow (250mL)	112.9	36	74	11	0.6	0.6	4.9	2	11	0.07	0.01	1.4	0.07	0	7.2	0	0	0.09
	1 cup risoni (250mL)	200.6	64	130	20	1	1.1	8.7	3	20	0.12	0.02	2.5	0.12	0	13	0	0	0.16
E1066	Pasta, wholemeal wheat flour, assorted shapes, boiled, drained, no salt added	100	66	140	17	1.2	1.2	5.9	1	6	0.17	0.03	1.7	0.14	0	16	0	0	0.19
	1 cup spirals or penne (250ml)	111.2	74	150	19	1.4	1.4	6.6	1	7	0.19	0.03	1.8	0.16	0	18	0	0	0.21
E1025	Quinoa, cooked	100	170	150	17	1.5	1.1	2.8	0	0	0.11	0.11	0.87	0.12	0	42	0	0	0.63
	1 cup (250mL)	146.3	250	220	25	2.2	1.6	4.1	0	0	0.16	0.16	1.3	0.18	0	61	0	0	0.92
E42	Rice, brown, boiled	100	99	120	4	0.5	0.7	2.3	0	0	0.14	0.02	1.9	0.19	0	4	0	0	0.3
	1 cup (250mL)	206	200	250	8.2	1	1.4	4.7	0	0	0.29	0.04	3.9	0.39	0	8.2	0	0	0.62
E1069	Rice, creamed, canned	100	150	93	96	0.2	0.5	0	17	20	0.08	0.19	0.71	0.08	0	0	0	0	0
	1 cup (250mL)	257.8	390	240	250	0.5	1.2	0	45	52	0.21	0.49	1.8	0.21	0	0	0	0	0
E1046	Rice, white, Basmati, boiled, undrained	100	29	35	2.9	0.2	0.6	3	1	8	0	0.07	0.53	0.07	0	2.8	0	0	0
	1 cup (250mL)	162.1	47	57	4.7	0.3	0.9	4.9	2	13	0	0.11	0.86	0.11	0	4.5	0	0	0
E1023	Rice, white, Jasmine, boiled, undrained	100	27	16	2	0.2	0.6	2.7	0	0	0.02	0	0.76	0.02	0	15	0	0	0.03
	1 cup (250mL)	196.5	52	31	4	0.4	1.2	5.2	0	0	0.04	0	1.5	0.04	0	30	0	0	0.06
E27	Rice, white, polished, boiled	100	16	33	3.9	0.1	1.2	0	0	0	0	0.03	0.99	0.02	0	3	0	0	0
	1 cup (250mL)	144	23	48	5.6	0.2	1.8	0	0	0	0	0.04	1.4	0.03	0	4.3	0	0	0
E1016	Rice, wild, cooked	100	100	82	3	0.6	1.3	0.8	trace	2	0.05	0.09	1.9	0.14	0	26	0	0	0.2
	1 cup (250mL)	173.3	180	140	5.2	1	2.3	1.4	1	3	0.09	0.16	3.2	0.24	0	45	0	0	0.35
E73	Semolina, cooked	100	12	11	4	0	0	0	0	0	0	0	0.5	0.06	0	4	0	0	0.11
	1 cup (250mL)	245	29	27	9.8	0	0	0	0	0	0	0	1.2	0.15	0	9.8	0	0	0.27

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
E1005	Spaghetti, canned in tomato sauce	100	81.6	261	270	2.4	0.4	12.1	1.1	4.7	7.4	0.1	trace	0.1	trace	0.1	0	350	1.8
	1 cup (250mL)	295	241	771	797	7.1	1.2	35.7	3.2	13.9	21.9	0.3	0.1	0.4	trace	0.3	0	1000	5.3
E1054	Taco shell, corn flour, baked, commercial	100	7.4	1890	1920	7.1	20.8	58.5	4.6	1.2	57.3	6.2	6.4	7.3	0.1	7	0	390	3
	1 shell small (13.2cm diameter)	11	0.8	207	212	0.8	2.3	6.4	0.5	0.1	6.3	0.7	0.7	0.8	trace	0.8	0	43	0.3
	1 shell standard	14	1	264	269	1	2.9	8.2	0.6	0.2	8	0.9	0.9	1	trace	1	0	54	0.4
	1 shell jumbo	19	1.4	358	365	1.3	4	11.1	0.9	0.2	10.9	1.2	1.2	1.4	trace	1.3	0	74	0.6
E34	Tapioca, pearl, dry	100	12.2	1480	1480	0.4	0.1	86.4	0.3	0	86.4	trace	trace	trace			0	4	14
	1 cup (250mL)	160	19.5	2370	2370	0.7	0.2	138	0.5	0	138	trace	trace	trace			0	6.4	22
E1012	Tempeh	100	59.7	847	858	18.5	10.8	7.8	1.3	1.1	6.7	2.3	3	3.8			0	9	0
	1 cup (250mL)	262.5	157	2220	2250	48.6	28.4	20.6	3.5	2.9	17.7	5.9	7.9	10			0	24	0
E1011	Tempeh, fried in sunflower oil	100	27.5	1850	1880	23.2	33.8	12.2	2.9	0.9	11.3	4.5	7.7	18.9			0	960	0
	1 cup (250mL)	175.4	48.2	3250	3290	40.7	59.3	21.4	5.1	1.6	19.8	7.9	13.5	33.2			0	1700	0
E126	Topper, lasagne, baked	100	52.4	940	960	10.3	11.4	20.2	2.5	4.2	16	5.3	4.4	0.7		0.7	22	540	2.6
	1 cup (250mL)	202.5	106	1900	1940	20.8	23.1	41	5.1	8.5	32.5	10.7	8.9	1.4		1.4	44	1100	5.3
E1043	Wafer, wholegrain rice	100	6.3	1470	1500	8.3	3.5	70.5	3.9	0	70.5	0.7	1.4	1.3	trace	1.2	0	0	4.1
	1 thin wafer (0.6 x 9.9cm diameter)	7.3	0.5	107	110	0.6	0.3	5.1	0.3	0	5.1	trace	0.1	0.1	trace	0.1	0	0	0.3
	1 thick wafer (1.1 x 9.9cm diameter)	13.1	0.8	193	197	1.1	0.5	9.2	0.5	0	9.2	0.1	0.2	0.2	trace	0.2	0	0	0.5
E111	Wheat bran	100	8.8	897	1250	15	6.7	23.3	44.7	3	20.4	1.1	0.7	3.5	0.4	3.2	0	11	2
	1 cup (250mL)	63	5.6	565	790	9.4	4.2	14.7	28.2	1.9	12.8	0.7	0.5	2.2	0.3	2	0	7	1.3
E112	Wheat germ	100	9.2	1450	1570	27.9	9.7	36.4	14.3	9.6	26.8	1.3	1.2	4.4	0.4	4	0	4.7	2
	1 cup (250mL)	98	9	1420	1530	27.3	9.5	35.7	14	9.4	26.3	1.3	1.2	4.3	0.4	3.9	0	4.6	2
E43	Yoghurt, soy	100	82.4	306	306	5	4.2	3.8	0	3.8	0	0.6	0.9	2.4			0	7	130

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
E1005	Spaghetti, canned in tomato sauce	100	110	24	5.9	0.3	0.2	1.1	17	95	0.04	0.02	0.42	0.11	0	4	0	0	0.33
	1 cup (250mL)	295	320	71	18	0.9	0.5	3.3	51	279	0.12	0.06	1.2	0.33	0	12	0	0	0.97
E1054	Taco shell, corn flour, baked, commercial	100	220	230	100	1.9	1.6	4.8	1	5	0.22	0.08	2.7	0.2	0	45	0	0	0.69
	1 shell small (13.2cm diameter)	11	25	25	11	0.2	0.2	0.5	trace	trace	0.02	0.01	0.29	0.02	0	5	0	0	0.08
	1 shell standard	14	31	32	14	0.3	0.2	0.7	trace	1	0.03	0.01	0.37	0.03	0	6.3	0	0	0.1
	1 shell jumbo	19	42	43	19	0.4	0.3	0.9	trace	1	0.04	0.02	0.5	0.04	0	8.6	0	0	0.13
E34	Tapioca, pearl, dry	100	20	30	8	0.3	0.1	1.5	0	0	0	0	0.1	0	0	0	0	0	0
	1 cup (250mL)	160	32	48	13	0.5	0.2	2.4	0	0	0	0	0.16	0	0	0	0	0	0
E1012	Tempeh	100	410	270	110	2.7	1.1	0	0	0	0.08	0.36	5.8	0.22	0.08	24	0	0	0
	1 cup (250mL)	262.5	1100	700	290	7.1	3	0	0	0	0.21	0.95	15	0.58	0.21	63	0	0	0
E1011	Tempeh, fried in sunflower oil	100	540	200	74	9.2	1.7	0	22	134	0.09	0.1	7.8	0.16	0	29	0	0	0
	1 cup (250mL)	175.4	950	350	130	16	3	0	39	235	0.16	0.18	14	0.28	0	51	0	0	0
E126	Topper, lasagne, baked	100	220	190	84	1.5	1.5	5	43	56	0.08	0.14	2.3	0.07	0.57	25	5.4	0	0.84
	1 cup (250mL)	202.5	450	390	170	3	3	10	87	112	0.16	0.28	4.7	0.14	1.2	51	10.9	0	1.7
E1043	Wafer, wholegrain rice	100	290	330	24	1.1	2	4	0	0	0	0.14	1.8	1.2	0	2.8	0	0	0.73
	1 thin wafer (0.6 x 9.9cm diameter)	7.3	21	24	1.8	0.1	0.1	0.3	0	0	0	0.01	0.13	0.09	0	0.2	0	0	0.05
	1 thick wafer (1.1 x 9.9cm diameter)	13.1	38	43	3.1	0.1	0.3	0.5	0	0	0	0.02	0.24	0.16	0	0.4	0	0	0.1
E111	Wheat bran	100	1500	1400	140	14	8.8	6.3	0	0	0.6	0.17	10	0.69	0	95	0	0	0.65
	1 cup (250mL)	63	910	880	88	8.5	5.5	4	0	0	0.38	0.11	6.5	0.44	0	60	0	0	0.41
E112	Wheat germ	100	960	1100	63	9.8	17	9	3	17	1.9	0.21	6.5	0.72	0	280	0	0	14
	1 cup (250mL)	98	940	1100	62	9.6	16	8.8	3	17	1.8	0.21	6.4	0.71	0	270	0	0	14
E43	Yoghurt, soy	100	120	97	110	5.4	0.8	7.8	24	3	0.08	0.05	1.1	0.05	0	15	0	0	1.5

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F	DAIRY																		
F1046	Butter, salted	100	15.4	3050	3050	0.5	82.1	0.4	0	0.4	0	53.1	20	3	0.6	2.1	207	550	2.2
	1 teaspoon (5mL)	4.6	0.7	140	140	trace	3.8	trace	0	trace	0	2.4	0.9	0.1	trace	0.1	10	25	0.1
	1 tablespoon (15mL)	13.2	2	403	403	0.1	10.8	0.1	0	0.1	0	7	2.6	0.4	0.1	0.3	27	72	0.3
F1051	Butter, semisoft	100	15.2	3060	3060	0.5	82.3	0.3	0	0.3	0	51.8	21.7	3.3	0.7	2.3	190	470	2.8
	1 teaspoon (5mL)	4.6	0.7	141	141	trace	3.8	trace	0	trace	0	2.4	1	0.2	trace	0.1	9	22	0.1
	1 tablespoon (15mL)	13.2	2	404	404	0.1	10.9	trace	0	trace	0	6.8	2.9	0.4	0.1	0.3	25	62	0.4
F1050	Butter, unsalted	100	15.3	3110	3110	0.3	83.6	0.5	0	0.5	0	54.1	20.8	2.7	0.6	1.9	220	6.9	2
	1 teaspoon (5mL)	4.6	0.7	143	143	trace	3.8	trace	0	trace	0	2.5	1	0.1	trace	0.1	10	0.3	0.1
	1 tablespoon (15mL)	13.2	2	410	410	trace	11	0.1	0	0.1	0	7.1	2.7	0.4	0.1	0.3	29	0.9	0.3
F98	Cheese spread, light, Philadelphia	100	73.2	625	625	9.6	12.5	0	0	0	0	8	3.3	0.4			59	240	11
	1 tablespoon (15mL)	18.6	13.6	116	116	1.8	2.3	0	0	0	0	1.5	0.6	0.1			11	45	2
F69	Cheese, cream, reduced fat 16%, Country Goodness	100	55.5	1060	1060	10.5	16.7	15.7	0	15.7	0	9.7	5	0.6		0.4	45	640	9.5
	1 cup (250mL)	254	141	2700	2700	26.7	42.4	39.9	0	39.9	0	24.5	12.7	1.5		1	115	1600	24
F4	Cheese, blue vein	100	42.5	1480	1490	21.7	29.9	0	0	0	0	19.9	6.5	0.7			104	1100	4
	1 cube (2cm)	3.5	1.5	52	52	0.8	1	0	0	0	0	0.7	0.2	trace			4	37	0.1
	1 wedge (9 x 5.5 x 1cm)	22	9.3	325	327	4.8	6.6	0	0	0	0	4.4	1.4	0.1			23	230	0.9
F5	Cheese, camembert	100	52.4	1190	1190	22.6	21.7	0.1	0	0.1	0	13.8	5.3	0.5			88	570	2.5
	1 cube (2cm)	7.5	3.9	89	89	1.7	1.6	trace	0	trace	0	1	0.4	trace			7	43	0.2
	1 round (2.7 x 8.8cm diameter)	150.4	78.7	1790	1790	34	32.7	0.2	0	0.2	0	20.8	7.9	0.8			133	860	3.8
F1014	Cheese, cheddar	100	34	1730	1730	24.6	35.6	0	0	0	0	22.7	6.7	1.6	0.2	1	0	680	11
	1 cube (2cm)	8	2.7	139	139	2	2.8	0	0	0	0	1.8	0.5	0.1	trace	0.1	0	54	0.9
	1 cup grated (250mL)	118	40.1	2040	2040	29	41.9	0	0	0	0	26.8	7.9	1.9	0.3	1.2	0	800	13

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
F	DAIRY																		
F1046	Butter, salted	100	24	18	21	trace	trace	1	907	570	0	0.06	0.2	0.01	0.68	0	trace	5.2	2.3
	1 teaspoon (5mL)	4.6	1.1	0.8	1	trace	trace	trace	42	26	0	trace	0.01	0	0.03	0	trace	0.2	0.11
	1 tablespoon (15mL)	13.2	3.1	2.4	2.7	trace	trace	0.1	120	75	0	0.01	0.03	trace	0.09	0	trace	0.7	0.3
F1051	Butter, semisoft	100	24	18	19	0.1	0.1	1	970	598	0	0.06	0.2	0.01	0.68	0	0	4.5	2.4
	1 teaspoon (5mL)	4.6	1.1	0.8	0.9	trace	trace	trace	45	28	0	trace	0.01	0	0.03	0	0	0.2	0.11
	1 tablespoon (15mL)	13.2	3.2	2.4	2.5	trace	trace	0.1	128	79	0	0.01	0.03	trace	0.09	0	0	0.6	0.31
F1050	Butter, unsalted	100	20	16	16	trace	trace	1	802	491	0	0.06	0.2	0.01	0.68	0	0	5.2	2.1
	1 teaspoon (5mL)	4.6	0.9	0.7	0.7	trace	trace	trace	37	23	0	trace	0.01	0	0.03	0	0	0.2	0.1
	1 tablespoon (15mL)	13.2	2.6	2.1	2.1	trace	trace	0.1	106	65	0	0.01	0.03	trace	0.09	0	0	0.7	0.28
F98	Cheese spread, light, Philadelphia	100	140	130	110	0.2	0.5	0	293	259	0.03	0.27	3.3	0.08	0.29	19	0	0	0
	1 tablespoon (15mL)	18.6	26	24	20	trace	0.1	0	55	48	0.01	0.05	0.61	0.02	0.05	3.5	0	0	0
F69	Cheese, cream, reduced fat 16%, Country Goodness	100	430	460	330	0.2	1.1	0	210	0	0.1	0.72	0.65	0.04	0.15	9	0	0	0.81
	1 cup (250mL)	254	1100	1200	830	0.4	2.7	0	532	0	0.25	1.8	1.7	0.1	0.38	23	0	0	2.1
F4	Cheese, blue vein	100	86	350	490	0.1	2.7	2	221	138	0.1	0.72	4.5	0.14	0.6	24	0.5	0.2	0.6
	1 cube (2cm)	3.5	3	12	17	trace	0.1	0.1	8	5	trace	0.03	0.16	trace	0.02	0.8	trace	trace	0.02
	1 wedge (9 x 5.5 x 1cm)	22	19	77	110	trace	0.6	0.4	49	30	0.02	0.16	0.99	0.03	0.13	5.3	0.1	trace	0.13
F5	Cheese, camembert	100	100	380	550	0.1	2.9	2	241	228	0.05	0.7	5.3	0.22	0.8	51	0.1	0.2	0.5
	1 cube (2cm)	7.5	7.8	29	41	trace	0.2	0.2	18	17	trace	0.05	0.4	0.02	0.06	3.8	trace	trace	0.04
	1 round (2.7 x 8.8cm diameter)	150.4	160	570	820	0.2	4.4	3	363	343	0.08	1.1	8	0.33	1.2	77	0.2	0.3	0.75
F1014	Cheese, cheddar	100	73	540	850	trace	3.4	9.3	395	280	0.06	0.51	6.1	0.13	0.89	14	0	0.3	0.13
	1 cube (2cm)	8	5.8	43	68	trace	0.3	0.7	32	22	trace	0.04	0.49	0.01	0.07	1.1	0	trace	0.01
	1 cup grated (250mL)	118	86	630	1000	0.1	4	11	466	330	0.07	0.6	7.2	0.15	1.1	17	0	0.4	0.15

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F1015	Cheese, cheddar mild	100	33.9	1790	1790	24.4	37.1	0	0	0	0	24	6.7	1.6	0.3	1	0	700	3.8
	1 cube (2cm)	8	2.7	143	143	2	3	0	0	0	0	1.9	0.5	0.1	trace	0.1	0	56	0.3
	1 cup grated (250mL)	119.4	40.4	2130	2130	29.1	44.2	0	0	0	0	28.7	8	2	0.3	1.2	0	830	4.5
F1057	Cheese, cheddar, light, Mainland	100	42.1	1330	1330	29.4	22.4	0	0	0	0	15.2	4.4	0.4	0.1	0.2	49	500	7.3
	1 cube (2cm)	8	3.4	106	106	2.3	1.8	0	0	0	0	1.2	0.4	trace	trace	trace	4	40	0.6
	1 cup (250mL) grated	119.4	50.3	1590	1590	35	26.7	0	0	0	0	18.1	5.3	0.5	0.2	0.2	59	600	8.7
F1006	Cheese, colby	100	36.9	1660	1660	23.9	34	0	0	0	0	22.1	6.1	1.5	0.2	0.9	54	680	3.8
	1 cube (2cm)	8	3	133	133	1.9	2.7	0	0	0	0	1.8	0.5	0.1	trace	0.1	4	54	0.3
	1 cup grated (250mL)	119.4	44	1990	1990	28.6	40.6	0	0	0	0	26.3	7.3	1.8	0.3	1	64	810	4.5
F11	Cheese, cottage	100	79	396	396	13.7	3.5	2	0	2	0	2.2	0.9	0.1			9	390	4.5
	1 tablespoon (15mL)	16.7	13.2	66	66	2.3	0.6	0.3	0	0.3	0	0.4	0.2	trace			2	66	0.8
	1 cup (250mL)	278	220	1100	1100	37.9	9.7	5.6	0	5.6	0	6	2.6	0.3			25	1100	13
F1056	Cheese, cottage, light, 1% fat	100	83	247	247	10.9	0.6	2.4	0	2.4	0	0.4	0.1	trace	trace	trace	5	360	5
	1 tablespoon (15mL)	16.1	13.4	40	40	1.7	0.1	0.4	0	0.4	0	0.1	trace	trace	0	trace	1	58	0.8
	1 cup (250mL)	268.7	223	665	665	29.2	1.6	6.4	0	6.4	0	1.1	0.3	trace	trace	trace	14	970	13
F12	Cheese, cream	100	52.5	1540	1540	3.1	37.4	6.4	0	6.4	0	23	10	1.2			98	510	9.5
	1 tablespoon (15mL)	14.4	7.6	222	222	0.4	5.4	0.9	0	0.9	0	3.3	1.4	0.2			14	73	1.4
F1001	Cheese, edam	100	40.6	1470	1470	28.1	26.9	0	0	0	0	16.9	5.2	1.2	0.2	0.7	14	770	5
	1 cube (2cm)	8	3.2	118	118	2.2	2.1	0	0	0	0	1.3	0.4	0.1	trace	0.1	1	61	0.4
	1 cup grated (250mL)	119.4	48.4	1760	1760	33.5	32.1	0	0	0	0	20.1	6.1	1.4	0.2	0.9	17	920	5.9
F1089	Cheese, feta, from cows' milk, reduced fat	100	70.3	438	438	19.3	2.4	1.3	0	1.3	0	1.3	0.5	0.1	trace	trace	24	1300	3.8
	1 cube (2.5cm)	17.8	12.5	78	78	3.4	0.4	0.2	0	0.2	0	0.2	0.1	trace	trace	trace	4	230	0.7
	1 block (9.8 x 7.0 x 2.5cm)	200.2	141	877	877	38.5	4.8	2.6	0	2.6	0	2.7	0.9	0.1	trace	0.1	48	2500	7.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
F1015	Cheese, cheddar mild	100	74	510	810	trace	3.1	8.3	381	270	0.06	0.5	6.1	0.13	0.88	13	0	0.3	0.49
	1 cube (2cm)	8	5.9	40	64	trace	0.2	0.7	30	22	trace	0.04	0.49	0.01	0.07	1.1	0	trace	0.04
	1 cup grated (250mL)	119.4	88	600	960	0.1	3.7	9.9	455	322	0.07	0.6	7.3	0.16	1.1	16	0	0.4	0.59
F1057	Cheese, cheddar, light, Mainland	100	190	650	1000	0.1	3.8	8.6	205	123	0.06	0.06	8.8	0.08	2	49	0	18	0.17
	1 cube (2cm)	8	15	52	80	trace	0.3	0.7	16	10	trace	trace	0.7	0.01	0.16	3.9	0	1.4	0.01
	1 cup (250mL) grated	119.4	230	780	1200	0.1	4.5	10	245	147	0.07	0.07	10	0.1	2.4	59	0	21	0.2
F1006	Cheese, colby	100	71	510	810	0.1	3.1	9.6	371	230	0.06	0.52	6	0.13	1.2	23	0	0.3	1
	1 cube (2cm)	8	5.7	41	65	trace	0.3	0.8	30	18	trace	0.04	0.48	0.01	0.1	1.9	0	trace	0.08
	1 cup grated (250mL)	119.4	85	610	970	0.1	3.7	11	443	275	0.07	0.62	7.1	0.16	1.5	28	0	0.3	1.2
F11	Cheese, cottage	100	100	120	61	trace	0.4	1.9	69	25	0.02	0.26	2.6	0.07	0.6	17	0.4	trace	0.05
	1 tablespoon (15mL)	16.7	17	20	10	trace	0.1	0.3	12	4	trace	0.04	0.43	0.01	0.1	2.8	0.1	trace	0.01
	1 cup (250mL)	278	280	340	170	0.1	1.1	5.3	192	70	0.06	0.72	7.2	0.2	1.7	47	1.1	0.1	0.14
F1056	Cheese, cottage, light, 1% fat	100	120	140	86	trace	0.3	3.1	6	3	0.04	0.12	2.6	0.07	0.36	30	0	4	0.02
	1 tablespoon (15mL)	16.1	19	23	14	trace	trace	0.5	1	trace	0.01	0.02	0.42	0.01	0.06	4.8	0	0.6	trace
	1 cup (250mL)	268.7	320	380	230	0.1	0.9	8.3	17	8	0.11	0.32	7	0.19	0.97	81	0	11	0.05
F12	Cheese, cream	100	150	200	100	0.2	0.3	1.7	495	536	0.03	0.23	0.75	0.04	0.3	11	0	0.2	0.87
	1 tablespoon (15mL)	14.4	22	29	14	trace	trace	0.2	71	77	trace	0.03	0.11	0.01	0.04	1.6	0	trace	0.13
F1001	Cheese, edam	100	73	580	940	0.1	3.8	12	312	220	0.06	0.56	5.8	0.13	4.6	28	0	0.2	0.67
	1 cube (2cm)	8	5.8	46	75	trace	0.3	0.9	25	18	trace	0.05	0.46	0.01	0.36	2.3	0	trace	0.05
	1 cup grated (250mL)	119.4	87	690	1100	0.1	4.6	14	372	263	0.07	0.67	6.9	0.16	5.4	34	0	0.2	0.8
F1089	Cheese, feta, from cows' milk, reduced fat	100	140	250	360	0	1.3	3.4	19	13	0.03	0.25	3.8	0.05	1.5	8.8	0	0	0
	1 cube (2.5cm)	17.8	25	45	64	0	0.2	0.6	3	2	trace	0.05	0.68	0.01	0.27	1.6	0	0	0
	1 block (9.8 x 7.0 x 2.5cm)	200.2	290	500	720	0	2.5	6.8	38	26	0.06	0.5	7.6	0.1	3	18	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F1088	Cheese, feta, from cows' milk, traditional	100	54.4	1170	1170	16.9	23.4	1.1	0	1.1	0	13.1	4.6	0.4	0.2	0.2	65	970	5.8
	1 cube (2.5cm)	17.8	9.7	209	209	3	4.2	0.2	0	0.2	0	2.3	0.8	0.1	trace	trace	12	170	1
	1 block (9.3 x 7.2 x 2.7cm)	204.7	111	2400	2400	34.6	47.9	2.3	0	2.3	0	26.9	9.4	0.9	0.3	0.4	133	2000	12
F1090	Cheese, feta, from goats' milk	100	57.7	1010	1010	14.6	20.1	0.9	0	0.9	0	11.9	4.2	0.7	0.1	0.5	78	1100	9.4
	1 cube (2.5cm)	17.6	10.2	177	177	2.6	3.5	0.2	0	0.2	0	2.1	0.7	0.1	trace	0.1	14	190	1.7
	1 cup crumbled (250mL)	182.3	105	1840	1840	26.6	36.6	1.6	0	1.6	0	21.7	7.7	1.2	0.2	0.9	142	2000	17
F1091	Cheese, haloumi, from cows' milk	100	48.4	1350	1350	20	26.5	1.5	0	1.5	0	14.9	5.6	0.6	0.2	0.3	84	960	5.1
	1 cube (2.5cm)	17	8.2	229	229	3.4	4.5	0.3	0	0.3	0	2.5	0.9	0.1	trace	trace	14	160	0.9
	1 cup crumbled (250mL)	177.7	86	2390	2390	35.6	47.1	2.7	0	2.7	0	26.5	9.9	1	0.3	0.5	149	1700	9.1
F17	Cheese, mozzarella	100	51.6	1130	1130	27.6	17.8	0.1	0	0.1	0	11.9	3.8	0.5			60	530	17
	1 cube (2cm)	8	4.1	90	90	2.2	1.4	trace	0	trace	0	1	0.3	trace			5	42	1.4
	1 cup grated (250mL)	101.4	52.4	1150	1150	27.9	18.1	0.1	0	0.1	0	12.1	3.9	0.5			61	530	17
F1092	Cheese, parmesan, from cows' milk, ungrated	100	34.1	1510	1510	32.6	25.9	0	0	0	0	15.5	4.6	0.5	0.2	0.2	78	690	9.6
	1 cup grated or shaved (250mL)	82.4	28.1	1250	1250	26.9	21.3	0	0	0	0	12.8	3.8	0.4	0.1	0.2	64	570	7.9
F18	Cheese, parmesan, powder	100	15.5	1850	1850	44.9	29.3	0.1	0	0.1	0	19	7.8	0.8			112	1300	38
	1 tablespoon (15mL)	6	0.9	111	111	2.7	1.8	trace	0	trace	0	1.1	0.5	trace			7	78	2.3
	1 cup (250mL)	108	16.8	2000	2000	48.5	31.7	0.1	0	0.1	0	20.6	8.4	0.8			121	1400	41
F19	Cheese, processed	100	43.3	1410	1410	21.2	28.2	0.6	0	0.6	0	17.4	7.6	0.9			87	1100	5.5
	1 slice (8.4 x 8.4 x 0.25cm)	20.7	9	293	293	4.4	5.8	0.1	0	0.1	0	3.6	1.6	0.2			18	240	1.1
F79	Cheese, processed, sliced, reduced fat	100	52.5	871	871	22.5	11.4	4	0	4	0	6.5	3.7	0.3		0.3	37	1700	5.5
	1 slice (8.4 x 8.4 x 0.25cm)	20.7	10.9	180	180	4.7	2.4	0.8	0	0.8	0	1.3	0.8	0.1		trace	8	350	1.1
F1093	Cheese, ricotta, from cows' milk	100	72.4	704	704	10.3	12.8	3.3	0	3.3	0	7.7	2.4	0.3	0.1	0.1	51	170	13
	1 tablespoon (15mL)	16	11.6	113	113	1.6	2	0.5	0	0.5	0	1.2	0.4	trace	trace	trace	8	27	2.1
	100mL	106.5	77.1	750	750	10.9	13.6	3.5	0	3.5	0	8.2	2.6	0.3	0.1	0.1	54	180	14

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
F1088	Cheese, feta, from cows' milk, traditional	100	110	310	440	0	2	5.2	249	116	0.05	0.39	3.6	0.07	0.9	8.8	0	0	0.38
	1 cube (2.5cm)	17.8	19	55	78	0	0.3	0.9	44	21	0.01	0.07	0.65	0.01	0.16	1.6	0	0	0.07
	1 block (9.3 x 7.2 x 2.7cm)	204.7	220	630	900	0	4	11	510	236	0.1	0.8	7.5	0.14	1.8	18	0	0	0.78
F1090	Cheese, feta, from goats' milk	100	140	290	390	0	1.7	9	151	18	0.06	0.13	3.5	0.09	0	6.2	0	0	0.22
	1 cube (2.5cm)	17.6	25	51	69	0	0.3	1.6	27	3	0.01	0.02	0.61	0.02	0	1.1	0	0	0.04
	1 cup crumbled (250mL)	182.3	260	530	710	0	3.1	16	275	33	0.11	0.24	6.3	0.16	0	11	0	0	0.4
F1091	Cheese, haloumi, from cows' milk	100	75	410	640	0	3	7.8	336	160	0.05	0.39	4	0.03	1.5	0	0	0	0.3
	1 cube (2.5cm)	17	13	70	110	0	0.5	1.3	57	27	0.01	0.07	0.68	trace	0.26	0	0	0	0.05
	1 cup crumbled (250mL)	177.7	130	730	1100	0	5.3	14	597	284	0.09	0.69	7.1	0.05	2.7	0	0	0	0.53
F17	Cheese, mozzarella	100	30	520	710	0.3	2.6	3	243	153	0.03	0.28	5.6	0.07	1.4	13	0	0.2	0.3
	1 cube (2cm)	8	2.4	41	57	trace	0.2	0.2	19	12	trace	0.02	0.45	0.01	0.11	1	0	trace	0.02
	1 cup grated (250mL)	101.4	31	520	720	0.3	2.6	3	246	155	0.03	0.28	5.7	0.07	1.4	13	0	0.2	0.3
F1092	Cheese, parmesan, from cows' milk, ungrated	100	81	700	1100	0	5	14	215	140	0.07	0.48	6.7	0.44	1.2	0	0	0.7	0.34
	1 cup grated or shaved (250mL)	82.4	67	580	910	0	4.1	12	177	115	0.06	0.4	5.5	0.36	0.99	0	0	0.6	0.28
F18	Cheese, parmesan, powder	100	100	970	1200	0.9	5.8	0	349	179	0	0.39	7.5	0	2.2	13	0	0.3	0.75
	1 tablespoon (15mL)	6	6	58	72	trace	0.3	0	21	11	0	0.02	0.45	0	0.13	0.8	0	trace	0.05
	1 cup (250mL)	108	110	1000	1300	0.9	6.3	0	377	193	0	0.42	8.1	0	2.4	14	0	0.3	0.81
F19	Cheese, processed	100	48	480	630	0.2	2.6	3.2	262	301	0.02	0.4	4	0.08	0.9	19	0	0.2	0.58
	1 slice (8.4 x 8.4 x 0.25cm)	20.7	10	100	130	trace	0.5	0.7	54	62	trace	0.08	0.82	0.02	0.19	3.9	0	trace	0.12
F79	Cheese, processed, sliced, reduced fat	100	200	550	640	0.2	3.1	6.2	141	95	0.01	0.54	5	0.02	0.23	18	0	0	0.55
	1 slice (8.4 x 8.4 x 0.25cm)	20.7	41	110	130	trace	0.6	1.3	29	20	trace	0.11	1	trace	0.05	3.7	0	0	0.11
F1093	Cheese, ricotta, from cows' milk	100	120	130	200	0	0.9	4	121	68	0.04	0.15	2	0.01	0.76	0	0	0	0.16
	1 tablespoon (15mL)	16	19	21	31	0	0.1	0.6	19	11	0.01	0.02	0.32	trace	0.12	0	0	0	0.03
	100mL	106.5	130	140	210	0	1	4.3	129	72	0.04	0.16	2.1	0.01	0.81	0	0	0	0.17

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F22	Cream, reduced fat	100	72.4	878	878	2.7	20.8	3.7	0	3.7	0	13	5.2	0.7			68	41	6.1
	1 tablespoon (15mL)	15	10.9	132	132	0.4	3.1	0.5	0	0.5	0	2	0.8	0.1			10	6.2	0.9
F23	Cream, sour	100	70.6	921	931	3.3	22.1	2.8	0	2.8	0	13.8	6.4	0.8			51	37	5.5
	1 tablespoon (15mL)	14	9.9	129	130	0.5	3.1	0.4	0	0.4	0	1.9	0.9	0.1			7	5.2	0.8
	1 cup (250mL)	232.5	164	2140	2160	7.6	51.4	6.5	0	6.5	0	32	14.8	1.8			119	86	13
F24	Cream, standard	100	55	1560	1560	2	40	2.8	0	2.8	0	24.9	9.9	1.3			104	25	6.1
	1 tablespoon (15mL)	15	8.2	234	234	0.3	6	0.4	0	0.4	0	3.7	1.5	0.2			16	3.7	0.9
F25	Cream, whipping, ultra-high-temperature processed	100	57.6	1450	1450	2.2	36.9	2.9	0	2.9	0	22.6	8.7	0.9			100	33	6.1
	1 tablespoon (15mL)	15.2	8.7	220	220	0.3	5.6	0.4	0	0.4	0	3.4	1.3	0.1			15	5	0.9
	1 cup (250mL)	253.3	146	3670	3670	5.5	93.4	7.4	0	7.4	0	57.1	22.1	2.3			253	84	15
F1061	Creme fraiche	100	56.1	1430	1430	2.7	36.2	2.5	0	2.5	0	23.6	6.9	0.5	0.2	0.2	59	34	6.8
	1 tablespoon (15mL)	14.4	8.1	205	205	0.4	5.2	0.4	0	0.4	0	3.4	1	0.1	trace	trace	8	4.9	1
F1062	Creme fraiche, light	100	73	714	714	3.2	16.3	3.3	0	3.3	0	10.5	3.3	0.2	0.1	0.1	38	38	6.8
	1 tablespoon (15mL)	15	11	107	107	0.5	2.4	0.5	0	0.5	0	1.6	0.5	trace	trace	trace	6	5.7	1
F76	Dessert, vanilla, 99% fat free, frozen, Weight Watchers	100	71.1	365	365	3.3	trace	18.2	0	18.2	0	0	0	0	0	0	3	57	6.5
	1 cup (250mL)	138	98.1	504	504	4.5	trace	25	0	25	0	0	0	0	0	0	5	78	9
F1064	Fromage frais, assorted fruits & flavours, Fruche	100	78.4	364	364	5.3	0.7	14.7	0	12.7	2	0.4	0.2	0.2			10	50	8.5
	100mL	104	81.5	379	379	5.5	0.7	15.2	0	13.2	2.1	0.4	0.2	0.2			10	52	8.8
F1063	Fromage frais, vanilla, Fruche	100	77.7	367	367	5.3	0.8	14.5	0	12.8	1.7	0.3	0.2	0.2			10	32	10
	100mL	105	81.6	386	386	5.6	0.9	15.2	0	13.4	1.8	0.3	0.2	0.2			11	34	11
F111	Ice cream, hokey pokey	100	58.8	692	692	4.3	6.3	22.7	0	22.3	0.4	3.9	1.4	0.3			33	46	7
	1 cup (250mL)	157	92.3	1090	1090	6.7	9.9	35.7	0	35.1	0.6	6.2	2.1	0.5			51	72	11
F110	Ice cream, Jelly Tip, Tip Top	100	60	992	992	2.7	13.8	25.6	0	25.4	0.2	8.3	2.8	0.8			18	41	5
	1 cup (250mL)	200.6	120	1990	1990	5.5	27.7	51.3	0	50.9	0.5	16.7	5.6	1.5			37	82	10

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
F22	Cream, reduced fat	100	100	69	76	0.2	0.3	0.4	120	0	0.04	0.2	0.55	0.04	0.3	5	0.9	0.1	0.4
	1 tablespoon (15mL)	15	15	10	11	trace	trace	0.1	18	0	0.01	0.03	0.08	0.01	0.05	0.8	0.1	trace	0.06
F23	Cream, sour	100	130	73	92	trace	0.3	2	269	153	0.04	0.22	0.65	0.03	0.3	12	0.9	0.2	0.47
	1 tablespoon (15mL)	14	18	10	13	trace	trace	0.3	38	21	0.01	0.03	0.09	trace	0.04	1.7	0.1	trace	0.07
	1 cup (250mL)	232.5	300	170	210	0.1	0.7	4.7	624	356	0.09	0.51	1.5	0.07	0.7	28	2	0.4	1.1
F24	Cream, standard	100	96	51	55	trace	0.3	1.6	335	278	0.06	0.14	0.52	0.04	0.24	5.7	1	0.2	0.9
	1 tablespoon (15mL)	15	14	7.6	8.3	trace	trace	0.2	50	42	0.01	0.02	0.08	0.01	0.04	0.8	0.2	trace	0.14
F25	Cream, whipping, ultra-high-temperature processed	100	90	56	56	trace	0.2	2	435	209	0.05	0.18	0.54	0.03	0.19	3.7	0.2	0.2	1
	1 tablespoon (15mL)	15.2	14	8.5	8.6	trace	trace	0.3	66	32	0.01	0.03	0.08	trace	0.03	0.6	trace	trace	0.15
	1 cup (250mL)	253.3	230	140	140	0.1	0.6	5.1	1100	529	0.13	0.46	1.4	0.08	0.48	9.4	0.5	0.5	2.5
F1061	Creme fraiche	100	110	63	75	trace	0.3	1	406	250	0.03	0.23	0.51	0.05	0.08	3	0	0.1	1.4
	1 tablespoon (15mL)	14.4	16	9.1	11	trace	trace	0.1	59	36	trace	0.03	0.07	0.01	0.01	0.4	0	trace	0.2
F1062	Creme fraiche, light	100	150	83	110	trace	0.4	1	222	250	0.03	0.23	0.51	0.05	0.08	3	0	0	0.76
	1 tablespoon (15mL)	15	23	12	17	trace	0.1	0.2	33	38	trace	0.04	0.08	0.01	0.01	0.5	0	0	0.11
F76	Dessert, vanilla, 99% fat free, frozen, Weight Watchers	100	190	94	120	0.4	0.3	0	0	0	0.06	0.29	0.6	0.04	0.52	2.3	0	0	0.38
	1 cup (250mL)	138	260	130	160	0.6	0.5	0	0	0	0.08	0.4	0.83	0.06	0.72	3.1	0	0	0.52
F1064	Fromage frais, assorted fruits & flavours, Fruche	100	96	72	63	0.1	0.3	1	10	17	0.04	0.14	0.11	0.06	0.11	15	0	0	0.2
	100mL	104	100	75	66	0.1	0.3	1	10	18	0.04	0.15	0.11	0.06	0.11	16	0	0	0.21
F1063	Fromage frais, vanilla, Fruche	100	92	77	67	0.1	0.3	0.9	7	0	0.04	0.14	0.11	0.06	0.11	15	0	0	0.2
	100mL	105	97	81	70	0.1	0.3	0.9	8	0	0.04	0.15	0.12	0.06	0.12	16	0	0	0.21
F111	Ice cream, hokey pokey	100	150	86	11	0	0.3	0	88	96	0.04	0.25	1.5	0.06	0.62	12	0	0.1	0.26
	1 cup (250mL)	157	240	140	17	0	0.5	0	138	151	0.06	0.39	2.4	0.09	0.97	19	0	0.2	0.41
F110	Ice cream, Jelly Tip, Tip Top	100	130	69	65	0	0.3	0	54	5	0	0.16	0.73	0.08	0.38	5.4	0.5	0.1	0.22
	1 cup (250mL)	200.6	260	140	130	0	0.6	0	108	10	0	0.32	1.5	0.16	0.76	11	1	0.2	0.44

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F113	Ice cream, Paddle Pop, chocolate	100	66.1	580	583	3.3	3.8	22.5	0.4	22.3	0.2	1.9	1.4	0.3		0.3	34	46	11
	1 ice-block	90.6	59.9	526	528	3	3.5	20.3	0.4	20.2	0.2	1.8	1.2	0.3		0.3	31	42	10
F1095	Ice cream, assorted berry flavours, standard	100	58.3	825	830	1.9	9.5	26	0.6	26	0	5.6	1.7	0.2	0.1	0.1	31	35	4.5
	1 scoop (22mL)	21.6	12.6	178	179	0.4	2	5.6	0.1	5.6	0	1.2	0.4	trace	trace	trace	7	7.6	1
	1 scoop (64mL)	56.3	32.8	465	467	1.1	5.3	14.6	0.3	14.6	0	3.2	1	0.1	trace	trace	17	20	2.5
F1070	Ice cream, chocolate, standard	100	62.1	811	811	3.1	10.8	21	0	21	0	7.6	2.1	0.2	trace	0.1	22	44	6.5
	1 cup (250mL)	152	94.4	1230	1230	4.8	16.5	31.9	0	31.9	0	11.6	3.2	0.4	0.1	0.1	34	67	9.9
F118	Ice cream, creamy, fruit ripple	100	62.2	742	742	2.7	8.3	22.8	0	22	0.8	5	2.1	0.2	trace	0.1	23	37	1.9
	1 cup (250mL)	169	105	1250	1250	4.5	14.1	38.6	0	37.2	1.4	8.4	3.6	0.3	0.1	0.2	40	63	3.2
F78	Ice cream, soft serve	100	71.5	415	415	3.7	0.4	20	0	17.8	2.2	0	0	0	0	0	7	49	6.8
	1 cup (250mL)	140	100	582	582	5.2	0.5	27.9	0	24.9	3.1	0	0	0	0	0	10	68	9.5
F122	Ice cream, vanilla, low fat	100	66.8	545	545	4.9	3.1	20.5	0	18.4	2.1	2.2	0.5	trace			11	61	13
	1 cup (250mL)	133	88.8	724	724	6.5	4.1	27.2	0	24.4	2.8	2.9	0.7	trace			14	81	17
F29	Ice cream, vanilla, premium	100	60.5	899	899	3.3	14.6	17.8	0	17.4	0.5	9	3.8	0.2			47	42	7.2
	1 cup (250mL)	141	85.2	1270	1270	4.7	20.6	25.1	0	24.5	0.6	12.7	5.3	0.2			66	59	10
F28	Ice cream, vanilla, standard	100	63.4	796	796	3.3	10.8	19.9	0	19.9	trace	7.1	2.5	0.2			31	45	6.8
	1 cup (250mL)	143	90.7	1140	1140	4.7	15.5	28.5	0	28.5	trace	10.2	3.5	0.3			44	64	9.7
F30	Milk, condensed, sweetened, skim	100	29.7	1150	1150	10	0.2	57.2	0	57.2	0	0.1	trace	trace			1	150	25
	1 tablespoon (15mL)	20	5.9	230	230	2	trace	11.4	0	11.4	0	trace	trace	trace			trace	30	4.9
F31	Milk, condensed, sweetened, whole	100	25.6	1390	1390	9.2	8.2	54.7	0	54.7	0	5.1	2.1	0.3			33	82	25
	1 tablespoon (15mL)	19	4.9	264	264	1.7	1.6	10.4	0	10.4	0	1	0.4	trace			6	16	4.7
F1018	Milk, cow, high calcium 0.1% fat, fluid, fortified	100	88.7	177	177	5.3	0.1	4.9	0	4.9	0	0.1	trace	trace	trace	trace	5	42	5.5
	1 cup (250mL)	259	230	459	459	13.8	0.2	12.6	0	12.6	0	0.1	0.1	trace	trace	trace	13	110	14

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
F113	Ice cream, Paddle Pop, chocolate	100	210	94	110	0	0.3	0	0	0	0.08	0.32	1.1	0.06	0.28	4.2	0.6	0.1	0.26
	1 ice-block	90.6	190	85	100	0	0.3	0	0	0	0.07	0.29	1	0.05	0.25	3.8	0.5	0.1	0.24
F1095	Ice cream, assorted berry flavours, standard	100	150	57	64	0.3	0.3	0.5	98	49	0.04	0.25	0.5	0.06	0.8	0	0	0.8	0.43
	1 scoop (22mL)	21.6	32	12	14	0.1	0.1	0.1	21	11	0.01	0.05	0.11	0.01	0.17	0	0	0.2	0.09
	1 scoop (64mL)	56.3	83	32	36	0.2	0.2	0.3	55	28	0.02	0.14	0.28	0.03	0.45	0	0	0.4	0.24
F1070	Ice cream, chocolate, standard	100	280	93	87	1	0.5	0.9	270	51	0	0.31	0.77	0.2	0.06	2.8	0	0	0.41
	1 cup (250mL)	152	430	140	130	1.6	0.7	1.4	410	78	0	0.47	1.2	0.3	0.09	4.3	0	0	0.62
F118	Ice cream, creamy, fruit ripple	100	140	76	110	0.1	0.3	1	116	107	0	0.2	0.7	0.07	0.3	4.2	0	0.1	0.39
	1 cup (250mL)	169	240	130	190	0.1	0.5	1.7	197	181	0	0.34	1.2	0.12	0.51	7.1	0	0.2	0.66
F78	Ice cream, soft serve	100	180	110	130	0.1	0.5	1	27	6	0.05	0.24	0.75	0.07	0.31	0.3	1	0	0.84
	1 cup (250mL)	140	250	150	180	0.1	0.6	1.4	38	8	0.07	0.34	1.1	0.1	0.43	0.4	1.4	0	1.2
F122	Ice cream, vanilla, low fat	100	210	130	160	trace	0.5	0.6	33	14	0.03	0.18	0.8	0.08	0.46	5	0.5	0.1	0.11
	1 cup (250mL)	133	280	170	210	trace	0.7	0.8	44	19	0.04	0.24	1.1	0.11	0.61	6.7	0.7	0.1	0.15
F29	Ice cream, vanilla, premium	100	130	86	100	0.1	0.3	0.6	217	106	0.04	0.21	0.9	0.09	0.46	5	1.4	0.1	0.59
	1 cup (250mL)	141	180	120	140	0.1	0.5	0.9	306	149	0.06	0.3	1.3	0.13	0.65	7.1	2	0.1	0.83
F28	Ice cream, vanilla, standard	100	180	94	120	trace	0.3	0.6	111	106	0.04	0.23	0.8	0.1	0.46	5.4	0.5	0.1	0.42
	1 cup (250mL)	143	250	130	170	0.1	0.5	0.9	159	152	0.06	0.33	1.1	0.14	0.66	7.7	0.7	0.1	0.6
F30	Milk, condensed, sweetened, skim	100	450	270	330	0.3	1.2	0.6	31	20	0.11	0.51	2.7	0.09	0.9	16	5	0.9	0.04
	1 tablespoon (15mL)	20	90	54	66	0.1	0.2	0.1	6	4	0.02	0.1	0.53	0.02	0.18	3.2	1	0.2	0.01
F31	Milk, condensed, sweetened, whole	100	290	220	290	0.1	1	4	60	0	0.09	0.52	1.8	0.06	0.6	13	3	5.4	0.19
	1 tablespoon (15mL)	19	55	42	55	trace	0.2	0.8	11	0	0.02	0.1	0.34	0.01	0.11	2.5	0.6	1	0.04
F1018	Milk, cow, high calcium 0.1% fat, fluid, fortified	100	170	140	200	trace	0.6	1.7	3	0	0.02	0.3	0.87	0.03	0.34	37	0	0.7	0.04
	1 cup (250mL)	259	440	360	510	0.1	1.5	4.4	8	0	0.05	0.78	2.3	0.08	0.88	96	0	1.9	0.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F1042	Milk, cow, lite 1.5% fat, fluid	100	89.1	193	193	3.5	1.4	4.8	0	4.8	0	0.8	0.3	0.1	trace	trace	4	39	6
	1 cup (250mL)	259	231	500	500	9	3.6	12.5	0	12.5	0	2.2	0.9	0.1	trace	0.1	11	100	16
F1087	Milk, cow, low fat 0.2%, fluid, ultra filtered, Sun Latte, fortified	100	88.9	151	151	4.9	0.1	3.8	0	3.8	0	0.1	trace	trace	trace	trace	4	38	5.8
	1 cup (250mL)	258	229	389	389	12.5	0.3	9.8	0	9.8	0	0.1	0.1	trace	trace	trace	10	98	15
F36	Milk, cow, powder, instant, skim	100	3.4	1450	1450	38.2	0.8	45.6	0	45.6	0	0.5	0.2	trace			25	530	50
	1 tablespoon (15mL)	7.6	0.3	111	111	2.9	0.1	3.5	0	3.5	0	trace	trace	trace			2	40	3.8
F37	Milk, cow, powder, instant, whole	100	2.6	2050	2050	30.2	26.4	33	0	33	0	16.3	7.1	0.9			80	440	50
	1 tablespoon (15mL)	8.1	0.2	166	166	2.4	2.1	2.7	0	2.7	0	1.3	0.6	0.1			6	36	4.1
F1028	Milk, cow, standard 3.3% fat, fluid	100	87.6	248	248	3.3	3.1	4.5	0	4.5	0	1.9	0.8	0.1	trace	0.1	11	38	5.9
	1 cup (250mL)	258	226	639	639	8.5	8	11.7	0	11.7	0	5	2	0.2	trace	0.2	28	97	15
F43	Milk, cow, standard, fluid, ultra-high-temperature processed	100	88.1	258	258	3.5	3.3	4.5	0	4.5	0	2	0.8	0.1			9	38	7
	1 cup (250mL)	258	227	666	666	8.9	8.6	11.6	0	11.6	0	5.3	2.1	0.2			23	98	18
F1035	Milk, cow, trim 0.5% fat, fluid	100	89.7	161	161	3.9	0.3	5	0	5	0	0.1	0.1	trace	trace	trace	3	39	6.1
	1 cup (250mL)	259	232	416	416	10.2	0.7	12.8	0	12.8	0	0.4	0.2	trace	trace	trace	8	100	16
F1086	Milk, cow, whole 4% fat, fluid, non-homogenised	100	87.6	278	278	3.5	4	4.3	0	4.3	0	2.5	0.8	0.1	trace	trace	13	42	9.7
	1 cup (250mL)	260.5	228	724	724	9.1	10.3	11.1	0	11.1	0	6.5	2.2	0.4	0.1	0.1	34	110	25
F32	Milk, cow, whole, evaporated, fluid	100	73.6	616	616	8.4	8.4	9.5	0	9.5	0	5.2	2.3	0.3			26	88	8.6
	1 cup (250mL)	266	196	1640	1640	22.4	22.3	25.3	0	25.3	0	13.8	6	0.7			69	230	23
F52	Milk, goat, whole, fluid	100	88.8	243	243	2.9	3.3	4.2	0	4.2	0	2	0.8	0.1			10	32	6
	1 cup (250mL)	258	229	628	628	7.6	8.5	10.8	0	10.8	0	5.1	2.1	0.2			26	82	15
F54	Milk, human, transitional, fluid	100	87.4	274	274	1.5	3.7	6.6	0	6.6	0	1.8	1.4	0.3			24	30	4.3
	1 cup (250mL)	260	227	713	713	3.8	9.6	17.2	0	17.2	0	4.6	3.7	0.7			62	78	11

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
F1042	Milk, cow, lite 1.5% fat, fluid	100	160	96	130	trace	0.4	0.7	14	14	0.1	0.25	0.76	0.03	0.34	11	0.2	0.3	0.04
	1 cup (250mL)	259	400	250	330	trace	0.9	1.7	37	35	0.26	0.65	2	0.08	0.88	29	0.4	0.9	0.1
F1087	Milk, cow, low fat 0.2% fat, fluid, ultra filtered, Sun Latte, fortified	100	190	100	130	0	0.4	2.3	7	0	0.02	0.18	1.2	0.03	0	0	0.5	0.5	0
	1 cup (250mL)	258	490	270	340	0	1.1	5.9	19	0	0.05	0.46	3	0.08	0	0	1.3	1.4	0
F36	Milk, cow, powder, instant, skim	100	1500	990	1200	0.1	4.1	0.8	9	7	0.28	2.3	8	0.5	5.3	38	8.5	0	0.01
	1 tablespoon (15mL)	7.6	120	75	93	trace	0.3	0.1	1	trace	0.02	0.18	0.61	0.04	0.4	2.9	0.6	0	trace
F37	Milk, cow, powder, instant, whole	100	1600	770	960	0.2	3.3	0.4	245	149	0.29	2.1	6.3	0.39	3.1	32	11.5	0.8	1.1
	1 tablespoon (15mL)	8.1	130	62	78	trace	0.3	trace	20	12	0.02	0.17	0.51	0.03	0.25	2.6	0.9	0.1	0.09
F1028	Milk, cow, standard 3.3% fat, fluid	100	150	91	120	trace	0.3	0.9	32	26	0.01	0.27	0.83	0.03	0.29	8.9	0.3	0.5	0.06
	1 cup (250mL)	258	380	240	310	trace	0.9	2.4	83	66	0.03	0.7	2.1	0.08	0.75	23	0.8	1.2	0.16
F43	Milk, cow, standard, fluid, ultra-high-temperature processed	100	140	81	100	trace	0.3	0.8	25	25	0.09	0.2	0.8	0.03	0.09	4.9	0.9	0	0
	1 cup (250mL)	258	350	210	270	trace	0.8	1.9	65	65	0.23	0.52	2.1	0.08	0.23	13	2.3	0	0
F1035	Milk, cow, trim 0.5% fat, fluid	100	150	110	140	trace	0.4	0.9	3	0	0.02	0.26	0.74	0.03	0.31	6.8	trace	0.3	0.04
	1 cup (250mL)	259	400	280	360	trace	1	2.4	7	0	0.05	0.67	1.9	0.08	0.8	18	0.1	0.9	0.1
F1086	Milk, cow, whole 4% fat, fluid, non-homogenised	100	170	88	120	0	0.3	1.2	41	30	0.03	0.18	0.77	0.02	0	0	0.4	0	0.09
	1 cup (250mL)	260.5	440	230	300	0	0.9	3	107	78	0.08	0.47	2	0.05	0	0	0.9	0	0.23
F32	Milk, cow, whole, evaporated, fluid	100	290	200	280	0.2	0.9	2	60	0	0.04	0.49	1.6	0.06	0.1	9	1.1	0.1	0.3
	1 cup (250mL)	266	770	540	730	0.5	2.4	5.3	160	0	0.11	1.3	4.3	0.16	0.27	24	2.9	0.2	0.8
F52	Milk, goat, whole, fluid	100	230	90	100	trace	0.4	0.7	74	0	0.09	0.14	1	0.05	0.04	0.3	1.1	0.1	0.06
	1 cup (250mL)	258	590	230	260	0.1	1.1	1.8	191	0	0.23	0.36	2.6	0.13	0.1	0.7	2.8	0.3	0.16
F54	Milk, human, transitional, fluid	100	57	16	25	0.1	0.3	2	91	37	0.01	0.03	0.68	0	0.03	3	6	trace	0.48
	1 cup (250mL)	260	150	42	65	0.2	0.8	5.2	237	96	0.03	0.08	1.8	0	0.08	7.8	15.6	0.1	1.2

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F1071	Protein powder, whey & vanilla flavoured, 100% Whey Protein WPC/WPI, Balance	100	5.3	1560	1560	78.8	4.1	4.2	0	4.2	0	1.1	0.7	2	0.1	1.9	88	130	8.9
	1 tablespoon (15mL)	5.3	0.3	83	83	4.2	0.2	0.2	0	0.2	0	0.1	trace	0.1	trace	0.1	5	6.9	0.5
	1 cup (250mL)	87.5	4.6	1370	1370	68.9	3.6	3.7	0	3.7	0	1	0.6	1.8	0.1	1.6	77	110	7.8
F1080	Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium	100	70.7	515	519	7.6	6.4	8.8	0.4	8.7	0.1	3.9	1.8	0.2	trace	0.2	10	45	12
	1 cup (250mL)	260.9	184	1340	1350	19.8	16.7	23	1	22.7	0.3	10.2	4.7	0.6	0.1	0.4	25	120	32
F1083	Yoghurt smoothie, assorted fruits, sweetened	100	81	328	328	3.6	1.8	11.8	0	11.5	0.3	1.2	0.4	0.1	trace	trace	5	39	6.1
	1 cup (250mL)	271.6	220	891	891	9.7	4.9	32	0	31.2	0.8	3.1	1	0.2	trace	0.1	13	110	17
F1072	Yoghurt, Fresh 'n Fruity, Lite, assorted fruits, non-fat, sweetened, fortified	100	88.9	130	132	4.2	0.1	3.3	0.2	2.1	1.2	0.1	trace	trace	trace	trace	3	31	6.7
	1 cup (250mL)	258.1	229	336	340	10.7	0.3	8.5	0.5	5.4	3.1	0.1	trace	trace	trace	trace	7	80	17
F1077	Yoghurt, Fresh 'n Fruity, assorted fruits, regular fat, fortified	100	77.7	389	390	4.2	2.6	13	0.2	12.1	0.9	1.7	0.5	0.1	trace	trace	8	29	3.7
	1 cup (250mL)	260.7	203	1010	1020	11	6.8	33.9	0.5	31.5	2.3	4.4	1.3	0.2	trace	0.1	21	76	9.6
F1055	Yoghurt, Greek style, full-fat	100	78.8	460	460	4.6	8.6	3.7	0	3.4	0.3	5.7	1.8	0.2	trace	0.1	0	45	7.4
	1 cup (250mL)	262.5	207	1210	1210	12	22.7	9.8	0	9	0.7	14.9	4.8	0.4	0.1	0.2	0	120	19
F1082	Yoghurt, Greek style, low fat , Fresh 'n Fruity	100	84.4	266	266	5.7	2.7	4.1	0	3.6	0.5	1.8	0.5	0.1	trace	trace	10	42	8.9
	1 cup (250mL)	273.3	231	727	727	15.5	7.4	11.2	0	9.8	1.4	4.8	1.4	0.2	trace	0.1	26	110	24
F1081	Yoghurt, Greek style, low fat, Cyclops	100	79.3	379	379	9.5	4.5	3	0	3	0	2.9	0.8	0.2	trace	0.1	14	43	13
	1 cup (250mL)	260.3	206	987	987	24.8	11.7	7.8	0	7.8	0	7.5	2.1	0.5	0.1	0.2	37	110	33
F1073	Yoghurt, Meadow Fresh, Live lite, assorted fruits, non-fat, fortified	100	85.4	217	218	4.9	0.2	8	0.2	6.5	0.9	0.1	trace	trace	trace	trace	3	28	5.3
	1 cup (250mL)	259.5	221	562	567	12.7	0.5	20.8	0.5	16.9	2.3	0.3	0.1	0.1	trace	0.1	7	73	14
F1075	Yoghurt, Meadow Fresh, low fat, assorted fruits, fortified	100	78.1	327	330	4.3	1	12.7	0.4	11.9	0.8	0.6	0.2	trace	trace	trace	5	41	6.3
	1 cup (250mL)	259.6	203	848	856	11.3	2.6	33	1	30.9	2.1	1.7	0.5	0.1	trace	0.1	12	110	16
F1076	Yoghurt, Symbio Probalance, assorted fruits, low fat, fortified	100	80.2	288	291	4.1	1	10.7	0.3	9.7	1	0.6	0.2	trace	trace	trace	5	30	3.9
	1 cup (250mL)	258.6	207	746	752	10.6	2.6	27.7	0.8	25.1	2.6	1.7	0.5	0.1	trace	trace	12	78	10

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
F1071	Protein powder, whey & vanilla flavoured, 100% Whey Protein WPC/WPI, Balance	100	820	240	340	0.7	0.3	29	40	86	0	1	28	0.2	11	460	0	0.5	0.17
	1 tablespoon (15mL)	5.3	43	13	18	trace	trace	1.5	2	5	0	0.06	1.5	0.01	0.6	24	0	trace	0.01
	1 cup (250mL)	87.5	720	210	300	0.6	0.2	25	35	75	0	0.9	25	0.18	10	400	0	0.5	0.15
F1080	Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium	100	170	130	120	0.2	0.6	2.5	54	70	0.02	0.44	1.6	0.06	0.42	0	0	0.8	0.53
	1 cup (250mL)	260.9	450	340	320	0.6	1.5	6.5	141	184	0.05	1.1	4.1	0.16	1.1	0	0	2	1.4
F1083	Yoghurt smoothie, assorted fruits, sweetened	100	220	110	140	0.2	0.5	1.2	62	39	0	0.35	0.75	0.05	0	0	2.8	0	0.11
	1 cup (250mL)	271.6	600	290	370	0.6	1.4	3.3	168	105	0	0.95	2	0.14	0	0	7.7	0	0.3
F1072	Yoghurt, Fresh 'n Fruity, Lite, assorted fruits, non-fat, sweetened, fortified	100	150	120	190	0.1	0.4	1.6	63	15	0	0.21	0.4	0.05	0.43	0	0	0.7	0
	1 cup (250mL)	258.1	390	320	490	0.3	1.1	4.1	164	38	0	0.54	1	0.13	1.1	0	0	1.8	0
F1077	Yoghurt, Fresh 'n Fruity, assorted fruits, regular fat, fortified	100	140	120	190	0	0.5	1.1	103	40	0	0.3	0.75	0.05	0.4	0	0	0.8	0.09
	1 cup (250mL)	260.7	380	310	490	0	1.2	2.9	268	103	0	0.78	2	0.13	1	0	0	2.2	0.24
F1055	Yoghurt, Greek style, full-fat	100	210	140	170	trace	0.5	0.5	90	6	0.04	0.23	1.2	0	0.34	19	0	7.3	0.18
	1 cup (250mL)	262.5	560	370	460	trace	1.4	1.4	235	16	0.11	0.6	3.2	0	0.89	50	0	19	0.47
F1082	Yoghurt, Greek style, low fat , Fresh 'n Fruity	100	220	120	170	0	0.6	1.7	39	23	0.02	1.3	1.3	0.06	0.58	0	0	0	0
	1 cup (250mL)	273.3	600	340	460	0	1.6	4.6	106	62	0.06	3.6	3.5	0.16	1.6	0	0	0	0
F1081	Yoghurt, Greek style, low fat, Cyclops	100	210	170	190	0	0.7	4.4	53	39	0.02	0.5	2	0.09	0.34	0	0	0.5	0.09
	1 cup (250mL)	260.3	550	450	480	0	1.8	11	139	101	0.05	1.3	5.3	0.23	0.89	0	0	1.4	0.23
F1073	Yoghurt, Meadow Fresh, Live lite, assorted fruits, non-fat, fortified	100	130	97	150	0	0.5	1.7	84	15	0	0.24	0.93	0.05	0.38	0	0	0.9	0
	1 cup (250mL)	259.5	350	250	380	0	1.2	4.4	218	38	0	0.62	2.4	0.13	0.99	0	0	2.3	0
F1075	Yoghurt, Meadow Fresh, low fat, assorted fruits, fortified	100	200	100	170	0	0.5	1.5	30	18	0	0.3	0.82	0.05	0.24	0	0	0	0
	1 cup (250mL)	259.6	510	270	430	0	1.2	3.9	79	47	0	0.78	2.1	0.13	0.62	0	0	0	0
F1076	Yoghurt, Symbio Probalance, assorted fruits, low fat, fortified	100	150	110	180	0	0.4	1.2	77	18	0	0.25	0.78	0.05	0.49	0	0	0.7	0
	1 cup (250mL)	258.6	370	290	470	0	1.1	3.1	199	47	0	0.65	2	0.13	1.3	0	0	1.8	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F1074	Yoghurt, Yoplait, Delite, assorted fruits, low fat	100	82.2	300	302	4.8	1	10.7	0.2	10.4	0.3	0.6	0.2	trace	trace	trace	5	31	4
	1 cup (250mL)	259.8	213	780	784	12.4	2.6	27.8	0.5	27	0.8	1.7	0.5	0.1	trace	0.1	12	81	10
F1078	Yoghurt, Yoplait, assorted fruits, regular fat	100	80.8	349	351	4.2	2.7	10.5	0.2	10.3	0.2	1.8	0.5	0.1	trace	trace	8	33	3
	1 cup (250mL)	261	211	911	915	10.8	7	27.4	0.5	26.9	0.5	4.6	1.3	0.2	trace	0.1	20	86	7.8
F77	Yoghurt, apricot, frozen, Tip Top	100	76.4	382	382	2.5	1	17.8	0	17.8	0	0.6	0.3	trace		trace	10	26	8.3
	1 cup (250mL)	204	156	780	780	5.1	2.1	36.2	0	36.2	0	1.2	0.7	0.1		trace	20	54	17
F84	Yoghurt, plain, low fat, unsweetened	100	87.5	168	171	4.8	0.4	4.4	0.3	4.3	0.1	0.2	0.1	trace		trace	5	48	10
	1 cup (250mL)	257	225	433	439	12.3	0.9	11.2	0.8	11.1	0.2	0.5	0.3	trace		trace	13	120	26
F57	Yoghurt, plain, unsweetened	100	86	305	323	3.7	5.2	3	0	3	0	3.1	1.5	0.1		trace	16	43	3
	1 cup (250mL)	241	207	736	778	8.9	12.5	7.2	0	7.2	0	7.4	3.5	0.2		trace	38	100	7.2
F1079	Yoghurt, premium, assorted fruits	100	74.3	494	497	5	5	13.2	0.4	12.9	0.3	3.3	1	0.2	trace	0.1	11	45	7.1
	1 cup (250mL)	261.1	194	1290	1300	13	13.1	34.5	1	33.7	0.8	8.5	2.5	0.4	0.1	0.2	28	120	19
G	EGGS																		
G1001	Egg, chicken, white & yolk, boiled	100	76.9	568	568	12.2	9.5	0.6	0	0.6	0	2.6	4	0.9			395	140	46
	1 egg (size 5, 51.3g)	44.2	34	251	251	5.4	4.2	0.2	0	0.2	0	1.1	1.8	0.4			175	62	20
	1 egg (size 6, 59.7g)	53.5	41.1	304	304	6.5	5.1	0.3	0	0.3	0	1.4	2.2	0.5			211	75	25
	1 egg (size 7, 66.0g)	58.3	44.8	331	331	7.1	5.5	0.3	0	0.3	0	1.5	2.4	0.5			230	82	27
G1010	Egg, chicken, white & yolk, fried in butter	100	67.1	876	876	15	16.8	trace	0	trace	0	5.8	5.6	1.6			430	310	55
	1 egg (size 5, 51.3g)	41.2	27.6	361	361	6.2	6.9	trace	0	trace	0	2.4	2.3	0.7			177	130	23
	1 egg (size 7, 66.0g)	43.7	29.3	383	383	6.6	7.3	trace	0	trace	0	2.5	2.4	0.7			188	140	24
	1 egg (size 6, 59.7g)	44.2	29.7	387	387	6.6	7.4	trace	0	trace	0	2.6	2.5	0.7			190	140	24

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg	
F1074	Yoghurt, Yoplait, Delite, assorted fruits, low fat	100	160	110	150	0	0.5	2	26	18	0	0.25	1	0.05	0	0	0	0.2	0	
	1 cup (250mL)	259.8	410	280	390	0	1.3	5.2	68	47	0	0.65	2.6	0.13	0	0	0	0.5	0	
F1078	Yoghurt, Yoplait, assorted fruits, regular fat	100	150	92	130	0	0.5	1.5	48	40	0	0.3	0.75	0.05	0.3	0	0	0.4	0.08	
	1 cup (250mL)	261	390	240	330	0	1.2	3.9	126	103	0	0.78	2	0.13	0.78	0	0	1	0.21	
F77	Yoghurt, apricot, frozen, Tip Top	100	110	55	68	0.1	0.2	0	81	36	0.05	0.26	1.1	0.03	0.35	8.8	0.9	0	0.05	
	1 cup (250mL)	204	220	110	140	0.3	0.3	0	164	73	0.1	0.53	2.3	0.06	0.71	18	1.8	0	0.1	
F84	Yoghurt, plain, low fat, unsweetened	100	210	130	160	0	0.5	1.3	5	6	0.1	0.33	1.2	0.09	0.31	8.3	0	trace	0	
	1 cup (250mL)	257	540	330	410	0	1.2	3.3	12	15	0.26	0.85	3.1	0.23	0.8	21	0	trace	0	
F57	Yoghurt, plain, unsweetened	100	160	96	120	0	0.4	0.8	49	4	0.04	0.24	0.8	0.05	0.23	7.8	0.5	0	0	
	1 cup (250mL)	241	390	230	290	0	0.9	1.8	117	10	0.1	0.58	1.9	0.12	0.55	19	1.2	0	0	
F1079	Yoghurt, premium, assorted fruits	100	200	120	150	0	0.5	1.6	84	70	0.02	0.4	0.94	0.06	0	0	2.6	0	0.16	
	1 cup (250mL)	261.1	510	300	390	0	1.4	4.2	219	184	0.05	1	2.5	0.16	0	0	6.7	0	0.42	
G	EGGS																			
G1001	Egg, chicken, white & yolk, boiled	100	140	190	52	1.8	1.1	23	105	0	0.05	0.44	3.8	0.06	1.3	66	0	1.8	1.5	
	1 egg (size 5, 51.3g)	44.2	62	84	23	0.8	0.5	10	47	0	0.02	0.19	1.7	0.03	0.58	29	0	0.8	0.68	
	1 egg (size 6, 59.7g)	53.5	75	100	28	1	0.6	12	56	0	0.03	0.24	2	0.03	0.7	35	0	0.9	0.82	
	1 egg (size 7, 66.0g)	58.3	82	110	30	1	0.6	13	61	0	0.03	0.26	2.2	0.04	0.76	38	0	1	0.89	
G1010	Egg, chicken, white & yolk, fried in butter	100	160	230	65	2.1	1.3	27	222	0	0.07	0.38	4.5	0.03	1.4	88	0	1.8	1.5	
	1 egg (size 5, 51.3g)	41.2	66	95	27	0.9	0.5	11	91	0	0.03	0.16	1.9	0.01	0.57	36	0	0.7	0.63	
	1 egg (size 7, 66.0g)	43.7	70	100	28	0.9	0.6	12	97	0	0.03	0.17	2	0.01	0.61	38	0	0.8	0.66	
	1 egg (size 6, 59.7g)	44.2	71	100	29	0.9	0.6	12	98	0	0.03	0.17	2	0.01	0.61	39	0	0.8	0.67	

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
G1002	Egg, chicken, white & yolk, fried in vegetable oil	100	65.5	934	934	14.7	18.3	0.6	0	0.6	0	4	6.7	3.6			438	150	55
	1 egg (size 5, 51.3g)	39.9	26.1	373	373	5.9	7.3	0.2	0	0.2	0	1.6	2.7	1.4			175	60	22
	1 egg (size 6, 59.7g)	45.5	29.8	425	425	6.7	8.3	0.3	0	0.3	0	1.8	3.1	1.6			199	68	25
	1 egg (size 7, 66.0g)	52.5	34.4	491	491	7.7	9.6	0.3	0	0.3	0	2.1	3.5	1.9			230	79	29
G1009	Egg, chicken, white & yolk, milk added, scrambled	100	72.6	747	747	13.1	14.2	trace	0	trace	0	4.8	5.3	1.2			338	170	38
	1 cup (250mL)	232.5	169	1740	1740	30.5	32.9	0.1	0	0.1	0	11.1	12.4	2.7			785	400	88
G1003	Egg, chicken, white & yolk, poached	100	77.2	581	581	12.8	9.6	0.6	0	0.6	0	2.8	3.9	1			365	95	47
	1 egg (size 5, 51.3g)	47	36.3	273	273	6	4.5	0.3	0	0.3	0	1.3	1.8	0.5			172	45	22
	1 egg (size 6, 59.7g)	52.4	40.5	304	304	6.7	5	0.3	0	0.3	0	1.5	2	0.5			191	50	25
	1 egg (size 7, 66.0g)	59.5	45.9	345	345	7.6	5.7	0.3	0	0.3	0	1.7	2.3	0.6			217	57	28
G1008	Egg, chicken, white & yolk, raw	100	77	534	534	13.1	8.1	0.7	0	0.7	0	2.1	3.8	0.7	trace	0.6	395	140	45
	1 egg (size 5, 51.3g)	45	34.7	240	240	5.9	3.6	0.3	0	0.3	0	0.9	1.7	0.3	trace	0.3	178	63	20
	1 egg (size 6, 59.7g)	51.3	39.5	274	274	6.7	4.2	0.3	0	0.3	0	1.1	1.9	0.4	trace	0.3	203	72	23
	1 egg (size 7, 66.0g)	56.7	43.7	303	303	7.4	4.6	0.4	0	0.4	0	1.2	2.2	0.4	trace	0.4	224	79	26
G1004	Egg, chicken, white, raw	100	88	206	206	11.3	0.2	0.4	0	0.4	0	0	0	0	0	0	trace	180	3.9
	1 egg (size 5, 51.3g)	31.5	27.7	65	65	3.6	trace	0.1	0	0.1	0	0	0	0	0	0	trace	57	1.2
	1 egg (size 6, 59.7g)	34.3	30.2	71	71	3.9	0.1	0.1	0	0.1	0	0	0	0	0	0	trace	62	1.3
	1 egg (size 7, 66.0g)	40.2	35.4	83	83	4.6	0.1	0.2	0	0.2	0	0	0	0	0	0	trace	72	1.6
	1 cup (250mL)	222.5	196	458	458	25.2	0.4	0.9	0	0.9	0	0	0	0	0	0	1	400	8.7
G1005	Egg, chicken, yolk, raw	100	51.7	1410	1410	16.9	30.3	0.2	0	0.2	0	7.9	14.2	2.4	0.1	2.1	1160	13	130
	1 egg (size 5, 51.3g)	12.8	6.6	181	181	2.2	3.9	trace	0	trace	0	1	1.8	0.3	trace	0.3	148	1.7	17
	1 egg (size 6, 59.7g)	15	7.7	212	212	2.5	4.5	trace	0	trace	0	1.2	2.1	0.4	trace	0.3	173	2	20
	1 egg (size 7, 66.0g)	16.1	8.3	227	227	2.7	4.9	trace	0	trace	0	1.3	2.3	0.4	trace	0.3	186	2.1	21
	1 cup (250mL)	233.9	121	3300	3300	39.5	70.9	0.5	0	0.5	0	18.5	33.2	5.6	0.2	5	2700	30	300

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
G1002	Egg, chicken, white & yolk, fried in vegetable oil	100	150	200	50	2.3	1.2	26	222	0	0.07	0.38	4	0.03	1.4	88	0	1.8	1.6
	1 egg (size 5, 51.3g)	39.9	60	80	20	0.9	0.5	10	89	0	0.03	0.15	1.6	0.01	0.56	35	0	0.7	0.63
	1 egg (size 6, 59.7g)	45.5	68	91	23	1	0.5	12	101	0	0.03	0.17	1.8	0.01	0.63	40	0	0.8	0.72
	1 egg (size 7, 66.0g)	52.5	79	110	26	1.2	0.6	14	116	0	0.04	0.2	2.1	0.02	0.73	46	0	0.9	0.83
G1009	Egg, chicken, white & yolk, milk added, scrambled	100	150	150	64	1.3	0.9	16	222	0	0.07	0.38	3.2	0.03	1.3	88	0	1.8	1.7
	1 cup (250mL)	232.5	350	350	150	3	2	37	516	0	0.16	0.88	7.4	0.07	3	200	0	4.1	4
G1003	Egg, chicken, white & yolk, poached	100	95	180	50	1.6	1.1	21	222	0	0.07	0.38	3.4	0.03	1.2	88	0	1.8	1.6
	1 egg (size 5, 51.3g)	47	45	85	24	0.8	0.5	9.9	104	0	0.03	0.18	1.6	0.01	0.58	41	0	0.8	0.74
	1 egg (size 6, 59.7g)	52.4	50	94	26	0.8	0.6	11	116	0	0.04	0.2	1.8	0.02	0.65	46	0	0.9	0.82
	1 egg (size 7, 66.0g)	59.5	57	110	30	1	0.7	12	132	0	0.04	0.23	2	0.02	0.73	52	0	1	0.93
G1008	Egg, chicken, white & yolk, raw	100	140	190	51	1.7	1	23	222	0	0.07	0.47	3.5	0.04	1.5	130	0	1.5	1.6
	1 egg (size 5, 51.3g)	45	63	86	23	0.8	0.4	10	100	0	0.03	0.21	1.6	0.02	0.69	56	0	0.7	0.74
	1 egg (size 6, 59.7g)	51.3	72	97	26	0.9	0.5	12	114	0	0.04	0.24	1.8	0.02	0.79	64	0	0.8	0.84
	1 egg (size 7, 66.0g)	56.7	79	110	29	1	0.6	13	126	0	0.04	0.27	2	0.02	0.87	71	0	0.9	0.93
G1004	Egg, chicken, white, raw	100	150	13	5.2	trace	0	8.4	0	0	0.01	0.5	2.9	0.01	0	19	0	0	0
	1 egg (size 5, 51.3g)	31.5	47	4.1	1.6	trace	0	2.6	0	0	trace	0.16	0.93	trace	0	6	0	0	0
	1 egg (size 6, 59.7g)	34.3	51	4.5	1.8	trace	0	2.9	0	0	trace	0.17	1	trace	0	6.5	0	0	0
	1 egg (size 7, 66.0g)	40.2	60	5.2	2.1	trace	0	3.4	0	0	trace	0.2	1.2	trace	0	7.6	0	0	0
	1 cup (250mL)	222.5	330	29	12	trace	0	19	0	0	0.02	1.1	6.5	0.02	0	42	0	0	0
G1005	Egg, chicken, yolk, raw	100	31	150	40	0.9	0.9	56	616	129	0.15	0.62	4.7	0.16	5.6	400	0	4.9	2.7
	1 egg (size 5, 51.3g)	12.8	4	19	5.1	0.1	0.1	7.2	79	17	0.02	0.08	0.6	0.02	0.72	51	0	0.6	0.35
	1 egg (size 6, 59.7g)	15	4.7	23	6	0.1	0.1	8.4	92	19	0.02	0.09	0.7	0.02	0.84	59	0	0.7	0.41
	1 egg (size 7, 66.0g)	16.1	5	24	6.4	0.1	0.1	9	99	21	0.02	0.1	0.75	0.03	0.91	64	0	0.8	0.44
	1 cup (250mL)	233.9	73	350	94	2	2.1	130	1440	302	0.35	1.5	11	0.37	13	920	0	11	6.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
H	FAST FOODS																		
H1020	Beef salad, Thai, takeaway	100	76.8	399	414	11	2.5	7.1	1.9	6.6	0.5	1.1	1.1	0.1			21	710	2
	1 cup (250mL)	214	164	853	885	23.5	5.3	15.1	4.1	14	1.1	2.4	2.3	0.2			45	1500	4.3
H1015	Beef, black bean, stir fry, Chinese	100	80.8	367	370	6.3	5.8	2.8	0.4	2	0.8	1	1.9	2.3		2	14	530	8
	1 cup (250mL)	247	200	906	914	15.4	14.2	6.9	1	4.9	2	2.6	4.7	5.7		4.9	35	1300	20
H8	Burger, Big Mac, McDonald's	100	46.3	1130	1140	13.1	15.6	19.2	1.4	3.1	16.1	5.7	5.4	2.4			22	440	1.3
	1 burger	204	94.5	2300	2320	26.8	31.8	39.1	2.9	6.3	32.8	11.6	11	4.9			45	910	2.7
H24	Burger, Filet-o-Fish, McDonald's	100	39.7	1190	1220	11.9	15.5	24.7	3.2	3.1	21.6	6.3	4	3.5			41	450	11
	1 burger	136	54	1620	1660	16.2	21.1	33.5	4.4	4.2	29.3	8.6	5.5	4.7			56	610	15
H10	Burger, Quarter Pounder with cheese, McDonald's	100	44	1130	1140	17.5	14.8	16.8	1.1	3.2	13.6	6.4	5.6	0.9			30	510	2.7
	1 burger	185	81.4	2090	2110	32.4	27.4	31.2	2	5.9	25.2	11.8	10.4	1.7			56	950	5
H3	Burger, cheeseburger	100	47.8	1090	1100	13.6	13.3	21.4	1.2	4.1	17.3	5.6	5.4	1.3			34	760	2.7
	1 burger	255	122	2770	2800	34.8	33.9	54.6	3.1	10.5	44.1	14.4	13.7	3.2			87	1900	6.9
H4	Burger, cheeseburger, McDonald's	100	41.1	1080	1090	15.1	10.7	25.1	1.2	3.6	21.5	5	4	0.8			30	510	2.7
	1 burger	137	56.3	1480	1490	20.7	14.7	34.3	1.6	4.9	29.4	6.9	5.5	1.1			41	700	3.7
H6	Burger, hamburger	100	50.9	940	949	10.7	10.2	22.4	1.1	3.9	18.5	3.7	4.4	1			26	660	0.6
	1 burger	172	87.5	1620	1630	18.4	17.5	38.5	1.9	6.7	31.8	6.4	7.6	1.7			45	1100	1
H7	Burger, hamburger, McDonald's	100	41.6	1050	1060	13.3	9.9	27.3	1.2	4.9	22.4	4.1	4.3	0.9			28	350	1.3
	1 burger	98	40.8	1030	1040	13	9.7	26.7	1.2	4.8	21.9	4	4.2	0.9			27	340	1.3
H1016	Chicken and cashew, stir fry, Chinese	100	74.6	504	512	7.7	9.1	2.1	1.1	0.5	1.6	1.6	4.5	2.5		2.2	27	410	4
	1 cup (250mL)	205	153	1030	1050	15.8	18.7	4.3	2.3	1	3.3	3.2	9.2	5.2		4.6	56	840	8.2
H17	Chicken, crumbed, breast, deep fried, Kentucky Fried Chicken	100	50.9	1140	1140	25.6	16.3	6	0.3	0.1	5.9	5.2	8.3	1.9			90	500	8.9
	1 piece	89	45.3	1020	1020	22.8	14.5	5.3	0.2	0.1	5.3	4.6	7.4	1.7			80	450	7.9

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
H	FAST FOODS																		
H1020	Beef salad, Thai, takeaway	100	260	93	20	1.3	1.8	3.3	16	95	0.05	0.7	3.6	0.11	0.86	12	3.3	0	0.31
	1 cup (250mL)	214	560	200	42	2.8	3.8	7.1	34	202	0.11	1.5	7.6	0.24	1.8	26	7.1	0	0.66
H1015	Beef, black bean, stir fry, Chinese	100	190	66	20	1.3	1.2	3	8	32	0.11	0.13	2	0.26	0.69	10	8	0	0.55
	1 cup (250mL)	247	470	160	50	3.3	2.9	7.4	21	79	0.27	0.32	4.9	0.64	1.7	25	19.8	0	1.4
H8	Burger, Big Mac, McDonald's	100	170	160	53	1.9	2.2	3	16	10	0.11	0.11	4.5	0.14	2.1	7	0.8	0	0.65
	1 burger	204	350	330	110	3.9	4.5	6.1	32	20	0.22	0.22	9.2	0.29	4.3	14	1.6	0	1.3
H24	Burger, Filet-o-Fish, McDonald's	100	170	130	62	1.7	3.5	6	24	20	0.11	0.07	3.1	0.1	0.68	5	1	0	0
	1 burger	136	220	180	84	2.3	4.8	8.2	33	27	0.15	0.1	4.2	0.14	0.93	6.8	1.4	0	0
H10	Burger, Quarter Pounder with cheese, McDonald's	100	210	180	78	1.9	3.2	3	59	100	0.1	0.12	5.4	0.13	1	9	1.5	0	0.65
	1 burger	185	400	320	140	3.5	5.9	5.6	109	185	0.19	0.22	10	0.24	1.9	17	2.7	0	1.2
H3	Burger, cheeseburger	100	210	160	83	1.7	2	3	49	90	0.05	0.16	4.3	0.12	0.93	16	2	0	0.65
	1 burger	255	540	420	210	4.3	5.1	7.7	125	230	0.13	0.41	11	0.31	2.4	41	5.1	0	1.7
H4	Burger, cheeseburger, McDonald's	100	210	180	87	2	3.4	3	49	90	0.15	0.13	5.1	0.13	1.1	5	2	0	0.65
	1 burger	137	290	250	120	2.7	4.7	4.1	67	123	0.21	0.18	7	0.18	1.4	6.9	2.7	0	0.89
H6	Burger, hamburger	100	190	110	21	1.7	2	3	17	60	0.05	0.13	3.8	0.11	0.78	16	2	0	0.65
	1 burger	172	330	190	36	2.9	3.4	5.2	29	103	0.09	0.22	6.5	0.19	1.3	28	3.4	0	1.1
H7	Burger, hamburger, McDonald's	100	220	130	33	2	2.8	3	17	60	0.15	0.09	5.2	0.13	0.92	7	1.7	0	0.65
	1 burger	98	210	130	32	2	2.7	2.9	17	59	0.15	0.09	5.1	0.13	0.9	6.9	1.7	0	0.64
H1016	Chicken and cashew, stir fry, Chinese	100	200	96	21	0.8	0.7	6.5	50	258	0.07	0.12	6.7	0.23	0.04	13	2	0	0.63
	1 cup (250mL)	205	410	200	43	1.7	1.4	13	102	529	0.14	0.25	14	0.47	0.08	27	4.1	0	1.3
H17	Chicken, crumbed, breast, deep fried, Kentucky Fried Chicken	100	300	190	14	0.8	0.7	14	45	0	0.08	0.2	12	0.35	0.37	5	0	0	1.5
	1 piece	89	270	170	12	0.7	0.6	12	40	0	0.07	0.18	10	0.31	0.33	4.5	0	0	1.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
H18	Chicken, crumbed, drumstick, fried, Kentucky Fried Chicken	100	49.2	1030	1030	22.3	13.7	8.3	0.3	0	8.3	5.7	5.7	1.2	trace	1.2	52	790	8.9
	1 piece	77.5	38.1	794	796	17.2	10.6	6.5	0.2	0	6.5	4.4	4.4	1	trace	0.9	41	610	6.9
H19	Chicken, crumbed, thigh, fried, Kentucky Fried Chicken	100	44.5	1450	1450	18.6	27.8	5.9	0.3	0	5.9	8.8	14	3.4			104	490	8.9
	1 piece	82	36.5	1190	1190	15.3	22.8	4.8	0.2	0	4.8	7.2	11.5	2.8			85	400	7.3
H16	Chicken, crumbed, wing, deep fried, Kentucky Fried Chicken	100	39.4	1520	1530	20.9	28.4	6.9	0.3	0.1	6.8	9.4	14.5	3			116	700	8.9
	1 piece	37	14.6	564	564	7.7	10.5	2.6	0.1	trace	2.5	3.5	5.4	1.1			43	260	3.3
H159	Chicken, nugget, deep fried, McDonald's	100	52.1	1200	1210	17.6	18.2	13.5	0.6	0	13.5	7	8.1	0.7		0.6	81	730	3.2
	1 cup (250mL)	147	76.6	1770	1770	25.9	26.8	19.8	0.9	0	19.8	10.2	12	1		1	119	1100	4.6
H173	Chop suey, chicken, lean & fat, stir fried	100	78.2	435	452	6.9	6	5.7	2.1	4	1.7	2.1	2.5	0.9			19	170	4.5
	1 cup (250mL)	253	198	1100	1140	17.6	15.1	14.3	5.3	10.1	4.2	5.2	6.3	2.3			48	420	11
H71	Chop suey, pork	100	76.1	511	524	8.8	8.8	2.1	1.6	1.4	0.7	3.7	4	0.4			15	550	4.5
	1 cup (250mL)	253	193	1290	1330	22.3	22.3	5.3	4	3.5	1.8	9.2	10.1	1			38	1400	11
H172	Chow mein, beef, lean & fat, stir fried	100	73.7	582	590	9.5	9.4	4.4	1	2.6	1.8	3.8	3.9	0.8			26	39	4.5
	1 cup (250mL)	253	186	1470	1490	24	23.7	11	2.5	6.6	4.4	9.6	9.7	2.1			66	98	11
H199	Chow mein, chicken	100	74.5	371	378	6.2	1	13.5	0.8	2.3	11.2	0.4	0.5	0.1			5	430	3.5
	1 cup (250mL)	232.5	173	863	878	14.3	2.4	31.3	1.9	5.2	26.1	0.9	1.1	0.3			13	1000	8.1
H89	Chow mein, prawn	100	73.2	603	625	5.6	10.9	6.1	2.8	0.4	5.7	4	4.3	1.6			26	330	4.5
	1 cup (250mL)	253	185	1520	1580	14.2	27.6	15.4	7.1	1	14.4	10.2	11	4.1			66	830	11
H20	Coleslaw, Kentucky Fried Chicken	100	77.3	410	417	2	4	13.4	0.9	13.1	0.3	0.6	0.9	2			12	270	0.7
	1 cup (250mL)	200	155	820	834	4	8	26.8	1.9	26.2	0.6	1.1	1.8	4.1			24	540	1.4
H1026	Curry, beef korma, Indian, takeaway	100	61.1	944	946	13.6	16.9	5.1	0.2	5	0.1	6.5	6.2	3		2.6	54	340	22
	1 cup (250mL)	247.9	151	2340	2350	33.8	41.9	12.7	0.5	12.5	0.2	16.2	15.3	7.3		6.4	135	840	55
H1027	Curry, beef madras, Indian, takeaway	100	65.9	877	878	13.3	15.5	4.5	0.2	4.4	0.1	7.4	4.2	2.8		2.5	36	430	22
	1 cup (250mL)	252.1	166	2210	2210	33.4	39.2	11.3	0.5	11.1	0.3	18.7	10.6	7		6.3	90	1100	55

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
H18	Chicken, crumbed, drumstick, fried, Kentucky Fried Chicken	100	260	190	32	0.9	2	26	40	0	0	0.27	9.2	0.17	0.21	19	0	0	1.6
	1 piece	77.5	200	150	25	0.7	1.6	20	31	0	0	0.21	7.1	0.13	0.16	15	0	0	1.2
H19	Chicken, crumbed, thigh, fried, Kentucky Fried Chicken	100	240	160	15	1.3	1.5	14	45	0	0.07	0.23	9.9	0.22	0.56	6	0	0	1.5
	1 piece	82	200	130	12	1.1	1.2	11	37	0	0.06	0.19	8.1	0.18	0.46	4.9	0	0	1.2
H16	Chicken, crumbed, wing, deep fried, Kentucky Fried Chicken	100	190	190	18	1.4	1.2	14	65	0	0.05	0.15	8.7	0.35	0.41	5	0	0	1.5
	1 piece	37	70	70	6.7	0.5	0.4	5.2	24	0	0.02	0.06	3.2	0.13	0.15	1.9	0	0	0.56
H159	Chicken, nugget, deep fried, McDonald's	100	360	280	8.1	0.6	0.9	0	0	0	0.17	0.1	7.9	0.26	1.1	11	0	0	0.42
	1 cup (250mL)	147	520	410	12	0.8	1.3	0	0	0	0.25	0.15	12	0.38	1.6	16	0	0	0.62
H173	Chop suey, chicken, lean & fat, stir fried	100	250	99	23	0.6	0.5	3.7	220	1300	0.04	0.07	3.3	0.19	0.04	22	7	0	0.92
	1 cup (250mL)	253	620	250	57	1.5	1.2	9.4	557	3290	0.1	0.18	8.3	0.48	0.1	56	17.7	0	2.3
H71	Chop suey, pork	100	170	100	26	1.3	2.6	3.6	70	13	0.29	0.15	3.6	0.2	0.22	18	10.9	0	0.98
	1 cup (250mL)	253	430	260	66	3.3	6.6	9.1	178	33	0.73	0.38	9.2	0.51	0.56	46	27.6	0	2.5
H172	Chow mein, beef, lean & fat, stir fried	100	220	100	17	1.5	2.6	3.4	10	58	0.05	0.1	4.2	0.1	0.8	16	34	0	0.97
	1 cup (250mL)	253	560	260	42	3.7	6.5	8.6	26	147	0.13	0.25	11	0.25	2	40	86	0	2.5
H199	Chow mein, chicken	100	94	64	13	0.3	0.3	7.5	33	163	0.37	0.05	2.6	0.15	0.09	11	6	0	0.23
	1 cup (250mL)	232.5	220	150	30	0.8	0.7	17	77	378	0.86	0.12	5.9	0.35	0.21	26	14	0	0.54
H89	Chow mein, prawn	100	66	120	34	1	0.5	26	8	2	0.1	0.12	3.3	0.09	0.38	17	3.7	0	1.2
	1 cup (250mL)	253	170	310	86	2.5	1.3	66	21	5	0.25	0.3	8.3	0.23	0.96	43	9.4	0	2.9
H20	Coleslaw, Kentucky Fried Chicken	100	160	31	35	0.4	0.2	1	67	400	0.03	0.01	0.4	0.1	0.16	34	20	0	1
	1 cup (250mL)	200	320	62	70	0.8	0.4	2	134	800	0.06	0.02	0.8	0.2	0.32	68	40	0	2.1
H1026	Curry, beef korma, Indian, takeaway	100	250	130	30	2.5	3	3.2	42	110	0.12	0.23	4.5	0.77	1.1	19	1	0	0.84
	1 cup (250mL)	247.9	630	310	74	6.2	7.4	7.9	105	273	0.3	0.57	11	1.9	2.7	47	2.5	0	2.1
H1027	Curry, beef madras, Indian, takeaway	100	360	130	21	2.5	2.8	3	49	150	0.12	0.23	4.4	0.76	0.96	19	1	0	0.84
	1 cup (250mL)	252.1	910	340	52	6.3	7.1	7.7	123	378	0.3	0.58	11	1.9	2.4	48	2.5	0	2.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
H1023	Curry, butter chicken, Indian, takeaway	100	61.3	728	746	11.7	12	5.1	2.2	5	0.1	5.6	4.1	1.1		0.9	60	380	22
	1 cup (250mL)	258.2	158	1880	1930	30.1	31	13.1	5.7	12.8	0.3	14.4	10.5	2.8		2.4	154	990	57
H1024	Curry, chicken masala, Indian, takeaway	100	71.5	624	643	10.6	9.4	5.7	2.4	3.9	1.8	3.2	3.3	2.1		1.9	55	530	22
	1 cup (250mL)	248.8	178	1550	1600	26.4	23.3	14.2	6	9.7	4.5	7.9	8.2	5.3		4.7	137	1300	55
H1021	Curry, chicken, green, Thai, takeaway	100	77	521	524	8.2	7.9	5.3	0.4	5.2	0.1	5.1	1.4	1		0.9	21	530	12
	1 cup (250mL)	249	192	1300	1300	20.4	19.7	13.1	1	12.8	0.2	12.6	3.4	2.5		2.2	53	1300	30
H1028	Curry, dhal makani, Indian, takeaway	100	66	675	705	4.6	12.4	8.3	3.7	4.4	3.9	5.8	3.9	1.8		1.5	0	480	30
	1 cup (250mL)	259.6	171	1750	1830	11.8	32.1	21.4	9.6	11.4	10	15	10.1	4.8		4	0	1200	78
H1025	Curry, rogan josh, Indian, takeaway	100	70.9	683	683	13.6	10.5	3.7	0	3.6	0.1	2.9	3.7	3.1		2.7	42	460	22
	1 cup (250mL)	266.9	189	1820	1820	36.3	28	10	0	9.7	0.3	7.8	9.9	8.2		7.3	111	1200	59
H1012	Egg foo young with chicken, omelette, Chinese, takeaway	100	68.3	768	781	12.5	14.3	1.5	1.7	0.5	1	2.8	5.8	4.7		4.1	139	420	31
	1 cup (250mL)	146	99.7	1120	1140	18.3	20.9	2.2	2.5	0.7	1.5	4.1	8.5	6.8		6	203	610	45
H22	Fish, battered, deep fried, Independent Shops	100	51.1	1260	1260	15.2	20.3	14.6	0.1	0	14.6	9.9	7.9	0.7			41	310	17
	1 piece	146	74.6	1830	1830	22.2	29.6	21.3	0.2	0	21.3	14.5	11.6	1			60	460	24
H57	Fish, cake, baked	100	51.6	996	1000	11.6	12.8	19.2	0.8	3.7	15.5	1.3	6.9	3.4			26	810	2.1
	1 cake	76	39.2	757	761	8.8	9.7	14.6	0.6	2.8	11.8	1	5.3	2.6			20	610	1.6
H23	Fish, cake, deep fried in peanut oil	100	47.6	993	999	13	14.4	14.1	0.8	2.1	12	1.9	7	4.3			26	880	2.1
	1 cake (1.5 x 7cm diameter)	80	38.1	794	799	10.4	11.5	11.3	0.6	1.7	9.6	1.5	5.6	3.4			21	710	1.7
H194	Fish, fillet, crumbed, frozen, baked	100	56	828	833	11	12	11.7	0.6	0	11.7	1.4	6.8	2.9		2.2	14	280	2.9
	1 fillet	70	39.2	580	583	7.7	8.4	8.2	0.4	0	8.2	1	4.8	2.1		1.5	10	190	2
H195	Fish, fillet, crumbed, frozen, fried	100	53.9	857	862	11.5	12.3	12.2	0.6	0	12.2	1.3	5.4	5		4.1	14	290	3.1
	1 fillet	65	35	557	560	7.5	8	8	0.4	0	8	0.9	3.5	3.2		2.6	9	190	2
H61	Fish, fingers, baked	100	57.1	881	887	9	10.3	20.3	0.8	1	19.3	1.6	5.2	2.6			32	440	3.2
	1 finger (8.3 x 2.2 x 1.3cm)	25	14.3	220	222	2.3	2.6	5.1	0.2	0.3	4.8	0.4	1.3	0.6			8	110	0.8

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
H1023	Curry, butter chicken, Indian, takeaway	100	370	130	37	1.8	1	5.6	136	214	0.11	0.2	7.3	1.2	0.08	8	0	0	1.3
	1 cup (250mL)	258.2	940	320	96	4.6	2.7	14	351	553	0.28	0.52	19	3.1	0.21	21	0	0	3.4
H1024	Curry, chicken masala, Indian, takeaway	100	330	120	32	2.2	0.9	5.6	136	214	0.11	0.2	7.3	1.2	0.08	8	1	0	1.3
	1 cup (250mL)	248.8	830	290	79	5.3	2.1	14	338	532	0.27	0.5	18	3	0.2	20	2.5	0	3.3
H1021	Curry, chicken, green, Thai, takeaway	100	200	84	11	0.8	0.4	9.5	16	94	0.08	0.04	4.7	0.22	0.04	8	1	0	0.46
	1 cup (250mL)	249	490	210	26	2	1	24	39	234	0.2	0.1	12	0.55	0.1	20	2.5	0	1.1
H1028	Curry, dhal makani, Indian, takeaway	100	260	75	39	2.9	0.6	5.7	115	180	0.1	0.04	1.3	0.11	0	22	6	0	0.99
	1 cup (250mL)	259.6	680	190	100	7.6	1.6	15	299	467	0.26	0.1	3.3	0.29	0	57	15.6	0	2.6
H1025	Curry, rogan josh, Indian, takeaway	100	310	130	19	2.5	2.4	3	42	110	0.12	0.23	4.5	0.77	0.96	19	1	0	0.54
	1 cup (250mL)	266.9	840	340	51	6.7	6.3	8	113	294	0.32	0.61	12	2.1	2.6	51	2.7	0	1.4
H1012	Egg foo young with chicken, omelette, Chinese, takeaway	100	170	140	34	1.3	1.3	18	78	139	0.05	0.25	1.9	0.2	0.92	18	0	0.7	1.4
	1 cup (250mL)	146	250	200	49	1.9	1.9	26	114	203	0.07	0.37	2.7	0.29	1.3	26	0	1.1	2.1
H22	Fish, battered, deep fried, Independent Shops	100	290	23	25	2.3	0.5	51	2	0	0.05	0.04	4.7	0.28	1.1	4.9	0	0	0.21
	1 piece	146	420	34	37	3.4	0.7	75	3	0	0.07	0.06	6.8	0.41	1.6	7.2	0	0	0.31
H57	Fish, cake, baked	100	89	81	41	0.5	0.5	39	219	5	0.07	0.05	5.2	0.09	0.7	4.1	0	0	2
	1 cake	76	68	62	31	0.4	0.4	30	166	4	0.05	0.04	3.9	0.07	0.53	3.1	0	0	1.5
H23	Fish, cake, deep fried in peanut oil	100	98	92	46	0.8	0.5	33	305	5	0.07	0.05	5.5	0.18	0.9	5.8	0	0	0.97
	1 cake (1.5 x 7cm diameter)	80	78	74	37	0.6	0.4	26	244	4	0.06	0.04	4.4	0.14	0.72	4.6	0	0	0.78
H194	Fish, fillet, crumbed, frozen, baked	100	220	160	16	0.2	0.4	18	0	0	0.07	0.24	3.4	0.1	0.46	1.5	0	0	3
	1 fillet	70	150	110	11	0.2	0.3	13	0	0	0.05	0.17	2.4	0.07	0.32	1.1	0	0	2.1
H195	Fish, fillet, crumbed, frozen, fried	100	230	160	16	0.3	0.4	19	0	0	0.07	0.24	3.5	0.1	0.46	1.5	0	0	3.1
	1 fillet	65	150	110	11	0.2	0.3	13	0	0	0.05	0.16	2.3	0.07	0.3	1	0	0	2
H61	Fish, fingers, baked	100	190	170	12	1	0.4	41	387	5	0.08	0.05	4.2	0.06	0.8	4.1	0	0	1.1
	1 finger (8.3 x 2.2 x 1.3cm)	25	48	43	3	0.3	0.1	10	97	1	0.02	0.01	1.1	0.02	0.2	1	0	0	0.28

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
H65	Fish, fingers, deep fried in peanut oil	100	48.1	1130	1130	9.6	15.4	23.1	0.8	1.2	21.9	2.5	6.5	4.4			34	450	3.2
	1 finger (8.3 x 2.2 x 1.3cm)	25	12	282	283	2.4	3.9	5.8	0.2	0.3	5.5	0.6	1.6	1.1			9	110	0.8
H1018	Fried rice, combination, Chinese, takeaway	100	62.1	590	598	8.9	5	14.8	1.1	0.4	14.4	0.9	2.2	1.6		1.4	42	410	7
	1 cup (250mL)	157	97.5	926	940	14	7.9	23.3	1.7	0.6	22.6	1.4	3.4	2.5		2.2	66	650	11
H1046	Fries, potato, Burger King	100	39.7	1320	1350	4.1	17.2	36	4.2	0	36	8.4	7.2	0.8	0.1	0.6	13	180	0.1
	10 fries	69	27.4	909	932	2.8	11.9	24.8	2.9	0	24.8	5.8	5	0.5	0.1	0.4	9	120	0.1
H1041	Fries, potato, Kentucky Fried Chicken	100	52	963	1010	4.1	9.5	32	5.3	0	32	4.8	3.5	0.8	trace	0.8	0	280	0.1
	10 fries	69	35.9	664	694	2.8	6.5	22.1	3.7	0	22.1	3.3	2.4	0.6	trace	0.5	0	200	0.1
H1042	Fries, potato, McDonald's	100	36.2	1370	1410	4	18	37.5	4.2	0	37.5	1.5	12.8	3.3	0.8	2.3	14	430	0.1
	10 fries	69	25	946	970	2.8	12.4	25.9	2.9	0	25.9	1.1	8.8	2.3	0.5	1.6	10	300	0.1
H1039	Fries, potato, straight cut, Independent Shops	100	54.6	917	950	4	10.7	26.7	4.2	0.3	26.4	5.2	4.3	0.6		0.5	6	190	8.5
	10 fries	69	37.7	632	656	2.8	7.4	18.4	2.9	0.2	18.2	3.6	3	0.4		0.4	4	130	5.9
H1017	Noodle, chow mein, combination, Chinese	100	78.1	328	340	7.3	5	1.1	1.5	0.5	0.6	1.3	2	1.4		1.2	25	410	8
	1 cup (250mL)	194	152	637	660	14.2	9.7	2	3	1	1.1	2.4	3.9	2.6		2.3	49	800	16
H1022	Noodle, pad thai with chicken & egg, Thai, takeaway	100	58	708	724	8.1	8.1	16	1.9	5.1	10.9	1.3	3.2	3		2.7	29	390	8
	1 cup (250mL)	132	76.5	935	955	10.7	10.6	21.2	2.5	6.7	14.4	1.7	4.2	4		3.6	38	520	11
H151	Pancake, McDonald's	100	55.9	726	738	4.3	4.5	28.8	1.4	4	24.8	0.6	1.5	1.6		1.4	29	410	0.3
	1 pancake	49	27.4	356	361	2.1	2.2	14.1	0.7	1.9	12.2	0.3	0.7	0.8		0.7	14	200	0.2
H27	Pie, apple, McDonald's	100	48.4	1040	1050	2.3	14	28.4	1.6	11.4	17.1	6.8	5.4	0.6		0.6	13	510	0.3
	1 pie	85	41.1	883	894	1.9	11.9	24.2	1.4	9.6	14.5	5.8	4.6	0.5		0.5	11	430	0.3
H29	Pie, mince, family size	100	53.3	874	881	8.1	11	19.4	0.9	0.9	18.5	5.9	3.5	0.4		0.4	14	460	0.8
	1 pie (4 x 18.5cm diameter)	635	338	5550	5590	51.6	69.8	123	5.7	5.7	117	37.8	22	2.3		2.3	91	2900	4.8
H1056	Pie, savoury, chicken, individual size, ready to eat	100	50.8	989	1000	8.4	13.5	20.4	1.5	1.2	19.2	6.7	3.7	0.9	0.1	0.8	21	480	4.1
	1 pie (3.7 x bottom 9.2 x top 11.3cm diameters)	229	116	2270	2290	19.3	30.9	46.7	3.4	2.7	44	15.4	8.4	2	0.2	1.8	48	1100	9.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
H65	Fish, fingers, deep fried in peanut oil	100	180	180	13	1.4	0.4	42	391	5	0.06	0.05	4.8	0.08	0.7	9.8	0	0	1.5
	1 finger (8.3 x 2.2 x 1.3cm)	25	45	45	3.3	0.4	0.1	11	98	1	0.02	0.01	1.2	0.02	0.18	2.5	0	0	0.38
H1018	Fried rice, combination, Chinese, takeaway	100	110	74	11	0.6	1.2	6.7	20	12	0.08	0.08	2.2	0.06	0.04	10	0	0	0.73
	1 cup (250mL)	157	170	120	18	0.9	1.8	11	31	19	0.13	0.13	3.5	0.09	0.06	16	0	0	1.1
H1046	Fries, potato, Burger King	100	630	160	10	1	0.6	0.4	0	0	0.11	0.04	3.5	0.08	0	41	0	0	0.5
	10 fries	69	430	110	6.9	0.7	0.4	0.2	0	0	0.08	0.03	2.4	0.06	0	28	0	0	0.35
H1041	Fries, potato, Kentucky Fried Chicken	100	630	160	10	1	0.6	0.4	0	0	0.11	0.04	3.5	0.08	0	41	0	0	0.5
	10 fries	69	430	110	6.9	0.7	0.4	0.2	0	0	0.08	0.03	2.4	0.06	0	28	0	0	0.35
H1042	Fries, potato, McDonald's	100	630	160	10	1	0.6	0.4	0	0	0.11	0.04	3.5	0.08	0	41	0	0	0.5
	10 fries	69	430	110	6.9	0.7	0.4	0.2	0	0	0.08	0.03	2.4	0.06	0	28	0	0	0.35
H1039	Fries, potato, straight cut, Independent Shops	100	550	100	8.6	0.8	0.5	0.5	0	0	0.12	0.06	3.7	0.12	0	16	0.1	0	0.25
	10 fries	69	380	69	5.9	0.5	0.4	0.3	0	0	0.08	0.04	2.6	0.08	0	11	0.1	0	0.17
H1017	Noodle, chow mein, combination, Chinese	100	130	61	17	0.7	0.7	5	37	196	0.08	0.03	2	0.17	0.05	15	10.7	0	0.51
	1 cup (250mL)	194	260	120	33	1.3	1.3	9.7	71	380	0.16	0.06	3.8	0.33	0.1	29	20.8	0	0.99
H1022	Noodle, pad thai with chicken & egg, Thai, takeaway	100	120	86	29	0.9	0.7	7.2	18	0	0.11	0.07	1.5	0.25	0.02	8	1	0	0.76
	1 cup (250mL)	132	160	110	38	1.1	1	9.5	23	0	0.15	0.09	2	0.33	0.03	11	1.3	0	1
H151	Pancake, McDonald's	100	130	300	48	0.5	0.4	0	17	12	0.1	0.09	1.4	0.06	0.22	8.4	0.3	0	0.33
	1 pancake	49	63	150	23	0.2	0.2	0	8	6	0.05	0.04	0.69	0.03	0.11	4.1	0.1	0	0.16
H27	Pie, apple, McDonald's	100	86	39	13	0.4	0.3	0	2	13	0.01	0.02	0.87	0.06	0.09	3.5	0	0	0.76
	1 pie	85	73	33	11	0.3	0.2	0	2	11	0.01	0.02	0.74	0.05	0.08	3	0	0	0.65
H29	Pie, mince, family size	100	140	82	19	1.5	1.8	4.1	32	78	0	0.09	2.6	0.08	0.39	11	0	0	0.27
	1 pie (4 x 18.5cm diameter)	635	890	520	120	9.5	11	26	205	495	0	0.57	17	0.51	2.5	70	0	0	1.7
H1056	Pie, savoury, chicken, individual size, ready to eat	100	170	100	23	0.6	0.4	7	19	55	0.04	0.07	3.7	0.21	0	7.1	0	0.6	0.44
	1 pie (3.7 x bottom 9.2 x top 11.3cm diameters)	229	400	230	53	1.3	1	16	43	125	0.09	0.16	8.5	0.48	0	16	0	1.4	1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
H1055	Pie, savoury, egg & bacon, individual size, ready to eat	100	47.8	1070	1130	10.2	15.4	19	7.5	0.8	18.2	6.6	4.8	1.2	0.1	1	116	520	18
	1 pie (3.9 x bottom 8.9 x top 11.0cm diameters)	195.4	93.4	2080	2200	20	30.1	37.1	14.7	1.6	35.6	12.9	9.3	2.3	0.2	1.9	227	1000	35
H1054	Pie, savoury, mince & cheese, individual size, ready to eat	100	50.3	983	1020	7.8	14.2	19.1	4.2	0.8	18.3	6.6	3.9	0.7	0.1	0.6	18	480	6.8
	1 pie (3.6 x bottom 8.9 x top 11.1cm diameters)	220.8	111	2170	2240	17.2	31.4	42.2	9.3	1.8	40.4	14.5	8.6	1.6	0.2	1.4	40	1100	15
H191	Pizza, Hawaiian, thick crust	100	46.9	964	987	11.1	5.5	33.7	2.9	4.5	29.2	2.6	1.4	0.6			19	490	3.8
	1 pizza (2.25 x 28.3cm diameter)	742	348	7150	7320	82.6	40.6	250	21.5	33	217	19.5	10.4	4.2			138	3700	28
H190	Pizza, barbeque chicken, thick crust	100	44	1020	1040	12.6	6.3	33.5	3	4	29.6	3	1.8	0.6			19	550	3.8
	1 pizza (2.35 x 28.2cm diameter)	715	314	7280	7450	90.3	45.1	240	21.5	28.2	211	21.3	12.8	4.6			133	3900	27
H179	Pizza, frozen, Hawaiian & Combination, individual size, baked	100	40.9	1010	1030	10.1	8.9	30.1	2.6	0	30.1	4.4	2.8	0.9	0.1	0.8	4	430	3
	1 pizza (1.8 x 12.2cm diameter)	116	47.4	1170	1200	11.7	10.3	35	3	0	35	5.1	3.2	1.1	0.2	0.9	4	500	3.5
H177	Pizza, frozen, Hawaiian & House special, premium, baked	100	46.3	863	884	12.1	6.5	24.6	2.6	2.6	22	3.3	2.1	0.5	trace	0.4	14	610	5
	1 pizza (2.5 x 24.6cm diameter)	654	303	5640	5780	79.3	42.3	161	17	17	144	21.5	13.6	3.1	0.3	2.9	91	4000	33
H176	Pizza, frozen, meat lovers, premium, baked	100	45.5	908	925	13.1	8.3	22.2	2.2	1.1	21.1	4.4	2.7	0.5	trace	0.4	16	680	5
	1 pizza (2.5 x 24.6cm diameter)	675	307	6130	6250	88.6	56.2	150	14.9	7.4	142	29.5	18.3	3.1	0.3	2.8	109	4600	34
H189	Pizza, meat, thick crust	100	40.5	1040	1060	13.2	6.6	33.3	3	3.5	29.8	3.2	2	0.6			19	680	3.8
	1 pizza (2.35 x 27.8cm diameter)	700	284	7250	7410	92.3	46.4	233	21	24.2	209	22.2	13.7	4.1			130	4800	27
H41	Pizza, supreme, thin crust, Pizza Hut	100	52.4	933	946	12.8	8.8	22.9	1.6	0.9	22	3.4	3.1	1.5			11	640	3.1
	1 pizza	384	201	3580	3630	49.2	33.8	87.9	6.1	3.5	84.5	13	11.8	5.7			42	2500	12
H1014	Pork, sweet & sour, Chinese, takeaway	100	49.5	1090	1090	9.6	15.5	20.6	0.6	13.3	7.4	5	6.7	2.5		2.1	32	280	3
	1 cup (250mL)	195	96.6	2120	2130	18.8	30.2	40.2	1.2	25.8	14.4	9.8	13	4.8		4.1	62	540	5.9
H1045	Potato & gravy, Kentucky Fried Chicken	100	80	280	291	2.2	1	12.1	1.4	0	12.1	0.5	0.3	0.1			2	330	1.1
H152	Potato, hash brown, McDonald's	100	59.6	881	893	2	11.3	25.2	1.4	0	25.2	5.1	4.3	0.2		0.2	14	520	0.4
	1 piece	68	40.5	599	607	1.3	7.7	17.2	1	0	17.2	3.5	2.9	0.2		0.1	10	350	0.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
H1055	Pie, savoury, egg & bacon, individual size, ready to eat	100	140	160	71	0.9	1	13	45	55	0.11	0.21	2.6	0.1	0.53	7.1	0	5.1	0.59
	1 pie (3.9 x bottom 8.9 x top 11.0cm diameters)	195.4	280	310	140	1.8	1.9	25	88	107	0.22	0.41	5.1	0.2	1	14	0	10	1.2
H1054	Pie, savoury, mince & cheese, individual size, ready to eat	100	130	86	43	0.8	1.2	5	23	55	0.05	0.09	2.2	0.58	0.43	7.1	0	0.7	0.19
	1 pie (3.6 x bottom 8.9 x top 11.1cm diameters)	220.8	280	190	95	1.8	2.6	11	50	121	0.11	0.2	4.8	1.3	0.95	16	0	1.4	0.42
H191	Pizza, Hawaiian, thick crust	100	180	160	140	0.7	1.3	7.9	49	15	0.16	0.19	3.8	0.06	0.19	21	5.1	0.1	0.47
	1 pizza (2.25 x 28.3cm diameter)	742	1300	1200	1000	5.3	9.5	59	361	111	1.2	1.4	28	0.45	1.4	160	37.8	0.7	3.5
H190	Pizza, barbeque chicken, thick crust	100	180	190	140	0.8	1.3	7.9	60	17	0.16	0.19	3.7	0.06	0.33	20	5.1	0.1	0.47
	1 pizza (2.35 x 28.2cm diameter)	715	1300	1300	1000	5.4	9.5	56	431	118	1.1	1.4	26	0.43	2.4	140	36.5	0.7	3.4
H179	Pizza, frozen, Hawaiian & Combination, individual size, baked	100	180	170	150	0.8	1.3	7.2	81	109	0.23	0.16	3.1	0.06	0.15	20	0	0.1	0.45
	1 pizza (1.8 x 12.2cm diameter)	116	210	200	170	0.9	1.5	8.3	94	127	0.27	0.19	3.6	0.07	0.17	23	0	0.1	0.52
H177	Pizza, frozen, Hawaiian & House special, premium, baked	100	200	220	190	1	1.5	9.1	65	109	0.26	0.17	3.6	0.06	0.35	21	0	0.1	0.53
	1 pizza (2.5 x 24.6cm diameter)	654	1300	1400	1200	6.4	9.8	60	425	715	1.7	1.1	23	0.39	2.3	140	0	0.4	3.5
H176	Pizza, frozen, meat lovers, premium, baked	100	230	250	190	0.9	1.6	9.1	72	109	0.24	0.17	3.8	0.06	0.58	20	0	0.1	0.59
	1 pizza (2.5 x 24.6cm diameter)	675	1600	1700	1300	6.2	11	61	484	738	1.6	1.1	25	0.41	3.9	140	0	0.4	4
H189	Pizza, meat, thick crust	100	200	210	160	1.1	1.8	7.9	49	13	0.16	0.19	3.9	0.06	0.33	51	5.1	0.1	0.47
	1 pizza (2.35 x 27.8cm diameter)	700	1400	1400	1100	7.4	13	55	340	88	1.1	1.3	28	0.42	2.3	360	35.7	0.7	3.3
H41	Pizza, supreme, thin crust, Pizza Hut	100	170	170	110	1.3	1.6	6	50	108	0.07	0.1	3.6	0.12	0.46	34	1	0.1	1.3
	1 pizza	384	650	640	400	5	6.1	23	192	415	0.27	0.38	14	0.46	1.8	130	3.8	0.2	4.9
H1014	Pork, sweet & sour, Chinese, takeaway	100	160	96	15	1.8	1.4	2.4	5	28	0.25	0.05	2	0.06	0.28	3	8	0	0.36
	1 cup (250mL)	195	310	190	29	3.5	2.8	4.7	10	55	0.49	0.1	3.9	0.12	0.55	5.9	15.6	0	0.7
H1045	Potato & gravy, Kentucky Fried Chicken	100	170	52	11	0.7	0.2	0.4	15	30	0.06	0.04	0.6	0.21	0.03	12	6	0	0
H152	Potato, hash brown, McDonald's	100	470	80	11	0.6	0.5	0	14	0	0.32	0.03	2.6	0.06	0.02	4.5	7.6	0	0.17
	1 piece	68	320	54	7.4	0.4	0.3	0	9	0	0.22	0.02	1.8	0.04	0.01	3.1	5.2	0	0.12

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
H1043	Sausage roll, individual size, microwaved	100	41	1180	1190	8.2	15	28.4	1.6	2.8	25.6	7.3	5.5	0.8	trace	0.8	28	550	1.7
	1 sausage roll (9.5 x 4.5 x 2.9cm)	109.6	44.9	1290	1300	9	16.4	31.1	1.8	3.1	28.1	8	6	0.8	trace	0.8	31	600	1.9
H1044	Sausage roll, party size, baked	100	44.3	1150	1160	8.7	15.5	25.1	1.6	2.8	22.3	7.6	5.7	0.6	0.1	0.5	27	540	0.8
	1 sausage roll (5.2 x 3.9 x 3.3cm)	40.8	18.1	468	474	3.6	6.3	10.2	0.7	1.1	9.1	3.1	2.3	0.3	trace	0.2	11	220	0.3
H1002	Sausage roll, with cheese, baked	100	40.6	1270	1280	9.9	18.5	24.7	1.6	2.2	22.5	9.9	6	0.7	trace	0.7	28	550	1.9
	1 sausage roll (5.1 x 4 x 3.6cm)	36.8	14.9	468	472	3.6	6.8	9.1	0.6	0.8	8.3	3.6	2.2	0.3	trace	0.3	10	200	0.7
H52	Saveloy, battered, fried, Independent Shops	100	44.4	1280	1300	11.9	20.8	18.4	2.1	3.3	15.1	9.1	8.7	0.8			23	1000	7.7
	1 sausage	138	61.3	1770	1800	16.4	28.7	25.4	2.9	4.6	20.8	12.5	12	1.1			32	1400	11
H1003	Savoury, bacon & egg, baked	100	42.1	1190	1200	12.3	18.3	17.9	1.4	0.8	17.1	9.6	5.9	0.9	trace	0.9	105	620	12
	1 savoury (2.3 x 5.3cm diameter)	44.9	18.9	534	540	5.5	8.2	8	0.6	0.4	7.7	4.3	2.6	0.4	trace	0.4	47	280	5.4
H1005	Savoury, mince & cheese, heated	100	44.4	1150	1160	8.8	16.3	23.3	1.4	0.8	22.5	8.2	5.9	0.1	trace	0.1	29	400	1
	1 savoury (2.7 x 5.1cm diameter)	59.4	26.3	681	687	5.2	9.7	13.8	0.8	0.5	13.3	4.9	3.5	0.1	trace	0.1	17	240	0.6
H1004	Savoury, mince, heated	100	46.7	1090	1110	7.6	15.6	22.9	1.4	0.5	22.4	8.1	5.2	0.8	trace	0.8	26	430	1
	1 savoury (2.6 x 5.6cm diameter)	53.2	24.8	582	588	4	8.3	12.2	0.8	0.3	11.9	4.3	2.8	0.4	trace	0.4	14	230	0.5
H1006	Savoury, potato top, heated	100	55.6	878	889	5.9	11.3	21.3	1.4	0.5	20.8	5.8	3.8	0.1	trace	0.1	17	390	1.1
	1 savoury (2.8 x 5.6cm diameter)	59.2	32.9	520	527	3.5	6.7	12.6	0.8	0.3	12.3	3.4	2.2	trace	trace	trace	10	230	0.7
H1013	Soup, chicken and sweet corn, Chinese, takeaway	100	85.3	241	249	5.8	1.7	4.7	1	1.1	3.6	0.5	0.8	0.2			30	270	0.4
	1 cup (250mL)	264	225	635	656	15.3	4.4	12.4	2.6	2.8	9.6	1.4	2.2	0.6			79	720	1.1
H1019	Soup, tom yam gai, chicken, Thai, takeaway	100	87.3	169	169	5.8	1.3	1.3	0	1.1	0.2	0.4	0.7	0.3			18	600	2
	1 cup (250mL)	235	205	398	398	13.6	3.1	3	0	2.5	0.6	1	1.6	0.6			43	1400	4.7
H208	Spring roll, traditional with meat, baked, Highmark	100	59	990	1010	5.3	14.2	22	2.8	2.3	19.7	7.6	5	0.9		0.9	11	470	4.1
	1 roll (8.5 x 3 x 2.5cm)	42.9	25.3	425	434	2.3	6.1	9.5	1.2	1	8.5	3.3	2.1	0.4		0.4	5	200	1.7
	1 roll (12.2 x 4.5 x 3cm)	121.4	71.6	1200	1230	6.5	17.2	26.7	3.4	2.8	23.9	9.2	6	1.1		1.1	13	570	4.9

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
H1043	Sausage roll, individual size, microwaved	100	150	140	28	1	0.8	5.6	6	trace	0.13	0.06	2.2	0.08	0.22	29	0.5	0.3	0.17
	1 sausage roll (9.5 x 4.5 x 2.9cm)	109.6	160	150	31	1.1	0.9	6.1	7	trace	0.14	0.07	2.4	0.09	0.24	31	0.5	0.3	0.19
H1044	Sausage roll, party size, baked	100	160	95	26	0.9	0.8	4.9	6	trace	0.13	0.06	2.4	0.08	0.28	22	0.5	0.3	0.17
	1 sausage roll (5.2 x 3.9 x 3.3cm)	40.8	65	39	10	0.4	0.3	2	3	trace	0.05	0.02	0.98	0.03	0.11	9	0.2	0.1	0.07
H1002	Sausage roll, with cheese, baked	100	150	110	68	0.9	1	5.1	23	trace	0.12	0.09	3.1	0.08	5.5	26	0.5	0.1	0.17
	1 sausage roll (5.1 x 4 x 3.6cm)	36.8	55	40	25	0.3	0.4	1.9	8	trace	0.04	0.03	1.1	0.03	2	9.4	0.2	trace	0.06
H52	Saveloy, battered, fried, Independent Shops	100	120	98	35	2	5.8	2	0	0	0.05	0.09	3.4	0.05	0.26	35	0	0.2	0.08
	1 sausage	138	170	140	48	2.8	8	2.8	0	0	0.07	0.12	4.7	0.07	0.36	48	0	0.3	0.11
H1003	Savoury, bacon & egg, baked	100	160	230	140	1.1	1.1	11	95	0	0.17	0.22	1.8	0.06	0.47	35	0.5	0.5	0.4
	1 savoury (2.3 x 5.3cm diameter)	44.9	72	100	65	0.5	0.5	4.9	42	0	0.08	0.1	0.8	0.03	0.21	15	0.2	0.2	0.18
H1005	Savoury, mince & cheese, heated	100	110	100	66	0.7	1.1	4.5	34	70	0.17	0.09	6.8	0.06	0.21	27	0	0.1	0.6
	1 savoury (2.7 x 5.1cm diameter)	59.4	65	59	39	0.4	0.7	2.7	20	42	0.1	0.05	4	0.04	0.13	16	0	trace	0.36
H1004	Savoury, mince, heated	100	120	75	12	1.1	0.8	2.8	6	trace	0.13	0.09	2.3	0.08	0.43	37	0	0.1	0.6
	1 savoury (2.6 x 5.6cm diameter)	53.2	64	40	6.4	0.6	0.4	1.5	3	trace	0.07	0.05	1.2	0.04	0.23	19	0	trace	0.32
H1006	Savoury, potato top, heated	100	240	73	11	0.9	0.6	2	5	4	0.05	0.05	5.9	0.1	0.36	18	2.5	0.1	0.6
	1 savoury (2.8 x 5.6cm diameter)	59.2	140	43	6.4	0.5	0.3	1.2	3	2	0.03	0.03	3.5	0.06	0.21	10	1.5	trace	0.36
H1013	Soup, chicken and sweet corn, Chinese, takeaway	100	100	55	5.3	0.5	0.3	4.8	23	110	0.01	0.03	0.5	0.01	0.05	22	0	0	0.1
	1 cup (250mL)	264	270	140	14	1.2	0.7	13	60	290	0.03	0.08	1.3	0.03	0.13	58	0	0	0.26
H1019	Soup, tom yam gai, chicken, Thai, takeaway	100	150	61	11	0.3	0.3	2	21	110	0.01	0.01	1.1	0.08	0.03	1	0	0	0.08
	1 cup (250mL)	235	350	140	26	0.7	0.6	4.7	49	259	0.02	0.02	2.5	0.19	0.07	2.4	0	0	0.19
H208	Spring roll, traditional with meat, baked, Highmark	100	93	38	20	0.7	0.6	4.1	8	41	0.01	0.04	2.9	0.02	0.15	3	0	0	0.39
	1 roll (8.5 x 3 x 2.5cm)	42.9	40	16	8.6	0.3	0.3	1.7	4	18	trace	0.02	1.2	0.01	0.06	1.3	0	0	0.17
	1 roll (12.2 x 4.5 x 3cm)	121.4	110	46	24	0.8	0.8	4.9	10	50	0.01	0.05	3.5	0.02	0.18	3.6	0	0	0.47

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
H212	Spring roll, traditional, with meat, deep fried, Highmark	100	53.5	1070	1100	5.4	16.3	22.3	2.8	2.4	19.9	6.8	6.7	1.7			11	470	4.1
	1 roll (8.4 x 3.1 x 2.5cm)	43.1	23.1	463	472	2.3	7	9.6	1.2	1	8.6	2.9	2.9	0.7			5	200	1.8
	1 roll (12.2 x 4.5 x 3cm)	121	64.7	1300	1330	6.5	19.7	26.9	3.4	2.8	24.1	8.3	8.1	2.1			13	570	5
H211	Spring roll, vegetarian, baked, Highmark	100	64	748	770	3.1	10	19.2	2.8	2.8	16.4	5.5	3.3	0.7		0.7	0	430	0
	1 roll (11.8 x 6 x 2.8cm)	108.4	69.4	810	835	3.3	10.8	20.8	3	3	17.8	6	3.6	0.7		0.7	0	470	0
H55	Sundae, ice cream, chocolate topping, McDonald's	100	62.3	766	768	4.3	4.7	30.6	0.2	30.2	0.4	3.1	1.2	0.2			11	98	0.5
	1 cup (250mL)	175	109	1340	1340	7.5	8.2	53.5	0.3	52.8	0.7	5.4	2.1	0.3			19	170	0.9
J	FATS AND OILS																		
J1039	Coconut oil	100	0.8	3690	3690	0	99.7	0	0	0	0	90.9	4.4	0.8	0	0.8	0	0	0
	1 tablespoon (15mL)	13.8	0.1	509	509	0	13.8	0	0	0	0	12.6	0.6	0.1	0	0.1	0	0	0
J1030	Dripping, beef, Farmland	100	0.1	3700	3700	0	99.9	0	0	0	0	52.2	35.5	2.1	0.7	0.9	26	0	0
	1 teaspoon (5mL)	3.5	trace	129	129	0	3.5	0	0	0	0	1.8	1.2	0.1	trace	trace	1	0	0
J7	Lard	100	1	3670	3670	0.1	99	0	0	0	0	41.8	41.6	9			71	2	0.5
	1 tablespoon (15mL)	12	0.1	440	440	trace	11.9	0	0	0	0	5	5	1.1			9	0.2	0.1
J1022	Margarine, avocado, Olivani	100	42	2110	2110	0	57.1	0	0	0	0	14.1	27.8	12.4	1.5	10.8	3	330	0
	1 teaspoon (5mL)	4.7	2	99	99	0	2.7	0	0	0	0	0.7	1.3	0.6	0.1	0.5	trace	16	0
J1003	Margarine, canola, monounsaturated, 50% fat	100	47.7	1910	1910	0.3	51.5	0	0	0	0	11.1	23.7	12.3	4	8.2	0	390	0.5
	1 teaspoon (5mL)	4.8	2.3	92	92	trace	2.5	0	0	0	0	0.5	1.1	0.6	0.2	0.4	0	19	trace
J1001	Margarine, canola, monounsaturated, 70% fat	100	28.5	2600	2600	0.3	70	0	0	0	0	16.1	31.3	16.5	5.4	11	0	390	0.5
	1 teaspoon (5mL)	4.8	1.4	125	125	trace	3.4	0	0	0	0	0.8	1.5	0.8	0.3	0.5	0	19	trace
J1023	Margarine, catering, Choice	100	33.5	2380	2380	0	64.3	0	0	0	0	18.1	25.5	16.9	2.3	14.4	4	590	0.5
	1 teaspoon (5mL)	4.8	1.6	114	114	0	3.1	0	0	0	0	0.9	1.2	0.8	0.1	0.7	trace	28	trace

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E	
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg	
H212	Spring roll, traditional, with meat, deep fried, Highmark	100	94	39	20	0.7	0.6	4.1	7	35	0.01	0.05	3	0.02	0.15	3	0	0	1.2	
	1 roll (8.4 x 3.1 x 2.5cm)	43.1	41	17	8.7	0.3	0.3	1.8	3	15	trace	0.02	1.3	0.01	0.07	1.3	0	0	0.52	
	1 roll (12.2 x 4.5 x 3cm)	121	110	47	25	0.8	0.8	5	9	42	0.01	0.06	3.6	0.02	0.18	3.6	0	0	1.5	
H211	Spring roll, vegetarian, baked, Highmark	100	73	23	22	0.7	0.2	2.4	7	41	0.01	0.04	1.1	0.02	0	3	0	0	0.38	
	1 roll (11.8 x 6 x 2.8cm)	108.4	79	25	24	0.8	0.2	2.5	7	44	0.01	0.04	1.2	0.02	0	3.3	0	0	0.41	
H55	Sundae, ice cream, chocolate topping, McDonald's	100	120	140	98	0.6	0.3	0.7	43	23	0.04	0.24	1.5	0.03	0.38	7	1.4	trace	0.5	
	1 cup (250mL)	175	220	240	170	1.1	0.5	1.2	75	40	0.07	0.42	2.7	0.05	0.67	12	2.5	0.1	0.88	
J	FATS AND OILS																			
J1039	Coconut oil	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1
	1 tablespoon (15mL)	13.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.01
J1030	Dripping, beef, Farmland	100	0	0	0.6	0.5	0	0	1060	50	0	0	0	0	0.22	0	0	0.7	0.13	
	1 teaspoon (5mL)	3.5	0	0	trace	trace	0	0	37	2	0	0	0	0.01	0	0	0	trace	trace	
J7	Lard	100	1	3	1	0.1	0.1	1.8	0	0	0	0	0	0	0	0	0	0	0	1
	1 tablespoon (15mL)	12	0.1	0.4	0.1	trace	trace	0.2	0	0	0	0	0	0	0	0	0	0	0	0.12
J1022	Margarine, avocado, Olivani	100	22	4.1	0.6	trace	trace	1	71	417	0	0	0	0	1.7	0	0	0	0	11
	1 teaspoon (5mL)	4.7	1	0.2	trace	trace	trace	trace	3	20	0	0	0	0	0.08	0	0	0	0	0.51
J1003	Margarine, canola, monounsaturated, 50% fat	100	27	1.5	1.1	trace	trace	1	1280	810	0	0	0	0	0	0	0	20	11	
	1 teaspoon (5mL)	4.8	1.3	0.1	trace	trace	trace	trace	61	39	0	0	0	0	0	0	0	1	0.53	
J1001	Margarine, canola, monounsaturated, 70% fat	100	41	10	11	trace	trace	1	822	470	0	0	0.1	0	0	0	0	15	20	
	1 teaspoon (5mL)	4.8	2	0.5	0.5	trace	trace	trace	39	23	0	0	trace	0	0	0	0	0.7	0.94	
J1023	Margarine, catering, Choice	100	3.2	1.7	0.5	trace	trace	1	11	58	0	0	0	0	0.22	0	0	0	0	8.3
	1 teaspoon (5mL)	4.8	0.2	0.1	trace	trace	trace	trace	trace	3	0	0	0	0	0.01	0	0	0	0	0.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium	Iodine
																		Na	I
			g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
J1029	Margarine, light, Logical	100	39.8	2190	2190	0	59.1	0	0	0	0	13.6	29.3	12.8	4.2	8.5	0	320	1.3
	1 teaspoon (5mL)	4.9	2	107	107	0	2.9	0	0	0	0	0.7	1.4	0.6	0.2	0.4	0	16	0.1
J1012	Margarine, light, monounsaturated, 55% fat, Olivani	100	43.5	2060	2060	0.3	55.6	0	0	0	0	14	23.7	13.9	1.7	12.1	0	380	0.5
	1 teaspoon (5mL)	4.7	2	97	97	trace	2.6	0	0	0	0	0.7	1.1	0.7	0.1	0.6	0	18	trace
J1008	Margarine, light, polyunsaturated, 50% fat, Flora, fortified	100	49.3	1800	1800	0.3	48.6	0	0	0	0	11.2	13.6	20.5	1.5	19	0	350	0.5
	1 teaspoon (5mL)	4.8	2.4	87	87	trace	2.3	0	0	0	0	0.5	0.7	1	0.1	0.9	0	17	trace
J1009	Margarine, monounsaturated, 75% fat, Olivani	100	28.7	2610	2610	0.3	70.3	0	0	0	0	18	29.8	17.4	2.2	15.1	0	370	0.5
	1 teaspoon (5mL)	4.7	1.3	123	123	trace	3.3	0	0	0	0	0.8	1.4	0.8	0.1	0.7	0	17	trace
J1028	Margarine, original, Flora, fortified	100	33.3	2410	2410	0	65	0	0	0	0	15.7	18.8	27.1	1.4	25.7	0	580	0
	1 teaspoon (5mL)	4.5	1.5	108	108	0	2.9	0	0	0	0	0.7	0.8	1.2	0.1	1.2	0	26	0
J1007	Margarine, polyunsaturated, 60% fat, Sunrise	100	38.6	2230	2230	0.3	60.1	0	0	0	0	14.1	20.4	20.6	2.1	18.4	0	320	0.5
	1 teaspoon (5mL)	4.8	1.9	107	107	trace	2.9	0	0	0	0	0.7	1	1	0.1	0.9	0	15	trace
J1005	Margarine, polyunsaturated, 70% fat, fortified	100	27.6	2610	2610	0.3	70.3	0	0	0	0	16.3	25	24.1	3.5	20.5	0	610	0.5
	1 teaspoon (5mL)	4.8	1.3	125	125	trace	3.4	0	0	0	0	0.8	1.2	1.2	0.2	1	0	29	trace
J1006	Margarine, polyunsaturated, 70% fat, reduced salt, fortified	100	28.3	2600	2600	0.3	70.2	0	0	0	0	16.2	25	23.8	3.5	20.2	0	370	0.5
	1 teaspoon (5mL)	4.8	1.4	125	125	trace	3.4	0	0	0	0	0.8	1.2	1.1	0.2	1	0	18	trace
J1020	Margarine, rice bran, Alfa One	100	14.2	3050	3050	0	82.3	0	0	0	0	21.6	31.7	24.6	0.7	23.8	0	570	0
	1 teaspoon (5mL)	4.8	0.7	146	146	0	4	0	0	0	0	1	1.5	1.2	trace	1.1	0	27	0
J1021	Margarine, rice bran, light, Alfa One	100	40.3	2150	2150	0	58.1	0	0	0	0	15.3	22.3	17.4	0.5	16.8	0	430	0
	1 teaspoon (5mL)	4.8	1.9	103	103	0	2.8	0	0	0	0	0.7	1.1	0.8	trace	0.8	0	21	0
J1002	Margarine, summer gold, canola, monounsaturated, 70% fat, Pams	100	27.2	2620	2620	0.3	70.6	0	0	0	0	13	26.7	24.8	2.2	22.5	0	570	0.5
	1 teaspoon (5mL)	4.8	1.3	126	126	trace	3.4	0	0	0	0	0.6	1.3	1.2	0.1	1.1	0	27	trace
J1004	Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams	100	41.4	2160	2160	0.3	58.1	0	0	0	0	9.7	20.9	23.4	1.1	22.3	0	320	0.5
	1 teaspoon (5mL)	4.8	2	103	103	trace	2.8	0	0	0	0	0.5	1	1.1	trace	1.1	0	15	trace

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
J1029	Margarine, light, Logical	100	34	6.8	5.4	0	0	0	74	445	0	0	0	0	0	0	0	12	5.6
	1 teaspoon (5mL)	4.9	1.7	0.3	0.3	0	0	0	4	22	0	0	0	0	0	0	0	0.6	0.27
J1012	Margarine, light, monounsaturated, 55% fat, Olivani	100	24	3.1	0.6	trace	trace	1	105	630	0	0	0	0	0	0	0	0	15
	1 teaspoon (5mL)	4.7	1.1	0.1	trace	trace	trace	trace	5	30	0	0	0	0	0	0	0	0	0.69
J1008	Margarine, light, polyunsaturated, 50% fat, Flora, fortified	100	34	4.1	2.7	trace	trace	1	1100	6	0	0	0	0	0	0	0	16	20
	1 teaspoon (5mL)	4.8	1.6	0.2	0.1	trace	trace	trace	53	trace	0	0	0	0	0	0	0	0.8	0.95
J1009	Margarine, monounsaturated, 75% fat, Olivani	100	24	1.9	0.4	trace	trace	1	90	530	0	0	0	0	0	0	0	0	18
	1 teaspoon (5mL)	4.7	1.1	0.1	trace	trace	trace	trace	4	25	0	0	0	0	0	0	0	0	0.82
J1028	Margarine, original, Flora, fortified	100	30	6.4	3.4	0	0	0	8	46	0	0	0	0	0	0	0	19	22
	1 teaspoon (5mL)	4.5	1.4	0.3	0.2	0	0	0	trace	2	0	0	0	0	0	0	0	0.9	0.97
J1007	Margarine, polyunsaturated, 60% fat, Sunrise	100	23	1.5	0.4	trace	trace	1	94	560	0	0	0.1	0	0	0	0	0	9.7
	1 teaspoon (5mL)	4.8	1.1	0.1	trace	trace	trace	trace	4	27	0	0	trace	0	0	0	0	0	0.47
J1005	Margarine, polyunsaturated, 70% fat, fortified	100	18	8	7.5	trace	trace	1.1	1080	220	0	0	0.1	0	0	0	0	14	27
	1 teaspoon (5mL)	4.8	0.9	0.4	0.4	trace	trace	trace	52	11	0	0	trace	0	0	0	0	0.7	1.3
J1006	Margarine, polyunsaturated, 70% fat, reduced salt, fortified	100	20	9.2	9.1	trace	trace	1	1120	200	0	0	0.1	0	0	0	0	17	20
	1 teaspoon (5mL)	4.8	1	0.4	0.4	trace	trace	trace	54	10	0	0	trace	0	0	0	0	0.8	0.96
J1020	Margarine, rice bran, Alfa One	100	32	20	20	0.2	0.1	1	93	550	0	0	0	0	0	0	0	0	4.1
	1 teaspoon (5mL)	4.8	1.5	1	1	trace	trace	trace	4	26	0	0	0	0	0	0	0	0	0.2
J1021	Margarine, rice bran, light, Alfa One	100	61	2.9	1	trace	trace	1	93	550	0	0	0	0	0	0	0	0	3.6
	1 teaspoon (5mL)	4.8	2.9	0.1	trace	trace	trace	trace	4	26	0	0	0	0	0	0	0	0	0.17
J1002	Margarine, summer gold, canola, monounsaturated, 70% fat, Pams	100	16	12	14	trace	trace	1	38	230	0	0	0.1	0	0	0	0	0	20
	1 teaspoon (5mL)	4.8	0.8	0.6	0.7	trace	trace	trace	2	11	0	0	trace	0	0	0	0	0	0.94
J1004	Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams	100	22	1.7	1	trace	trace	1	80	480	0	0	0	0	0	0	0	0	29
	1 teaspoon (5mL)	4.8	1.1	0.1	trace	trace	trace	trace	4	23	0	0	0	0	0	0	0	0	1.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
J60	Oil, avocado	100	0	3700	3700	0	100	0	0	0	0	11.6	70.6	13.5			0	0	0.5
	1 tablespoon (15mL)	14.5	0	537	537	0	14.5	0	0	0	0	1.7	10.2	2			0	0	0.1
J1033	Oil, canola	100	0.1	3700	3700	0	99.9	0	0	0	0	7.2	60	26.1	7.9	18.1	0	0	0
	1 tablespoon (15mL)	14.1	trace	521	521	0	14.1	0	0	0	0	1	8.5	3.7	1.1	2.5	0	0	0
J4	Oil, corn	100	0.1	3700	3700	0	99.9	0	0	0	0	16.4	29.3	49.3			0	1	0.5
	1 tablespoon (15mL)	14	trace	517	517	0	14	0	0	0	0	2.3	4.1	6.9			0	0.1	0.1
J61	Oil, flaxseed	100	0.1	3700	3700	0.1	99.8	0	0	0	0	8.1	10.5	75.3	58.4	16.5	0	0	0.5
	1 tablespoon (15mL)	14	trace	517	517	trace	14	0	0	0	0	1.1	1.5	10.5	8.2	2.3	0	0	0.1
J10	Oil, olive	100	0.2	3690	3690	0	99.6	0.2	0	0.2	0	16.6	65.3	11.8	0.6	11.2	0	trace	0.5
	1 tablespoon (15mL)	14	trace	516	516	0	13.9	trace	0	trace	0	2.3	9.1	1.7	0.1	1.6	0	trace	0.1
J1034	Oil, rice bran	100	0.1	3700	3700	0	99.9	0	0	0	0	20.3	35.8	28	0.9	27.1	0	0	0
	1 tablespoon (15mL)	14	trace	518	518	0	14	0	0	0	0	2.8	5	3.9	0.1	3.8	0	0	0
J14	Oil, safflower	100	0.2	3680	3680	0	99.5	0	0	0	0	11.4	19.2	64.1	1.2	63.3	0	0	0.5
	1 tablespoon (15mL)	14	trace	515	515	0	13.9	0	0	0	0	1.6	2.7	9	0.2	8.9	0	0	0.1
J1037	Oil, sesame	100	0	3700	3700	0	100	0	0	0	0	13.7	39.7	41.6	0.3	41.3	0	0	0
	1 tablespoon (15mL)	14.3	0	529	529	0	14.3	0	0	0	0	2	5.7	5.9	trace	5.9	0	0	0
J1035	Oil, soya bean	100	trace	3700	3700	0	100	0	0	0	0	15	25	54.1	5.1	49	0	0	0
	1 tablespoon (15mL)	14.2	trace	525	525	0	14.2	0	0	0	0	2.1	3.6	7.7	0.7	7	0	0	0
J1036	Oil, sunflower	100	trace	3700	3700	0	100	0	0	0	0	10.3	26	58.1	0.3	57.8	0	0	0
	1 tablespoon (15mL)	13.9	trace	514	514	0	13.9	0	0	0	0	1.4	3.6	8.1	trace	8	0	0	0
J31	Oil, vegetable, blend	100	0.2	3660	3660	0	99	0	0	0	0	10.5	45.1	37.6	7.1	29.7	2	0	0.5
	1 tablespoon (15mL)	14	trace	513	513	0	13.9	0	0	0	0	1.5	6.3	5.3	1	4.2	trace	0	0.1
J1013	Semi soft butter, butter & canola oil, spreadable	100	25.1	2710	2710	0.3	72.4	1.4	0	1.4	0	34.7	22.9	7	1.7	4.4	145	450	1.2
	1 teaspoon (5mL)	4.8	1.2	130	130	trace	3.5	0.1	0	0.1	0	1.7	1.1	0.3	0.1	0.2	7	22	0.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
J60	Oil, avocado	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5.1
	1 tablespoon (15mL)	14.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.74
J1033	Oil, canola	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15
	1 tablespoon (15mL)	14.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.1
J4	Oil, corn	100	1	0	15	1.3	0	0	0	0	0	0	0	0	0	0	0	0	17
	1 tablespoon (15mL)	14	0.1	0	2.1	0.2	0	0	0	0	0	0	0	0	0	0	0	0	2.4
J61	Oil, flaxseed	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3.6
	1 tablespoon (15mL)	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.5
J10	Oil, olive	100	0	1	0.2	0.4	trace	0	0	0	0	0	0	0	0	0	0	0	5.1
	1 tablespoon (15mL)	14	0	0.1	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0.71
J1034	Oil, rice bran	100	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	6.7
	1 tablespoon (15mL)	14	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	0	0.94
J14	Oil, safflower	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	39
	1 tablespoon (15mL)	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5.4
J1037	Oil, sesame	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.4
	1 tablespoon (15mL)	14.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2
J1035	Oil, soya bean	100	0	0	0	trace	trace	0	0	0	0	0	0	0	0	0	0	0	11
	1 tablespoon (15mL)	14.2	0	0	0	trace	trace	0	0	0	0	0	0	0	0	0	0	0	1.6
J1036	Oil, sunflower	100	0	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	48
	1 tablespoon (15mL)	13.9	0	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	6.7
J31	Oil, vegetable, blend	100	0	0	0	0.3	0.2	0	0	0	0	0	0	0	0	0	0	0	15
	1 tablespoon (15mL)	14	0	0	0	trace	trace	0	0	0	0	0	0	0	0	0	0	0	2.1
J1013	Semi soft butter, butter & canola oil, spreadable	100	26	17	21	0.3	0.4	1	499	690	0	0	0.2	0.01	0.06	0	0	2.6	16
	1 teaspoon (5mL)	4.8	1.2	0.8	1	trace	trace	trace	24	33	0	0	0.01	0	trace	0	0	0.1	0.74

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I	
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg	
J39	Shortening, Chefade	100	0.5	3610	3610	0.2	97.5	0	0	0	0	46.4	39.5	2.9	0.3	3.2	71	35	0.5	
	1 tablespoon (15mL)	12	0.1	433	433	trace	11.7	0	0	0	0	5.6	4.7	0.3	trace	0.4	9	4.2	0.1	
J1032	Shortening, suet, Shreddo	100	2.8	3150	3180	1.6	79.2	11.4	3	0	11.4	41.1	28.8	1.7	0.5	1.1	25	0	1.3	
	1 teaspoon (5mL)	2.6	0.1	82	83	trace	2.1	0.3	0.1	0	0.3	1.1	0.8	trace	trace	trace	1	0	trace	
J1031	Shortening, vegetable, Kremelta	100	0.1	3700	3700	0	99.9	0	0	0	0	94	0.9	0.2	0	0.2	0	0	0	
	1 teaspoon (5mL)	4.2	trace	155	155	0	4.2	0	0	0	0	3.9	trace	trace	0	trace	0	0	0	
K	FIN FISHES																			
K1016	Basa, fillet, frozen, flesh, pan-fried with oil, no salt added	100	81	348	348	15.7	2.2	0	0	0	0	0.5	1	0.3	0.1	0.3	35	580	0.6	
	1 fillet (19.6 x 8.2 x 1cm)	159.3	129	554	554	25	3.5	0	0	0	0	0.8	1.6	0.5	0.1	0.4	56	930	1	
K179	Eel, smoked	100	66.1	697	697	16.8	11.1	0	0	0	0	2.5	4.1	3.4	0	0	121	1900	23	
	1 cup flaked (250mL)	144	95.1	1000	1000	24.2	16	0	0	0	0	3.5	5.9	4.9	0	0	174	2700	33	
K56	Flounder, flesh, baked	100	71.4	530	530	24.1	3.1	0.3	0	0.3	0	0.9	1	0.8		0.1	70	110	22	
	1 cup flaked (250mL)	144	103	763	763	34.7	4.5	0.4	0	0.4	0	1.2	1.4	1.2		0.2	101	160	31	
K1014	Hoki, fillet, frozen, flesh, pan-fried with oil, no salt added	100	74.2	571	571	21.7	5.5	0	0	0	0	0.8	2.3	1.5	0.2	0.5	46	76	6.3	
	1 fillet (9.6 x 5.6 x 1.6cm)	159.3	118	909	909	34.5	8.7	0	0	0	0	1.2	3.7	2.4	0.4	0.7	73	120	10	
K60	Hoki, flesh, baked	100	75.6	427	427	22	1.3	0.3	0	0.3	0	0.2	0.4	0.3	trace	trace	54	56	24	
	1 cup flaked (250mL)	144	109	615	615	31.7	1.9	0.4	0	0.4	0	0.4	0.5	0.4	trace	trace	78	81	35	
K61	Hoki, flesh, deep fried	100	66.3	719	719	23.8	8.4	0.2	0	0.2	0	1.6	3.4	2.7	trace	2.3	58	76	24	
	1 cup flaked (250mL)	144	95.5	1040	1040	34.3	12.1	0.3	0	0.3	0	2.3	5	3.8	trace	3.3	84	110	35	
K165	Kahawai, flesh, baked	100	68.9	552	552	26.2	2.7	0.4	0	0.4	0	1	0.6	0.7	trace	trace	68	64	22	
	1 cup flaked (250mL)	144	99.2	795	795	37.7	3.9	0.6	0	0.6	0	1.4	0.9	0.9	trace	0.1	98	92	31	
K157	Kahawai, flesh, deep fried	100	61.7	778	778	25.3	9.3	0.3	0	0.3	0	2	3.6	2.9	trace	1.9	58	54	17	

The Concise New Zealand Food Composition Tables, 12th Edition 2016

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		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
J39	Shortening, Chefade	100	5	11	6	0.2	2	2	23	23	0	0	0	0	0	0	0	0	0
	1 tablespoon (15mL)	12	0.6	1.3	0.7	trace	0.2	0.2	3	3	0	0	0	0	0	0	0	0	0
J1032	Shortening, suet, Shreddo	100	3	15	6.2	0.3	0.3	0	27	0	0	0	0	0.03	0.3	0	0	0.4	0.14
	1 teaspoon (5mL)	2.6	0.1	0.4	0.2	trace	trace	0	1	0	0	0	0	trace	0.01	0	0	trace	trace
J1031	Shortening, vegetable, Kremelta	100	0	0	1.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 teaspoon (5mL)	4.2	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
K	FIN FISHES																		
K1016	Basa, fillet, frozen, flesh, pan-fried with oil, no salt added	100	300	320	7.3	0	0.3	10	0	0	0.06	0.05	2.1	0.16	0	0	0	0	0.25
	1 fillet (19.6 x 8.2 x 1cm)	159.3	470	520	12	0	0.4	16	0	0	0.1	0.08	3.4	0.26	0	0	0	0	0.4
K179	Eel, smoked	100	410	230	20	0.9	2.1	54	1030	0	0.16	0.33	6.2	0.28	1.9	14	1.8	22	4
	1 cup flaked (250mL)	144	590	330	28	1.3	3	78	1480	0	0.23	0.48	9	0.4	2.8	21	2.6	32	5.7
K56	Flounder, flesh, baked	100	550	290	30	1	0.9	81	16	0	0.05	0.03	6.6	0.1	0.63	6	0.2	3.5	0.3
	1 cup flaked (250mL)	144	790	420	43	1.4	1.3	120	23	0	0.07	0.04	9.5	0.14	0.91	8.6	0.3	5	0.43
K1014	Hoki, fillet, frozen, flesh, pan-fried with oil, no salt added	100	380	200	14	0.2	0.3	58	14	0	0.07	0.07	2.3	0.14	0.26	0	0	1	0.81
	1 fillet (9.6 x 5.6 x 1.6cm)	159.3	600	320	22	0.3	0.5	93	22	0	0.11	0.11	3.6	0.22	0.41	0	0	1.7	1.3
K60	Hoki, flesh, baked	100	330	170	9	0.2	0.3	69	15	0	0.03	0.01	4.9	0.05	0.9	2	0.2	0.6	0.22
	1 cup flaked (250mL)	144	470	240	13	0.3	0.5	99	22	0	0.04	0.01	7.1	0.07	1.3	2.9	0.3	0.9	0.32
K61	Hoki, flesh, deep fried	100	520	260	13	0.5	0.4	58	9	0	0.02	0	7.1	0.08	1.1	2	0.2	0.6	0.81
	1 cup flaked (250mL)	144	750	380	19	0.7	0.5	84	13	0	0.03	0	10	0.12	1.6	2.9	0.3	0.9	1.2
K165	Kahawai, flesh, baked	100	50	290	7	2.1	0.6	59	95	0	0.05	0.04	7.3	0.1	1.7	2	0.4	13	0.3
	1 cup flaked (250mL)	144	72	420	10	3.1	0.8	85	137	0	0.07	0.06	10	0.14	2.5	2.9	0.6	19	0.43
K157	Kahawai, flesh, deep fried	100	42	250	6	1.8	0.5	50	76	0	0.04	0.03	6.9	0.09	1.5	0	0.3	13	0.24

The Concise New Zealand Food Composition Tables, 12th Edition 2016

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		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
K78	Orange roughly, flesh, baked	100	68.4	731	731	20.5	10.2	0.3	0	0.3	0	0.5	8	0.4	trace	0.1	82	59	43
	1 cup flaked (250mL)	144	98.5	1050	1050	29.5	14.7	0.4	0	0.4	0	0.7	11.5	0.6	trace	0.2	118	85	62
K79	Orange roughly, flesh, deep fried	100	65.2	797	797	22.6	11	0.3	0	0.3	0	1.4	6.6	2.4	trace	2.1	54	74	43
	1 cup flaked (250mL)	144	93.9	1150	1150	32.6	15.8	0.4	0	0.4	0	2	9.6	3.4	trace	3	78	110	62
K1025	Salmon, assorted flavours, canned, undrained	100	74.6	606	606	14.6	9.2	1	0	1	0	1.1	3.2	3.5	0.1	2.9	37	410	11
	1 cup (250mL)	254.3	190	1540	1540	37.1	23.4	2.5	0	2.5	0	2.9	8.1	8.9	0.2	7.5	94	1000	29
K1023	Salmon, king, fillet, flesh, cold or hot smoked, New Zealand	100	56.6	1050	1050	21.9	18.4	0	0	0	0	3.6	9.1	4.4	0.6	2.3	59	680	0
	1 cup pieces (250mL)	170.4	96.4	1790	1790	37.3	31.3	0	0	0	0	6.2	15.6	7.4	0.9	3.9	101	1200	0
	1 cup flaked (250mL)	196.3	111	2060	2060	42.9	36	0	0	0	0	7.2	18	8.6	1.1	4.5	116	1300	0
	1 fillet (15.8 x 6.1 x 2.1cm)	163.5	92.5	1720	1720	35.8	30	0	0	0	0	6	15	7.1	0.9	3.7	96	1100	0
K1018	Salmon, king, fillet, skin & bones removed, fresh, baked without fat, no salt added, New Zealand	100	55	1250	1250	20.7	24.2	0	0	0	0	5	11.1	5.1	0.5	2.5	67	53	0
	1 fillet (14.7 x 6.6 x 2.8cm)	199.2	110	2480	2480	41.3	48.1	0	0	0	0	9.9	22.1	10.2	1	5.1	134	110	0
K1020	Salmon, king, fillet, skin & bones removed, fresh, pan-fried with oil, New Zealand	100	54.1	1290	1290	20	25.8	trace	0	trace	0	4.5	11.4	5.2	0.7	2.7	65	32	0
	1 fillet (15.1 x 5.0 x 2.7cm)	172.2	93.2	2230	2230	34.4	44.4	trace	0	trace	0	7.7	19.7	9	1.3	4.7	112	55	0
K1017	Salmon, king, fillet, skin & bones removed, fresh, raw, New Zealand	100	60.5	1090	1090	18.2	21.2	0	0	0	0	4.1	9.4	4.5	0.5	2.2	59	46	0
	1 fillet (18.2 x 7.0 x 2.8cm)	188.2	114	2060	2060	34.3	39.9	0	0	0	0	7.7	17.7	8.5	0.9	4.2	111	87	0
K1019	Salmon, king, fillet, skin & bones removed, fresh, steamed, New Zealand	100	54.8	1290	1290	19.3	25.9	0	0	0	0	4.8	11.9	4.8	0.6	2.7	62	48	0
	1 fillet (15.2 x 5.1 x 2.9cm)	144.7	79.3	1860	1860	27.9	37.5	0	0	0	0	7	17.1	6.9	0.8	4	90	69	0
K1024	Salmon, pink or red, flesh, canned in spring water, drained	100	69.9	615	615	23.1	6	0	0	0	0	1	1.2	1.5	0.1	0.1	81	280	22
	1 cup (250mL)	250.6	175	1540	1540	58	15	0	0	0	0	2.5	3	3.7	0.1	0.4	203	700	55
K42	Sardines, canned, drained	100	58.4	910	910	23.7	13.6	0.3	0	0.3	0	2.5	7	2.5			100	650	23
	1 sardine	12	7	109	109	2.8	1.6	trace	0	trace	0	0.3	0.8	0.3			12	78	2.8
	1 cup (250mL)	201.2	118	1830	1830	47.7	27.4	0.5	0	0.5	0	5.1	14.1	5.1			201	1300	46

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
K78	Orange roughly, flesh, baked	100	300	150	9	2	0.3	100	126	0	0.01	0.02	5	0.12	0.4	5	0	3	0.83
	1 cup flaked (250mL)	144	430	210	13	2.9	0.5	150	181	0	0.01	0.03	7.2	0.17	0.58	7.2	0	4.3	1.2
K79	Orange roughly, flesh, deep fried	100	410	210	15	1.9	0.3	110	70	0	0.03	0.01	5.7	0.07	0.5	5	0	3	0.42
	1 cup flaked (250mL)	144	590	300	22	2.7	0.5	160	101	0	0.04	0.01	8.2	0.1	0.72	7.2	0	4.3	0.61
K1025	Salmon, assorted flavours, canned, undrained	100	250	160	10	0.8	0.4	18	21	124	0.06	0.08	6.7	0.52	1.9	6.2	0	5.5	2.2
	1 cup (250mL)	254.3	640	420	26	2.1	1	45	53	315	0.15	0.2	17	1.3	4.9	16	0	14	5.5
K1023	Salmon, king, fillet, flesh, cold or hot smoked, New Zealand	100	410	270	10	0.3	0.4	0	33	0	0.13	0.12	9.3	0.62	1.3	0	0	27	3.2
	1 cup pieces (250mL)	170.4	690	450	17	0.4	0.7	0	57	0	0.22	0.2	16	1.1	2.3	0	0	46	5.5
	1 cup flaked (250mL)	196.3	800	520	20	0.5	0.8	0	65	0	0.26	0.24	18	1.2	2.6	0	0	53	6.3
	1 fillet (15.8 x 6.1 x 2.1cm)	163.5	660	430	16	0.4	0.6	0	54	0	0.21	0.2	15	1	2.2	0	0	44	5.3
K1018	Salmon, king, fillet, skin & bones removed, fresh, baked without fat, no salt added, New Zealand	100	360	230	7.2	0.2	0.4	0	51	0	0.16	0.11	10	0.71	1.8	0	0	27	4.4
	1 fillet (14.7 x 6.6 x 2.8cm)	199.2	720	460	14	0.4	0.7	0	102	0	0.32	0.22	21	1.4	3.6	0	0	55	8.7
K1020	Salmon, king, fillet, skin & bones removed, fresh, pan-fried with oil, New Zealand	100	410	260	7.3	0.2	0.4	0	46	0	0.13	0.11	10	0.65	1.7	0	0	26	4.3
	1 fillet (15.1 x 5.0 x 2.7cm)	172.2	710	450	13	0.3	0.6	0	80	0	0.22	0.19	17	1.1	2.8	0	0	46	7.5
K1017	Salmon, king, fillet, skin & bones removed, fresh, raw, New Zealand	100	350	230	7.9	0.2	0.3	0	50	0	0.14	0.1	9.2	0.66	2	0	0	24	3.8
	1 fillet (18.2 x 7.0 x 2.8cm)	188.2	660	430	15	0.3	0.6	0	94	0	0.26	0.19	17	1.2	3.8	0	0	45	7.2
K1019	Salmon, king, fillet, skin & bones removed, fresh, steamed, New Zealand	100	310	200	6.5	0.2	0.3	0	45	0	0.12	0.1	8.3	0.56	1.8	0	0	26	4.1
	1 fillet (15.2 x 5.1 x 2.9cm)	144.7	450	290	9.4	0.2	0.5	0	65	0	0.17	0.15	12	0.81	2.6	0	0	37	5.9
K1024	Salmon, pink or red, flesh, canned in spring water, drained	100	340	380	270	0.7	0.9	33	23	0	0.09	0.18	11	0.6	4.9	0	0	17	0.51
	1 cup (250mL)	250.6	850	950	680	1.7	2.2	83	58	0	0.23	0.45	27	1.5	12	0	0	43	1.3
K42	Sardines, canned, drained	100	430	520	550	2.9	3	34	68	0	0.04	0.36	13	0.48	14	8	1	4.8	0.3
	1 sardine	12	52	62	66	0.3	0.4	4.1	8	0	trace	0.04	1.5	0.06	1.7	1	0.1	0.6	0.04
	1 cup (250mL)	201.2	870	1000	1100	5.8	6	68	137	0	0.08	0.72	26	0.97	28	16	2	9.7	0.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
K89	Snapper, flesh, baked	100	70.1	561	561	25.2	3.4	0.4	0	0.4	0	0.8	0.7	0.6	trace	trace	53	99	56
	1 cup flaked (250mL)	144	101	808	808	36.3	4.9	0.6	0	0.6	0	1.2	1	0.9	trace	trace	76	140	81
K90	Snapper, flesh, deep fried	100	68	647	647	24.1	6.3	0.3	0	0.3	0	1.9	2.1	1.7	trace	0.8	43	85	56
	1 cup flaked (250mL)	144	97.9	932	932	34.6	9.1	0.4	0	0.4	0	2.7	3	2.4	trace	1.1	62	120	81
K92	Snapper, flesh, microwaved	100	72.4	529	529	22.2	3.9	0.4	0	0.4	0	1	0.9	0.6	trace	0.1	49	99	56
	1 cup flaked (250mL)	144	104	761	761	32	5.6	0.6	0	0.6	0	1.4	1.3	0.9	trace	0.1	71	140	81
K64	Tarakihi, flesh, baked	100	73.1	468	468	24.4	1.3	0.3	0	0.3	0	0.2	0.2	0.4	trace	trace	91	97	48
	1 cup flaked (250mL)	144	105	674	674	35.1	1.9	0.4	0	0.4	0	0.4	0.3	0.6	trace	trace	131	140	70
K65	Tarakihi, flesh, deep fried	100	69.3	583	583	25.2	4.1	0.2	0	0.2	0	0.8	1.5	1.5	trace	1.1	104	82	48
	1 cup flaked (250mL)	144	99.8	840	840	36.3	5.9	0.3	0	0.3	0	1.2	2.2	2.1	trace	1.6	150	120	70
K1012	Tuna, canned in assorted oil, plain, undrained	100	56.2	1130	1130	19.9	21.3	0	0	0	0	3.2	10.4	8.2	0.4	7.4	29	320	10
	1 cup (250mL)	228.4	128	2570	2570	45.4	48.6	0	0	0	0	7.2	23.7	18.8	0.9	17	67	730	23
K1011	Tuna, canned in assorted oils, plain, drained	100	65.2	731	731	26.4	7.6	0	0	0	0	1.2	3.3	2.9	0.1	2.3	31	360	12
	1 cup (250mL)	154.4	101	1130	1130	40.8	11.7	0	0	0	0	1.9	5.1	4.4	0.2	3.6	48	560	19
K1007	Tuna, canned in brine, plain, drained	100	71.1	492	492	26.8	1	0	0	0	0	0.2	0.1	0.3	trace	trace	45	310	13
	1 cup (250mL)	151.4	108	745	745	40.5	1.5	0	0	0	0	0.4	0.2	0.5	trace	trace	68	470	19
K1008	Tuna, canned in oil, assorted flavours, undrained	100	71.6	559	559	15.4	7	2.3	0	1.8	0.5	1	2.1	3.6	0.2	3.2	26	350	8.8
	1 cup (250mL)	254.2	182	1420	1420	39.1	17.8	5.8	0	4.6	1.3	2.6	5.4	9.2	0.4	8.2	67	890	22
K1006	Tuna, canned in spring water, plain, salt added, drained	100	72.1	490	490	26.6	1	0	0	0	0	0.2	0.1	0.3	trace	trace	45	310	13
	1 cup (250mL)	154.9	112	758	758	41.3	1.5	0	0	0	0	0.4	0.2	0.5	trace	trace	70	480	20
K1010	Tuna, canned in spring water, plain, salt added, undrained	100	78.1	368	368	20.1	0.7	0	0	0	0	0.2	0.1	0.3	trace	trace	35	340	9.7
	1 cup (250mL)	249.5	195	918	918	50.2	1.7	0	0	0	0	0.5	0.2	0.6	trace	trace	87	850	24
K1009	Tuna, canned in water, assorted flavours, undrained	100	75.1	330	330	12.3	1.1	4.7	0	4	0.7	0.2	0.2	0.4	trace	0.2	33	360	8.7
	1 cup (250mL)	253.2	190	835	835	31.2	2.8	11.9	0	10.1	1.8	0.6	0.4	1.1	trace	0.5	84	910	22

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
K89	Snapper, flesh, baked	100	610	330	22	0.7	0.6	120	35	0	0.1	0.02	8.6	0.1	0.63	6	0.2	10	0.3
	1 cup flaked (250mL)	144	880	480	32	1	0.9	170	50	0	0.14	0.03	12	0.14	0.91	8.6	0.3	15	0.43
K90	Snapper, flesh, deep fried	100	650	350	23	0.8	0.7	130	28	0	0.1	0.02	8.9	0.09	0.63	6	0.2	10	0.24
	1 cup flaked (250mL)	144	940	510	33	1.1	1	180	40	0	0.14	0.03	13	0.13	0.91	8.6	0.3	15	0.35
K92	Snapper, flesh, microwaved	100	560	310	21	0.7	0.6	110	35	0	0.1	0.02	8	0.1	0.63	6	0.2	10	0.3
	1 cup flaked (250mL)	144	810	440	30	0.9	0.9	160	50	0	0.14	0.03	12	0.14	0.91	8.6	0.3	15	0.43
K64	Tarakihi, flesh, baked	100	530	260	25	0.5	0.4	40	10	0	0.02	0.02	7	0.1	0.63	2	0	11	0.3
	1 cup flaked (250mL)	144	760	380	36	0.8	0.6	58	14	0	0.03	0.03	10	0.14	0.91	2.9	0	16	0.43
K65	Tarakihi, flesh, deep fried	100	610	300	29	0.6	0.4	46	8	0	0.03	0.03	7.6	0.09	0.63	2	0	11	0.24
	1 cup flaked (250mL)	144	870	430	42	0.9	0.6	66	12	0	0.04	0.04	11	0.13	0.91	2.9	0	16	0.35
K1012	Tuna, canned in assorted oil, plain, undrained	100	230	190	8.1	0.7	0.6	69	0	0	0	0.09	17	1.6	2.9	0	0	1.4	1.2
	1 cup (250mL)	228.4	530	440	19	1.5	1.3	160	0	0	0	0.21	38	3.6	6.6	0	0	3.1	2.7
K1011	Tuna, canned in assorted oils, plain, drained	100	270	220	8	0.8	0.7	90	0	0	0	0.11	20	1.9	2.5	0	0	1.8	1.2
	1 cup (250mL)	154.4	420	340	12	1.3	1.1	140	0	0	0	0.17	31	2.9	3.9	0	0	2.7	1.8
K1007	Tuna, canned in brine, plain, drained	100	220	210	6.1	1.4	0.8	88	0	0	0	0.11	18	1.7	4.2	0	0	2.1	0.27
	1 cup (250mL)	151.4	330	320	9.2	2.1	1.2	130	0	0	0	0.17	28	2.6	6.4	0	0	3.2	0.41
K1008	Tuna, canned in oil, assorted flavours, undrained	100	240	140	13	1.1	0.5	53	22	130	0	0.09	14	1.4	2.5	0	0	2.3	1.4
	1 cup (250mL)	254.2	610	340	33	2.8	1.3	130	55	330	0	0.23	35	3.6	6.4	0	0	5.7	3.5
K1006	Tuna, canned in spring water, plain, salt added, drained	100	220	210	6.1	1.4	0.8	88	0	0	0	0.11	18	1.7	4.2	0	0	2.1	0.27
	1 cup (250mL)	154.9	340	330	9.4	2.1	1.2	140	0	0	0	0.17	29	2.6	6.5	0	0	3.3	0.42
K1010	Tuna, canned in spring water, plain, salt added, undrained	100	270	240	5	1	0.5	67	0	0	0.02	0.09	17	1.9	4.7	0	0	1.7	0.27
	1 cup (250mL)	249.5	670	600	12	2.5	1.3	170	0	0	0.05	0.23	42	4.8	12	0	0	4.1	0.67
K1009	Tuna, canned in water, assorted flavours, undrained	100	270	150	14	1.5	0.6	55	28	167	0.02	0.1	14	1.6	3.6	0	0	2.7	0.58
	1 cup (250mL)	253.2	680	370	36	3.9	1.4	140	71	423	0.05	0.25	35	4	9.1	0	0	6.8	1.5

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
K1005	Tuna, in brine, plain, canned, undrained	100	77.8	378	378	20.7	0.7	0	0	0	0	0.2	0.1	0.3	trace	trace	35	340	9.7
	1 cup (250mL)	250.8	195	947	947	51.9	1.8	0	0	0	0	0.5	0.2	0.6	trace	trace	87	850	24
L	FRUITS																		
L16	Apple, cooking, flesh, stewed	100	87.7	153	163	0.3	0.3	8.2	1.2	7.9	0.3	0.1	trace	0.1			0	2	0.2
	1 cup (250mL)	180	158	276	293	0.5	0.5	14.8	2.2	14.2	0.5	0.1	trace	0.2			0	3.6	0.3
L1153	Apple, flesh & skin, raw, combined varieties	100	86.2	196	213	0.2	0.3	10.7	2	10.4	0.3	trace	trace	trace	trace	trace	0	0	0.5
	1 fruit (7.0cm diameter)	163.2	141	321	347	0.3	0.5	17.4	3.3	17	0.5	trace	trace	trace	trace	trace	0	0	0.8
L1154	Apple, flesh, raw, combined varieties	100	86.5	188	199	0.2	0.2	10.4	1.4	10.1	0.3	trace	trace	trace	trace	trace	0	0	0
	1 fruit (7.0cm diameter)	143.6	124	270	286	0.3	0.3	14.9	2.1	14.5	0.4	trace	trace	trace	trace	trace	0	0	0
L1137	Apricot, canned in juice, undrained	100	87.6	174	181	0.4	0.2	9.4	0.9	9.2	0.2	0	0	0	0	0	0	11	1
	1 cup halves (250mL)	261.3	229	454	472	1	0.5	24.6	2.4	24	0.5	0	0	0	0	0	0	30	2.6
L1140	Apricot, canned in syrup, drained	100	82.1	245	253	0.6	0.2	13.4	1	13.2	0.2	0	0	0	0	0	0	8.6	0.6
	1 half	12.3	10.1	30	31	0.1	trace	1.6	0.1	1.6	trace	0	0	0	0	0	0	1.1	0.1
	1 cup halves (250mL)	254.7	209	623	643	1.4	0.5	34.1	2.5	33.6	0.5	0	0	0	0	0	0	22	1.5
L1141	Apricot, canned in syrup, undrained	100	82.5	256	264	0.4	0.2	14.2	1	14	0.2	0	0	0	0	0	0	11	1
	1 cup halves (250mL)	263.5	217	674	695	1.1	0.5	37.4	2.6	36.9	0.5	0	0	0	0	0	0	30	2.6
L1156	Apricot, dried, composite	100	28.1	663	722	2.6	0.3	35.8	7.4	35.6	0.2	0.1	trace	0.2	0.1	0.1	0	10	1
	5 halves	38.3	10.8	254	277	1	0.1	13.7	2.8	13.6	0.1	trace	trace	0.1	trace	trace	0	3.9	0.4
	1 cup halves (250mL)	229.1	64.4	1520	1650	5.9	0.7	81.9	17	81.6	0.4	0.2	trace	0.5	0.2	0.2	0	24	2.3
L23	Apricot, flesh & skin, raw	100	86.1	173	221	0.8	0.4	8.4	2	8.4	trace	trace	0.2	0.1			0	2.6	0.1
	1 apricot	54	46.5	94	119	0.4	0.2	4.6	1.1	4.5	trace	trace	0.1	trace			0	1.4	0.1
L25	Apricot, flesh & skin, stewed	100	87.9	101	114	0.4	0.1	5.4	1.6	5.4	0	trace	trace	trace			0	3	1.5
	1 cup (250mL)	260	229	264	297	1.1	0.2	14	4.2	14	0	trace	0.1	trace			0	7.8	3.9

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
K1005	Tuna, in brine, plain, canned, undrained	100	270	240	5	1	0.5	67	0	0	0	0.09	17	1.9	4.7	0	0	1.7	0.27
	1 cup (250mL)	250.8	680	600	13	2.5	1.4	170	0	0	0	0.23	43	4.8	12	0	0	4.1	0.68
L	FRUITS																		
L16	Apple, cooking, flesh, stewed	100	100	14	3	0.3	0.1	0.1	7	39	0.03	0.02	0.13	0.02	0	2	12	0	0.2
	1 cup (250mL)	180	180	25	5.4	0.5	0.2	0.2	12	70	0.05	0.04	0.23	0.04	0	3.6	21.6	0	0.36
L1153	Apple, flesh & skin, raw, combined varieties	100	100	9	4.7	0.1	trace	0	3	21	0	0.07	0.04	0.04	0	0	4.8	0	0.74
	1 fruit (7.0cm diameter)	163.2	160	15	7.7	0.2	trace	0	6	34	0	0.11	0.07	0.07	0	0	7.9	0	1.2
L1154	Apple, flesh, raw, combined varieties	100	110	10	2.9	0	0	0	3	17	0	0.07	0.04	0.04	0	0	2.9	0	0
	1 fruit (7.0cm diameter)	143.6	160	14	4.2	0	0	0	4	25	0	0.1	0.06	0.06	0	0	4.2	0	0
L1137	Apricot, canned in juice, undrained	100	150	11	47	0.2	0.1	0	109	656	0	0.3	0.24	0.03	0	0	2.8	0	0.6
	1 cup halves (250mL)	261.3	390	29	120	0.5	0.2	0	286	1710	0	0.78	0.63	0.08	0	0	7.2	0	1.6
L1140	Apricot, canned in syrup, drained	100	130	10	37	0.2	0.1	0	109	656	0	0.4	0.3	0.03	0	0	4	0	0.88
	1 half	12.3	16	1.3	4.6	trace	trace	0	13	81	0	0.05	0.04	trace	0	0	0.5	0	0.11
	1 cup halves (250mL)	254.7	330	26	94	0.5	0.2	0	279	1670	0	1	0.76	0.08	0	0	10.2	0	2.2
L1141	Apricot, canned in syrup, undrained	100	150	11	47	0.2	0.1	0	109	656	0	0.3	0.25	0.03	0	0	5.3	0	0.66
	1 cup halves (250mL)	263.5	390	29	120	0.5	0.2	0	288	1730	0	0.79	0.66	0.08	0	0	14	0	1.7
L1156	Apricot, dried, composite	100	1200	73	62	1.2	0.4	0	59	352	0	0.11	2.6	0.58	0	0	0	0	0
	5 halves	38.3	460	28	24	0.5	0.1	0	22	135	0	0.04	1	0.22	0	0	0	0	0
	1 cup halves (250mL)	229.1	2700	170	140	2.8	0.8	0	134	805	0	0.25	6	1.3	0	0	0	0	0
L23	Apricot, flesh & skin, raw	100	240	22	14	0.4	0.2	0.2	863	5170	0.03	0.08	0.92	0.1	0	8.6	7.3	0	1.2
	1 apricot	54	130	12	7.4	0.2	0.1	0.1	466	2790	0.02	0.04	0.5	0.05	0	4.6	4	0	0.63
L25	Apricot, flesh & skin, stewed	100	270	18	15	0.3	0.1	0.1	18	110	0.03	0.04	0.47	0.04	0	1.6	5	0	0.96
	1 cup (250mL)	260	700	47	39	0.8	0.3	0.2	48	286	0.08	0.1	1.2	0.1	0	4.2	13	0	2.5

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
L1159	Avocado, Hass, New Zealand	100	67.6	871	912	1.8	22.7	0.1	5.1	0	0.1	3.3	14.9	3.1	0.2	2.9	0	12	0.8
	1 fruit small (7.8 x 5.7cm diameter)	122	82.5	1060	1110	2.2	27.7	0.1	6.3	0	0.1	4.1	18.2	3.8	0.2	3.6	0	14	0.9
	1 fruit large	173.1	117	1510	1580	3.1	39.3	0.1	8.9	0	0.1	5.8	25.8	5.4	0.3	5	0	20	1.3
	1 cup puree (250mL)	247.7	167	2160	2260	4.4	56.2	0.2	12.7	0	0.2	8.2	36.9	7.7	0.5	7.2	0	28	1.9
L185	Banana, cooking, boiled	100	68.5	467	485	0.8	0.2	26.2	2.3	5.3	20.9	0.1	trace	trace			0	4	0.1
	1 cup (250mL)	201	138	938	975	1.6	0.4	52.7	4.6	10.7	42	0.2	trace	0.1			0	8	0.2
L1101	Banana, yellow, ripened, raw	100	74.6	382	397	1	0.3	20.8	1.8	15.2	5.6	0.1	0.1	trace	trace	trace	0	0	0
	1 fruit medium (19-20cm long)	110.8	82.7	423	439	1.1	0.3	23	2	16.8	6.2	0.1	0.1	0.1	trace	trace	0	0	0
L34	Blackberry, raw	100	82	211	260	1.3	0.5	10.1	6.1	10.1	0	trace	trace	0.3			0	4	0.2
	1 cup (250mL)	123	101	260	320	1.5	0.6	12.4	7.5	12.4	0	trace	0.1	0.4			0	4.9	0.3
L1047	Blackcurrant, Ben Ard, frozen	100	79.4	184	229	1.3	0.5	8.5	5.6	8.5	0	0.1	trace	0.2	0.1	0.1	0	2.1	0.4
	1 cup (250mL)	157	125	289	360	2	0.8	13.3	8.8	13.3	0	0.1	0.1	0.3	0.1	0.2	0	3.3	0.6
L1052	Blackcurrant, puree, frozen	100	84.1	146	168	0.6	0.4	7.1	2.7	7.1	0	0.1	trace	0.2	0.1	0.1	0	2.2	0.6
	1 cup (250mL)	282.1	237	412	473	1.8	1.1	20	7.6	20	0	0.2	0.1	0.4	0.2	0.2	0	6.2	1.7
L50	Blackcurrant, raw	100	82	283	318	0.9	0.4	14.8	4.3	14.8	0	trace	0.1	0.2			0	2	0.2
	1 cup (250mL)	118	96.7	334	375	1.1	0.5	17.5	5.1	17.5	0	trace	0.1	0.3			0	2.4	0.2
L1051	Blueberry, frozen	100	83.7	192	220	0.6	0.4	9.8	3.5	9.7	0.1	trace	trace	trace	trace	0	0	2.1	0.8
	1 cup (250mL)	159.3	133	306	351	1	0.6	15.6	5.6	15.5	0.2	0.1	trace	0.1	0.1	0	0	3.3	1.3
L1050	Blueberry, raw	100	84.1	180	211	0.6	0.3	9.3	3.9	9.2	0.1	trace	trace	0.1	trace	trace	0	2	0.6
	1 cup (250mL)	156.9	132	282	331	1	0.5	14.6	6.1	14.4	0.2	trace	trace	0.1	trace	0.1	0	3.1	0.9
L1045	Boysenberry, frozen	100	86.5	147	186	1.3	0.6	6.1	4.8	6	0.1	0.1	0.1	0.1	0.1	trace	0	0	0
	1 cup (250mL)	172	149	253	319	2.2	1	10.5	8.3	10.3	0.2	0.2	0.2	0.2	0.2	trace	0	0	0
L1046	Boysenberry, puree, seedless, frozen	100	88.7	162	173	1.3	0.6	7	1.3	6.9	0.1	0.2	0.1	0.1	0.1	trace	0	0	0
	1 cup (250mL)	264.7	235	430	458	3.3	1.6	18.5	3.4	18.3	0.3	0.4	0.3	0.2	0.1	0.1	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
L1159	Avocado, Hass, New Zealand	100	520	46	9.6	0.4	0.6	0.5	14	83	0.03	0.15	2.5	0.63	0	110	2.7	0	1.7
	1 fruit small (7.8 x 5.7cm diameter)	122	630	56	12	0.5	0.7	0.5	17	101	0.04	0.18	3	0.77	0	130	3.3	0	2
	1 fruit large	173.1	900	79	17	0.7	1	0.8	24	143	0.05	0.26	4.3	1.1	0	190	4.7	0	2.9
	1 cup puree (250mL)	247.7	1300	110	24	1	1.4	1.1	34	205	0.07	0.37	6.1	1.6	0	270	6.7	0	4.1
L185	Banana, cooking, boiled	100	400	34	5	0.5	0.2	1.1	19	116	0.03	0.04	0.64	0.24	0	22	9	0	0.32
	1 cup (250mL)	201	800	68	10	1	0.4	2.2	39	233	0.06	0.08	1.3	0.48	0	44	18.1	0	0.64
L1101	Banana, yellow, ripened, raw	100	360	24	5.3	0.2	0.2	0.5	6	36	0.04	0.06	0.2	0.31	0	0	5.5	0	0.2
	1 fruit medium (19-20cm long)	110.8	400	27	5.9	0.3	0.2	0.6	7	40	0.04	0.07	0.22	0.34	0	0	6.1	0	0.22
L34	Blackberry, raw	100	210	24	63	0.9	0.3	0.1	13	76	0.03	0.04	0.6	0.05	0	25	20	0	3.5
	1 cup (250mL)	123	260	30	77	1.1	0.4	0.1	16	93	0.04	0.05	0.74	0.06	0	31	24.6	0	4.3
L1047	Blackcurrant, Ben Ard, frozen	100	300	59	34	0.4	0.2	0	11	65	0.04	0.05	2.6	0.24	0	33	185	0	1.6
	1 cup (250mL)	157	470	93	53	0.7	0.4	0	17	102	0.06	0.08	4.1	0.38	0	52	290	0	2.5
L1052	Blackcurrant, puree, frozen	100	300	32	24	0.7	0.2	0	9	55	0.02	0.05	2.7	0.22	0	33	116	0	1
	1 cup (250mL)	282.1	850	90	68	2	0.4	0	26	155	0.06	0.14	7.5	0.62	0	93	327	0	2.9
L50	Blackcurrant, raw	100	300	34	48	1	0.3	0.2	27	160	0.02	0.05	0.32	0.06	0	8	160	0	0.8
	1 cup (250mL)	118	350	40	57	1.2	0.3	0.2	32	189	0.02	0.06	0.38	0.07	0	9.4	189	0	0.94
L1051	Blueberry, frozen	100	68	9.3	11	0.4	0.1	0	3	15	0.02	0.03	0.31	0.05	0	8	6.2	0	0.61
	1 cup (250mL)	159.3	110	15	17	0.6	0.1	0	4	24	0.03	0.05	0.49	0.08	0	13	9.9	0	0.97
L1050	Blueberry, raw	100	67	11	11	0.2	0.1	0	1	8	0	0.02	0.17	0.04	0	12	3.8	0	0.91
	1 cup (250mL)	156.9	110	17	17	0.3	0.1	0	2	12	0	0.03	0.27	0.06	0	19	6	0	1.4
L1045	Boysenberry, frozen	100	160	32	27	0.8	0.3	0	2	13	0.09	0.06	0.5	0.05	0	59	1.6	0	0.69
	1 cup (250mL)	172	270	55	46	1.3	0.5	0	4	22	0.16	0.1	0.86	0.09	0	100	2.8	0	1.2
L1046	Boysenberry, puree, seedless, frozen	100	160	22	18	0.7	0.2	0	3	18	0.08	0.06	0.58	0.05	0	23	0	0	0.61
	1 cup (250mL)	264.7	430	58	48	1.9	0.6	0	8	48	0.21	0.16	1.5	0.13	0	61	0	0	1.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
L40	Boysenberry, raw	100	85.2	168	227	1.1	0.7	7.2	4.3	7.1	0.1	trace	0.1	0.5			0	2.6	0.2
	1 cup (250mL)	133	113	223	302	1.5	0.9	9.6	5.7	9.5	0.1	trace	0.1	0.6			0	3.5	0.3
L45	Cherry, flesh & skin, raw	100	79.6	263	273	0.9	0.3	14	1.3	13.9	0.1	0.1	0.1	0.1			0	3.4	0.1
	10 cherries	67	53.3	176	183	0.6	0.2	9.4	0.9	9.3	trace	trace	trace	trace			0	2.2	0.1
	1 cup (250mL)	150	119	394	410	1.4	0.4	21	1.9	20.9	0.1	0.1	0.1	0.1			0	5	0.2
L1023	Cranberry, dried, sweetened	100	16	1160	1200	0.1	1.4	65	5.7	65	0	0.1	0.2	0.7			0	3	0
	1 cup (250mL)	128.1	20.5	1480	1540	0.1	1.8	83.3	7.3	83.3	0	0.1	0.3	0.8			0	3.8	0
L49	Currant, dried	100	22	1190	1240	2.3	0.5	66.7	6	64.9	1.8	0.2	trace	0.2			0	20	2.5
	1 cup (250mL)	154	33.9	1840	1910	3.6	0.8	103	9.2	100	2.8	0.3	trace	0.3			0	31	3.9
L62	Date, dried	100	16	1220	1320	3.3	0.3	67.9	9.7	66.5	1.4	0	0	0	0	0	0	5	1.5
	10 dates pitted	83	13.3	1010	1100	2.7	0.2	56.4	8.1	55.2	1.2	0	0	0	0	0	0	4.2	1.2
	1 cup (250mL)	188	30.1	2300	2480	6.2	0.6	128	18.2	125	2.6	0	0	0	0	0	0	9.4	2.8
L67	Feijoa, flesh, raw	100	85.4	159	183	0.6	0.4	8	3	7.7	0.3	0	0	0	0	0	0	2.5	0.1
	1 feijoa (7.0 x 4.4cm diameter)	42.2	36	67	77	0.3	0.1	3.4	1.3	3.2	0.1	0	0	0	0	0	0	1.1	0.1
	1 cup (250mL)	260	222	414	476	1.6	0.9	20.7	7.8	20	0.8	0	0	0	0	0	0	6.6	0.3
L68	Fig, dried	100	21.3	1050	1170	3.6	1.6	54.5	14.3	52.6	1.9	0.3	0.3	0.7			0	39	0.8
	1 fig	16	3.4	168	187	0.6	0.3	8.7	2.3	8.4	0.3	trace	trace	0.1			0	6.2	0.1
	1 cup (250mL)	210	44.7	2200	2460	7.6	3.4	114	30	110	4	0.6	0.7	1.4			0	82	1.7
L196	Fruit mix, dried	100	17.9	1230	1270	2.3	0.9	67.9	5.6	67.9	0	0.3	0	0.3			0	78	1.7
	1 cup (250mL)	174	31.1	2130	2210	4	1.6	118	9.7	118	0	0.5	0	0.5			0	140	3
L1147	Fruit salad, canned in syrup, undrained	100	81.5	291	303	0.3	0.3	16.2	1.5	16.1	0.1	0	0	0	0	0	0	2.7	76
	1 cup (250mL)	270.7	221	787	820	0.7	0.8	43.9	4.1	43.6	0.3	0	0	0	0	0	0	7.3	210
L78	Gooseberry, flesh, skin & seeds, raw	100	83.7	186	220	0.6	0.6	9.1	4.3	9.1	0	trace	0.1	0.4			0	1	0.2
	1 cup (250mL)	158	132	293	348	0.9	0.9	14.4	6.8	14.4	0	0.1	0.1	0.6			0	1.6	0.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
L40	Boysenberry, raw	100	150	19	24	0.8	0.5	0.1	50	301	0.01	0.02	1.1	0.01	0	63	9.1	0	1.1
	1 cup (250mL)	133	200	25	32	1	0.7	0.1	67	400	0.01	0.03	1.4	0.01	0	84	12.1	0	1.5
L45	Cherry, flesh & skin, raw	100	210	21	16	0.7	0.1	0.7	4	26	0.03	0	0.6	0.05	0	6	20	0	0.42
	10 cherries	67	140	14	10	0.5	trace	0.4	3	17	0.02	0	0.4	0.03	0	4	13.4	0	0.28
	1 cup (250mL)	150	320	32	23	1.1	0.1	1	7	39	0.05	0	0.9	0.08	0	9	30	0	0.63
L1023	Cranberry, dried, sweetened	100	40	8	10	0.5	0.1	0.5	0	0	0.01	0.02	0.99	0.04	0	0	0.2	0	1.1
	1 cup (250mL)	128.1	51	10	13	0.7	0.1	0.6	0	0	0.01	0.03	1.3	0.05	0	0	0.3	0	1.4
L49	Currant, dried	100	710	40	95	1.8	0.5	0.9	5	30	0.03	0.08	1.1	0.3	0	10	0	0	3.5
	1 cup (250mL)	154	1100	62	150	2.8	0.8	1.4	8	46	0.05	0.12	1.7	0.46	0	15	0	0	5.4
L62	Date, dried	100	750	64	68	1.6	0.3	1.4	8	50	0.07	0.04	3.5	0.15	0	13	0	0	0.05
	10 dates pitted	83	620	53	56	1.3	0.2	1.2	7	42	0.06	0.03	2.9	0.12	0	11	0	0	0.04
	1 cup (250mL)	188	1400	120	130	3	0.5	2.6	16	94	0.13	0.08	6.6	0.28	0	24	0	0	0.09
L67	Feijoa, flesh, raw	100	120	14	5.7	0.1	0.1	0.2	5	31	0	0.01	0.29	0.05	0	0	30.3	0	0.18
	1 feijoa (7.0 x 4.4cm diameter)	42.2	52	5.8	2.4	trace	trace	0.1	2	13	0	trace	0.12	0.02	0	0	12.8	0	0.08
	1 cup (250mL)	260	320	36	15	0.3	0.2	0.5	13	81	0	0.03	0.75	0.13	0	0	78.8	0	0.47
L68	Fig, dried	100	780	67	200	1.4	0.5	1	2	9	0.05	0.09	1	0.25	0	9	0.9	0	0.35
	1 fig	16	120	11	32	0.2	0.1	0.2	trace	1	0.01	0.01	0.16	0.04	0	1.4	0.1	0	0.06
	1 cup (250mL)	210	1600	140	420	2.9	1.1	2.1	3	19	0.11	0.19	2.1	0.53	0	19	1.9	0	0.74
L196	Fruit mix, dried	100	530	72	64	1.8	0.4	0	1	8	0.1	0	0.7	0.22	0	15	0	0	0.11
	1 cup (250mL)	174	920	130	110	3.1	0.7	0	2	14	0.17	0	1.2	0.38	0	26	0	0	0.19
L1147	Fruit salad, canned in syrup, undrained	100	94	9.6	6.4	0.2	trace	0	8	47	0	0.3	0.2	0.04	0	3.5	17.6	0	0.37
	1 cup (250mL)	270.7	250	26	17	0.4	0.1	0	21	127	0	0.81	0.54	0.11	0	9.5	47.7	0	1
L78	Gooseberry, flesh, skin & seeds, raw	100	170	19	19	0.6	0.1	0.1	30	180	0.04	0.03	0.4	0.02	0	6	40	0	0.4
	1 cup (250mL)	158	270	30	30	0.9	0.2	0.2	47	284	0.06	0.05	0.63	0.03	0	9.5	63.2	0	0.63

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
L82	Grape, black, flesh, raw	100	80.7	277	284	0.6	0.1	15.5	0.9	15.5	0	trace	trace	trace			0	2	0.5
	10 grapes	54	43.6	149	153	0.3	trace	8.4	0.5	8.4	0	trace	trace	trace			0	1.1	0.3
	1 cup (250mL)	172	139	476	488	1	0.2	26.7	1.5	26.7	0	0.1	trace	0.1			0	3.4	0.8
L83	Grape, white, flesh & skin, raw	100	79.3	288	295	0.6	0.1	16.1	0.9	16.1	0	trace	trace	trace			0	2	0.5
	10 grapes	76.4	60.6	220	226	0.5	0.1	12.3	0.7	12.3	0	trace	trace	trace			0	1.5	0.4
	1 cup (250mL)	169	134	487	499	1.1	0.2	27.2	1.5	27.2	0	0.1	trace	0.1			0	3.4	0.8
L1018	Grape, red or green, seedless, raw, European type	100	80.5	282	282	0.8	0.2	15.5	0	15.5	0	trace	trace	trace			0	2	0.5
	10 grapes	50	40.3	141	141	0.4	0.1	7.7	0	7.7	0	trace	trace	trace			0	1	0.2
L80	Grapefruit, flesh, raw	100	90.7	99	104	0.6	0.1	5	0.6	5	0	trace	trace	trace			0	1	0.2
	1 grapefruit (6.8cm diameter)	236	214	234	246	1.5	0.2	11.8	1.4	11.8	0	trace	trace	0.1			0	2.4	0.5
L91	Juice, lemon, raw	100	91.3	40	100	0.3	0.2	1.6	0.4	1.6	0	trace	trace	0.1			0	2	0.2
	1 tablespoon (15mL)	16	14.6	6	16	trace	trace	0.3	0.1	0.3	0	trace	trace	trace			0	0.3	trace
L113	Juice, orange, raw	100	87.7	174	176	0.6	0.2	9.2	0.2	9.2	0	trace	0.1	0.1			0	2	0.9
	1 cup (250mL)	258	226	450	454	1.6	0.5	23.7	0.5	23.7	0	0.1	0.2	0.2			0	5.2	2.4
L1036	Kiwifruit, Zespri Gold (Hort16A) Kiwifruit, Zespri, raw	100	83.2	230	273	1.2	0.6	11.1	2	10.9	0.2	0.1	trace	0.1	trace	0.1	0	3	0
	1 fruit large	83	69.1	191	226	1	0.5	9.2	1.7	9	0.1	0.1	trace	0.1	trace	trace	0	2.5	0
L1026	Kiwifruit, Zespri Green (Hayward) Kiwifruit, Zespri, raw	100	83.5	199	250	1.2	0.7	9.1	3	8.8	0.3	0.1	0.1	0.1	0.1	trace	0	2.3	0
	1 fruit large	74.1	61.9	148	185	0.9	0.5	6.8	2.2	6.5	0.2	0.1	0.1	0.1	0.1	trace	0	1.7	0
L1010	Kiwifruit, Zespri Organic Green (Hayward) Kiwifruit, Zespri, raw	100	82.6	222	265	0.9	0.7	10.6	2.2	10.2	0.3	0.2	0.3	0.1	trace	0.1	0	1.8	0
	1 kiwifruit	79	65.2	175	209	0.7	0.6	8.3	1.7	8.1	0.3	0.1	0.3	trace	trace	trace	0	1.4	0
L1077	Kiwifruit, Zespri SunGold Kiwifruit (Gold3), Zespri, raw	100	82.4	239	280	1	0.3	12.4	1.4	12.3	0.1	0.1	trace	0.1	trace	0.1	0	2.7	0
	1 fruit large	80.8	66.6	193	226	0.8	0.2	10	1.2	9.9	0.1	trace	trace	0.1	trace	trace	0	2.2	0
L1078	Kiwifruit, Zespri Sweet Green Kiwifruit (Green14), Zespri, raw	100	80.3	239	289	1.3	0.2	12.3	2.4	12.1	0.2	trace	trace	0.1	trace	trace	0	2.6	0
	1 fruit large	80.9	65	193	234	1	0.2	9.9	1.9	9.8	0.1	trace	trace	0.1	trace	trace	0	2.1	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
L82	Grape, black, flesh, raw	100	320	16	9	0.3	0.1	0.2	9	54	0.04	0.02	0.35	0.1	0	2	4	0	0.32
	10 grapes	54	170	8.6	4.9	0.2	trace	0.1	5	29	0.02	0.01	0.19	0.05	0	1.1	2.2	0	0.17
	1 cup (250mL)	172	550	28	15	0.5	0.2	0.3	16	93	0.07	0.03	0.6	0.17	0	3.4	6.9	0	0.55
L83	Grape, white, flesh & skin, raw	100	250	22	12	0.3	0.1	0.2	15	91	0.04	0.02	0.35	0.1	0	2	4	0	0.32
	10 grapes	76.4	190	17	9.2	0.2	0.1	0.1	12	70	0.03	0.02	0.27	0.08	0	1.5	3.1	0	0.24
	1 cup (250mL)	169	420	37	20	0.5	0.2	0.3	26	154	0.07	0.03	0.59	0.17	0	3.4	6.8	0	0.54
L1018	Grape, red or green, seedless, raw, European type	100	190	20	10	0.4	0.1	0.1	7	40	0.07	0.07	0.19	0.09	0	2	10.8	0	0.2
	10 grapes	50	96	10	5	0.2	trace	trace	3	20	0.04	0.04	0.1	0.05	0	1	5.4	0	0.1
L80	Grapefruit, flesh, raw	100	230	16	17	0.3	0.1	0.1	0	0	0.05	0.02	0.27	0.03	0	18	40	0	0.19
	1 grapefruit (6.8cm diameter)	236	540	38	40	0.7	0.2	0.2	0	0	0.12	0.05	0.64	0.07	0	42	94.4	0	0.45
L91	Juice, lemon, raw	100	140	10	8	0.1	trace	0	2	11	0.02	0.01	0.1	0.05	0	20	50	0	0.22
	1 tablespoon (15mL)	16	22	1.6	1.3	trace	trace	0	trace	2	trace	trace	0.02	0.01	0	3.2	8	0	0.04
L113	Juice, orange, raw	100	180	22	12	0.3	0	0	8	50	0.08	0.02	0.27	0.04	0	28	50	0	0.17
	1 cup (250mL)	258	460	57	31	0.8	0	0	22	129	0.21	0.05	0.7	0.1	0	72	129	0	0.44
L1036	Kiwifruit, Zespri Gold (Hort16A) Kiwifruit, Zespri, raw	100	320	29	20	0.3	0.1	0.3	7	43	0.02	0.05	1	0.06	0	34	109	0	1.3
	1 fruit large	83	260	24	17	0.2	0.1	0.2	6	36	0.02	0.04	0.86	0.05	0	28	90.1	0	1.1
L1026	Kiwifruit, Zespri Green (Hayward) Kiwifruit, Zespri, raw	100	300	34	27	0.2	0.1	0.6	9	54	0	0.05	0.83	0.07	0	38	85.1	0	0.86
	1 fruit large	74.1	220	25	20	0.2	0.1	0.4	7	40	0	0.04	0.62	0.05	0	28	63.1	0	0.64
L1010	Kiwifruit, Zespri Organic Green (Hayward) Kiwifruit, Zespri, raw	100	280	33	31	0.2	0.1	0.4	7	44	0	0.05	0.26	0.07	0	18	86.9	0	1.8
	1 kiwifruit	79	220	26	25	0.2	0.1	0.3	6	35	0	0.04	0.21	0.06	0	14	68.6	0	1.4
L1077	Kiwifruit, Zespri SunGold Kiwifruit (Gold3), Zespri, raw	100	320	25	17	0.2	0.1	0.4	2	14	0	0.07	0.57	0.08	0.08	31	161	0	1.4
	1 fruit large	80.8	250	20	14	0.2	0.1	0.4	2	11	0	0.06	0.46	0.07	0.07	25	130	0	1.1
L1078	Kiwifruit, Zespri Sweet Green Kiwifruit (Green14), Zespri, raw	100	330	29	27	0.2	0.1	0.8	6	34	0	0.11	0.63	0.18	0.2	38	150	0	1.7
	1 fruit large	80.9	270	23	22	0.2	0.1	0.6	5	28	0	0.09	0.51	0.15	0.16	31	121	0	1.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
L183	Lemon, flesh, raw	100	92.2	57	80	0.6	0.3	2.1	2.8	2.1	0	0	0	0	0	0	0	3	0.2
	1 lemon (4.7cm diameter)	64.5	59.5	37	51	0.4	0.2	1.4	1.8	1.4	0	0	0	0	0	0	0	1.9	0.1
L97	Lychee, canned in syrup, undrained	100	79.3	307	312	0.4	0	17.7	0.6	17.7	0	0	0	0	0	0	0	2	1.4
	1 cup (250mL)	267	212	820	833	1	0	47.3	1.6	47.3	0	0	0	0	0	0	0	5.3	3.8
L194	Mandarin, flesh, raw	100	84.8	203	219	1.2	0.4	9.9	2	9.9	0	0	0	0	0	0	0	2.7	0.2
	1 mandarin (5-6 cm diameter)	86	73	175	188	1	0.4	8.5	1.7	8.5	0	0	0	0	0	0	0	2.3	0.2
L100	Mango, canned in syrup, undrained	100	82.7	288	295	0.3	0.1	16.4	0.9	16.3	0.1	trace	trace	trace			0	3	0.1
	1 cup (250mL)	260	215	748	767	0.8	0.3	42.6	2.3	42.4	0.3	0.1	0.1	trace			0	7.8	0.3
L101	Mango, flesh, raw	100	83	264	276	0.5	0.2	14.6	1.5	14.1	0.5	trace	0.1	trace			0	7	0.1
	1 cup sliced (250mL)	176	146	465	486	0.9	0.4	25.7	2.6	24.8	0.9	0.1	0.1	0.1			0	12	0.2
	1 mango	286.7	238	757	792	1.4	0.6	41.9	4.3	40.4	1.4	0.1	0.2	0.1			0	20	0.4
L105	Melon, Honeydew, flesh, raw	100	88.5	195	200	1.3	0.2	9.8	0.6	9.8	0	0	0	0	0	0	0	32	0.1
	1 cup diced (250mL)	172	152	336	344	2.2	0.3	16.9	1	16.9	0	0	0	0	0	0	0	55	0.2
L106	Melon, rock, flesh, raw	100	90	129	134	1.1	0.1	6.3	0.5	6.1	0.2	0	0	0	0	0	0	7.3	0.1
	1 cup diced (250mL)	168	151	217	224	1.9	0.2	10.6	0.9	10.2	0.3	0	0	0	0	0	0	12	0.2
L111	Nectarine, flesh & skin, raw	100	87.2	167	180	1.1	0.4	7.8	1.6	7.8	trace	trace	0.1	0.2			0	2	0.1
	1 fruit large	143	125	239	258	1.6	0.6	11.2	2.3	11.2	0.1	trace	0.2	0.2			0	2.9	0.1
L112	Olive, in brine	100	76.5	452	478	0.9	11	1.8	3.2	0	1.8	1.3	6.4	1			0	2300	4.5
	1 olive	2.8	2.1	13	13	trace	0.3	trace	0.1	0	trace	trace	0.2	trace			0	63	0.1
L1155	Orange, flesh, raw, USA	100	85.7	170	184	1.3	0.1	8.5	1.8	8.5	0	trace	trace	trace	trace	trace	0	0	0
	1 fruit (7.3cm diameter)	149.4	128	253	274	1.9	0.1	12.7	2.6	12.7	0	trace	trace	0.1	trace	trace	0	0	0
L116	Passion fruit, flesh & seed, raw	100	74.4	191	302	2.8	0.5	7.4	13.9	7.4	0	0	0	0	0	0	0	28	0.1
	1 passionfruit	18	13.4	34	54	0.5	0.1	1.3	2.5	1.3	0	0	0	0	0	0	0	5	trace

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
L183	Lemon, flesh, raw	100	140	15	26	0.4	0.1	1	1	7	0.05	0.02	0.3	0.08	0	11	52	0	0.15
	1 lemon (4.7cm diameter)	64.5	87	9.7	17	0.3	0.1	0.6	1	5	0.03	0.01	0.19	0.05	0	7.1	33.5	0	0.1
L97	Lychee, canned in syrup, undrained	100	75	12	4	0.7	0.2	0.8	0	0	0.03	0.03	0.3	0.01	0	2	8	0	0
	1 cup (250mL)	267	200	32	11	1.9	0.5	2.1	0	0	0.08	0.08	0.8	0.03	0	5.3	21.4	0	0
L194	Mandarin, flesh, raw	100	250	30	30	0.2	0.1	0.3	11	67	0.08	0.06	0.1	0.02	0	36	41.5	0	0.41
	1 mandarin (5-6 cm diameter)	86	220	26	26	0.2	0.1	0.3	10	57	0.07	0.05	0.09	0.02	0	31	35.7	0	0.35
L100	Mango, canned in syrup, undrained	100	100	10	10	0.4	0.3	trace	200	1200	0.02	0.03	0.2	0.04	0	7	10	0	0.64
	1 cup (250mL)	260	260	26	26	1	0.8	0.1	521	3120	0.05	0.08	0.52	0.1	0	18	26	0	1.7
L101	Mango, flesh, raw	100	190	13	10	0.5	0.2	0.1	200	1200	0.03	0.04	0.4	0.13	0	43	30	0	1.1
	1 cup sliced (250mL)	176	330	23	18	0.9	0.4	0.2	353	2110	0.05	0.07	0.7	0.23	0	76	52.8	0	1.8
	1 mango	286.7	540	37	29	1.4	0.6	0.3	575	3440	0.09	0.12	1.1	0.37	0	120	86	0	3
L105	Melon, Honeydew, flesh, raw	100	440	18	28	0.4	0.2	0.1	5	30	0.03	0.06	1.2	0.06	0	19	50	0	0.1
	1 cup diced (250mL)	172	750	31	48	0.7	0.4	0.2	9	52	0.05	0.1	2.1	0.1	0	33	86	0	0.17
L106	Melon, rock, flesh, raw	100	370	13	7.5	0.4	0.3	0.1	34	205	0.01	0.01	0.72	0.06	0	19	27.1	0	0.06
	1 cup diced (250mL)	168	620	22	13	0.7	0.4	0.2	58	344	0.02	0.02	1.2	0.1	0	32	45.5	0	0.1
L111	Nectarine, flesh & skin, raw	100	210	20	5	0.3	0.1	0.1	60	362	0.01	0.01	0.52	0.04	0	4	4.3	0	1.9
	1 fruit large	143	300	29	7.2	0.4	0.1	0.1	86	518	0.01	0.01	0.74	0.06	0	5.7	6.1	0	2.7
L112	Olive, in brine	100	91	17	61	1	0.2	0	30	180	0	0	0.13	0.02	0	0	1	0	2
	1 olive	2.8	2.5	0.5	1.7	trace	trace	0	1	5	0	0	trace	trace	0	0	trace	0	0.06
L1155	Orange, flesh, raw, USA	100	190	23	34	0.1	0.1	0	7	40	0.12	0.06	0.91	0.29	0	27	48.4	0	0.18
	1 fruit (7.3cm diameter)	149.4	280	34	51	0.2	0.1	0	10	60	0.18	0.09	1.4	0.43	0	40	72.3	0	0.27
L116	Passion fruit, flesh & seed, raw	100	350	54	16	1.1	0.8	0	2	10	0.03	0.1	1.9	0	0	0	20	0	3
	1 passionfruit	18	63	9.7	2.9	0.2	0.1	0	trace	2	trace	0.02	0.34	0	0	0	3.6	0	0.54

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
L1123	Peach, canned in juice, undrained	100	86.8	206	215	0.5	0.3	10.9	1.2	10.7	0.2	0	0	0	0	0	0	3	0.6
	1 cup sliced (250mL)	283.4	246	583	610	1.5	0.9	30.9	3.4	30.3	0.6	0	0	0	0	0	0	8.5	1.7
L1126	Peach, canned in syrup, drained	100	82.3	281	290	0.6	0.3	15.3	1.1	15.1	0.2	0	0	0	0	0	0	4.8	0.7
	1 half	52.8	43.5	148	153	0.3	0.2	8.1	0.6	8	0.1	0	0	0	0	0	0	2.5	0.4
	5 slices	66.3	54.6	186	192	0.4	0.2	10.1	0.7	10	0.1	0	0	0	0	0	0	3.2	0.5
	1 cup diced or sliced (250mL)	261.2	215	733	756	1.5	0.8	40	2.9	39.4	0.5	0	0	0	0	0	0	13	1.8
L126	Peach, flesh & skin, raw	100	87.6	162	177	1	0.5	7.3	1.9	7.3	trace	trace	0.2	0.2			0	4.1	0.1
	1 fruit large	138	121	223	244	1.4	0.7	10.1	2.6	10.1	0.1	0.1	0.2	0.3			0	5.7	0.1
L219	Pear, nashi, flesh, raw	100	86.5	170	183	0.2	0.1	9.6	1.6	9.6	0	0	0	0	0	0	0	0.6	0.1
	1 nashi pear (7cm diameter)	203.3	176	346	372	0.3	0.2	19.5	3.3	19.5	0	0	0	0	0	0	0	1.2	0.3
L204	Pear, canned in juice, undrained	100	86.6	157	170	0.5	0	8.7	1.7	8.7	0	0	0	0	0	0	0	5	1.4
	1 cup (250mL)	258	223	404	440	1.3	0	22.4	4.4	22.4	0	0	0	0	0	0	0	13	3.7
L1015	Pear, flesh & skin, raw	100	84.7	188	213	0.4	0.3	10	3.2	10	0.1	trace	trace	trace			0	0.5	0.1
	1 fruit large	122	103	229	260	0.5	0.4	12.2	3.9	12.1	0.1	trace	trace	trace			0	0.6	0.2
L178	Persimmon, flesh, raw	100	80	287	308	0.6	0.2	15.9	2.6	15.9	0	trace	0.1	0.1			0	3.5	0.1
	1 persimmon	75	60	215	231	0.4	0.2	11.9	2	11.9	0	trace	trace	0.1			0	2.6	0.1
L1130	Pineapple, canned in juice, drained	100	85.1	232	244	0.7	0.3	12.3	1.5	12	0.3	0	0	0	0	0	0	2	1.9
	1 cup chunk or pieces (250mL)	217.6	185	504	530	1.5	0.7	26.8	3.3	26.1	0.7	0	0	0	0	0	0	4.4	4.1
	1 cup crushed (250mL)	251.4	214	582	613	1.7	0.8	30.9	3.8	30.2	0.8	0	0	0	0	0	0	5	4.8
L1134	Pineapple, canned in syrup, drained	100	80.5	306	317	0.7	0.3	16.6	1.4	16.3	0.3	0	0	0	0	0	0	2	1.9
	1 cup chunk or pieces (250mL)	217.6	175	666	690	1.6	0.7	36.1	3	35.5	0.7	0	0	0	0	0	0	4.4	4.1
	1 slice (0.8 x 7.4cm diameter)	34.9	28.1	107	111	0.3	0.1	5.8	0.5	5.7	0.1	0	0	0	0	0	0	0.7	0.7
	1 cup crushed (250mL)	251.4	202	769	797	1.9	0.8	41.7	3.5	41	0.8	0	0	0	0	0	0	5	4.8

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
L1123	Peach, canned in juice, undrained	100	120	14	2.7	0.2	0.1	0	10	58	0	0.4	0.39	0.01	0	3.5	28.7	0	1.1
	1 cup sliced (250mL)	283.4	350	39	7.7	0.5	0.2	0	27	164	0	1.1	1.1	0.03	0	9.9	81.4	0	3.2
L1126	Peach, canned in syrup, drained	100	120	14	3.8	0.2	trace	0	10	58	0	0.4	0.37	0.01	0	3.5	4.8	0	1.2
	1 half	52.8	62	7.3	2	0.1	trace	0	5	31	0	0.21	0.2	trace	0	1.8	2.5	0	0.61
	5 slices	66.3	78	9.1	2.5	0.1	trace	0	6	38	0	0.27	0.25	0.01	0	2.3	3.2	0	0.77
	1 cup diced or sliced (250mL)	261.2	310	36	9.9	0.5	0.1	0	25	151	0	1	0.97	0.03	0	9.1	12.5	0	3
L126	Peach, flesh & skin, raw	100	220	21	6.5	0.4	0.2	0.1	80	477	0.01	0.02	0.74	0.08	0	3	9.6	0	1.3
	1 fruit large	138	310	29	9	0.5	0.2	0.1	110	658	0.01	0.03	1	0.11	0	4.1	13.2	0	1.8
L219	Pear, nashi, flesh, raw	100	110	7.8	3.3	0.1	0.1	0	0	0	0	0	0.01	0.02	0	3	3.7	0	0.5
	1 nashi pear (7cm diameter)	203.3	220	16	6.7	0.2	0.2	0	0	0	0	0	0.02	0.04	0	6.1	7.5	0	1
L204	Pear, canned in juice, undrained	100	100	10	6	0.3	0.2	0	0	0	0	0.01	0.1	0.03	0	4	1	0	0.08
	1 cup (250mL)	258	260	26	15	0.8	0.5	0	0	0	0	0.03	0.26	0.08	0	10	2.6	0	0.21
L1015	Pear, flesh & skin, raw	100	120	12	8.5	0.2	0.1	0.2	2	10	0.01	0.01	0.34	0.03	0	7	3	0	0.23
	1 fruit large	122	150	15	10	0.2	0.2	0.2	2	12	0.01	0.01	0.42	0.04	0	8.5	3.7	0	0.28
L178	Persimmon, flesh, raw	100	150	17	18	0.4	0.1	0.2	138	825	0.02	0.06	0.4	0.02	0	8	10	0	0.2
	1 persimmon	75	110	13	14	0.3	0.1	0.2	103	619	0.02	0.05	0.3	0.02	0	6	7.5	0	0.15
L1130	Pineapple, canned in juice, drained	100	100	6.1	12	0.2	0.1	0	3	19	0	0.4	0.19	0.29	0	3.5	10.3	0	0
	1 cup chunk or pieces (250mL)	217.6	220	13	27	0.4	0.2	0	7	41	0	0.87	0.41	0.63	0	7.6	22.5	0	0
	1 cup crushed (250mL)	251.4	250	15	31	0.5	0.2	0	8	48	0	1	0.48	0.73	0	8.8	25.9	0	0
L1134	Pineapple, canned in syrup, drained	100	100	6.1	12	0.2	0.1	0	3	19	0	0.4	0.2	0.29	0	3.5	8.3	0	0
	1 cup chunk or pieces (250mL)	217.6	220	13	27	0.4	0.2	0	7	41	0	0.87	0.44	0.63	0	7.6	18	0	0
	1 slice (0.8 x 7.4cm diameter)	34.9	35	2.1	4.3	0.1	trace	0	1	7	0	0.14	0.07	0.1	0	1.2	2.9	0	0
	1 cup crushed (250mL)	251.4	250	15	31	0.5	0.2	0	8	48	0	1	0.5	0.73	0	8.8	20.7	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
L1135	Pineapple, canned in syrup, undrained	100	80.7	305	316	0.7	0.3	16.6	1.4	16.3	0.3	0	0	0	0	0	0	0	1.2
	1 cup (250mL)	276.7	223	844	875	1.9	0.8	45.9	3.9	45.1	0.8	0	0	0	0	0	0	0	3.3
L144	Pineapple, flesh, raw	100	86.5	210	227	0.5	0.2	11.4	2.1	11.4	0	trace	trace	0.1			0	2	0.1
	1 slice (1.5 x 9.0cm diameter)	110	95.2	231	249	0.6	0.2	12.5	2.3	12.5	0	trace	trace	0.1			0	2.2	0.1
	1 cup chopped (250mL)	164	142	344	371	0.8	0.3	18.7	3.4	18.7	0	trace	0.1	0.2			0	3.3	0.2
L1053	Plum, Royal Star, flesh, raw	100	85.2	190	204	0	0.4	10.3	1.8	9.4	0.9	trace	trace	0.1	0.1	trace	0	1.2	0
	1 fruit large	95.1	81	181	194	0	0.4	9.8	1.7	8.9	0.9	trace	trace	0.1	0.1	trace	0	1.1	0
L148	Plum, canned in syrup, drained	100	70.7	520	531	0.4	0.1	29.9	1.4	29.8	0.1	trace	0.1	trace			0	8	1.4
	1 plum	49	34.6	255	260	0.2	trace	14.7	0.7	14.6	0.1	trace	trace	trace			0	3.9	0.7
	1 cup (250mL)	169	119	879	898	0.7	0.2	50.6	2.4	50.4	0.2	trace	0.1	trace			0	14	2.4
L154	Plum, cooking, stewed	100	86.3	139	152	0.5	0.4	6.8	1.6	6.8	0	trace	0.2	0.1			0	2	0.1
	1 cup (250mL)	263	227	365	398	1.3	1	17.9	4.2	17.9	0	0.1	0.5	0.2			0	5.3	0.3
L155	Plum, flesh & skin, raw	100	85.4	271	285	0.9	0.6	13.9	1.7	13.8	0.1	trace	0.3	0.1			0	3.6	0.1
	1 cup sliced (250mL)	174	149	472	495	1.5	1	24.1	2.9	24	0.1	0.1	0.5	0.2			0	6.3	0.2
L157	Prune, dried	100	37.1	615	681	2.8	0.4	32.5	7.8	31	1.5	trace	0.2	0.1			0	7	0.8
	10 prunes	84	31.2	517	572	2.4	0.3	27.3	6.6	26	1.3	trace	0.2	0.1			0	5.9	0.7
L159	Prune, dried, stewed	100	69.7	366	420	1.4	0.3	19.5	6.6	19.5	0	trace	0.2	trace			0	3	0.8
	1 cup (250mL)	224	156	820	940	3.1	0.7	43.7	14.8	43.7	0	trace	0.4	0.1			0	6.7	1.8
L161	Raisin, seedless	100	20.9	1210	1250	3.3	0.5	66.9	4.9	66.9	0	0.2	trace	0.2			0	10	1.7
	20 raisins	8.7	1.8	105	109	0.3	trace	5.8	0.4	5.8	0	trace	trace	trace			0	0.9	0.1
	1 cup (250mL)	137.3	28.7	1660	1710	4.5	0.7	91.8	6.7	91.8	0	0.3	trace	0.2			0	14	2.3
L1055	Raspberry, Meeker, frozen	100	85.1	121	150	1.3	0.3	5.2	3.7	5.2	0	trace	0.1	0.1	trace	trace	0	0	0
	1 cup (250mL)	270.7	230	327	407	3.4	0.8	14.1	10	14.1	0	0.1	0.2	0.2	0.1	trace	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
L1135	Pineapple, canned in syrup, undrained	100	120	7.2	13	0.2	0.1	0	3	19	0	0.3	0.26	0.4	0	3.5	8.3	0	0
	1 cup (250mL)	276.7	330	20	36	0.6	0.3	0	9	53	0	0.83	0.72	1.1	0	9.7	23	0	0
L144	Pineapple, flesh, raw	100	250	8	12	0.4	0.1	0.8	10	60	0.08	0.02	0.3	0.09	0	5	25	0	0.1
	1 slice (1.5 x 9.0cm diameter)	110	280	8.8	13	0.4	0.1	0.9	11	66	0.09	0.02	0.33	0.1	0	5.5	27.5	0	0.11
	1 cup chopped (250mL)	164	410	13	20	0.7	0.2	1.3	16	98	0.13	0.03	0.49	0.15	0	8.2	41	0	0.16
L1053	Plum, Royal Star, flesh, raw	100	160	20	6.7	0.1	0.1	0	35	210	0.08	0.04	0.42	0.08	0	11	0.7	0	0.33
	1 fruit large	95.1	150	19	6.4	0.1	0.1	0	33	200	0.08	0.04	0.4	0.08	0	10	0.7	0	0.31
L148	Plum, canned in syrup, drained	100	100	10	7	0.7	0.1	0.2	80	479	0.02	0.01	0.8	0.07	0	3	1.8	0	1.5
	1 plum	49	49	4.9	3.4	0.3	trace	0.1	39	235	0.01	trace	0.39	0.03	0	1.5	0.9	0	0.72
	1 cup (250mL)	169	170	17	12	1.1	0.1	0.3	135	810	0.03	0.02	1.4	0.12	0	5.1	3	0	2.5
L154	Plum, cooking, stewed	100	160	12	12	0.3	0.1	0.2	15	92	0.04	0.03	0.6	0.03	0	1	3	0	0.5
	1 cup (250mL)	263	420	32	32	0.8	0.2	0.4	40	242	0.11	0.08	1.6	0.08	0	2.6	7.9	0	1.3
L155	Plum, flesh & skin, raw	100	190	20	6.8	0.4	0.1	0.2	70	417	0.01	0.01	0.8	0.06	0	5	3.2	0	0.82
	1 cup sliced (250mL)	174	330	35	12	0.7	0.2	0.4	121	726	0.02	0.02	1.4	0.1	0	8.7	5.6	0	1.4
L157	Prune, dried	100	700	58	52	1.1	0.5	1	73	435	0.08	0.16	1.3	0.19	0	4	2	0	1.5
	10 prunes	84	590	49	44	0.9	0.4	0.8	61	365	0.07	0.13	1.1	0.16	0	3.4	1.7	0	1.2
L159	Prune, dried, stewed	100	200	19	9	1.5	0.1	0.3	38	229	0.02	0.04	0.66	0.1	0	0	2.9	0	0.19
	1 cup (250mL)	224	440	43	20	3.4	0.2	0.7	86	513	0.05	0.09	1.5	0.22	0	0	6.5	0	0.43
L161	Raisin, seedless	100	680	84	53	1.2	0.2	3.5	5	30	0.28	0.04	0.26	0	0	4	0	0	0.25
	20 raisins	8.7	59	7.3	4.6	0.1	trace	0.3	trace	3	0.02	trace	0.02	0	0	0.3	0	0	0.02
	1 cup (250mL)	137.3	930	120	73	1.6	0.3	4.8	7	41	0.38	0.06	0.36	0	0	5.5	0	0	0.34
L1055	Raspberry, Meeker, frozen	100	210	39	27	0.7	0.5	0	2	15	0.03	0.06	2.8	0.09	0	94	9.8	0	0.41
	1 cup (250mL)	270.7	570	110	73	2	1.3	0	7	39	0.08	0.16	7.6	0.24	0	250	26.5	0	1.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
L1054	Raspberry, Wakefield, frozen	100	85.2	124	162	1.3	0.4	5.2	4.7	5.2	0	0.1	0.1	0.1	0.1	trace	0	0	0.3
	1 cup (250mL)	266.4	227	332	432	3.3	1.1	13.9	12.5	13.9	0	0.2	0.2	0.3	0.1	0.1	0	0	0.8
L168	Rhubarb, stewed with sugar	100	85	195	207	0.5	trace	10.9	1.6	10.9	0	0	0	0	0	0	0	2	0.7
	1 cup (250mL)	270	230	525	560	1.4	trace	29.4	4.3	29.4	0	0	0	0	0	0	0	5.4	1.9
L169	Rhubarb, stewed without sugar	100	94.6	27	47	0.6	trace	1	2.4	1	0	0	0	0	0	0	0	2	0.7
	1 cup (250mL)	265	251	72	123	1.5	trace	2.7	6.4	2.7	0	0	0	0	0	0	0	5.3	1.8
L1016	Strawberry, raw, New Zealand	100	91.3	137	152	0.7	0.4	6.6	1.8	6.5	trace	trace	0.1	0.2			0	0.5	0.2
	1 fruit large	12	11	16	18	0.1	trace	0.8	0.2	0.8	trace	trace	trace	trace			0	0.1	trace
	1 cup (250mL)	175.4	160	240	266	1.3	0.6	11.5	3.2	11.4	0.1	trace	0.1	0.4			0	0.9	0.4
L173	Sultana	100	16	1340	1380	2.8	0.4	75	4.4	73.2	1.8	0.2	trace	0.1			0	36	1.7
	1 cup (250mL)	153	24.5	2040	2110	4.2	0.6	115	6.7	112	2.8	0.2	trace	0.2			0	55	2.6
L174	Tamarillo, red, flesh & seed, raw	100	86.1	112	165	2	0.4	3.8	3.3	3.5	0.3	0.1	0.1	0.2			0	1.4	0.1
	1 fruit large	60	51.6	67	99	1.2	0.2	2.3	2	2.1	0.2	trace	trace	0.1			0	0.9	0.1
L179	Tangelo, flesh, raw	100	85.9	147	163	0.6	0.1	7.8	2	7.8	0	trace	trace	trace			0	4	0.2
	1 fruit large	90	77.3	132	147	0.6	0.1	7	1.8	7	0	trace	trace	trace			0	3.6	0.2
L176	Tangerine, flesh, raw	100	86.7	153	172	0.9	0.2	7.7	2.3	7.7	0	trace	0.1	0.1			0	2	0.2
	1 fruit large	84	72.8	129	144	0.7	0.2	6.5	1.9	6.5	0	trace	trace	trace			0	1.7	0.2
L1121	Watermelon, flesh, raw	100	90	151	155	0.9	0.2	7.6	0.5	7.6	0	trace	trace	trace	trace	trace	0	0	0
	1 cup cubed (250mL)	201.1	181	304	311	1.7	0.4	15.3	0.9	15.3	0	trace	trace	0.1	trace	trace	0	0	0
	1 wedge (1/12 of fruit)	266.8	240	403	413	2.3	0.5	20.3	1.2	20.3	0	trace	trace	0.1	trace	0.1	0	0	0
M	MEATS																		
M1034	Beef, canned, Corned Beef, Salisbury	100	63.7	849	849	22.5	12.6	0	0	0	0	5.3	5.4	0.4	0.1	0.2	69	620	1.7
	1 cup (250mL)	222.3	142	1890	1890	50	28	0	0	0	0	11.9	12	1	0.2	0.5	153	1400	3.8

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
L1054	Raspberry, Wakefield, frozen	100	220	37	23	0.9	0.5	0	16	97	0.04	0.06	2.5	0.07	0	150	14.2	0	0.98
	1 cup (250mL)	266.4	590	99	61	2.4	1.3	0	43	259	0.11	0.16	6.7	0.19	0	400	37.8	0	2.6
L168	Rhubarb, stewed with sugar	100	360	18	84	0.3	trace	0.1	8	50	0.01	0.03	0.4	0.02	0	4	7	0	0.2
	1 cup (250mL)	270	970	49	230	0.8	0.1	0.2	23	135	0.03	0.08	1.1	0.05	0	11	18.9	0	0.54
L169	Rhubarb, stewed without sugar	100	400	19	93	0.4	trace	0.1	9	55	0.01	0.03	0.4	0.02	0	4	8	0	0.2
	1 cup (250mL)	265	1100	50	250	1.1	0.1	0.2	24	146	0.03	0.08	1.1	0.05	0	11	21.2	0	0.53
L1016	Strawberry, raw, New Zealand	100	170	22	17	0.2	0.1	0.2	1	6	0.01	0	0.74	0.05	0	20	45.6	0	0.41
	1 fruit large	12	20	2.6	2	trace	trace	trace	trace	1	trace	0	0.09	0.01	0	2.4	5.5	0	0.05
	1 cup (250mL)	175.4	300	39	30	0.3	0.2	0.4	2	11	0.02	0	1.3	0.09	0	35	80	0	0.72
L173	Sultana	100	910	95	56	2	0.5	1.1	4	23	0.18	0.05	0.72	0.25	0	27	0	0	0.7
	1 cup (250mL)	153	1400	150	86	3.1	0.8	1.7	6	35	0.28	0.08	1.1	0.38	0	41	0	0	1.1
L174	Tamarillo, red, flesh & seed, raw	100	320	39	11	0.6	0.2	0.1	190	1140	0.04	0.02	0.57	0.2	0	4	29.8	0	1.9
	1 fruit large	60	190	23	6.4	0.3	0.1	0.1	114	684	0.02	0.01	0.34	0.12	0	2.4	17.9	0	1.2
L179	Tangelo, flesh, raw	100	140	10	22	0.3	0.3	0.1	58	347	0.05	0.03	0.4	0.07	0	20	28	0	0.19
	1 fruit large	90	130	9	20	0.3	0.3	0.1	52	312	0.05	0.03	0.36	0.06	0	18	25.2	0	0.17
L176	Tangerine, flesh, raw	100	160	17	42	0.3	0.1	0.1	17	100	0.07	0.02	0.3	0.07	0	21	30	0	0.19
	1 fruit large	84	130	14	35	0.3	0.1	0.1	14	84	0.06	0.02	0.25	0.06	0	18	25.2	0	0.16
L1121	Watermelon, flesh, raw	100	150	17	5.4	0.3	0.1	0	77	460	0.03	0.09	0.46	0.05	0	0	5	0	0.1
	1 cup cubed (250mL)	201.1	300	33	11	0.5	0.3	0	154	925	0.06	0.18	0.93	0.1	0	0	10.1	0	0.2
	1 wedge (1/12 of fruit)	266.8	400	44	14	0.7	0.4	0	205	1230	0.08	0.24	1.2	0.13	0	0	13.3	0	0.27
M	MEATS																		
M1034	Beef, canned, Corned Beef, Salisbury	100	150	110	8	1.9	4.8	6.6	18	49	0	0.11	9.5	0.15	3.8	5	0	0.2	0.64
	1 cup (250mL)	222.3	330	240	18	4.1	11	15	40	109	0	0.25	21	0.33	8.4	11	0	0.4	1.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
M1036	Beef, canned, Lite Corned Beef, Salisbury	100	62.2	891	891	23	13.5	0	0	0	0	5.7	5.8	0.5	0.1	0.2	69	420	1.7
	1 cup (250mL)	218.5	136	1950	1950	50.3	29.5	0	0	0	0	12.4	12.8	1	0.2	0.5	151	920	3.7
M1039	Beef, corned silverside, raw	100	75.7	457	457	14.5	5.7	0	0	0	0	2	2.8	0.2	trace	0.1	30	1300	0.6
	1 piece (3.1 x 3.3 x 2.8cm)	32.2	24.4	147	147	4.7	1.8	0	0	0	0	0.6	0.9	0.1	trace	trace	10	430	0.2
M1221	Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked	100	57.6	983	983	28.6	13.4	0	0	0	0	5.1	4.5	0.5	0.1	0.1	84	39	1.4
M1149	Beef, forequarter & hindquarter assorted cuts, separable lean, cooked	100	60.5	841	841	30.7	8.6	0	0	0	0	2.9	3.1	0.4	0.1	0.1	83	40	1.4
	1 cup diced (250mL)	200	121	1680	1680	61.4	17.3	0	0	0	0	5.9	6.1	0.7	0.1	0.2	167	81	2.8
M1070	Beef, forequarter brisket navel end, separable lean, braised	100	54.9	1100	1100	29.4	16.4	0	0	0	0	5.6	7	0.5	0.1	0.2	79	39	2
M1071	Beef, forequarter brisket point end, separable lean, braised	100	58.6	848	848	34.5	7.1	0	0	0	0	2.3	3	0.4	0.1	0.1	95	30	0.9
M1173	Beef, forequarter chuck steak, separable lean & fat, braised	100	57.1	1000	1000	29.9	13.3	0	0	0	0	5	4.5	0.5	0.1	0.2	97	36	1.2
	1 steak	197	112	1970	1970	58.8	26.3	0	0	0	0	9.9	8.9	0.9	0.2	0.3	191	72	2.4
M1072	Beef, forequarter chuck steak, separable lean, braised	100	59.7	874	874	32.1	8.9	0	0	0	0	2.9	3.2	0.4	0.1	0.1	98	38	1.3
	1 steak	177	106	1550	1550	56.8	15.7	0	0	0	0	5.2	5.6	0.7	0.1	0.2	173	67	2.2
M1175	Beef, forequarter oyster blade, separable lean & fat, braised	100	59.7	948	948	28.5	12.5	0	0	0	0	4.6	4.3	0.4	0.1	0.1	86	25	0.7
M1074	Beef, forequarter oyster blade, separable lean, braised	100	62.4	821	821	29.9	8.5	0	0	0	0	3	3	0.3	0.1	0.1	87	25	0.6
M1176	Beef, forequarter ribs prepared, separable lean & fat, fast-roasted	100	58.1	998	998	24.9	15.6	0	0	0	0	6.3	4.8	0.4	0.1	0.1	71	54	2.3
M1075	Beef, forequarter ribs prepared, separable lean, fast-roasted	100	61.8	823	823	27.2	9.7	0	0	0	0	3.6	3	0.2	trace	0.1	69	58	2.5
M1174	Beef, forequarter scotch fillet, separable lean & fat, fast-roasted	100	54	1140	1140	27.8	18	0	0	0	0	6.8	5.5	0.5	0.1	0.1	93	49	1.3
M1073	Beef, forequarter scotch fillet, separable lean, fast-roasted	100	56.8	1000	1000	30.1	13.2	0	0	0	0	4.6	4	0.4	0.1	0.1	94	52	1.3
M1185	Beef, hindquarter fillet, separable lean & fat, fast-fried	100	59.5	840	840	29.3	9.3	0	0	0	0	3.7	2.7	0.4	0.1	0.1	81	45	0.9
	1 steak	173	103	1450	1450	50.6	16	0	0	0	0	6.5	4.7	0.6	0.2	0.2	140	77	1.6
M1085	Beef, hindquarter fillet, separable lean, fast-fried	100	59.7	833	833	29.4	9	0	0	0	0	3.6	2.7	0.4	0.1	0.1	81	45	0.9

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M1036	Beef, canned, Lite Corned Beef, Salisbury	100	150	110	8	1.9	4.8	6.6	18	49	0	0.11	10	0.15	3.8	5	0	0.2	0.64
	1 cup (250mL)	218.5	320	240	17	4	10	14	39	107	0	0.24	22	0.33	8.3	11	0	0.4	1.4
M1039	Beef, corned silverside, raw	100	200	240	3.3	1.3	2.1	3.7	11	33	0.08	0.07	5.5	0.31	1.2	5	0	0.3	0.42
	1 piece (3.1 x 3.3 x 2.8cm)	32.2	64	77	1.1	0.4	0.7	1.2	3	11	0.03	0.02	1.8	0.1	0.39	1.6	0	0.1	0.14
M1221	Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked	100	260	180	6.8	2.5	4.8	3.3	15	0	0.04	0.13	8.2	0.21	1.5	6.2	0	0.2	0.78
M1149	Beef, forequarter & hindquarter assorted cuts, separable lean, cooked	100	280	190	6.1	2.6	5.1	3.3	12	0	0.04	0.13	8.8	0.22	1.6	6.8	0	0.2	0.72
	1 cup diced (250mL)	200	550	380	12	5.2	10	6.6	24	0	0.08	0.26	18	0.44	3.1	14	0	0.4	1.4
M1070	Beef, forequarter brisket navel end, separable lean, braised	100	140	110	6.7	1.8	5.8	3.6	16	0	0.02	0.09	7	0.1	1.3	6.5	0	0.2	0.71
M1071	Beef, forequarter brisket point end, separable lean, braised	100	180	170	6.1	2.8	5.2	5.3	12	0	0.02	0.12	8.9	0.2	1.2	6.5	0	0.2	0.85
M1173	Beef, forequarter chuck steak, separable lean & fat, braised	100	180	150	6.8	2.6	7.3	2.3	15	0	0.03	0.13	6.6	0.14	1.8	5.4	0	0.2	0.95
	1 steak	197	360	290	13	5.1	14	4.5	29	0	0.06	0.26	13	0.28	3.6	11	0	0.4	1.9
M1072	Beef, forequarter chuck steak, separable lean, braised	100	190	160	5.9	2.7	7.8	2.1	12	0	0.03	0.14	7	0.15	2	5.9	0	0.2	0.9
	1 steak	177	330	280	10	4.8	14	3.7	22	0	0.05	0.25	12	0.27	3.5	11	0	0.3	1.6
M1175	Beef, forequarter oyster blade, separable lean & fat, braised	100	150	140	5.4	2.6	5	2	14	0	0.03	0.14	6.1	0.1	1.8	5.6	0	0.2	0.8
M1074	Beef, forequarter oyster blade, separable lean, braised	100	150	140	4.7	2.8	5.3	2	11	0	0.02	0.15	6.3	0.1	1.9	5.9	0	0.2	0.76
M1176	Beef, forequarter ribs prepared, separable lean & fat, fast-roasted	100	330	190	17	2.1	4.5	3.6	12	0	0.03	0.11	8.4	0.24	1.1	4.6	0	0.3	1
M1075	Beef, forequarter ribs prepared, separable lean, fast-roasted	100	360	200	18	2.2	4.9	3.5	9	0	0.03	0.12	9.3	0.27	1.2	5.2	0	0.3	0.93
M1174	Beef, forequarter scotch fillet, separable lean & fat, fast-roasted	100	340	190	5.8	2.3	4.7	6.3	15	0	0.06	0.14	8.2	0.28	1.3	7.9	0	0.4	0.51
M1073	Beef, forequarter scotch fillet, separable lean, fast-roasted	100	360	210	4.6	2.4	5	6.6	12	0	0.07	0.15	8.9	0.3	1.4	8.9	0	0.4	0.4
M1185	Beef, hindquarter fillet, separable lean & fat, fast-fried	100	430	260	4.3	3	3.3	5.7	13	0	0.06	0.21	11	0.23	2	8.5	0	0.2	0.81
	1 steak	173	740	450	7.5	5.2	5.8	9.9	22	0	0.1	0.36	18	0.4	3.4	15	0	0.3	1.4
M1085	Beef, hindquarter fillet, separable lean, fast-fried	100	430	260	4.3	3	3.3	5.7	13	0	0.06	0.21	11	0.23	2	8.5	0	0.2	0.81

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
M1183	Beef, hindquarter rump steak, separable lean & fat, fast-fried	100	61.6	800	800	30	7.8	0	0	0	0	2.8	2.7	0.4	0.1	0.1	78	55	0.7
	1 steak	172	106	1380	1380	51.6	13.5	0	0	0	0	4.8	4.7	0.7	0.1	0.2	134	94	1.3
M1083	Beef, hindquarter rump steak, separable lean, fast-fried	100	61.8	790	790	30.2	7.5	0	0	0	0	2.6	2.6	0.4	0.1	0.1	78	55	0.7
	1 steak	160	98.8	1260	1260	48.3	12	0	0	0	0	4.2	4.2	0.6	0.1	0.2	125	88	1.2
M1180	Beef, hindquarter shank, separable lean & fat, braised	100	61.6	832	832	29.7	8.8	0	0	0	0	3.1	3.1	0.4	0.1	0.1	88	43	0.8
M1080	Beef, hindquarter shank, separable lean, braised	100	64.4	703	703	31.2	4.6	0	0	0	0	1.4	1.8	0.3	trace	0.1	89	44	0.8
M1079	Beef, hindquarter silverside excluding the eye, separable lean, braised	100	56.4	946	946	33.2	10.3	0	0	0	0	3.2	3.8	0.5	0.1	0.2	94	30	2.9
M1179	Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised	100	55.1	1010	1010	31.9	12.7	0	0	0	0	4.3	4.5	0.6	0.1	0.2	94	30	2.8
M1177	Beef, hindquarter silverside, separable lean & fat, slow-roasted	100	65	707	707	29.5	5.6	0	0	0	0	1.9	2	0.3	trace	0.1	67	43	1.6
	1 roast whole	923	600	6530	6530	272	51.4	0	0	0	0	17.4	18.6	2.6	0.5	0.8	614	400	15
M1077	Beef, hindquarter silverside, separable lean, slow-roasted	100	65.4	689	689	29.7	5	0	0	0	0	1.7	1.8	0.3	trace	0.1	67	43	1.6
	1 roast	851	556	5860	5860	253	42.4	0	0	0	0	14.1	15.6	2.3	0.4	0.7	567	370	14
M1184	Beef, hindquarter sirloin, separable lean & fat, fast-fried	100	52.4	1250	1250	24.9	22.3	0	0	0	0	8.4	8.1	0.6	0.1	0.2	69	50	0.8
M1084	Beef, hindquarter sirloin, separable lean, fast-fried	100	59.6	907	907	28.5	11.4	0	0	0	0	4	4.7	0.3	0.1	0.1	70	55	0.6
	1 steak	145	86.4	1310	1310	41.4	16.5	0	0	0	0	5.8	6.8	0.5	0.1	0.1	102	79	0.9
M1178	Beef, hindquarter skirt steak, separable lean & fat, braised	100	60.7	853	853	30.2	9.2	0	0	0	0	3.5	3.1	0.3	0.1	0.1	78	28	1.2
M1078	Beef, hindquarter skirt steak, separable lean, braised	100	61.5	816	816	30.8	7.9	0	0	0	0	2.9	2.7	0.3	0.1	0.1	78	28	1.2
M1182	Beef, hindquarter thick flank, separable lean & fat, fast-fried	100	63.1	819	819	26.6	9.9	0	0	0	0	3.4	3.1	0.4	0.1	0.1	77	48	2.3
M1082	Beef, hindquarter thick flank, separable lean, fast-fried	100	64.7	748	748	27.5	7.6	0	0	0	0	2.3	2.4	0.3	0.1	0.1	76	49	2.4
M1181	Beef, hindquarter topside cap off, separable lean & fat, braised	100	57.5	876	876	34.2	8	0	0	0	0	2.8	2.8	0.4	0.1	0.1	91	22	2
	1 roast	971	558	8510	8510	332	77.6	0	0	0	0	27.2	27.5	4	0.8	1.4	885	210	19
M1081	Beef, hindquarter topside cap off, separable lean, braised	100	57.8	858	858	34.5	7.3	0	0	0	0	2.5	2.6	0.4	0.1	0.1	91	22	2
	1 roast	894	517	7670	7670	308	65.6	0	0	0	0	22.4	23.5	3.6	0.7	1.2	815	200	18

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M1183	Beef, hindquarter rump steak, separable lean & fat, fast-fried	100	430	250	4.7	3	4.1	2	12	0	0.08	0.2	9.8	0.27	2.2	8.2	0	0.2	0.57
	1 steak	172	730	430	8.1	5.1	7	3.4	20	0	0.14	0.34	17	0.46	3.8	14	0	0.3	0.98
M1083	Beef, hindquarter rump steak, separable lean, fast-fried	100	430	250	4.6	3	4.1	1.9	12	0	0.08	0.2	9.8	0.28	2.2	8.2	0	0.2	0.56
	1 steak	160	680	410	7.4	4.7	6.5	3.1	19	0	0.13	0.32	16	0.45	3.5	13	0	0.3	0.9
M1180	Beef, hindquarter shank, separable lean & fat, braised	100	210	150	7.1	2.6	5.8	2.1	11	0	0.02	0.11	7.6	0.14	1.2	5.1	0	0.2	0.79
M1080	Beef, hindquarter shank, separable lean, braised	100	220	150	6.5	2.7	6.2	2	8	0	0.02	0.12	7.9	0.14	1.3	5.5	0	0.2	0.74
M1079	Beef, hindquarter silverside excluding the eye, separable lean, braised	100	170	160	5.7	3.2	4.5	2	15	0	0.02	0.19	8.8	0.17	1.9	7.2	0	0	1.2
M1179	Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised	100	170	150	6.3	3.1	4.4	2.1	16	0	0.03	0.19	8.5	0.17	1.8	6.8	0	trace	1.2
M1177	Beef, hindquarter silverside, separable lean & fat, slow-roasted	100	370	220	4.3	1.9	3.9	1.8	8	0	0.04	0.11	9.7	0.33	1.2	6.5	0	0.1	0.6
	1 roast whole	923	3400	2000	40	17	36	16	71	0	0.37	1	90	3	11	60	0	1.2	5.5
M1077	Beef, hindquarter silverside, separable lean, slow-roasted	100	370	220	4.2	1.9	4	1.8	7	0	0.04	0.11	9.8	0.34	1.3	6.5	0	0.1	0.6
	1 roast	851	3200	1900	36	16	34	15	62	0	0.34	0.94	83	2.9	11	56	0	1.1	5.1
M1184	Beef, hindquarter sirloin, separable lean & fat, fast-fried	100	320	190	7.9	1.7	2.9	3.7	26	0	0.05	0.08	9.1	0.28	0.85	6.8	0	0.3	0.68
M1084	Beef, hindquarter sirloin, separable lean, fast-fried	100	360	220	6.2	2	3.4	4	19	0	0.05	0.09	10	0.32	0.94	8.1	0	0.3	0.53
	1 steak	145	530	310	8.9	2.8	4.9	5.8	28	0	0.07	0.13	15	0.46	1.4	12	0	0.5	0.77
M1178	Beef, hindquarter skirt steak, separable lean & fat, braised	100	190	140	5.4	2.4	6.8	5.4	12	0	0.02	0.09	9.3	0.12	1.4	5.9	0	0.3	0.96
M1078	Beef, hindquarter skirt steak, separable lean, braised	100	190	140	5.1	2.4	6.9	5.5	11	0	0.02	0.09	9.5	0.12	1.4	6.1	0	0.3	0.95
M1182	Beef, hindquarter thick flank, separable lean & fat, fast-fried	100	390	220	5.3	2.2	4.5	1.9	15	0	0.06	0.09	7.6	0.31	1.8	6.9	0	0.1	0.43
M1082	Beef, hindquarter thick flank, separable lean, fast-fried	100	410	230	4.8	2.3	4.7	1.8	13	0	0.06	0.09	7.8	0.32	1.9	7.2	0	0.1	0.38
M1181	Beef, hindquarter topside cap off, separable lean & fat, braised	100	180	180	4.7	3.8	5.4	3	14	0	0.03	0.12	9.7	0.25	1.5	6.4	0	0.3	0.43
	1 roast	971	1800	1700	45	37	53	29	132	0	0.29	1.2	94	2.4	14	63	0	2.4	4.2
M1081	Beef, hindquarter topside cap off, separable lean, braised	100	180	180	4.5	3.9	5.5	3	13	0	0.03	0.12	9.8	0.25	1.5	6.5	0	0.3	0.42
	1 roast	894	1600	1600	40	34	49	27	118	0	0.27	1.1	87	2.2	13	58	0	2.2	3.8

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
M20	Beef, mince, lean, stewed	100	69.7	628	628	23.9	6	0	0	0	0	2.6	2.5	0.3			67	37	1
	1 cup (250mL)	170	118	1070	1070	40.6	10.2	0	0	0	0	4.4	4.3	0.5			114	63	1.7
M1076	Beef, mince, premium, simmered	100	73.1	532	532	24.2	3.3	0	0	0	0	1.2	0.9	0.2	0.1	0.1	67	32	1.4
	1 cup (250mL)	130	95	692	692	31.5	4.2	0	0	0	0	1.5	1.2	0.3	0.1	0.1	88	42	1.8
M1089	Beef, offal, sweetbreads, simmered	100	56.3	1320	1320	12.5	29.8	0	0	0	0	12.5	7.8	0.6	0.1	0.2	249	52	2
M232	Chicken, breast, grilled	100	61.8	700	700	31.2	4.6	0	0	0	0	1.5	2.3	0.5			112	65	0.5
	1 single breast	107	66.1	749	749	33.4	4.9	0	0	0	0	1.6	2.5	0.5			120	70	0.5
M339	Chicken, breast, lean & fat, roasted	100	68.8	676	676	24.6	7	0	0	0	0	2.2	3.6	0.8	trace	0.7	79	76	0.5
	1 cup diced (250mL)	143	98.4	966	966	35.2	9.9	0	0	0	0	3.2	5.1	1.1	0.1	1	113	110	0.7
	1 single breast	161	111	1090	1090	39.7	11.2	0	0	0	0	3.6	5.7	1.2	0.1	1.1	127	120	0.8
M349	Chicken, breast, lean, fat & skin, roasted in oven bag	100	64.8	851	851	22.6	12.6	0	0	0	0	4	6.5	1.4	0.1	1.2	86	73	0.5
	1 cup diced (250mL)	143	92.7	1220	1220	32.4	18	0	0	0	0	5.7	9.3	2	0.1	1.8	123	100	0.7
M239	Chicken, composite cuts, flesh, cooked	100	65.7	715	715	24	8.3	0	0	0	0	2.7	4.2	0.9	0.1	0.8	129	82	0.5
	1 cup diced (250mL)	135	88.7	965	965	32.4	11.2	0	0	0	0	3.6	5.7	1.2	0.1	1.1	174	110	0.7
M347	Chicken, composite cuts, lean, fat & skin, raw, Size 10	100	66.7	849	849	16.8	15.3	0	0	0	0	4.9	7.8	1.7	0.1	1.6	81	74	2.1
	1/4 chicken	303	202	2570	2570	50.8	46.2	0	0	0	0	14.9	23.5	5.3	0.3	4.8	245	220	6.5
M1012	Chicken, deli cooked, breast	100	68	566	566	28.8	2.1	0	0	0	0	0.6	1	0.3	trace	0.3	93	330	0.8
	1 cup diced (250mL)	142.6	97	808	808	41	3	0	0	0	0	0.9	1.4	0.4	trace	0.4	133	460	1.1
M1016	Chicken, deli cooked, drumstick	100	65.3	723	723	27.5	6.9	0	0	0	0	1.9	3.3	1.1	0.1	0.9	150	360	0.9
	1 drumstick	44	28.7	318	318	12.1	3	0	0	0	0	0.9	1.5	0.5	trace	0.4	66	160	0.4
M1015	Chicken, deli cooked, skin	100	48.3	1480	1480	18.1	31.6	0	0	0	0	9.5	15.2	4.6	0.4	4.1	142	340	19
M1013	Chicken, deli cooked, thigh	100	65.8	721	721	24.4	8.3	0	0	0	0	2.4	4	1.3	0.1	1.1	128	330	1.5
	1 cup diced (250mL)	142.6	93.8	1030	1030	34.8	11.8	0	0	0	0	3.5	5.7	1.8	0.1	1.6	183	470	2.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M20	Beef, mince, lean, stewed	100	250	150	5	2.7	4.7	3.6	0	0	0.11	0.17	8.1	0.28	1.6	11	0	0.1	0.31
	1 cup (250mL)	170	430	260	8.5	4.6	8	6.1	0	0	0.19	0.29	14	0.48	2.8	19	0	0.2	0.53
M1076	Beef, mince, premium, simmered	100	190	130	6.2	1.8	5	1.2	8	0	0.04	0.1	5.5	0.16	1	4.4	0	0.1	0.57
	1 cup (250mL)	130	250	170	8	2.3	6.5	1.5	11	0	0.05	0.13	7.2	0.21	1.3	5.7	0	0.2	0.74
M1089	Beef, offal, sweetbreads, simmered	100	260	360	4.1	1.1	1.2	11	19	0	0.08	0.11	3.9	0.04	1.5	0	0	0.6	0.79
M232	Chicken, breast, grilled	100	390	260	14	1.9	1	15	15	0	0.1	0.11	15	0.59	0.6	10	0	0.2	0.55
	1 single breast	107	420	280	15	2	1.1	16	16	0	0.11	0.12	16	0.63	0.64	11	0	0.2	0.59
M339	Chicken, breast, lean & fat, roasted	100	180	240	14	0.7	1.2	14	17	0	0.06	0.11	9.9	0.25	0.25	10	0	0.3	0.57
	1 cup diced (250mL)	143	260	340	20	1	1.7	19	24	0	0.09	0.16	14	0.36	0.36	14	0	0.4	0.82
	1 single breast	161	290	380	22	1.1	1.9	22	27	0	0.1	0.18	16	0.4	0.4	16	0	0.5	0.92
M349	Chicken, breast, lean, fat & skin, roasted in oven bag	100	180	220	13	0.7	1.1	13	24	0	0.05	0.11	11	0.23	0.34	9.9	0	0.1	0.69
	1 cup diced (250mL)	143	260	310	19	1	1.6	19	34	0	0.07	0.16	16	0.33	0.49	14	0	0.1	0.99
M239	Chicken, composite cuts, flesh, cooked	100	300	200	14	2	1.8	16	20	0	0.07	0.16	9.5	0.65	0.52	17	0	0.2	0.78
	1 cup diced (250mL)	135	400	270	19	2.7	2.4	22	27	0	0.1	0.22	13	0.88	0.7	23	0	0.3	1.1
M347	Chicken, composite cuts, lean, fat & skin, raw, Size 10	100	280	180	9.1	1	1.3	13	40	0	0.06	0.09	9.4	0.38	0.39	9.6	1.5	0.1	0.75
	1/4 chicken	303	830	560	28	3.1	3.8	38	121	0	0.18	0.27	28	1.2	1.2	29	4.5	0.3	2.3
M1012	Chicken, deli cooked, breast	100	370	300	6.9	0.3	0.9	30	35	0	0.2	0.15	16	0.29	0.3	20	0	0.1	0.42
	1 cup diced (250mL)	142.6	530	430	9.8	0.5	1.2	43	50	0	0.29	0.21	23	0.41	0.43	29	0	0.1	0.6
M1016	Chicken, deli cooked, drumstick	100	350	260	11	0.8	2.2	37	35	0	0.2	0.27	12	0.22	0.82	20	0	0.2	0.81
	1 drumstick	44	150	110	4.8	0.3	1	16	15	0	0.09	0.12	5.2	0.1	0.36	8.8	0	0.1	0.36
M1015	Chicken, deli cooked, skin	100	280	280	21	0.9	1	23	35	0	0.2	0.16	11	0.29	0.64	20	0	1.9	0.74
M1013	Chicken, deli cooked, thigh	100	310	250	9.7	0.9	2.2	28	35	0	0.19	0.26	11	0.22	0.51	20	0	0.1	0.67
	1 cup diced (250mL)	142.6	440	360	14	1.2	3.1	40	50	0	0.27	0.37	16	0.31	0.73	29	0	0.1	0.96

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
M247	Chicken, drumstick, flesh, grilled	100	66.7	700	700	26.4	6.8	0	0	0	0	2.2	3.5	0.8	trace	0.7	149	110	0.8
	1 drumstick	44	29.3	308	308	11.6	3	0	0	0	0	1	1.5	0.3	trace	0.3	66	48	0.4
M346	Chicken, drumstick, lean & fat, roasted in oven bag	100	67.8	708	708	25.4	7.5	0	0	0	0	2.4	3.8	0.8	trace	0.7	132	110	0.8
	1 cup diced (250mL)	143	97	1010	1010	36.3	10.7	0	0	0	0	3.5	5.5	1.2	0.1	1.1	189	160	1.1
M255	Chicken, leg, flesh, grilled	100	63.1	822	822	24.2	11.1	0	0	0	0	3.6	5.6	1.2	0.1	1.1	148	93	0.8
	1 leg	95	59.9	781	781	23	10.5	0	0	0	0	3.4	5.4	1.2	0.1	1	141	88	0.8
M1153	Chicken, mince, pan fried, with no added fat, premium, Tegal	100	58.4	783	783	34.7	5.2	0	0	0	0	1.6	2.5	0.8	trace	0.7	109	53	0.2
	1 cup (250mL)	134.1	78.3	1050	1050	46.5	7	0	0	0	0	2.1	3.3	1.1	0.1	0.9	147	72	0.3
M337	Chicken, thigh, flesh, roasted	100	66.5	764	764	22.9	10.1	0	0	0	0	3.3	5.1	1.1	0.1	1	120	95	0.8
	1 thigh	86	57.2	657	657	19.7	8.7	0	0	0	0	2.8	4.4	1	0.1	0.9	103	82	0.7
M350	Chicken, thigh, lean 72%, separable fat 9% & skin 19%, roasted in oven bag	100	60.2	1070	1070	19.8	19.8	0	0	0	0	6.3	10.3	1.6	0.1	1.5	120	84	0.8
	1 cup diced (250mL)	143	86.1	1530	1530	28.2	28.3	0	0	0	0	9	14.7	2.3	0.2	2.1	172	120	1.1
M264	Chicken, wing, flesh, grilled	100	62.2	781	781	26.8	8.8	0	0	0	0	2.8	4.5	1	0.1	0.9	156	88	0.8
M351	Chicken, wing, lean 63%, separable fat 2% & skin 35%, roasted in oven bag	100	58.7	1100	1100	20.6	20.2	0	0	0	0	6.3	10.4	2.2	0.2	2	107	80	0.8
	1 wing	49	28.8	538	538	10.1	9.9	0	0	0	0	3.1	5.1	1.1	0.1	1	52	39	0.4
M75	Duck, composite cuts, separable lean, roasted	100	64.2	789	789	25.3	9.7	0	0	0	0	2.6	5.2	1.2			160	96	1.5
	1 cup diced (250mL)	148	95	1170	1170	37.5	14.4	0	0	0	0	3.9	7.8	1.7			237	140	2.2
M1223	Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked	100	55.2	1210	1210	22.5	22.4	0	0	0	0	9.3	6.1	0.9	0.2	0.3	84	63	1.7
M1151	Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked	100	64	792	792	27.4	8.9	0	0	0	0	3.2	2.3	0.5	0.1	0.2	87	68	1.7
	1 cup diced (250mL)	190	122	1510	1510	52	16.8	0	0	0	0	6	4.4	0.9	0.2	0.3	165	130	3.3
M1204	Lamb, forequarter breast, separable lean & fat, braised	100	34	2200	2200	12.7	53.5	0	0	0	0	22.9	14.9	1.8	0.5	0.5	83	58	1.3
M1122	Lamb, forequarter breast, separable lean, braised	100	54.8	1130	1130	28.2	17.5	0	0	0	0	6.1	4.3	0.8	0.2	0.2	102	86	1.2
M1205	Lamb, forequarter fore-shank, separable lean & fat, braised	100	52.8	1210	1210	28.2	19.9	0	0	0	0	7.9	5.5	0.8	0.2	0.2	107	71	1.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M247	Chicken, drumstick, flesh, grilled	100	310	200	8.6	1.9	2.7	18	50	0	0.05	0.23	9	0.53	1.8	23	0	0.2	0.9
	1 drumstick	44	140	88	3.8	0.8	1.2	8.1	22	0	0.02	0.1	3.9	0.23	0.79	10	0	0.1	0.4
M346	Chicken, drumstick, lean & fat, roasted in oven bag	100	220	210	9.9	1.1	2.8	17	50	0	0.05	0.25	11	0.37	1.3	23	0	0.1	0.9
	1 cup diced (250mL)	143	310	290	14	1.6	3.9	25	72	0	0.07	0.36	16	0.53	1.8	33	0	0.1	1.3
M255	Chicken, leg, flesh, grilled	100	270	200	25	2.6	2.5	18	50	0	0.11	0.17	8.5	0.37	1.3	23	0	0.2	0.9
	1 leg	95	260	190	24	2.5	2.4	17	48	0	0.11	0.16	8.1	0.35	1.2	22	0	0.2	0.86
M1153	Chicken, mince, pan fried, with no added fat, premium, Tegal	100	450	310	6.4	0.5	1.1	33	8	0	0.16	0.24	16	1.1	0.23	0	0	0.3	0.97
	1 cup (250mL)	134.1	600	410	8.5	0.6	1.4	45	11	0	0.22	0.32	21	1.4	0.31	0	0	0.4	1.3
M337	Chicken, thigh, flesh, roasted	100	240	200	13	1.1	2.2	17	50	0	0.05	0.26	10	0.37	1.3	23	0	0.2	0.9
	1 thigh	86	210	170	11	0.9	1.9	15	43	0	0.04	0.22	8.9	0.32	1.1	20	0	0.2	0.77
M350	Chicken, thigh, lean 72%, separable fat 9% & skin 19%, roasted in oven bag	100	230	180	12	1.1	1.9	16	53	0	0.05	0.22	9.5	0.33	1.2	19	0	0.2	0.99
	1 cup diced (250mL)	143	320	250	18	1.5	2.7	22	76	0	0.07	0.32	14	0.47	1.7	28	0	0.3	1.4
M264	Chicken, wing, flesh, grilled	100	270	180	22	1.6	1.7	7.2	15	0	0.04	0.05	10	0.25	0.23	10	0	0.2	0.55
M351	Chicken, wing, lean 63%, separable fat 2% & skin 35%, roasted in oven bag	100	210	160	11	1.1	1.5	14	32	0	0.05	0.11	10	0.24	0.44	9.6	0	0.1	0.82
	1 wing	49	100	78	5.1	0.5	0.7	6.8	16	0	0.03	0.05	5	0.12	0.22	4.7	0	trace	0.4
M75	Duck, composite cuts, separable lean, roasted	100	270	200	13	2.7	2.6	1.9	23	0	0.26	0.47	11	0.25	3	10	0	0.1	0.02
	1 cup diced (250mL)	148	400	300	19	4	3.8	2.8	34	0	0.39	0.7	16	0.37	4.4	15	0	0.1	0.03
M1223	Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked	100	290	180	12	1.6	3.4	5.3	14	0	0.09	0.18	8.9	0.15	1.6	0	0	0.1	0.52
M1151	Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked	100	320	200	15	1.8	4	6.3	4	0	0.08	0.2	11	0.18	1.8	0	0	trace	0.38
	1 cup diced (250mL)	190	610	390	28	3.5	7.6	12	8	0	0.15	0.38	20	0.34	3.5	0	0	0.1	0.72
M1204	Lamb, forequarter breast, separable lean & fat, braised	100	190	120	11	1.3	2.4	3.3	33	0	0.09	0.1	4.5	0.07	0.89	0	0	0.1	0.82
M1122	Lamb, forequarter breast, separable lean, braised	100	180	150	25	1.9	4.8	6.4	5	0	0.03	0.13	8.9	0.09	1.4	0	0	trace	0.39
M1205	Lamb, forequarter fore-shank, separable lean & fat, braised	100	240	160	10	2	6	8.4	12	0	0.06	0.13	8.8	0.07	1.2	0	0	0.1	0.54

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
															g	g	g	g	g
M1123	Lamb, forequarter fore-shank, separable lean, braised	100	59.3	877	877	33.3	8.4	0	0	0	0	2.7	2.3	0.5	0.1	0.2	115	77	1.4
M1207	Lamb, forequarter rack fully frenched, separable lean & fat, fast-roasted	100	64.2	839	839	23.3	12	0	0	0	0	4.8	3.4	0.5	0.1	0.2	73	66	2.6
M1125	Lamb, forequarter rack fully frenched, separable lean, fast-roasted	100	66.7	725	725	24.4	8.4	0	0	0	0	3.3	2.4	0.4	0.1	0.1	72	67	2.7
M1208	Lamb, forequarter rack partially frenched, separable lean & fat, fast-roasted	100	57.5	1150	1150	21.1	21.4	0	0	0	0	8.6	5.7	0.8	0.2	0.2	76	67	1.3
M1126	Lamb, forequarter rack partially frenched, separable lean, fast-roasted	100	65	809	809	24.4	10.6	0	0	0	0	3.8	2.6	0.5	0.1	0.2	76	72	1.3
M1206	Lamb, forequarter round neck chops, separable lean & fat, braised	100	49.4	1370	1370	26.9	24.8	0	0	0	0	10.4	6.9	1	0.3	0.3	113	88	2.7
M1124	Lamb, forequarter round neck chops, separable lean, braised	100	54.6	1100	1100	31.4	15.4	0	0	0	0	6.2	4.2	0.7	0.2	0.2	121	97	3
M1203	Lamb, forequarter shoulder boneless rolled & netted, separable lean & fat, slow-roasted	100	54.7	1270	1270	20.6	24.9	0	0	0	0	9.8	6.4	0.9	0.3	0.3	78	61	1.2
M1121	Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted	100	64.2	831	831	25.1	10.9	0	0	0	0	3.3	2.3	0.5	0.1	0.2	79	65	1.2
M1210	Lamb, forequarter shoulder chops, separable lean & fat, braised	100	47.6	1470	1470	24.7	28.5	0	0	0	0	11.9	8	1.2	0.3	0.3	93	56	1.4
M1128	Lamb, forequarter shoulder chops, separable lean, braised	100	55.4	1070	1070	31.1	14.6	0	0	0	0	5.6	4.2	0.8	0.2	0.2	99	59	1.4
M1209	Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted	100	51.6	1420	1420	18.9	29.7	0	0	0	0	12.4	8.2	1.1	0.3	0.3	73	69	2
M1127	Lamb, forequarter shoulder square cut, separable lean, slow-roasted	100	65	801	801	25.1	10.1	0	0	0	0	3.6	2.6	0.5	0.1	0.2	71	80	2.5
M1217	Lamb, hindquarter double loin, separable lean & fat, fast-roasted	100	53.5	1350	1350	19.1	27.7	0	0	0	0	11.9	7.6	1	0.3	0.3	76	66	1.4
M1136	Lamb, hindquarter double loin, separable lean, fast-roasted	100	68.3	682	682	25.5	6.7	0	0	0	0	2.6	1.8	0.4	0.1	0.1	78	76	1.2
M1218	Lamb, hindquarter fillet, separable lean & fat, fast-fried	100	66.3	658	658	27.9	5	0	0	0	0	1.9	1.5	0.5	0.1	0.2	94	59	2.2
M1137	Lamb, hindquarter fillet, separable lean, fast-fried	100	66.4	653	653	27.9	4.8	0	0	0	0	1.8	1.4	0.4	0.1	0.2	94	59	2.2
M1213	Lamb, hindquarter flap boneless, separable lean & fat, simmered	100	45.2	1680	1680	18.9	36.8	0	0	0	0	15.7	10	1.3	0.4	0.3	75	51	1.7
M1132	Lamb, hindquarter flap boneless, separable lean, simmered	100	60.1	977	977	27.9	13.6	0	0	0	0	5.1	3.4	0.6	0.2	0.2	78	54	1.7
M1215	Lamb, hindquarter knuckle, separable lean & fat, braised	100	54.6	1140	1140	27.9	18.1	0	0	0	0	7.3	5.1	0.8	0.2	0.2	108	68	1.3
M1134	Lamb, hindquarter knuckle, separable lean, braised	100	60.9	825	825	32.5	7.4	0	0	0	0	2.5	2.2	0.5	0.1	0.2	115	72	1.2
M1219	Lamb, hindquarter leg boned, separable lean & fat, slow-roasted	100	63.4	883	883	23.3	13.2	0	0	0	0	5.1	3.7	0.6	0.2	0.2	79	61	1.4
M1138	Lamb, hindquarter leg boned, separable lean, slow-roasted	100	68.1	668	668	25.3	6.4	0	0	0	0	2.1	1.8	0.4	0.1	0.1	79	62	1.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M1123	Lamb, forequarter fore-shank, separable lean, braised	100	260	170	11	2.2	7.1	10	3	0	0.04	0.15	10	0.08	1.4	0	0	trace	0.43
M1207	Lamb, forequarter rack fully frenched, separable lean & fat, fast-roasted	100	320	190	11	1.7	2.5	4.2	6	0	0.06	0.2	10	0.28	1.3	0	0	0.1	0.33
M1125	Lamb, forequarter rack fully frenched, separable lean, fast-roasted	100	330	200	11	1.8	2.6	4.4	3	0	0.06	0.21	11	0.29	1.3	0	0	0.1	0.29
M1208	Lamb, forequarter rack partially frenched, separable lean & fat, fast-roasted	100	300	190	19	1.5	2.6	3.9	12	0	0.07	0.18	9.7	0.15	1.1	0	0	trace	0.49
M1126	Lamb, forequarter rack partially frenched, separable lean, fast-roasted	100	320	210	22	1.7	2.9	4.3	4	0	0.06	0.2	11	0.17	1.2	0	0	trace	0.37
M1206	Lamb, forequarter round neck chops, separable lean & fat, braised	100	270	180	49	2.1	4.9	6.8	15	0	0.04	0.13	8.7	0.07	1.8	0	0	trace	0.65
M1124	Lamb, forequarter round neck chops, separable lean, braised	100	290	190	58	2.3	5.7	7.8	8	0	0.03	0.14	10	0.08	2	0	0	trace	0.57
M1203	Lamb, forequarter shoulder boneless rolled & netted, separable lean & fat, slow-roasted	100	300	170	7	1.3	4.1	4.1	15	0	0.12	0.16	7.4	0.1	1.9	0	0	0.1	0.5
M1121	Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted	100	340	200	7.3	1.4	5	4.7	6	0	0.12	0.19	8.9	0.12	2.3	0	0	trace	0.34
M1210	Lamb, forequarter shoulder chops, separable lean & fat, braised	100	200	160	31	1.7	4.9	9.2	18	0	0.05	0.18	7.1	0.1	2	0	0	0.2	0.72
M1128	Lamb, forequarter shoulder chops, separable lean, braised	100	210	170	40	1.9	6.2	12	8	0	0.03	0.21	8.7	0.11	2.4	0	0	0.2	0.63
M1209	Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted	100	280	170	11	1.4	3.5	5.1	15	0	0.08	0.18	6.8	0.14	2	0	0	0.1	0.49
M1127	Lamb, forequarter shoulder square cut, separable lean, slow-roasted	100	330	200	14	1.5	4.6	6.8	1	0	0.06	0.23	8.9	0.19	2.7	0	0	0.1	0.22
M1217	Lamb, hindquarter double loin, separable lean & fat, fast-roasted	100	290	170	7	1.4	2.4	3.4	21	0	0.11	0.17	8.6	0.16	1.3	0	0	trace	0.52
M1136	Lamb, hindquarter double loin, separable lean, fast-roasted	100	350	200	7.6	1.6	3	4	5	0	0.12	0.22	11	0.21	1.6	0	0	trace	0.28
M1218	Lamb, hindquarter fillet, separable lean & fat, fast-fried	100	430	270	5.2	2.1	2.8	6.5	2	0	0.1	0.3	15	0.28	2.4	0	0	trace	0.55
M1137	Lamb, hindquarter fillet, separable lean, fast-fried	100	430	270	5.2	2.1	2.8	6.5	2	0	0.1	0.3	15	0.28	2.4	0	0	trace	0.55
M1213	Lamb, hindquarter flap boneless, separable lean & fat, simmered	100	180	120	7.4	1.1	3	5.5	27	0	0.05	0.12	6.3	0.08	1.2	0	0	trace	0.62
M1132	Lamb, hindquarter flap boneless, separable lean, simmered	100	190	140	8.5	1.2	4.2	7.8	10	0	0.01	0.15	8.9	0.09	1.5	0	0	trace	0.34
M1215	Lamb, hindquarter knuckle, separable lean & fat, braised	100	240	160	7.5	1.9	4.7	8	11	0	0.04	0.21	9.1	0.1	1.4	0	0	trace	0.6
M1134	Lamb, hindquarter knuckle, separable lean, braised	100	260	180	7.8	2.1	5.4	9.2	2	0	0.03	0.24	10	0.1	1.6	0	0	trace	0.52
M1219	Lamb, hindquarter leg boned, separable lean & fat, slow-roasted	100	350	200	4.3	1.6	3.4	4.3	7	0	0.11	0.23	9.8	0.25	1.5	0	0	trace	0.4
M1138	Lamb, hindquarter leg boned, separable lean, slow-roasted	100	370	210	4.1	1.7	3.7	4.6	2	0	0.11	0.25	11	0.28	1.6	0	0	trace	0.33

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
M1211	Lamb, hindquarter leg chop, separable lean & fat, fast-fried	100	62.1	931	931	23.8	14.2	0	0	0	0	5.5	3.9	0.6	0.2	0.2	78	64	0.7
M1130	Lamb, hindquarter leg chop, separable lean, fast-fried	100	67.6	682	682	26.3	6.4	0	0	0	0	2	1.6	0.4	0.1	0.1	78	67	0.5
M1216	Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried	100	45.6	1600	1600	18.8	34.5	0	0	0	0	14.8	9.4	1.2	0.4	0.3	79	68	1.6
	1 chop	40	18.2	639	639	7.5	13.8	0	0	0	0	5.9	3.8	0.5	0.1	0.1	32	27	0.6
M1135	Lamb, hindquarter middle loin chop, separable lean, fast-fried	100	60.2	862	862	27.4	10.7	0	0	0	0	4.1	2.7	0.5	0.2	0.2	85	84	1.5
	1 chop	32	19.3	276	276	8.8	3.4	0	0	0	0	1.3	0.9	0.2	trace	trace	27	27	0.5
M1212	Lamb, hindquarter rump, separable lean & fat, fast-roasted	100	59	1110	1110	19.3	21.2	0	0	0	0	9	5.8	0.8	0.2	0.2	74	57	1.7
	1 chop	61	36	680	680	11.8	13	0	0	0	0	5.5	3.5	0.5	0.1	0.1	45	35	1
M1131	Lamb, hindquarter rump, separable lean, fast-roasted	100	70.6	597	597	23.7	5.3	0	0	0	0	1.8	1.3	0.3	0.1	0.1	74	61	1.6
	1 chop	56	39.5	335	335	13.3	3	0	0	0	0	1	0.7	0.2	trace	0.1	42	34	0.9
M1214	Lamb, hindquarter striploin, separable lean & fat, fast-roasted	100	66.7	661	661	29	4.6	0	0	0	0	1.6	1.3	0.4	0.1	0.1	86	57	2.8
M1133	Lamb, hindquarter striploin, separable lean, fast-roasted	100	66.7	659	659	29	4.5	0	0	0	0	1.6	1.2	0.4	0.1	0.1	86	57	2.8
M1129	Lamb, mince, standard, stewed	100	66.6	804	804	22.6	11.3	0	0	0	0	4.4	2.8	0.5	0.1	0.1	71	34	2.5
M1139	Lamb, offal, brain, raw, simmered, drained & fried	100	73.1	643	643	14	10.9	0	0	0	0	1.4	1	0.6	0	trace	2560	100	1.8
	1 whole	80	58.5	514	514	11.2	8.7	0	0	0	0	1.1	0.8	0.5	0	trace	2050	81	1.5
M1140	Lamb, offal, heart, simmered & drained	100	66.7	676	676	26.3	6.2	0	0	0	0	2	1	0.9	0.2	0.5	186	67	1.7
	1 heart	70	46.7	473	473	18.4	4.3	0	0	0	0	1.4	0.7	0.7	0.1	0.3	130	47	1.2
M1141	Lamb, offal, kidney, fried	100	75.1	468	468	19.8	3.6	0	0	0	0	0.9	0.5	0.8	0.1	0.2	508	200	5.9
	1 kidney	21	15.8	98	98	4.2	0.7	0	0	0	0	0.2	0.1	0.2	trace	trace	107	42	1.2
M1142	Lamb, offal, lambs fry, fried	100	64.6	681	681	25.8	6.6	0	0	0	0	2	1	1.1	0.2	0.2	566	59	4.7
M598	Mutton, leg, lean, roasted	100	59.7	788	788	30	7.5	0	0	0	0	3.2	3	0.3		0.2	110	46	3.2
	1 cup diced (250mL)	148	88.4	1170	1170	44.4	11.1	0	0	0	0	4.7	4.5	0.5		0.3	163	68	4.8
M1086	Ox, offal, heart, simmered	100	62.3	754	754	31.3	6	0	0	0	0	1.9	1	1.1	0.1	0.5	201	59	2
	1 cup diced (250mL)	190	118	1430	1430	59.5	11.4	0	0	0	0	3.5	1.9	2	0.2	0.9	381	110	3.7

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M1211	Lamb, hindquarter leg chop, separable lean & fat, fast-fried	100	350	210	9.9	1.9	3.6	3.5	8	0	0.13	0.14	10	0.15	2.1	0	0	trace	0.3
M1130	Lamb, hindquarter leg chop, separable lean, fast-fried	100	370	220	10	2	3.9	3.7	2	0	0.14	0.15	11	0.17	2.3	0	0	trace	0.2
M1216	Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried	100	290	180	27	1.5	2.6	5.2	25	0	0.1	0.16	8.3	0.14	1.4	0	0	0.1	0.62
	1 chop	40	120	71	11	0.6	1	2.1	10	0	0.04	0.06	3.3	0.06	0.55	0	0	trace	0.25
M1135	Lamb, hindquarter middle loin chop, separable lean, fast-fried	100	370	230	42	1.9	3.5	7.3	6	0	0.1	0.22	12	0.19	1.8	0	0	0.1	0.36
	1 chop	32	120	74	13	0.6	1.1	2.3	2	0	0.03	0.07	3.9	0.06	0.59	0	0	trace	0.12
M1212	Lamb, hindquarter rump, separable lean & fat, fast-roasted	100	300	180	4.7	1.5	2.8	5	17	0	0.13	0.16	6.9	0.15	1.7	0	0	trace	0.5
	1 chop	61	180	110	2.9	0.9	1.7	3.1	10	0	0.08	0.1	4.2	0.09	1	0	0	trace	0.31
M1131	Lamb, hindquarter rump, separable lean, fast-roasted	100	340	200	4.4	1.7	3.2	6	5	0	0.14	0.19	8.3	0.18	2.1	0	0	trace	0.33
	1 chop	56	190	110	2.4	1	1.8	3.4	3	0	0.08	0.11	4.6	0.1	1.2	0	0	trace	0.19
M1214	Lamb, hindquarter striploin, separable lean & fat, fast-roasted	100	350	230	6.2	2.1	2.7	5.5	1	0	0.06	0.19	13	0.21	1.4	0	0	trace	0.34
M1133	Lamb, hindquarter striploin, separable lean, fast-roasted	100	350	230	6.2	2.1	2.7	5.5	1	0	0.06	0.19	13	0.21	1.4	0	0	trace	0.34
M1129	Lamb, mince, standard, stewed	100	160	120	4	1.3	3.4	6.8	8	0	0.02	0.15	7.5	0.13	0.96	0	0	trace	0.4
M1139	Lamb, offal, brain, raw, simmered, drained & fried	100	260	380	5.7	1.2	1.3	16	2	0	0.08	0.22	5.5	0.08	9.5	0	0	0	1.1
	1 whole	80	210	310	4.6	1	1.1	13	2	0	0.06	0.18	4.4	0.06	7.6	0	0	0	0.9
M1140	Lamb, offal, heart, simmered & drained	100	190	240	5.5	4.9	2.7	20	4	0	0.23	0.84	11	0.13	9.2	0	0	trace	0.63
	1 heart	70	130	170	3.8	3.5	1.9	14	2	0	0.16	0.59	7.4	0.09	6.4	0	0	trace	0.44
M1141	Lamb, offal, kidney, fried	100	270	310	9.5	15	2.4	100	85	0	0.46	1.5	14	0.23	56	82	0	0.2	0.57
	1 kidney	21	57	66	2	3.1	0.5	22	18	0	0.1	0.32	2.9	0.05	12	17	0	trace	0.12
M1142	Lamb, offal, lambs fry, fried	100	290	460	5	5.4	5.1	19	19900	0	1.6	5.3	18	0.19	58	430	0	0	1.1
M598	Mutton, leg, lean, roasted	100	330	260	5.4	4.4	6.8	18	0	0	0.1	0.25	8.6	0.09	0.27	6	0	0.6	0.54
	1 cup diced (250mL)	148	490	380	8	6.5	10	27	0	0	0.15	0.37	13	0.13	0.4	8.9	0	0.9	0.8
M1086	Ox, offal, heart, simmered	100	180	260	5.6	6.8	2.8	17	14	0	0.24	0.98	11	0.12	6.7	4.3	0	0.2	2.1
	1 cup diced (250mL)	190	350	500	11	13	5.3	32	27	0	0.46	1.9	22	0.23	13	8.2	0	0.3	4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
M1087	Ox, offal, kidney, simmered	100	66.4	659	659	27.3	5.3	0	0	0	0	1.2	0.7	1.2	0.1	0.4	1000	120	6.7
M1088	Ox, offal, liver, fast-fried	100	66.4	569	569	23.3	4.7	0	0	0	0	1.4	0.5	0.8	trace	0.1	243	55	4.1
M429	Pork, forequarter scotch fillet, separable lean, grilled	100	59.9	869	869	30.2	9.6	0	0	0	0	4.1	3.6	0.7			106	98	0.9
	1 cup diced (250mL)	148	88.7	1290	1290	44.7	14.2	0	0	0	0	6.1	5.4	1			157	150	1.4
M465	Pork, forequarter shoulder roast, lean 74%, fat 20% & skin 6%, roasted	100	55.1	1150	1150	27.3	18.5	0	0	0	0	7.8	7.7	1.4			95	87	0.9
	1 cup diced (250mL)	142	78.3	1630	1630	38.7	26.2	0	0	0	0	11.1	10.9	2			135	120	1.3
M124	Pork, ham, separable lean 92% & fat 8%, cooked	100	68.1	607	607	16.8	8.7	0	0	0	0	2.9	4.2	0.5			55	1400	3.7
	1 slice (8 x 4 x 0.5cm)	18	12.3	109	109	3	1.6	0	0	0	0	0.5	0.7	0.1			10	240	0.7
M533	Pork, leg roast, lean, roasted	100	63.3	730	730	31.8	5.2	0	0	0	0	2.2	2	0.4			106	85	0.9
	1 cup diced (250mL)	142	89.9	1040	1040	45.1	7.3	0	0	0	0	3.1	2.8	0.5			151	120	1.3
M94	Pork, leg shank, lean & fat, roasted	100	55.3	1080	1080	23.9	18.3	0	0	0	0	7.7	7.6	1.4			96	79	0.9
	1 slice (12.5 x 9.0 x 0.5cm)	58	32.1	629	629	13.9	10.6	0	0	0	0	4.5	4.4	0.8			56	46	0.5
M286	Pork, leg steak, lean & fat, grilled	100	70.7	593	593	23	5.5	0	0	0	0	2.2	2.3	0.5			89	85	1.2
	1 cup diced (250mL)	142	100	843	843	32.6	7.8	0	0	0	0	3.1	3.2	0.8			126	120	1.7
M411	Pork, leg steak, lean, stewed	100	62.1	740	740	35.1	3.9	0	0	0	0	1.7	1.5	0.3			139	55	0.9
	1 cup diced (250mL)	148	91.9	1090	1090	52	5.7	0	0	0	0	2.4	2.2	0.4			206	81	1.4
M285	Pork, leg steak, separable lean, grilled	100	72.9	507	507	23.5	2.9	0	0	0	0	1.1	1.1	0.3			89	85	1.2
	1 cup diced (250mL)	148	108	751	751	34.8	4.3	0	0	0	0	1.7	1.7	0.5			132	130	1.8
M99	Pork, loin chops, lean, grilled	100	52.5	741	741	29.4	6.5	0	0	0	0	2.8	2.5	0.5			95	94	0.9
	1 cup diced (250mL)	148	77.7	1100	1100	43.6	9.6	0	0	0	0	4.1	3.7	0.7			141	140	1.4
M434	Pork, loin, medallion, lean, grilled	100	60.9	770	770	32.4	5.9	0	0	0	0	2.5	2.2	0.4			109	85	0.9
	1 cup diced (250mL)	148	90.1	1140	1140	48	8.7	0	0	0	0	3.8	3.3	0.6			161	130	1.4
M98	Pork, midloin chops, lean & fat, grilled	100	50.6	864	864	28	10.5	0	0	0	0	4.4	4.3	0.8			94	92	0.9
	1 cup diced (250mL)	148	74.9	1280	1280	41.5	15.5	0	0	0	0	6.6	6.3	1.1			139	140	1.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M1087	Ox, offal, kidney, simmered	100	140	340	14	5.7	2.6	110	104	0	0.4	3	9.9	0.25	21	220	0	0.8	1.5
M1088	Ox, offal, liver, fast-fried	100	340	400	4.2	7.2	3.4	16	21000	0	0.38	3	21	0.45	96	590	0	0.1	1.3
M429	Pork, forequarter scotch fillet, separable lean, grilled	100	680	380	9.8	2.4	6.3	17	0	0	0.72	0.11	11	0.15	0.82	1.6	0.8	0.2	0.2
	1 cup diced (250mL)	148	1000	570	15	3.5	9.3	25	0	0	1.1	0.16	16	0.22	1.2	2.4	1.2	0.2	0.3
M465	Pork, forequarter shoulder roast, lean 74%, fat 20% & skin 6%, roasted	100	460	260	17	2	4.2	9.4	0	0	0.41	0.15	8.3	0.1	0.61	1.7	0.6	0.9	0.05
	1 cup diced (250mL)	142	650	370	25	2.9	5.9	13	0	0	0.58	0.21	12	0.14	0.87	2.4	0.8	1.2	0.07
M124	Pork, ham, separable lean 92% & fat 8%, cooked	100	290	220	8	1.1	2.1	3.1	1	0	0.6	0.24	7.4	0.31	0.75	3	2	0.9	0.08
	1 slice (8 x 4 x 0.5cm)	18	52	40	1.4	0.2	0.4	0.6	trace	0	0.11	0.04	1.3	0.06	0.14	0.5	0.4	0.2	0.01
M533	Pork, leg roast, lean, roasted	100	560	330	12	1.5	3.8	17	0	0	0.56	0.1	11	0.12	0.54	1.8	0.8	0.8	0.2
	1 cup diced (250mL)	142	800	470	17	2.1	5.4	24	0	0	0.8	0.14	16	0.17	0.77	2.6	1.1	1.1	0.28
M94	Pork, leg shank, lean & fat, roasted	100	370	220	11	2	3	15	0	0	0.57	0.09	8.4	0.37	0.45	2	0.6	1	0.2
	1 slice (12.5 x 9.0 x 0.5cm)	58	220	130	6.4	1.2	1.7	8.5	0	0	0.33	0.05	4.9	0.22	0.26	1.2	0.4	0.6	0.12
M286	Pork, leg steak, lean & fat, grilled	100	570	340	7.4	1.6	3.3	13	0	0	0.44	0.21	7.5	0.1	0.39	4.2	0.6	0.7	0.01
	1 cup diced (250mL)	142	810	490	11	2.3	4.6	18	0	0	0.63	0.3	11	0.14	0.55	5.9	0.9	1.1	0.01
M411	Pork, leg steak, lean, stewed	100	460	310	8	2.3	4.7	6.8	0	0	0.38	0.09	11	0.11	0.38	1.3	0.7	0.6	0
	1 cup diced (250mL)	148	690	450	12	3.3	7	10	0	0	0.56	0.13	17	0.16	0.56	1.9	1	0.9	0
M285	Pork, leg steak, separable lean, grilled	100	580	350	6.8	1.6	3.4	13	0	0	0.45	0.21	7.7	0.1	0.4	4.3	0.6	0.7	0
	1 cup diced (250mL)	148	860	520	10	2.4	5	19	0	0	0.67	0.31	11	0.15	0.59	6.4	0.9	1	0
M99	Pork, loin chops, lean, grilled	100	590	380	27	1.7	3.5	9.7	0	0	0.4	0.04	10	0.09	0.51	1.7	0.3	0.8	0
	1 cup diced (250mL)	148	870	560	40	2.5	5.2	14	0	0	0.59	0.06	15	0.13	0.76	2.5	0.4	1.2	0
M434	Pork, loin, medallion, lean, grilled	100	650	370	10	1.9	3.6	17	0	0	0.58	0.05	11	0.12	0.52	1.4	0.8	0.8	0.2
	1 cup diced (250mL)	148	960	550	15	2.8	5.3	25	0	0	0.86	0.07	17	0.18	0.77	2.1	1.2	1.2	0.3
M98	Pork, midloin chops, lean & fat, grilled	100	560	360	26	1.7	3.3	9.5	0	0	0.38	0.04	9.5	0.09	0.49	1.7	0.3	0.9	0.02
	1 cup diced (250mL)	148	830	530	39	2.5	4.9	14	0	0	0.56	0.06	14	0.13	0.73	2.5	0.4	1.3	0.03

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
M409	Pork, schnitzel, lean, fried	100	64.6	678	678	31.5	3.9	0	0	0	0	1.7	1.5	0.3			100	71	0.9
	1 cup diced (250mL)	142	91.7	963	963	44.7	5.5	0	0	0	0	2.3	2.1	0.4			142	100	1.3
M278	Pork, shoulder, separable lean, roasted	100	57.3	955	955	29.2	12.4	0	0	0	0	4.5	5.6	1.2			110	72	0.9
	1 slice (10 x 8.5 x 0.5cm)	45	25.8	430	430	13.1	5.6	0	0	0	0	2	2.5	0.5			50	32	0.4
M126	Rabbit, flesh, stewed	100	63.9	749	749	27.3	7.7	0	0	0	0	3.2	1.5	2.5			105	32	1.5
M53	Tongue, beef & sheep, canned	100	63.9	883	883	16	16.5	0	0	0	0	6.4	8.2	1			110	1100	1.5
	1 slice (7.5 x 5 x 0.5cm)	20	12.8	177	177	3.2	3.3	0	0	0	0	1.3	1.6	0.2			22	210	0.3
M179	Turkey, flesh, roasted	100	64.8	678	678	30.6	4.2	0	0	0	0	1.6	1.7	0.7	trace	0.6	111	230	1.5
	1 slice (7.5 x 5.3 x 1.9cm)	85	55.1	576	576	26	3.6	0	0	0	0	1.4	1.5	0.6	trace	0.5	94	190	1.3
M395	Turkey, lean & fat, raw	100	74.4	513	513	20	4.7	0	0	0	0	1.7	2.1	0.6	trace	0.5	80	240	0.7
	1/4 turkey	572	426	2930	2930	114	26.7	0	0	0	0	9.6	12.2	3.4	0.3	2.9	458	1400	4.1
M373	Turkey, lean & fat, roasted in oven bag	100	64.1	712	712	30	5.5	0	0	0	0	2	2.3	0.8	0.1	0.7	111	230	1.5
	1 cup diced (250mL)	143	91.7	1020	1020	42.9	7.8	0	0	0	0	2.9	3.3	1.2	0.1	1	159	320	2.1
M178	Turkey, lean, fat & skin, roasted	100	62.5	779	779	28.9	7.8	0	0	0	0	2.9	3.4	1.1	0.1	1	112	230	1.5
	1 slice (7.5 x 5.3 x 1.9cm)	85	53.1	663	663	24.5	6.6	0	0	0	0	2.4	2.9	1	0.1	0.8	95	200	1.3
M1023	Venison, diced, Silver Fern, cooked	100	69.4	488	488	25.9	1.3	0	0	0	0	0.6	0.4	0.2	trace	0.1	74	38	0.5
	1 cup (250mL)	160	111	781	781	41.4	2.1	0	0	0	0	0.9	0.6	0.3	0.1	0.1	119	60	0.8
M1021	Venison, medallion, Silver Fern, cooked	100	68.5	537	537	27.7	1.8	0	0	0	0	0.8	0.5	0.3	0.1	0.1	72	32	0.4
	1 medallion (6.5 x 5 x 2cm)	65	44.5	349	349	18	1.2	0	0	0	0	0.5	0.3	0.2	trace	0.1	47	21	0.2
M1020	Venison, mince, Silver Fern, raw	100	75.8	465	465	21	2.9	0	0	0	0	1.6	0.8	0.2	trace	0.1	66	71	0.6
	1 cup (250mL)	230	174	1070	1070	48.3	6.7	0	0	0	0	3.7	1.8	0.4	0.1	0.1	152	160	1.4
M1022	Venison, Stir Fry, Silver Fern, cooked	100	70.2	517	517	27.7	1.2	0	0	0	0	0.5	0.4	0.2	trace	0.1	71	46	1.8
	1 cup (250mL)	130	91.3	672	672	36	1.6	0	0	0	0	0.7	0.5	0.3	trace	0.1	92	60	2.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M409	Pork, schnitzel, lean, fried	100	570	350	7	2	3.4	6.6	0	0	0.81	0.07	11	0.16	0.51	1.3	0.8	0.6	0.2
	1 cup diced (250mL)	142	810	500	9.9	2.8	4.8	9.4	0	0	1.2	0.1	16	0.23	0.72	1.8	1.1	0.9	0.28
M278	Pork, shoulder, separable lean, roasted	100	390	240	20	2	4.5	9.9	0	0	0.61	0.27	9.4	0.51	0.5	6	0.3	0.6	0.2
	1 slice (10 x 8.5 x 0.5cm)	45	180	110	9	0.9	2	4.5	0	0	0.27	0.12	4.2	0.23	0.23	2.7	0.1	0.3	0.09
M126	Rabbit, flesh, stewed	100	210	200	11	1.9	2	0	6	0	0.07	0.28	14	0.5	12	4	0	0	0.41
M53	Tongue, beef & sheep, canned	100	97	140	11	2.5	2.3	5.9	0	0	0.04	0.39	6.4	0.04	5	2	0	0	0.26
	1 slice (7.5 x 5 x 0.5cm)	20	19	28	2.2	0.5	0.5	1.2	0	0	0.01	0.08	1.3	0.01	1	0.4	0	0	0.05
M179	Turkey, flesh, roasted	100	240	230	14	1.4	2.7	18	20	0	0.03	0.15	14	0.2	3.3	8.9	0	0.1	0.34
	1 slice (7.5 x 5.3 x 1.9cm)	85	200	200	12	1.2	2.3	15	17	0	0.03	0.13	12	0.17	2.8	7.6	0	0.1	0.29
M395	Turkey, lean & fat, raw	100	130	220	9.2	0.9	1.8	14	31	0	0.04	0.12	7.9	0.4	1.8	6.5	0	0.1	0.35
	1/4 turkey	572	760	1300	53	5.3	10	81	177	0	0.23	0.69	45	2.3	10	37	0	0.6	2
M373	Turkey, lean & fat, roasted in oven bag	100	240	230	14	1.4	2.6	18	21	0	0.03	0.15	14	0.2	3.3	8.8	0	0.4	0.34
	1 cup diced (250mL)	143	340	330	19	2	3.7	25	30	0	0.04	0.21	20	0.29	4.6	13	0	0.6	0.49
M178	Turkey, lean, fat & skin, roasted	100	230	220	14	1.4	2.5	18	32	0	0.03	0.15	14	0.2	3.1	8.7	0	0.1	0.41
	1 slice (7.5 x 5.3 x 1.9cm)	85	200	190	12	1.2	2.1	15	27	0	0.03	0.13	12	0.17	2.6	7.4	0	0.1	0.35
M1023	Venison, diced, Silver Fern, cooked	100	250	180	3	3.7	5.2	8.5	0	0	0.11	0.46	8.2	0.15	1.1	3.1	0	0	0.53
	1 cup (250mL)	160	390	290	4.8	5.8	8.3	14	0	0	0.18	0.74	13	0.24	1.8	4.9	0	0	0.85
M1021	Venison, medallion, Silver Fern, cooked	100	250	200	2.6	4.8	4.2	18	0	0	0.15	0.56	8.3	0.27	1.3	3.1	0	0	0.53
	1 medallion (6.5 x 5 x 2cm)	65	160	130	1.7	3.1	2.8	12	0	0	0.1	0.36	5.4	0.18	0.87	2	0	0	0.35
M1020	Venison, mince, Silver Fern, raw	100	350	200	4.1	2.9	5.5	7	0	0	0.14	0.22	10	0.25	2.3	4	0	0	0.45
	1 cup (250mL)	230	810	460	9.4	6.7	13	16	0	0	0.32	0.51	24	0.58	5.2	9.2	0	0	1
M1022	Venison, Stir Fry, Silver Fern, cooked	100	400	250	3.4	4	3.8	8.4	0	0	0.2	0.51	11	0.27	1.5	4	0	0	0.53
	1 cup (250mL)	130	520	330	4.4	5.2	4.9	11	0	0	0.26	0.66	14	0.35	2	5.2	0	0	0.69

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I	
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg	
M185	Venison, red deer, leg, flesh, roasted	100	66	659	659	26.6	5.6	0	0	0	0	2.8	1.8	0.7			73	62	0.4	
	1 slice (10 x 8.5 x 0.5cm)	45	29.7	297	297	12	2.5	0	0	0	0	1.3	0.8	0.3			33	28	0.2	
N	MEAT PRODUCTS																			
N1051	Bacon rasher, rindless, pan fried with no added fat, assorted types	100	32.6	1570	1570	31.8	27.8	0	0	0	0	9.7	13.1	5.4	0.2	2.5	70	2400	2.6	
	1 rasher (streaky bacon)	8.5	2.8	133	133	2.7	2.4	0	0	0	0	0.8	1.1	0.5	trace	0.2	6	200	0.2	
	1 rasher (middle or shoulder bacon)	23.8	7.7	374	374	7.6	6.6	0	0	0	0	2.3	3.1	1.3	trace	0.6	17	560	0.6	
N31	Beef, pastrami	100	46.7	1370	1370	17.3	29.2	0	0	0	0	10.4	14.5	1			93	1200	8	
	1 slice	28	13.1	384	384	4.8	8.2	0	0	0	0	2.9	4.1	0.3			26	340	2.2	
N58	Chicken, nugget, crumbed, baked	100	48.3	1070	1090	15.8	14.2	16	2.8	0.8	15.2	2.2	5.2	5.6	0.1	5.5	33	460	7.9	
	1 piece	20.6	10	220	225	3.3	2.9	3.3	0.6	0.2	3.1	0.5	1.1	1.2	trace	1.1	7	94	1.6	
N57	Chicken, nugget, crumbed, deep fried	100	48.1	1050	1050	15.8	14.4	14.5	0.9	0	14.5	1.8	7.7	3.9	0.7	3.1	22	590	8	
	1 nugget (5.5 x 3.6 x 1.5cm)	17.5	8.4	183	185	2.8	2.5	2.5	0.2	0	2.5	0.3	1.3	0.7	0.1	0.5	4	100	1.4	
N1007	Frozen meal, roast beef with mashed potato & vegetables, microwaved, Wattie's	100	79	399	422	7.1	1.7	12.7	2.9	1.9	10.8	0.8	0.6	0.1			21	280	1	
	1 single meal	425.3	336	1700	1790	30	7.3	53.8	12.3	7.9	45.9	3.2	2.4	0.6			88	1200	4.3	
N1003	Frozen meal, roast beef with roast potato & vegetables, microwaved	100	79	375	399	7.1	1.1	12.7	2.9	1.9	10.8	0.5	0.4	0.1			14	280	1	
	1 single meal	395.3	312	1480	1580	27.9	4.3	50	11.5	7.3	42.7	1.8	1.4	0.3			54	1100	4	
N1004	Frozen meal, roast lamb with roast potato & vegetables, microwaved	100	78.5	373	396	7	2.8	8.8	2.9	1.9	7	1.2	1	0.2			17	320	0	
	1 single meal	383.5	301	1430	1520	26.8	10.7	33.9	11.1	7.1	26.8	4.7	3.7	0.8			64	1200	0	
N1005	Frozen meal, roast pork with mashed potato & vegetables, microwaved, Wattie's	100	79.4	362	385	6.4	1.1	10.8	2.9	1.9	9	0.4	0.4	0.2			14	350	1	
	1 single meal	440.2	350	1590	1700	28.3	4.8	47.6	12.8	8.1	39.4	1.6	1.9	0.7			61	1500	4.4	
N65	Ham, sliced	100	70.7	440	440	13	5.1	1.8	0	0	1.8	1.9	2.3	0.5	trace	0.5	30	1500	4	
	1 slice (10.0 x 10.0 x 0.3cm)	29	20.5	128	128	3.8	1.5	0.5	0	0	0.5	0.5	0.7	0.1	trace	0.1	9	440	1.2	

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
M185	Venison, red deer, leg, flesh, roasted	100	330	240	8.4	4.2	3.3	2	0	0	0.21	0.41	13	0.37	3	6	0	0	0.62
	1 slice (10 x 8.5 x 0.5cm)	45	150	110	3.8	1.9	1.5	0.9	0	0	0.1	0.18	6	0.17	1.4	2.7	0	0	0.28
N	MEAT PRODUCTS																		
N1051	Bacon rasher, rindless, pan fried with no added fat, assorted types	100	420	360	6.6	1	3	21	0	0	0.36	0.23	12	0.32	0.79	0	0	0	0.36
	1 rasher (streaky bacon)	8.5	36	30	0.6	0.1	0.3	1.8	0	0	0.03	0.02	1	0.03	0.07	0	0	0	0.03
	1 rasher (middle or shoulder bacon)	23.8	100	85	1.6	0.2	0.7	5.1	0	0	0.09	0.06	2.9	0.08	0.19	0	0	0	0.09
N31	Beef, pastrami	100	230	150	9	1.9	4.3	0	0	0	0.1	0.17	7.2	0.18	1.8	7	3	0	0.43
	1 slice	28	64	42	2.5	0.5	1.2	0	0	0	0.03	0.05	2	0.05	0.49	2	0.8	0	0.12
N58	Chicken, nugget, crumbed, baked	100	230	200	59	1.7	1.1	13	14	0	0.07	0.07	6.1	0.25	0	15	0	0.4	3.6
	1 piece	20.6	48	40	12	0.3	0.2	2.6	3	0	0.01	0.01	1.3	0.05	0	3	0	0.1	0.74
N57	Chicken, nugget, crumbed, deep fried	100	270	220	52	1.5	0.9	11	16	0	0.09	0.07	6.3	0.13	0.1	24	0	0.3	3.2
	1 nugget (5.5 x 3.6 x 1.5cm)	17.5	47	39	9.1	0.3	0.2	1.9	3	0	0.02	0.01	1.1	0.02	0.02	4.1	0	trace	0.55
N1007	Frozen meal, roast beef with mashed potato & vegetables, microwaved, Wattie's	100	200	84	15	0.9	1.3	1.7	52	309	0.11	0.09	3.7	0.22	0.42	1.1	7.2	0	0.36
	1 single meal	425.3	840	360	64	3.7	5.4	7.2	219	1310	0.47	0.38	16	0.94	1.8	4.7	30.6	0	1.5
N1003	Frozen meal, roast beef with roast potato & vegetables, microwaved	100	200	84	15	0.9	1.3	1.7	52	309	0.11	0.09	3.7	0.22	0.42	1.1	7.2	0	0.36
	1 single meal	395.3	780	330	60	3.5	5.1	6.7	204	1220	0.44	0.36	15	0.87	1.7	4.3	28.4	0	1.4
N1004	Frozen meal, roast lamb with roast potato & vegetables, microwaved	100	210	83	14	0.9	1.1	1.8	78	468	0.15	0.08	2.3	0.28	0.38	1.1	7.2	0	0.25
	1 single meal	383.5	820	320	54	3.3	4.2	6.7	299	1790	0.58	0.31	8.8	1.1	1.5	4.2	27.6	0	0.96
N1005	Frozen meal, roast pork with mashed potato & vegetables, microwaved, Wattie's	100	230	110	16	0.6	0.8	7.7	78	468	0.08	0.09	0.83	0.21	0.1	1.1	7.2	0	0.25
	1 single meal	440.2	1000	460	69	2.8	3.4	34	344	2060	0.35	0.4	3.7	0.92	0.44	4.8	31.7	0	1.1
N65	Ham, sliced	100	250	240	8.1	0.9	1.5	16	0	0	0.12	0.13	5.8	0.13	0.3	2	0	0.7	0.17
	1 slice (10.0 x 10.0 x 0.3cm)	29	73	70	2.3	0.3	0.4	4.6	0	0	0.04	0.04	1.7	0.04	0.09	0.6	0	0.2	0.05

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
N22	Pate, chicken liver	100	50.6	1460	1470	13.1	32.7	1.6	1.3	1	0.6	9.4	11.8	2.9			155	850	1.4
	1 tablespoon (15mL)	14	7.1	205	206	1.8	4.6	0.2	0.2	0.1	0.1	1.3	1.6	0.4			22	120	0.2
N23	Pate, pork liver	100	50.6	1310	1320	13.1	28.9	0.8	1.3	0.2	0.6	8.3	10.4	2.6			155	850	1.4
	1 tablespoon (15mL)	14	7.1	183	184	1.8	4	0.1	0.2	trace	0.1	1.2	1.5	0.4			22	120	0.2
N4	Pie, Cornish pasty	100	39.2	1370	1380	8	20.4	28.4	0.9	2.7	25.7	10.2	7.5	1.4			49	590	0.8
	1 pasty	140	54.9	1920	1930	11.2	28.6	39.7	1.3	3.8	36	14.3	10.5	2			69	830	1.1
N12	Pie, pork	100	36.8	1550	1560	9.8	27	22.9	0.7	1.6	21.3	12.4	11.1	2			52	720	0.8
	1 pie (3 x 10cm diameter)	190	69.9	2950	2960	18.5	51.3	43.5	1.3	3	40.5	23.6	21.1	3.8			99	1400	1.4
N63	Sausage, assorted meats & flavours, dry fried	100	54.8	918	922	12.7	15.6	7.3	0.5	0	7.3	7.2	5.5	0.6	0.1	0.4	30	880	8
	1 sausage (11.8 x 3.0cm)	78	42.7	716	719	9.9	12.2	5.7	0.4	0	5.7	5.6	4.3	0.4	0.1	0.3	24	690	6.3
N64	Sausage, assorted meats & flavours, grilled	100	51.8	1170	1190	14.3	20.9	9	2.6	0	9	10.4	7.6	0.7	0.1	0.4	30	710	11
	1 sausage	78	40.4	911	927	11.1	16.3	7	2	0	7	8.1	6	0.6	0.1	0.3	24	550	8.4
N61	Sausage, assorted meats & flavours, precooked, grilled	100	51.3	981	981	12.9	16.3	9.3	0	1.3	8	7	6.5	1.1	0.1	0.8	41	810	7.5
	1 sausage	70	35.9	687	687	9	11.4	6.5	0	0.9	5.6	4.9	4.5	0.8	0.1	0.6	29	570	5.3
N1023	Sausage, beef, barbecued, with no added fat	100	56.2	1070	1080	15.1	20.7	2.8	2	0	2.8	9	8.9	0.9	0.2	0.4	41	550	1.8
	1 sausage (8.3 x 2.2cm diameter)	29.9	16.8	320	324	4.5	6.2	0.8	0.6	0	0.8	2.7	2.7	0.3	trace	0.1	12	170	0.5
	1 sausage (10.1 x 2.8cm diameter)	61.9	34.8	662	671	9.3	12.8	1.7	1.2	0	1.7	5.6	5.5	0.6	0.1	0.3	25	340	1.1
N1024	Sausage, beef, boiled, drained	100	59.5	1000	1020	13.5	19.8	2.5	1.8	0	2.5	8.6	8.5	0.9	0.2	0.4	37	500	1.6
	1 sausage (8.8 x 1.9cm diameter)	57.2	34	574	582	7.7	11.3	1.4	1	0	1.4	4.9	4.9	0.5	0.1	0.2	21	280	0.9
	1 sausage (10.3 x 3.1cm diameter)	72.2	43	725	735	9.8	14.3	1.8	1.3	0	1.8	6.2	6.1	0.6	0.1	0.3	26	360	1.2
N1022	Sausage, beef, grilled, with no added fat	100	55.1	1120	1140	14.8	22.2	2.8	2	0	2.8	9.7	9.6	1	0.2	0.5	40	540	1.8
	1 sausage (8.3 x 2.2cm diameter)	29.9	16.5	335	340	4.4	6.6	0.8	0.6	0	0.8	2.9	2.9	0.3	trace	0.1	12	160	0.5
	1 sausage (10.1 x 2.8cm diameter)	61.9	34.1	694	704	9.2	13.8	1.7	1.2	0	1.7	6	5.9	0.6	0.1	0.3	25	340	1.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
N22	Pate, chicken liver	100	130	230	10	9.2	3.6	7	10800	8	0.05	1.4	11	0.25	7.2	99	22	0	0.8
	1 tablespoon (15mL)	14	19	32	1.4	1.3	0.5	1	1510	1	0.01	0.2	1.5	0.04	1	14	3.1	0	0.11
N23	Pate, pork liver	100	130	230	35	7.1	3.6	7	10800	8	0.03	0.8	7	0.25	7.2	99	15	0	0.8
	1 tablespoon (15mL)	14	19	32	4.9	1	0.5	1	1510	1	trace	0.11	0.98	0.04	1	14	2.1	0	0.11
N4	Pie, Cornish pasty	100	190	110	60	1.5	1	1.9	16	0	0.1	0.06	3.3	0.12	1	3	0	0	1.3
	1 pasty	140	270	150	84	2.1	1.4	2.7	22	0	0.14	0.08	4.6	0.17	1.4	4.2	0	0	1.8
N12	Pie, pork	100	150	120	47	1.4	1	13	17	0	0.16	0.09	4	0.06	1	3	0	0	0.43
	1 pie (3 x 10cm diameter)	190	290	230	89	2.7	1.9	25	32	0	0.3	0.17	7.6	0.11	1.9	5.7	0	0	0.82
N63	Sausage, assorted meats & flavours, dry fried	100	200	220	14	1.6	1.9	4.4	7	40	0	0.13	5	0.11	1.1	11	1	0.6	0.44
	1 sausage (11.8 x 3.0cm)	78	160	170	11	1.2	1.5	3.4	5	31	0	0.1	3.9	0.09	0.82	8.2	0.8	0.5	0.34
N64	Sausage, assorted meats & flavours, grilled	100	180	190	13	1.1	1.6	4.6	4	26	0	0.1	3.7	0.08	0.3	4.2	0.6	0.6	0.55
	1 sausage	78	140	140	10	0.8	1.2	3.6	3	20	0	0.08	2.9	0.06	0.23	3.3	0.5	0.5	0.43
N61	Sausage, assorted meats & flavours, precooked, grilled	100	130	190	47	1	1.1	8.8	4	26	0	0.08	3.4	0.05	0.39	5.5	0.6	0.7	0.4
	1 sausage	70	91	130	33	0.7	0.7	6.1	3	18	0	0.06	2.4	0.04	0.27	3.8	0.4	0.5	0.28
N1023	Sausage, beef, barbecued, with no added fat	100	210	170	13	1.1	0.3	3.7	26	67	0.02	0.18	3.7	0.19	0.57	0	0	1.6	1.1
	1 sausage (8.3 x 2.2cm diameter)	29.9	62	52	4	0.3	0.1	1.1	8	20	0.01	0.05	1.1	0.06	0.17	0	0	0.5	0.33
	1 sausage (10.1 x 2.8cm diameter)	61.9	130	110	8.2	0.7	0.2	2.3	16	41	0.01	0.11	2.3	0.12	0.35	0	0	1	0.69
N1024	Sausage, beef, boiled, drained	100	190	160	12	1	0.2	3.4	23	60	0.02	0.16	3.3	0.17	0.51	0	0	1.4	1
	1 sausage (8.8 x 1.9cm diameter)	57.2	110	89	6.8	0.5	0.1	1.9	13	34	0.01	0.09	1.9	0.1	0.29	0	0	0.8	0.57
	1 sausage (10.3 x 3.1cm diameter)	72.2	140	110	8.6	0.7	0.2	2.4	17	43	0.01	0.12	2.4	0.12	0.37	0	0	1	0.72
N1022	Sausage, beef, grilled, with no added fat	100	210	170	13	1	0.2	3.7	25	66	0.02	0.17	3.6	0.19	0.56	0	0	1.6	1.1
	1 sausage (8.3 x 2.2cm diameter)	29.9	61	51	3.9	0.3	0.1	1.1	8	20	0.01	0.05	1.1	0.06	0.17	0	0	0.5	0.33
	1 sausage (10.1 x 2.8cm diameter)	61.9	130	110	8	0.6	0.1	2.3	16	41	0.01	0.11	2.2	0.12	0.35	0	0	1	0.68

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
N1021	Sausage, beef, pan fried, with no added fat	100	56.5	1030	1050	15.8	19.3	2.9	2.1	0	2.9	8.4	8.3	0.8	0.1	0.4	43	580	1.9
	1 sausage (8.3 x 2.2cm diameter)	29.9	16.9	308	313	4.7	5.8	0.9	0.6	0	0.9	2.5	2.5	0.3	trace	0.1	13	170	0.6
	1 sausage (10.1 x 2.8cm diameter)	61.9	35	638	648	9.8	11.9	1.8	1.3	0	1.8	5.2	5.1	0.5	0.1	0.3	27	360	1.2
N2	Sausage, black pudding, fried	100	44	1260	1280	12.9	21.9	13.7	1.9	0.8	12.9	8.5	10.1	2.2			68	1200	8
	1 slice (4 x 2cm diameter)	30	13.2	379	383	3.9	6.6	4.1	0.6	0.2	3.9	2.5	3	0.7			20	360	2.4
N1031	Sausage, chicken, barbecued, with no added fat	100	59.6	881	894	14.1	15	5	1.6	0	5	4.6	7.2	2.2	0.1	2	58	730	17
	1 sausage (8.4 x 1.7cm diameter)	23.2	13.8	204	207	3.3	3.5	1.2	0.4	0	1.2	1.1	1.7	0.5	trace	0.5	13	170	3.8
	1 sausage (12.2 x 2.6cm diameter)	70.6	42	622	631	9.9	10.6	3.6	1.2	0	3.6	3.3	5.1	1.6	0.1	1.4	41	520	12
N1032	Sausage, chicken, boiled, drained	100	63.7	791	803	12.6	13.5	4.5	1.5	0	4.5	4.2	6.5	2	0.1	1.8	52	660	15
	1 sausage (8.5 x 1.9cm diameter)	26	16.6	206	209	3.3	3.5	1.2	0.4	0	1.2	1.1	1.7	0.5	trace	0.5	14	170	3.9
	1 sausage (12.1 x 2.7cm diameter)	71.2	45.3	563	572	9	9.6	3.2	1.1	0	3.2	3	4.6	1.4	0.1	1.3	37	470	11
N1030	Sausage, chicken, grilled, with no added fat	100	57.3	925	939	14.9	15.7	5.4	1.8	0	5.4	4.8	7.5	2.3	0.1	2.1	62	780	18
	1 sausage (8.4 x 1.7cm diameter)	23.2	13.3	215	218	3.5	3.6	1.2	0.4	0	1.2	1.1	1.7	0.5	trace	0.5	14	180	4.1
	1 sausage (12.2 x 2.6cm diameter)	70.6	40.5	653	663	10.5	11.1	3.8	1.2	0	3.8	3.4	5.3	1.7	0.1	1.5	44	550	12
N1029	Sausage, chicken, pan fried, with no added fat	100	59.8	883	896	13.8	15.3	4.9	1.6	0	4.9	4.7	7.3	2.3	0.1	2	57	720	16
	1 sausage (8.4 x 1.7cm diameter)	23.2	13.9	205	208	3.2	3.5	1.1	0.4	0	1.1	1.1	1.7	0.5	trace	0.5	13	170	3.8
	1 sausage (12.2 x 2.6cm diameter)	70.6	42.2	623	632	9.7	10.8	3.5	1.1	0	3.5	3.3	5.2	1.6	0.1	1.4	40	510	11
N6	Sausage, frankfurters, precooked	100	59.5	1130	1150	9.5	25	2.7	2.4	0	2.7	9.9	11.2	1.9			46	980	7.7
	1 frankfurter (12.5 x 2.5cm diameter)	57	33.9	645	656	5.4	14.3	1.5	1.4	0	1.5	5.6	6.4	1.1			26	560	4.4
N1035	Sausage, lamb, barbecued, with no added fat	100	61.4	862	878	17.2	14.2	2.5	2	0	2.5	6.4	5.6	0.7	0.2	0.3	56	640	1.5
	1 sausage (11.3 x 2.8cm diameter)	75.1	46.1	647	659	12.9	10.7	1.9	1.5	0	1.9	4.8	4.2	0.6	0.1	0.2	42	480	1.1
N1036	Sausage, lamb, boiled, drained	100	63.8	851	865	14.9	15.2	2.2	1.8	0	2.2	6.8	5.9	0.8	0.2	0.3	48	550	1.3
	1 sausage (11.3 x 3.0cm diameter)	82.4	52.6	701	713	12.3	12.5	1.8	1.4	0	1.8	5.6	4.9	0.6	0.2	0.2	40	460	1.1

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
N1021	Sausage, beef, pan fried, with no added fat	100	220	180	14	1.1	0.3	3.9	27	70	0.02	0.18	3.9	0.2	0.6	0	0	1.7	1.2
	1 sausage (8.3 x 2.2cm diameter)	29.9	65	54	4.1	0.3	0.1	1.2	8	21	0.01	0.05	1.2	0.06	0.18	0	0	0.5	0.35
	1 sausage (10.1 x 2.8cm diameter)	61.9	140	110	8.6	0.7	0.2	2.4	17	43	0.01	0.11	2.4	0.12	0.37	0	0	1	0.72
N2	Sausage, black pudding, fried	100	140	110	35	20	1.3	17	0	0	0.09	0.07	3.9	0.04	1	5	1	0	0.24
	1 slice (4 x 2cm diameter)	30	42	33	11	6	0.4	5.1	0	0	0.03	0.02	1.2	0.01	0.3	1.5	0.3	0	0.07
N1031	Sausage, chicken, barbecued, with no added fat	100	160	160	35	0.7	0.7	11	29	0	0.02	0.14	4.4	0.22	0.15	0	0	0.4	0.83
	1 sausage (8.4 x 1.7cm diameter)	23.2	37	36	8.2	0.2	0.2	2.6	7	0	trace	0.03	1	0.05	0.04	0	0	0.1	0.19
	1 sausage (12.2 x 2.6cm diameter)	70.6	110	110	25	0.5	0.5	7.9	20	0	0.01	0.1	3.1	0.16	0.11	0	0	0.3	0.59
N1032	Sausage, chicken, boiled, drained	100	140	140	32	0.7	0.7	10	26	0	0.02	0.13	4	0.19	0.14	0	0	0.3	0.75
	1 sausage (8.5 x 1.9cm diameter)	26	37	37	8.3	0.2	0.2	2.6	7	0	trace	0.03	1	0.05	0.04	0	0	0.1	0.2
	1 sausage (12.1 x 2.7cm diameter)	71.2	100	100	23	0.5	0.5	7.1	18	0	0.01	0.09	2.8	0.14	0.1	0	0	0.2	0.53
N1030	Sausage, chicken, grilled, with no added fat	100	170	170	38	0.8	0.8	12	30	0	0.02	0.15	4.7	0.23	0.16	0	0	0.4	0.88
	1 sausage (8.4 x 1.7cm diameter)	23.2	39	39	8.7	0.2	0.2	2.8	7	0	trace	0.04	1.1	0.05	0.04	0	0	0.1	0.2
	1 sausage (12.2 x 2.6cm diameter)	70.6	120	120	27	0.6	0.6	8.4	21	0	0.01	0.11	3.3	0.16	0.11	0	0	0.3	0.62
N1029	Sausage, chicken, pan fried, with no added fat	100	160	150	35	0.7	0.7	11	28	0	0.02	0.14	4.3	0.21	0.15	0	0	0.4	0.81
	1 sausage (8.4 x 1.7cm diameter)	23.2	36	36	8	0.2	0.2	2.5	6	0	trace	0.03	1	0.05	0.04	0	0	0.1	0.19
	1 sausage (12.2 x 2.6cm diameter)	70.6	110	110	24	0.5	0.5	7.7	20	0	0.01	0.1	3.1	0.15	0.11	0	0	0.3	0.57
N6	Sausage, frankfurters, precooked	100	98	130	34	1.5	1.4	1.8	28	55	0.08	0.12	3.1	0.03	1	1	1	0	0.25
	1 frankfurter (12.5 x 2.5cm diameter)	57	56	74	19	0.9	0.8	1	16	31	0.05	0.07	1.7	0.02	0.57	0.6	0.6	0	0.14
N1035	Sausage, lamb, barbecued, with no added fat	100	220	230	16	1.1	2.1	3.3	26	68	0.02	0.32	4.8	0.19	0.67	0	0	0	0.49
	1 sausage (11.3 x 2.8cm diameter)	75.1	170	170	12	0.8	1.5	2.5	20	51	0.02	0.24	3.6	0.14	0.5	0	0	0	0.37
N1036	Sausage, lamb, boiled, drained	100	190	200	14	0.9	1.8	2.9	22	59	0.02	0.28	4.2	0.16	0.58	0	0	0	0.42
	1 sausage (11.3 x 3.0cm diameter)	82.4	160	160	12	0.8	1.5	2.4	19	48	0.02	0.23	3.4	0.13	0.48	0	0	0	0.35

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
N1034	Sausage, lamb, grilled, with no added fat	100	58.3	985	1000	17	17.7	2.5	2	0	2.5	8	6.9	0.8	0.2	0.3	55	630	1.5
	1 sausage (11.3 x 2.8cm diameter)	75.1	43.8	739	751	12.8	13.3	1.8	1.5	0	1.8	6	5.2	0.6	0.2	0.3	41	470	1.1
N1033	Sausage, lamb, pan fried, with no added fat	100	60.6	925	940	16.2	16.5	2.4	1.9	0	2.4	7.4	6.4	0.8	0.2	0.3	53	600	1.4
	1 sausage (11.3 x 2.8cm diameter)	75.1	45.5	694	706	12.2	12.4	1.8	1.4	0	1.8	5.6	4.8	0.6	0.2	0.2	40	450	1.1
N1027	Sausage, pork, barbecued, with no added fat	100	59.7	917	932	16.3	16.2	2.2	1.9	0	2.2	6.2	7.1	2	0.1	1.5	52	640	7.9
	1 sausage (10.5 x 2.8cm diameter)	69.6	41.5	638	649	11.4	11.3	1.6	1.3	0	1.6	4.3	5	1.4	0.1	1.1	36	440	5.5
N1028	Sausage, pork, boiled, drained	100	62.7	871	884	14.4	16	2	1.7	0	2	6.1	7	1.9	0.1	1.5	46	560	7
	1 sausage (10.4 x 3.0cm diameter)	75.6	47.4	658	668	10.9	12.1	1.5	1.3	0	1.5	4.6	5.3	1.5	0.1	1.2	35	430	5.3
N1026	Sausage, pork, grilled, with no added fat	100	59.5	938	953	15.9	17	2.2	1.9	0	2.2	6.5	7.5	2.1	0.1	1.6	50	620	7.7
	1 sausage (10.5 x 2.8cm diameter)	69.6	41.4	653	663	11.1	11.9	1.5	1.3	0	1.5	4.5	5.2	1.4	0.1	1.1	35	430	5.3
N1025	Sausage, pork, pan fried, with no added fat	100	59.8	916	931	16.2	16.3	2.2	1.9	0	2.2	6.2	7.1	2	0.1	1.6	51	630	7.8
	1 sausage (10.5 x 2.8cm diameter)	69.6	41.6	637	648	11.3	11.3	1.5	1.3	0	1.5	4.3	5	1.4	0.1	1.1	36	440	5.5
N1039	Sausage, salami assorted meats & flavours	100	49.2	1230	1240	21.9	22.9	0.6	1	0.3	0.4	8.8	10	2.3	0.2	1.8	53	1600	6.4
	1 slice (0.2 x 7.4cm diameter)	7.9	3.9	97	98	1.7	1.8	trace	0.1	trace	trace	0.7	0.8	0.2	trace	0.1	4	120	0.5
N1038	Sausage, salami assorted meats & flavours, acidulated, heat treated	100	55.1	1120	1120	18.6	21.3	0.7	0.6	0.5	0.2	8.2	9.6	2.1	0.1	1.7	46	1300	3.8
	1 slice (0.2 x 7.8cm diameter)	8.3	4.6	93	93	1.5	1.8	0.1	trace	trace	trace	0.7	0.8	0.2	trace	0.1	4	110	0.3
N43	Sausage, saveloy, boiled	100	62.2	899	917	14.5	15.4	5	2.2	0	5	6.4	5.6	0.8			61	640	7.7
	1 saveloy	85	52.9	764	779	12.3	13.1	4.2	1.9	0	4.2	5.4	4.7	0.7			51	540	6.5
P	MISCELLANEOUS																		
P68	Coffee whitener, powder	100	2.2	2330	2330	4.8	35.5	54.9	0	54.9	0	32.5	1	0	0	0	0	180	0
	1 tablespoon (15mL)	8.1	0.2	189	189	0.4	2.9	4.4	0	4.4	0	2.6	0.1	0	0	0	0	15	0
P81	Salt, table, iodised	100	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0	38000	4900
	1 teaspoon (5mL)	5.4	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2100	270

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
N1034	Sausage, lamb, grilled, with no added fat	100	220	230	16	1.1	2	3.3	26	67	0.02	0.32	4.8	0.18	0.66	0	0	0	0.48
	1 sausage (11.3 x 2.8cm diameter)	75.1	160	170	12	0.8	1.5	2.5	19	50	0.02	0.24	3.6	0.14	0.5	0	0	0	0.36
N1033	Sausage, lamb, pan fried, with no added fat	100	210	220	15	1	1.9	3.1	24	64	0.02	0.3	4.6	0.17	0.63	0	0	0	0.46
	1 sausage (11.3 x 2.8cm diameter)	75.1	160	160	11	0.8	1.4	2.4	18	48	0.02	0.23	3.4	0.13	0.47	0	0	0	0.35
N1027	Sausage, pork, barbecued, with no added fat	100	220	180	9.3	0.6	1.5	9.2	14	64	0.04	0.2	4	0.21	0.31	0	0	0.7	0.37
	1 sausage (10.5 x 2.8cm diameter)	69.6	150	130	6.5	0.4	1.1	6.4	10	44	0.03	0.14	2.8	0.15	0.22	0	0	0.5	0.26
N1028	Sausage, pork, boiled, drained	100	190	160	8.2	0.6	1.4	8.1	13	56	0.04	0.18	3.6	0.19	0.27	0	0	0.7	0.33
	1 sausage (10.4 x 3.0cm diameter)	75.6	150	120	6.2	0.4	1	6.1	10	43	0.03	0.14	2.7	0.14	0.2	0	0	0.5	0.25
N1026	Sausage, pork, grilled, with no added fat	100	210	180	9.1	0.6	1.5	9	14	62	0.04	0.2	3.9	0.21	0.3	0	0	0.7	0.36
	1 sausage (10.5 x 2.8cm diameter)	69.6	150	130	6.3	0.4	1.1	6.2	10	43	0.03	0.14	2.7	0.15	0.21	0	0	0.5	0.25
N1025	Sausage, pork, pan fried, with no added fat	100	220	180	9.3	0.6	1.5	9.1	14	63	0.04	0.2	4	0.21	0.3	0	0	0.7	0.37
	1 sausage (10.5 x 2.8cm diameter)	69.6	150	130	6.5	0.4	1.1	6.3	10	44	0.03	0.14	2.8	0.15	0.21	0	0	0.5	0.26
N1039	Sausage, salami assorted meats & flavours	100	340	220	9.7	2	4.1	12	8	47	0.31	0.29	7.8	0.4	1.1	0	0	0.9	0.6
	1 slice (0.2 x 7.4cm diameter)	7.9	27	17	0.8	0.2	0.3	0.9	1	4	0.02	0.02	0.61	0.03	0.09	0	0	0.1	0.05
N1038	Sausage, salami assorted meats & flavours, acidulated, heat treated	100	270	190	8.1	1.6	3.1	11	8	45	0.3	0.26	7.2	0.3	0.89	0	0	1	0.49
	1 slice (0.2 x 7.8cm diameter)	8.3	22	15	0.7	0.1	0.3	0.9	1	4	0.03	0.02	0.6	0.03	0.07	0	0	0.1	0.04
N43	Sausage, saveloy, boiled	100	140	220	36	1.6	1.9	0	0	0	0.35	0.08	3.3	0	0.54	8	0	0	0.42
	1 saveloy	85	120	190	31	1.4	1.6	0	0	0	0.3	0.07	2.8	0	0.46	6.8	0	0	0.36
P	MISCELLANEOUS																		
P68	Coffee whitener, powder	100	810	420	22	1.1	0.5	0	0	0	0	0	0.71	0	0	0	0	0	0
	1 tablespoon (15mL)	8.1	66	34	1.8	0.1	trace	0	0	0	0	0	0.06	0	0	0	0	0	0
P81	Salt, table, iodised	100	84	0.2	29	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 teaspoon (5mL)	5.4	4.5	trace	1.5	trace	0	0	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
P10	Salt, table, uniodised	100	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	38000	39
	1 teaspoon (5mL)	5.4	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2100	2.1
P1003	Seed, poppy	100	8.4	1940	2090	20.2	41.6	3.2	19.3	3	0.2	3.9	5	21	0.2	20.8	0	26	0
	1 teaspoon (5mL)	3	0.3	58	63	0.6	1.2	0.1	0.6	0.1	trace	0.1	0.2	0.6	trace	0.6	0	0.8	0
P1004	Spread, yeast extract, Marmite, Sanitarium, fortified	100	31.1	587	676	17.4	1.2	14.5	11.1	11.6	2.9	0.2	0.4	trace	trace	trace	0	3100	2.4
	1 teaspoon (5mL)	5.8	1.8	34	39	1	0.1	0.8	0.6	0.7	0.2	trace	trace	trace	trace	trace	0	180	0.1
P1005	Spread, yeast extract, Vegemite, Kraft, fortified	100	35.5	527	602	25.3	1.2	3.1	9.3	0	3.1	0.2	0.3	0.1	trace	0.1	0	3300	5.3
	1 teaspoon (5mL)	5.1	1.8	27	31	1.3	0.1	0.2	0.5	0	0.2	trace	trace	trace	0	trace	0	170	0.3
P16	Stock, Oxo cubes	100	9.1	983	983	39.3	3.4	11.1	0	2.2	8.9	0.8	0.6	1.9			0	10000	44
	1 cube (2cm)	6.3	0.6	62	62	2.5	0.2	0.7	0	0.1	0.6	trace	trace	0.1			0	650	2.8
P11	Vinegar	100	95.5	18	58	0.4	0	0.6	0	0.6	0	0	0	0	0	0	0	20	0.3
	1 tablespoon (15mL)	15.3	14.6	3	9	0.1	0	0.1	0	0.1	0	0	0	0	0	0	0	3.1	trace
P59	Vinegar, cider	100	95.5	10	79	0	0	0.6	0	0.6	0	0	0	0	0	0	0	1	0.3
	1 tablespoon (15mL)	15	14.3	2	12	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0.2	trace
P13	Yeast, baker's, dried	100	5	781	949	39.5	1.5	3.2	21	0	3.2	0.2	0.8	trace			0	50	5.5
	1 teaspoon (5mL)	4.1	0.2	32	39	1.6	0.1	0.1	0.9	0	0.1	trace	trace	0			0	2.1	0.2
Q	NUTS AND SEEDS																		
Q1014	Coconut, cream, premium	100	68.8	1050	1060	3.6	26	1.5	2	1.5	0	16.4	1.9	0.4	0	0.4	0	17	1
	1 cup (250mL)	255.2	176	2670	2710	9.1	66.4	3.7	5.2	3.7	0	41.9	4.8	1.1	0	1.1	0	43	2.6
Q9	Coconut, desiccated	100	2.3	2490	2610	5.6	62	6.1	14.7	5.7	0.4	53.3	4.1	1.1			0	28	3
	1 tablespoon (15mL)	6.6	0.2	164	172	0.4	4.1	0.4	1	0.4	trace	3.5	0.3	0.1			0	1.8	0.2
	1 cup (250mL)	110.6	2.5	2760	2890	6.2	68.6	6.7	16.3	6.3	0.4	58.9	4.5	1.2			0	31	3.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
P10	Salt, table, uniodised	100	130	2.7	30	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 teaspoon (5mL)	5.4	7.1	0.1	1.6	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
P1003	Seed, poppy	100	720	870	1400	9.8	7.9	14	0	0	0.85	0.1	4	0.25	0	82	1	0	6
	1 teaspoon (5mL)	3	22	26	43	0.3	0.2	0.4	0	0	0.03	trace	0.12	0.01	0	2.5	trace	0	0.18
P1004	Spread, yeast extract, Marmite, Sanitarium, fortified	100	2600	480	61	42	6.8	2.7	0	0	8.1	11	73	10	13	2600	0	0	0.02
	1 teaspoon (5mL)	5.8	150	28	3.5	2.4	0.4	0.2	0	0	0.47	0.65	4.2	0.61	0.74	150	0	0	trace
P1005	Spread, yeast extract, Vegemite, Kraft, fortified	100	2200	800	73	2.7	5.2	17	0	0	18	14	85	9.7	0	3300	0	0.1	0.13
	1 teaspoon (5mL)	5.1	110	41	3.7	0.1	0.3	0.9	0	0	0.89	0.7	4.4	0.5	0	170	0	trace	0.01
P16	Stock, Oxo cubes	100	730	360	180	25	0.4	2.9	4	23	0.12	0.13	9.5	0.1	0	130	0	0	0
	1 cube (2cm)	6.3	46	23	11	1.5	trace	0.2	trace	1	0.01	0.01	0.6	0.01	0	8.1	0	0	0
P11	Vinegar	100	89	32	15	0.5	0	0.3	0	0	0	0	0	0	0	0	0	0	0
	1 tablespoon (15mL)	15.3	14	4.9	2.3	0.1	0	trace	0	0	0	0	0	0	0	0	0	0	0
P59	Vinegar, cider	100	100	9	6	0.6	0	1	0	0	0	0	0	0	0	0	0	0	0
	1 tablespoon (15mL)	15	15	1.4	0.9	0.1	0	0.2	0	0	0	0	0	0	0	0	0	0	0
P13	Yeast, baker's, dried	100	2000	1300	80	20	8	24	0	0	2.3	4	44	2	0	4000	0	0	0
	1 teaspoon (5mL)	4.1	82	53	3.3	0.8	0.3	1	0	0	0.1	0.16	1.8	0.08	0	160	0	0	0
Q	NUTS AND SEEDS																		
Q1014	Coconut, cream, premium	100	150	38	4.9	0.7	0.3	1	0	0	0.02	0.01	0.4	0.04	0	14	2.2	0	0.54
	1 cup (250mL)	255.2	380	97	12	1.7	0.8	2.6	0	0	0.05	0.03	1	0.1	0	36	5.7	0	1.4
Q9	Coconut, desiccated	100	750	160	22	3.6	1.7	3.2	0	0	0.06	0.04	1.9	0.3	0	9.1	0	0	1.3
	1 tablespoon (15mL)	6.6	50	11	1.5	0.2	0.1	0.2	0	0	trace	trace	0.12	0.02	0	0.6	0	0	0.08
	1 cup (250mL)	110.6	830	180	24	4	1.9	3.5	0	0	0.07	0.04	2	0.33	0	10	0	0	1.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
Q8	Coconut, flesh, raw	100	45	1450	1510	3.2	36	3.5	7.6	3.2	0.3	30.9	2.4	0.6			0	16	1
	1 cup (250mL) grated	94	42.3	1360	1420	3	33.8	3.3	7.1	3	0.3	29.1	2.2	0.6			0	15	0.9
Q1015	Coconut, milk, standard	100	74.3	819	821	1.3	21.1	1.1	0.3	1.1	0	16.7	2.7	0.6	0	0.6	0	19	4.1
	1 cup (250mL)	250.2	186	2050	2050	3.1	52.7	2.8	0.8	2.8	0	41.8	6.8	1.6	0	1.6	0	47	10
Q1008	Nut, almond, dry roasted, salt added	100	2.6	2420	2510	22.1	52.8	5.3	11.8	4.6	0.7	4	33.7	12.7			0	340	0
	10 almonds	12.9	0.3	312	324	2.9	6.8	0.7	1.5	0.6	0.1	0.5	4.3	1.6			0	44	0
Q1004	Nut, almond, dry roasted, unblanched, no salt added	100	2.6	2430	2520	22.1	52.8	5.6	11.8	4.9	0.7	4	33.7	12.7			0	1	0
	10 almonds	11.8	0.3	286	297	2.6	6.2	0.7	1.4	0.6	0.1	0.5	4	1.5			0	0.1	0
Q1025	Nut, almond, kernels, dried, raw, unblanched	100	5.1	2400	2490	20.1	53	5.7	11.6	5.2	0.5	3.8	33.1	15.2	0.1	15.1	0	0	0
	10 almonds	11.2	0.6	269	279	2.3	5.9	0.6	1.3	0.6	trace	0.4	3.7	1.7	trace	1.7	0	0	0
Q4	Nut, brazilnut, raw	100	8.5	2790	2860	12	68.2	3.8	8	1.6	2.2	17.4	22.4	25.4			0	2	20
	10 brazilnuts	38	3.2	1060	1080	4.5	25.9	1.4	3	0.6	0.8	6.6	8.5	9.7			0	0.8	7.6
Q1016	Nut, cashew, raw	100	3.5	2400	2440	17	49.2	16.8	5.9	5.5	11.3	8.4	31.1	7.5	0	7.5	0	11	11
	10 nuts	12.5	0.4	299	305	2.1	6.2	2.1	0.7	0.7	1.4	1	3.9	0.9	0	0.9	0	1.4	1.4
Q1017	Nut, cashew, roasted, no salt added	100	2.1	2630	2660	16.8	51.3	26.3	4.3	6	20.3	8.7	32.5	7.8	0	7.8	0	16	11
	10 nuts	12.4	0.3	326	330	2.1	6.4	3.3	0.5	0.7	2.5	1.1	4	1	0	1	0	2	1.4
Q1018	Nut, cashew, roasted, salt added	100	2.1	2630	2660	16.8	51.3	26.3	4.3	6	20.3	8.7	32.5	7.8	0	7.8	0	290	10
	10 nuts	12.5	0.3	329	333	2.1	6.4	3.3	0.5	0.8	2.5	1.1	4.1	1	0	1	0	36	1.3
Q1023	Nut, hazelnut, whole, skin on, raw	100	5.1	2680	2770	13.5	64.5	4	10.4	3.6	0.4	4.8	53.3	6	0	5.9	0	0	0
	10 kernels	11	0.6	295	304	1.5	7.1	0.4	1.1	0.4	trace	0.5	5.9	0.7	0	0.6	0	0	0
Q38	Nut, macadamia, raw	100	2.9	2970	3050	9.8	73.7	4.5	9.3	3.8	0.7	11	58.2	1.3			0	5	9
	10 nuts	19.6	0.6	582	597	1.9	14.4	0.9	1.8	0.7	0.1	2.2	11.4	0.2			0	1	1.8
Q19	Nut, macadamia, roasted with oil, salt added	100	1.7	3130	3160	7.3	76.5	10.6	2.9	8.9	1.7	11.5	60.4	1.3			0	260	9
	10 nuts	19.6	0.3	614	619	1.4	15	2.1	0.6	1.7	0.3	2.3	11.8	0.3			0	51	1.8

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
Q8	Coconut, flesh, raw	100	420	89	12	2	0.5	1.8	0	0	0.03	0.02	1	0.04	0	25	2	0	0.73
	1 cup (250mL) grated	94	390	84	11	1.9	0.4	1.7	0	0	0.03	0.02	0.95	0.04	0	24	1.9	0	0.69
Q1015	Coconut, milk, standard	100	160	40	3.9	0.6	0.3	2.1	1	6	0	0.06	0.1	0.03	0	0	0	0	0.82
	1 cup (250mL)	250.2	400	100	9.8	1.6	0.8	5.3	3	15	0	0.15	0.25	0.08	0	0	0	0	2.1
Q1008	Nut, almond, dry roasted, salt added	100	750	490	270	4.5	3.5	2.8	trace	1	0.07	0.86	7.2	0.13	0	33	0	0	26
	10 almonds	12.9	96	63	34	0.6	0.5	0.4	trace	trace	0.01	0.11	0.92	0.02	0	4.3	0	0	3.4
Q1004	Nut, almond, dry roasted, unblanched, no salt added	100	750	490	270	4.5	3.5	2.8	trace	1	0.07	0.86	7.2	0.13	0	33	0	0	26
	10 almonds	11.8	88	58	31	0.5	0.4	0.3	trace	trace	0.01	0.1	0.84	0.02	0	3.9	0	0	3.1
Q1025	Nut, almond, kernels, dried, raw, unblanched	100	740	490	270	3.8	3	0	1	4	0.19	0.91	5.9	0.18	0	36	0	0	17
	10 almonds	11.2	83	55	30	0.4	0.3	0	trace	trace	0.02	0.1	0.66	0.02	0	4.1	0	0	1.9
Q4	Nut, brazilnut, raw	100	760	590	180	2.8	4.2	1300	2	9	1	0.12	4.3	0.17	0	22	0.7	0	7.2
	10 brazilnuts	38	290	220	68	1.1	1.6	480	1	3	0.38	0.05	1.6	0.07	0	8.4	0.3	0	2.7
Q1016	Nut, cashew, raw	100	550	530	34	5	5.5	33	1	6	0.64	0.19	7.3	0.35	0	25	0	0	0.73
	10 nuts	12.5	69	66	4.3	0.6	0.7	4.1	trace	1	0.08	0.02	0.91	0.04	0	3.1	0	0	0.09
Q1017	Nut, cashew, roasted, no salt added	100	660	520	32	6.3	5.3	40	1	6	0.49	0.22	7.4	0.32	0	64	0	0	1.5
	10 nuts	12.4	81	64	4	0.8	0.7	5	trace	1	0.06	0.03	0.92	0.04	0	7.9	0	0	0.19
Q1018	Nut, cashew, roasted, salt added	100	660	520	32	6.3	5.3	40	1	6	0.49	0.22	7.4	0.32	0	64	0	0	1.5
	10 nuts	12.5	82	65	4	0.8	0.7	5	trace	1	0.06	0.03	0.93	0.04	0	8	0	0	0.19
Q1023	Nut, hazelnut, whole, skin on, raw	100	720	310	140	3	2	0	2	11	0.32	0.14	4.6	0.32	0	76	0	0	16
	10 kernels	11	79	34	15	0.3	0.2	0	trace	1	0.04	0.02	0.51	0.04	0	8.3	0	0	1.7
Q38	Nut, macadamia, raw	100	370	140	70	2.4	1.7	7	0	0	0.35	0.11	3.8	0.2	0	11	0	0	0.41
	10 nuts	19.6	72	27	14	0.5	0.3	1.4	0	0	0.07	0.02	0.75	0.04	0	2.2	0	0	0.08
Q19	Nut, macadamia, roasted with oil, salt added	100	330	200	45	1.8	1.1	7	0	0	0.21	0.11	5.8	0.28	0	10	0	0	1.5
	10 nuts	19.6	64	39	8.8	0.4	0.2	1.4	0	0	0.04	0.02	1.1	0.06	0	2	0	0	0.29

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
Q11	Nut, mixed, salted	100	2.5	2500	2550	22.6	52.5	10.1	7	4	6.1	7.5	23.5	19.5			0	350	12
	1 cup (250mL)	150	3.8	3740	3830	33.9	78.7	15.1	10.5	5.9	9.2	11.3	35.3	29.3			0	520	18
Q1005	Nut, peanut, all types, dry roasted, no salt added	100	1.6	2480	2540	23.7	49.7	13.9	8	4.2	9.7	6.9	24.6	15.7			0	6	0.7
	10 peanuts	6.5	0.1	161	165	1.5	3.2	0.9	0.5	0.3	0.6	0.4	1.6	1			0	0.4	trace
Q1006	Nut, peanut, all types, roasted with oil, no salt added	100	2	2510	2560	26.4	49.3	13.9	6.9	4.2	9.7	6.8	24.5	15.6			0	6	0.7
	10 peanuts	6.5	0.1	163	167	1.7	3.2	0.9	0.4	0.3	0.6	0.4	1.6	1			0	0.4	trace
Q94	Nut, pecan, dried, raw	100	4.8	2870	2930	7.7	67.6	13.8	7.6	12	1.8	5.4	42.2	16.7			0	1	2.3
	10 whole nuts	21.1	1	605	618	1.6	14.3	2.9	1.6	2.5	0.4	1.1	8.9	3.5			0	0.2	0.5
Q21	Nut, pine, raw	100	6.7	2500	2540	24	50.7	12.6	4.9	9.5	3.1	7.8	19.2	21.5			0	4	12
	10 nuts	1.6	0.1	40	41	0.4	0.8	0.2	0.1	0.2	trace	0.1	0.3	0.3			0	0.1	0.2
	1 tablespoon (15mL)	10	0.7	250	254	2.4	5.1	1.3	0.5	1	0.3	0.8	1.9	2.1			0	0.4	1.2
Q22	Nut, pistachio, raw	100	3.9	2490	2580	20.6	54.4	7.7	10.8	5.9	1.8	6.9	36.8	8.3			0	6	12
	10 kernels	6.4	0.2	160	165	1.3	3.5	0.5	0.7	0.4	0.1	0.4	2.4	0.5			0	0.4	0.8
Q1024	Nut, walnut, kernel, halves & pieces, raw	100	3.9	2840	2910	14.5	68.8	2.6	9	2.5	0.1	4.9	9	50	10.3	39.6	0	0	0
	1 cup halves (250mL)	114.8	4.5	3260	3340	16.6	79	3	10.4	2.9	0.1	5.6	10.4	57.3	11.9	45.5	0	0	0
	1 cup pieces (250mL)	133.6	5.2	3790	3890	19.4	91.9	3.5	12.1	3.3	0.1	6.6	12.1	66.7	13.8	52.9	0	0	0
Q1003	Nut, almond, roasted with oil, unblanched, no salt added	100	2.8	2490	2570	21.2	55.2	5.1	10.5	4.6	0.6	4.2	34.8	13.5			0	1	0
	10 almonds	12.9	0.4	321	332	2.7	7.1	0.7	1.4	0.6	0.1	0.5	4.5	1.7			0	0.1	0
Q1020	Peanut butter, smooth & crunchy, no sugar or salt added	100	0.7	2490	2610	22.4	52	10.8	15.4	6.4	4.4	8.3	31.8	9.8	trace	9.8	0	5	2
	1 teaspoon (5mL)	6.4	trace	159	167	1.4	3.3	0.7	1	0.4	0.3	0.5	2	0.6	trace	0.6	0	0.3	0.1
	1 tablespoon (15mL)	19.2	0.1	478	501	4.3	10	2.1	3	1.2	0.8	1.6	6.1	1.9	trace	1.9	0	1	0.4
Q1021	Peanut butter, smooth & crunchy, salt & sugar added	100	0.8	2460	2580	19.1	50.2	16.4	15.4	12	4.4	8	30.7	9.5	trace	9.5	0	430	3
	1 teaspoon (5mL)	6.2	trace	153	160	1.2	3.1	1	1	0.7	0.3	0.5	1.9	0.6	trace	0.6	0	27	0.2
	1 tablespoon (15mL)	18.6	0.1	458	481	3.6	9.3	3	2.9	2.2	0.8	1.5	5.7	1.8	trace	1.8	0	80	0.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
Q11	Nut, mixed, salted	100	510	420	37	1.2	2.2	5	1	7	0.38	0.3	14	0.3	0	50	0.5	0	11
	1 cup (250mL)	150	770	630	55	1.8	3.3	7.5	2	11	0.57	0.45	21	0.45	0	76	0.8	0	16
Q1005	Nut, peanut, all types, dry roasted, no salt added	100	660	360	54	2.3	3.3	7.5	0	0	0.44	0.1	17	0.26	0	150	0	0	7.1
	10 peanuts	6.5	43	23	3.5	0.1	0.2	0.5	0	0	0.03	0.01	1.1	0.02	0	9.4	0	0	0.46
Q1006	Nut, peanut, all types, roasted with oil, no salt added	100	680	520	88	1.8	6.6	7.5	0	0	0.25	0.11	19	0.26	0	130	0	0	7.1
	10 peanuts	6.5	44	34	5.7	0.1	0.4	0.5	0	0	0.02	0.01	1.2	0.02	0	8.2	0	0	0.46
Q94	Nut, pecan, dried, raw	100	390	290	36	2.1	5.5	5.3	4	25	0.85	0.13	1.8	0.19	0	22	2	0	6.6
	10 whole nuts	21.1	83	61	7.6	0.4	1.2	1.1	1	5	0.18	0.03	0.37	0.04	0	4.6	0.4	0	1.4
Q21	Nut, pine, raw	100	600	510	26	9.2	4.3	5.3	2	10	0.81	0.19	8.7	0.34	0	58	2	0	14
	10 nuts	1.6	9.6	8.1	0.4	0.1	0.1	0.1	trace	trace	0.01	trace	0.14	trace	0	0.9	trace	0	0.22
	1 tablespoon (15mL)	10	60	51	2.6	0.9	0.4	0.5	trace	1	0.08	0.02	0.87	0.03	0	5.8	0.2	0	1.4
Q22	Nut, pistachio, raw	100	1100	500	140	6.8	1.4	5.3	22	130	0.82	0.17	5.8	0.34	0	51	7	0	2.7
	10 kernels	6.4	70	32	8.6	0.4	0.1	0.3	1	8	0.05	0.01	0.37	0.02	0	3.3	0.4	0	0.17
Q1024	Nut, walnut, kernel, halves & pieces, raw	100	470	380	78	2.7	3	0	2	9	0.35	0.17	4.5	0.6	0	86	0	0	1
	1 cup halves (250mL)	114.8	540	440	90	3.1	3.4	0	2	10	0.4	0.2	5.2	0.69	0	98	0	0	1.2
	1 cup pieces (250mL)	133.6	630	510	100	3.6	4	0	2	12	0.47	0.23	6	0.8	0	110	0	0	1.3
Q1003	Nut, almond, roasted with oil, unblanched, no salt added	100	700	470	290	3.7	3.1	2.8	trace	1	0.09	0.78	6.9	0.12	0	27	0	0	26
	10 almonds	12.9	90	60	38	0.5	0.4	0.4	trace	trace	0.01	0.1	0.89	0.02	0	3.5	0	0	3.4
Q1020	Peanut butter, smooth & crunchy, no sugar or salt added	100	700	400	54	1.6	2.8	11	0	0	0.1	0.11	19	0.62	0	78	0	0	4.4
	1 teaspoon (5mL)	6.4	45	26	3.5	0.1	0.2	0.7	0	0	0.01	0.01	1.2	0.04	0	5	0	0	0.28
	1 tablespoon (15mL)	19.2	130	77	10	0.3	0.5	2.2	0	0	0.02	0.02	3.7	0.12	0	15	0	0	0.84
Q1021	Peanut butter, smooth & crunchy, salt & sugar added	100	700	400	54	1.6	2.8	11	0	0	0.1	0.11	19	0.62	0	78	0	0	4.4
	1 teaspoon (5mL)	6.2	43	25	3.3	0.1	0.2	0.7	0	0	0.01	0.01	1.2	0.04	0	4.8	0	0	0.27
	1 tablespoon (15mL)	18.6	130	74	10	0.3	0.5	2.1	0	0	0.02	0.02	3.6	0.12	0	15	0	0	0.82

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
Q1019	Peanut butter, smooth & crunchy, salt added, no sugar added	100	0.6	2510	2640	24.3	51.9	10.7	15.4	6.3	4.4	8.3	31.8	9.8	trace	9.8	0	230	2.2
	1 teaspoon (5mL)	6.1	trace	153	161	1.5	3.2	0.7	0.9	0.4	0.3	0.5	1.9	0.6	trace	0.6	0	14	0.1
	1 tablespoon (15mL)	18.3	0.1	460	483	4.4	9.5	2	2.8	1.2	0.8	1.5	5.8	1.8	trace	1.8	0	42	0.4
Q42	Seed, pumpkin & squash, kernel, dried	100	6.9	2190	2240	24.6	45.9	4.4	6	1.1	3.3	8.7	14.1	20.9			0	18	4.2
	1 cup (250mL)	138	9.6	3020	3090	33.9	63.3	6	8.3	1.4	4.6	12	19.5	28.8			0	25	5.8
Q27	Seed, sesame butter, tahini	100	3.1	2620	2720	20.4	60.7	1.4	13.5	1.1	0.3	7.5	22.5	28			0	79	2.3
	1 tablespoon (15mL)	16	0.5	419	436	3.3	9.7	0.2	2.2	0.2	trace	1.2	3.6	4.5			0	13	0.4
Q95	Seed, sesame, dried, raw	100	4.7	2290	2380	17.7	49.7	8.5	11.8	5.5	3	7	18.8	21.8			0	11	2.3
	1 tablespoon (15mL)	8.6	0.4	197	205	1.5	4.3	0.7	1	0.5	0.3	0.6	1.6	1.9			0	0.9	0.2
Q41	Seed, sunflower, kernel, dried	100	5.4	2400	2490	22.8	49.6	10.6	10.5	1.6	9	5.2	9.4	32.7			0	3	4.2
	1 tablespoon ground (15mL)	6.9	0.4	166	171	1.6	3.4	0.7	0.7	0.1	0.6	0.4	0.6	2.3			0	0.2	0.3
R	RECIPES																		
R5435	Cake, chocolate, baked, iced with butter icing	100	24.5	1530	1540	3.8	14.5	54.7	1.4	42.3	12.4	9	3.7	0.6	0.1	0.4	66	160	4.9
R21	Cake, sponge, fat added, baked	100	22.4	1760	1770	5.6	23.9	46	0.7	26.8	19.2	14.6	6.2	1.1	0.2	0.7	147	250	11
R22	Cake, sponge, no fat added, baked	100	36.2	1140	1150	9.1	4.4	48.6	0.8	28.5	20.2	1.1	1.9	0.5	trace	0.3	197	71	22
R5428	Custard square, baked	100	62.3	895	897	4	14.3	17.6	0.3	6.3	11.4	8.9	3.6	0.6	0.1	0.4	59	140	6.5
R5507	Dip, guacamole	100	59.5	1290	1310	2.2	33.2	1.4	2.5	1.3	0.1	8.6	17.1	2.2			18	30	2
	1 tablespoon (15mL)	14.7	8.7	189	192	0.3	4.9	0.2	0.4	0.2	trace	1.3	2.5	0.3			3	4.4	0.3
	1 cup (250mL)	245	146	3160	3200	5.3	81.2	3.4	6.1	3.3	0.2	21.1	41.9	5.4			43	73	5
R5416	Lemon curd, cooked	100	47.3	1200	1200	2.9	17.6	29.4	0.2	29.4	0	10.7	4.7	0.8	0.1	0.5	121	140	9.3
R59	Meringue, baked	100	25.3	1270	1270	4.9	0.1	69.7	0	69.7	0	0	0	0			trace	81	1.6
	1 meringue (7.5cm diameter)	30	7.6	381	381	1.5	trace	20.9	0	20.9	0	0	0	0			trace	24	0.5

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E	
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg	
Q1019	Peanut butter, smooth & crunchy, salt added, no sugar added	100	700	400	54	1.6	2.8	11	0	0	0.1	0.11	19	0.62	0	78	0	0	4.4	
	1 teaspoon (5mL)	6.1	43	24	3.3	0.1	0.2	0.7	0	0	0.01	0.01	1.2	0.04	0	4.8	0	0	0.27	
	1 tablespoon (15mL)	18.3	130	73	9.9	0.3	0.5	2.1	0	0	0.02	0.02	3.5	0.11	0	14	0	0	0.8	
Q42	Seed, pumpkin & squash, kernel, dried	100	810	1200	43	15	7.5	6	38	228	0.21	0.32	8.9	0.22	0	58	1.9	0	2	
	1 cup (250mL)	138	1100	1600	59	21	10	8.3	53	315	0.29	0.44	12	0.3	0	79	2.6	0	2.8	
Q27	Seed, sesame butter, tahini	100	190	730	330	5.1	5.2	11	1	7	0.95	0.25	9.8	0.76	0	99	0	0	2.6	
	1 tablespoon (15mL)	16	30	120	53	0.8	0.8	1.8	trace	1	0.15	0.04	1.6	0.12	0	16	0	0	0.41	
Q95	Seed, sesame, dried, raw	100	470	630	980	15	7.8	11	1	5	0.79	0.25	11	0.79	0	97	0	0	2.6	
	1 tablespoon (15mL)	8.6	40	54	84	1.3	0.7	1	trace	trace	0.07	0.02	0.92	0.07	0	8.3	0	0	0.22	
Q41	Seed, sunflower, kernel, dried	100	690	710	120	6.8	5.1	49	5	30	2.3	0.25	9.5	0.77	0	230	1.4	0	38	
	1 tablespoon ground (15mL)	6.9	48	49	8	0.5	0.3	3.4	trace	2	0.16	0.02	0.66	0.05	0	16	0.1	0	2.6	
R	RECIPES																			
R5435	Cake, chocolate, baked, iced with butter icing	100	130	110	40	0.8	0.5	3.3	164	93	0.04	0.1	0.93	0.06	0.25	13	trace	1	0.64	
R21	Cake, sponge, fat added, baked	100	82	130	31	1	0.5	6.7	292	151	0.05	0.13	1.4	0.03	0.47	25	trace	1.7	1.1	
R22	Cake, sponge, no fat added, baked	100	120	130	33	1.5	0.7	13	110	0	0.07	0.23	2.2	0.03	0.61	50	0	0.8	0.96	
R5428	Custard square, baked	100	130	87	87	0.4	0.4	2.4	155	93	0.03	0.22	1	0.02	0.28	13	0.1	1.1	0.51	
R5507	Dip, guacamole	100	330	52	38	0.5	0.5	1.2	109	145	0.03	0.14	1.1	0.47	0.1	45	5.7	0.1	1.8	
	1 tablespoon (15mL)	14.7	49	7.7	5.6	0.1	0.1	0.2	16	21	trace	0.02	0.16	0.07	0.02	6.6	0.8	trace	0.26	
	1 cup (250mL)	245	810	130	94	1.2	1.2	3	266	356	0.07	0.34	2.6	1.2	0.25	110	14	0.1	4.3	
R5416	Lemon curd, cooked	100	82	46	19	0.5	0.3	5.1	221	110	0.02	0.11	0.8	0.03	0.43	29	16.8	1.3	0.85	
R59	Meringue, baked	100	66	5.8	3.6	0.2	trace	4.1	0	0	0	0.2	1.1	0	0	6.1	0	0	0	
	1 meringue (7.5cm diameter)	30	20	1.7	1.1	0.1	trace	1.2	0	0	0	0.06	0.34	0	0	1.8	0	0	0	

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
R5415	Mince meat, fruit, Christmas	100	33.9	1380	1400	1.9	17	42.1	2.9	41.4	0.7	10.2	4.6	0.9	0.1	0.4	39	150	1.3
	1 cup (250mL)	243.6	82.7	3350	3410	4.5	41.5	103	7	101	1.8	24.9	11.2	2.2	0.3	1	95	370	3.2
R62	Omelette, cheese, cooked	100	57	1120	1120	15.9	22.7	0.4	0	0.4	0	13	5.7	1.2	0.1	0.8	224	1000	25
	1 egg omelette	78	44.4	870	870	12.4	17.7	0.3	0	0.3	0	10.2	4.4	0.9	0.1	0.6	175	780	19
	1 cup (250mL)	256	146	2860	2860	40.7	58.1	0.9	0	0.9	0	33.3	14.5	2.9	0.4	2.1	573	2600	64
R63	Omelette, plain, cooked	100	70.4	728	728	10.9	14.4	0.6	0	0.6	0	6.7	5	0.9	0.1	0.7	347	1200	37
	1 egg omelette	64	45.1	466	466	7	9.2	0.4	0	0.4	0	4.3	3.2	0.6	trace	0.5	222	750	23
R5407	Pastry, short, butter, baked	100	17.6	1850	1860	6.1	25.2	47.6	1.8	0.5	47.1	15.9	6	1.2	0.2	0.6	62	290	1.4
R5442	Pie, lemon meringue, baked	100	50.3	965	969	3.3	7.8	36.6	0.5	23.7	12.9	4.5	2.1	0.4			73	92	6.5
R5424	Pudding, rice, cocoa & coconut, cooked	100	70.1	585	594	1.5	5.5	20.8	1.1	11.9	8.9	4.3	0.8	0.2	trace	0.2	0	120	2.7
R109	Pudding, sponge, fruit, steamed	100	28.4	1460	1480	5.6	15.1	47.7	1.4	24	23.7	9.1	3.9	0.8	0.1	0.4	91	240	7.5
R5441	Quiche, spinach, baked	100	59.2	928	940	7.4	15.2	14.2	1.6	0.6	13.7	9.2	3.7	0.8			60	290	11
R125	Scone, wholemeal, baked	100	32	1240	1280	7.7	12.7	37.4	5.9	4.7	32.7	7.7	3	0.8	0.1	0.3	31	620	2.7
	whole	50	16	618	642	3.9	6.3	18.7	2.9	2.3	16.4	3.9	1.5	0.4	trace	0.2	15	310	1.4
R166	Shortbread, homemade, baked	100	10.5	2020	2030	3.5	26.9	56.9	1.1	18.1	38.8	17.1	6.5	1.2	0.2	0.7	66	180	1.1
	1 piece	13	1.4	263	264	0.4	3.5	7.4	0.1	2.3	5	2.2	0.8	0.2	trace	0.1	9	24	0.1
R5414	Tart, jam, baked	100	26.9	1490	1500	3.7	14	53.4	1.4	27.3	26.1	8.8	3.3	0.7	0.1	0.4	34	160	1.4
S	SAUCES & CONDIMENTS																		
S77	Dip, sour cream, assorted flavours, 30% fat, La Bonne	100	59.3	1150	1150	3.1	27	5.8	0	5	0.8	7.4	12.9	4.6			44	280	4
	1 tablespoon (15mL)	14.2	8.4	163	163	0.4	3.8	0.8	0	0.7	0.1	1	1.8	0.7			6	40	0.6
S79	Dip, sour cream, lite, assorted flavours, 7% fat	100	74.4	492	492	6.4	7	7.3	0	6.7	0.7	4.1	2.1	0.1			27	400	11
	1 tablespoon (15mL)	15.8	11.8	78	78	1	1.1	1.2	0	1.1	0.1	0.6	0.3	trace			4	64	1.7

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E	
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg	
R5415	Mincemeat, fruit, Christmas	100	390	47	66	1	0.3	1.3	173	119	0.07	0.06	0.61	0.09	0.13	8.5	11.1	1	1.6	
	1 cup (250mL)	243.6	950	120	160	2.4	0.7	3.1	421	291	0.17	0.15	1.5	0.22	0.32	21	27.1	2.4	3.8	
R62	Omelette, cheese, cooked	100	110	290	320	0.9	1.7	15	311	132	0.05	0.42	4	0.05	0.92	54	0	1.2	1.2	
	1 egg omelette	78	82	220	250	0.7	1.3	12	243	103	0.04	0.33	3.1	0.04	0.72	42	0	1	0.93	
	1 cup (250mL)	256	270	730	820	2.4	4.2	39	797	338	0.13	1.1	10	0.13	2.4	140	0	3.1	3	
R63	Omelette, plain, cooked	100	120	160	45	1.4	0.8	19	269	53	0.05	0.38	2.6	0.03	1.1	78	0	1.7	1.6	
	1 egg omelette	64	78	100	29	0.9	0.5	12	172	34	0.03	0.24	1.7	0.02	0.7	50	0	1.1	1	
R5407	Pastry, short, butter, baked	100	110	84	22	1.3	0.6	2.4	244	153	0.1	0.03	1.4	0.04	0.2	8.1	trace	1.6	1	
R5442	Pie, lemon meringue, baked	100	69	48	16	0.7	0.3	4	97	41	0.03	0.08	0.79	0.02	0.23	18	8.7	0.6	0.52	
R5424	Pudding, rice, cocoa & coconut, cooked	100	110	36	7	0.4	0.3	1	trace	2	0.01	0.02	0.49	0.07	0	2.9	0	0	0.26	
R109	Pudding, sponge, fruit, steamed	100	160	180	49	1.1	0.5	4.9	181	97	0.07	0.1	1.3	0.04	0.29	19	trace	1.1	0.93	
R5441	Quiche, spinach, baked	100	360	130	150	2.4	1	4.1	335	1120	0.04	0.24	1.9	0.1	0.34	75	0.9	0.6	0.52	
R125	Scone, wholemeal, baked	100	250	520	110	2.2	1.8	3.1	130	86	0.12	0.13	2.2	0.06	0.14	17	0.1	0.8	0.58	
	whole	50	120	260	53	1.1	0.9	1.5	65	43	0.06	0.07	1.1	0.03	0.07	8.6	trace	0.4	0.29	
R166	Shortbread, homemade, baked	100	74	54	18	1	0.4	1.7	291	183	0.06	0.04	0.88	0.02	0.22	4.4	trace	1.7	0.91	
	1 piece	13	9.6	7.1	2.3	0.1	trace	0.2	38	24	0.01	trace	0.11	trace	0.03	0.6	trace	0.2	0.12	
R5414	Tart, jam, baked	100	93	57	25	0.8	0.4	1.4	134	86	0.06	0.04	0.91	0.03	0.13	7.7	1.3	0.9	0.56	
S	SAUCES & CONDIMENTS																			
S77	Dip, sour cream, assorted flavours, 30% fat, La Bonne	100	120	56	57	0.3	0.3	2.7	115	66	0	0.28	0.7	0.06	0.37	0	0	0.3	1.6	
	1 tablespoon (15mL)	14.2	16	7.9	8.1	trace	trace	0.4	16	9	0	0.04	0.1	0.01	0.05	0	0	trace	0.23	
S79	Dip, sour cream, lite, assorted flavours, 7% fat	100	290	110	130	0.1	0.5	2.7	67	66	0	0.28	1.5	0.06	0.78	0	0	0.2	1.6	
	1 tablespoon (15mL)	15.8	45	18	20	trace	0.1	0.4	11	10	0	0.04	0.24	0.01	0.12	0	0	trace	0.25	

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
S29	Dressing, coleslaw, Lite, Eta	100	73.6	441	446	0	2.6	20.4	0.6	8.2	12.2	0.3	0.8	2.3			0	930	1.6
	1 tablespoon (15mL)	15.2	11.2	67	68	0	0.4	3.1	0.1	1.3	1.9	trace	0.1	0.4			0	140	0.2
S28	Dressing, French, Kraft	100	75.8	430	430	0	8	8	0	5.9	2.2	0.6	4.7	2		1.4	0	1200	0.8
	1 tablespoon (15mL)	15	11.4	65	65	0	1.2	1.2	0	0.9	0.3	0.1	0.7	0.3		0.2	0	170	0.1
S31	Dressing, Italian, Kraft	100	79.1	589	595	0.9	12.8	5.9	0.7	5.9	0	1	7.3	3.5			0	880	0.8
	1 tablespoon (15mL)	14.7	11.6	87	87	0.1	1.9	0.9	0.1	0.9	0	0.1	1.1	0.5			0	130	0.1
S45	Dressing, mayonnaise, commercial	100	52.2	1350	1350	0.6	27.6	18.6	0.8	14.8	3.8	3.1	11.1	11.6		9.5	5	610	1.6
	1 tablespoon (15mL)	14.7	7.7	198	199	0.1	4.1	2.7	0.1	2.2	0.6	0.5	1.6	1.7		1.4	1	89	0.2
S64	Dressing, mayonnaise, reduced fat, commercial	100	53.3	1190	1190	0.5	21.2	23.2	0	18.6	4.6	2.3	5.5	12.3			24	800	1.6
	1 tablespoon (15mL)	13.8	7.4	164	164	0.1	2.9	3.2	0	2.6	0.6	0.3	0.8	1.7			3	110	0.2
S50	Dressing, thousand island, Eta	100	50.4	1490	1500	0.9	32.7	15.4	1.4	15.4	0	4.9	8.1	17.5		15.5	12	980	1.6
	1 tablespoon (15mL)	15.6	7.9	232	234	0.1	5.1	2.4	0.2	2.4	0	0.8	1.3	2.7		2.4	2	150	0.3
S7	Dressing, vinaigrette	100	38.4	1970	1970	0.7	48.3	10	0.3	9.5	0.5	7	11.1	28.1			0	790	0.8
	1 tablespoon (15mL)	16	6.1	315	315	0.1	7.7	1.6	trace	1.5	0.1	1.1	1.8	4.5			0	130	0.1
S1018	Gravy, dry powder mix, assorted flavours, prepared with water	100	90.6	99	101	0.4	0.7	4	0.2	0.4	3.6	0.3	0.2	trace	trace	trace	0	330	1
	1 cup (250mL)	251.4	228	248	253	1	1.6	10.1	0.6	1	9.1	0.7	0.5	0.1	trace	0.1	0	820	2.5
S73	Hummus, original, 6.5% fat	100	68.2	540	588	6.9	6.2	11.3	6	0	11.3	0.8	2.4	2.7		2.7	0	300	1
	1 tablespoon (15mL)	15.6	10.6	84	92	1.1	1	1.8	0.9	0	1.8	0.1	0.4	0.4		0.4	0	47	0.2
S2	Pickle, sweet	100	58.9	599	607	0.6	0.3	34	1.1	32.4	1.6	0.1	trace	0.1			0	1700	2.7
	1 tablespoon (15mL)	17	10	102	103	0.1	trace	5.8	0.2	5.5	0.3	trace	trace	trace			0	290	0.5
S22	Sauce, chilli	100	71.7	353	388	1.3	0.8	17.7	4.4	17.3	0.4	0	0	0	0	0	0	2600	1.6
	1 tablespoon (15mL)	17	12.2	60	66	0.2	0.1	3	0.7	2.9	0.1	0	0	0	0	0	0	450	0.3
S1016	Sauce, chilli, sweet, commercial	100	47.6	793	802	0.5	0.3	45.5	1.2	44.5	1	0	0	0	0	0	0	1400	4.2
	1 tablespoon (15mL)	18.4	8.8	146	148	0.1	0.1	8.4	0.2	8.2	0.2	0	0	0	0	0	0	250	0.8

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
S29	Dressing, coleslaw, Lite, Eta	100	5.4	3	3.7	0.2	0.1	0	10	22	0.06	0.03	0.4	0	0.41	1	0.6	0	3.9
	1 tablespoon (15mL)	15.2	0.8	0.5	0.6	trace	trace	0	1	3	0.01	trace	0.06	0	0.06	0.2	0.1	0	0.59
S28	Dressing, French, Kraft	100	14	6.2	8	0.5	0.3	0	0	0	0.04	0.01	0	0	0	0	0.8	0	3.6
	1 tablespoon (15mL)	15	2	0.9	1.2	0.1	trace	0	0	0	0.01	trace	0	0	0	0	0.1	0	0.54
S31	Dressing, Italian, Kraft	100	33	79	7.7	0.2	0.2	0	0	0	0	0	0	0	0	0	0.1	0	0.38
	1 tablespoon (15mL)	14.7	4.9	12	1.1	trace	trace	0	0	0	0	0	0	0	0	0	trace	0	0.06
S45	Dressing, mayonnaise, commercial	100	11	12	7.8	0.6	0.3	0	6	1	0.06	0.03	0.1	0	0.41	6.3	0.6	0.1	3.9
	1 tablespoon (15mL)	14.7	1.6	1.8	1.1	0.1	trace	0	1	trace	0.01	trace	0.02	0	0.06	0.9	0.1	trace	0.57
S64	Dressing, mayonnaise, reduced fat, commercial	100	15	19	8	0.2	0	2	2	8	0.02	0.24	0.1	0.04	0	16	0	0	8.3
	1 tablespoon (15mL)	13.8	2.1	2.6	1.1	trace	0	0.3	trace	1	trace	0.03	0.01	0.01	0	2.2	0	0	1.2
S50	Dressing, thousand island, Eta	100	150	31	16	1	0.5	0	18	70	0.06	0.03	0.2	0	0.41	6.3	0.6	0	3.9
	1 tablespoon (15mL)	15.6	24	4.8	2.4	0.2	0.1	0	3	11	0.01	trace	0.03	0	0.06	1	0.1	0	0.6
S7	Dressing, vinaigrette	100	15	5	10	0.2	0.1	0.1	2	11	0	0	0	0.03	0.5	3	0	0	11
	1 tablespoon (15mL)	16	2.4	0.8	1.6	trace	trace	trace	trace	2	0	0	0	trace	0.08	0.5	0	0	1.7
S1018	Gravy, dry powder mix, assorted flavours, prepared with water	100	57	14	6.3	0.1	trace	0	trace	3	0.03	0.03	0.15	0.2	0	11	0	0	0.07
	1 cup (250mL)	251.4	140	35	16	0.2	0.1	0	1	6	0.08	0.08	0.38	0.5	0	27	0	0	0.18
S73	Hummus, original, 6.5% fat	100	200	130	29	1.6	1.2	5.6	3	20	0.21	0.05	5.3	0.04	0	0.1	2.2	0	1.8
	1 tablespoon (15mL)	15.6	30	20	4.5	0.2	0.2	0.9	trace	3	0.03	0.01	0.82	0.01	0	trace	0.3	0	0.29
S2	Pickle, sweet	100	110	11	19	2	1.4	0.2	10	59	0.03	0.01	0.3	0.07	0	0	0	0	0
	1 tablespoon (15mL)	17	19	1.9	3.2	0.3	0.2	trace	2	10	trace	trace	0.05	0.01	0	0	0	0	0
S22	Sauce, chilli	100	140	28	17	2.8	0.1	0	95	570	0.01	0.09	0.9	0.1	0	12	8	0	2
	1 tablespoon (15mL)	17	24	4.8	2.9	0.5	trace	0	16	97	trace	0.02	0.15	0.02	0	2	1.4	0	0.34
S1016	Sauce, chilli, sweet, commercial	100	56	12	12	0.3	trace	0	74	441	0.07	0.25	0.19	0.11	0	0	0	0	0.49
	1 tablespoon (15mL)	18.4	10	2.2	2.2	trace	trace	0	14	81	0.01	0.05	0.04	0.02	0	0	0	0	0.09

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
S1007	Sauce, fish	100	71.1	91	91	0.9	trace	4.4	0	4.4	0	trace	0	0			0	7700	31
	1 tablespoon (15mL)	18.2	12.9	17	17	0.2	trace	0.8	0	0.8	0	trace	0	0			0	1400	5.7
S68	Sauce, pasta, chunky vegetable, tomato based, heated	100	82.9	235	254	1.8	0.7	10.6	2.4	9.1	1.5	0.1	0.2	0.4			0	500	5
	1 cup (250mL)	273.4	227	643	695	4.9	1.9	28.8	6.6	24.9	4	0.2	0.5	1			0	1400	14
S70	Sauce, simmer, butter chicken, heated	100	73.2	586	602	2.4	10.2	9.8	1.9	5.8	4	3.7	3.7	2			18	600	3
	1 cup (250mL)	267.6	196	1570	1610	6.5	27.4	26.2	5.1	15.5	10.7	9.9	9.9	5.4			47	1600	8
S1019	Sauce, simmer, korma, cream & coconut base	100	79.1	432	467	1.6	7.9	6.6	4.4	4.8	1.8	4.6	2.4	1.3	0.2	1.1	3	400	7.5
	1 cup (250mL)	266.2	211	1150	1240	4.2	21	17.6	11.7	12.8	4.8	12.2	6.3	3.5	0.6	3	8	1100	20
S71	Sauce, simmer, satay, heated	100	72.6	569	594	4.1	8	12	3.1	8.7	3.3	2	3.7	1.7			0	500	2
	1 cup (250mL)	271	197	1540	1610	11.2	21.6	32.5	8.4	23.6	9	5.3	9.9	4.6			0	1300	5.4
S69	Sauce, simmer, sweet & sour, heated	100	70.9	477	482	0.6	0.2	27	0.6	23.6	3.5	0.1	0.1	0.1			0	450	0
	1 cup (250mL)	282.7	200	1350	1360	1.6	0.6	76.4	1.7	66.6	9.9	0.2	0.2	0.2			0	1300	0
S1014	Sauce, soy, commercial	100	68.8	204	210	5.7	0.2	4	0.8	3.9	0.1	0	0	0	0	0	0	6100	21
	1 tablespoon (15mL)	17.6	12.1	36	37	1	trace	0.7	0.1	0.7	trace	0	0	0	0	0	0	1100	3.7
S1015	Sauce, soy, reduced salt, commercial	100	74.9	175	182	4.3	0.2	3.2	0.8	2.9	0.3	0	0	0	0	0	0	3600	1.5
	1 tablespoon (15mL)	17.2	12.9	30	31	0.7	trace	0.6	0.1	0.5	trace	0	0	0	0	0	0	620	0.3
S46	Sauce, tartar, Eta	100	26	2530	2550	0.9	64.8	7	1.9	7	0	10.1	14.5	36.2		31.7	21	910	1.6
	1 tablespoon (15mL)	14.6	3.8	369	372	0.1	9.5	1	0.3	1	0	1.5	2.1	5.3		4.6	3	130	0.2
S44	Sauce, tomato	100	69.5	447	458	1.2	0.1	24.9	1.4	24.4	0.5	0	0	0	0	0	0	620	1.4
	1 tablespoon (15mL)	16.5	11.5	74	76	0.2	trace	4.1	0.2	4	0.1	0	0	0	0	0	0	100	0.2
S1008	Sauce, tomato, ketchup	100	66.1	455	467	1.3	0.5	24.4	1.6	24.2	0.2	0.2	0.1	0.1	trace	0.1	0	1100	2.1
	1 teaspoon (5mL)	6.3	4.2	29	29	0.1	trace	1.5	0.1	1.5	trace	trace	trace	trace	trace	trace	0	68	0.1
S14	Sauce, Worcestershire	100	73.3	329	335	1.3	0.2	17.6	0.7	16.9	0.7	0	0	0	0	0	2	1100	1.6
	1 tablespoon (15mL)	18	13.2	59	60	0.2	trace	3.2	0.1	3	0.1	0	0	0	0	0	trace	190	0.3

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
S1007	Sauce, fish	100	290	7	43	0.8	0.2	9.1	6	14	0.01	0.06	2.9	0.4	0.48	51	0	0	0
	1 tablespoon (15mL)	18.2	52	1.3	7.8	0.1	trace	1.7	1	3	trace	0.01	0.53	0.07	0.09	9.3	0	0	0
S68	Sauce, pasta, chunky vegetable, tomato based, heated	100	480	49	35	0.8	0.3	1	167	1000	0.12	0.09	1.2	0.3	0	2.9	2.7	0	2.4
	1 cup (250mL)	273.4	1300	130	97	2.1	0.8	2.7	457	2730	0.33	0.25	3.4	0.82	0	7.9	7.4	0	6.6
S70	Sauce, simmer, butter chicken, heated	100	260	44	43	0.8	0.3	1.4	54	214	0.13	0.12	1.3	0.01	0.1	15	0	0	2
	1 cup (250mL)	267.6	710	120	120	2.1	0.7	3.7	146	573	0.35	0.32	3.4	0.03	0.27	40	0	0	5.3
S1019	Sauce, simmer, korma, cream & coconut base	100	170	43	29	0.8	0.3	0.8	12	70	0	0.07	0.27	0.22	0	0	0	0	0.94
	1 cup (250mL)	266.2	440	110	77	2.1	0.8	2.1	31	186	0	0.19	0.72	0.59	0	0	0	0	2.5
S71	Sauce, simmer, satay, heated	100	180	58	18	0.5	0.4	1.5	58	315	0.11	0.06	3.2	0.03	0	15	0	0	0.74
	1 cup (250mL)	271	480	160	49	1.3	1.1	3.9	156	854	0.3	0.16	8.8	0.08	0	41	0	0	2
S69	Sauce, simmer, sweet & sour, heated	100	71	9.4	10	0	0.1	0	685	4100	0.09	0.03	0.18	0.04	0	2	0	0	0
	1 cup (250mL)	282.7	200	27	28	0	0.2	0	1940	11600	0.25	0.09	0.51	0.11	0	5.7	0	0	0
S1014	Sauce, soy, commercial	100	340	98	29	1.3	0.4	2.8	0	0	0.07	0.35	0.3	4.3	0	43	0	0	0
	1 tablespoon (15mL)	17.6	60	17	5.1	0.2	0.1	0.5	0	0	0.01	0.06	0.05	0.76	0	7.6	0	0	0
S1015	Sauce, soy, reduced salt, commercial	100	950	74	19	1.3	0.4	2.4	0	0	0.07	0.35	0.3	4.3	0	43	0	0	0
	1 tablespoon (15mL)	17.2	160	13	3.2	0.2	0.1	0.4	0	0	0.01	0.06	0.05	0.74	0	7.4	0	0	0
S46	Sauce, tartar, Eta	100	17	29	12	1	0.4	0	46	239	0.06	0.03	0.5	0	0.41	6	0.6	0	3.9
	1 tablespoon (15mL)	14.6	2.5	4.2	1.8	0.1	0.1	0	7	35	0.01	trace	0.07	0	0.06	0.9	0.1	0	0.56
S44	Sauce, tomato	100	400	24	21	1.4	0.1	3.3	32	104	0.02	0.03	1.5	0.13	0	12	7.9	0	5.5
	1 tablespoon (15mL)	16.5	66	3.9	3.4	0.2	trace	0.5	5	17	trace	trace	0.24	0.02	0	1.9	1.3	0	0.91
S1008	Sauce, tomato, ketchup	100	330	32	14	0.7	0.2	0	202	1210	0.12	0.06	1.1	0.27	0	53	1.7	0	1.6
	1 teaspoon (5mL)	6.3	21	2	0.9	trace	trace	0	13	76	0.01	trace	0.07	0.02	0	3.3	0.1	0	0.1
S14	Sauce, Worcestershire	100	890	23	160	3.7	0.4	0.3	2	8	0.02	0.07	0.6	0.03	0	8	0	0	0
	1 tablespoon (15mL)	18	160	4.1	29	0.7	0.1	trace	trace	1	trace	0.01	0.11	trace	0	1.4	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
T	SHELLFISHES																		
T31	Cockle, boiled	100	84.6	163	163	8.5	0.5	0	0	0	0	0.1	trace	0.2			47	350	170
	1 cup (250mL)	250	212	408	408	21.3	1.3	0	0	0	0	0.3	0.1	0.5			118	880	430
T40	Crab, meat stick, surimi	100	73.7	354	354	12	1.3	6	0	0	6	0.2	0.2	0.5			20	840	6.5
	1 stick	41	30.2	145	145	4.9	0.5	2.5	0	0	2.5	0.1	0.1	0.2			8	340	2.7
	1 cup chunks or flakes (250mL)	133	98	471	471	16	1.7	8	0	0	8	0.3	0.2	0.7			27	1100	8.6
T26	Kina, roe, raw	100	80.9	394	394	10.8	5.4	0.6	0	0.6	0	1.8	2.1	0.3			348	820	250
	1 tablespoon (15mL)	14	11.3	55	55	1.5	0.8	0.1	0	0.1	0	0.3	0.3	trace			49	120	34
T1026	Mussel, green, meat, boiled	100	74.6	427	427	14.7	2.5	5.1	0	1	0	0.6	0.3	0.9	trace	trace	51	550	140
	1 mussel	15.2	11.3	65	65	2.2	0.4	0.8	0	0.1	0	0.1	trace	0.1	trace	trace	8	83	22
	1 cup (250mL)	216	161	923	923	31.6	5.4	11	0	2.1	0	1.2	0.7	1.9	trace	0.1	110	1200	310
T1024	Mussel, green, meat, fresh, raw	100	81.3	311	311	10.7	1.8	3.7	0	0.7	0	0.4	0.2	0.6	trace	trace	37	470	110
	1 mussel	24.7	20.1	77	77	2.6	0.4	0.9	0	0.2	0	0.1	0.1	0.2	trace	trace	9	120	26
	1 cup (250mL)	239	194	744	744	25.5	4.3	8.8	0	1.7	0	1	0.6	1.5	trace	0.1	88	1100	250
T1015	Mussel, green, meat, marinated, assorted flavoured, drained, ready to eat, Sealord	100	71	453	453	13.2	2.3	8.5	0	6.6	0	0.5	0.3	0.9	trace	trace	57	280	95
	1 mussel	16	11.4	73	73	2.1	0.4	1.4	0	1.1	0	0.1	trace	0.1	trace	trace	9	45	15
	1 cup (250mL)	281.2	200	1270	1270	37.2	6.4	23.9	0	18.6	0	1.3	0.8	2.5	0.1	0.1	160	790	270
T1005	Mussel, green, meat, marinated, drained, ready to eat, Talley's	100	68.2	499	499	16.9	2.7	6.7	0	4.8	0	0.6	0.4	1	trace	0.1	64	480	110
	1 mussel	16	10.9	80	80	2.7	0.4	1.1	0	0.8	0	0.1	0.1	0.2	trace	trace	10	77	17
	1 cup (250mL)	250	171	1250	1250	42.2	6.6	16.8	0	12	0	1.6	1.1	2.4	0.1	0.2	160	1200	260
T1022	Mussel, green, meat, smoked, flavoured, ready to eat, Garlic, Aqua Fresh	100	57.7	900	900	19	14.5	2.5	0	0	0	1.4	8.1	4	0.9	2.4	57	1000	130
	1 mussel	9.6	5.5	86	86	1.8	1.4	0.2	0	0	0	0.1	0.8	0.4	0.1	0.2	5	99	13
	1 cup (250mL)	279.3	161	2510	2510	53.1	40.4	7	0	0	0	3.8	22.5	11.2	2.6	6.6	159	2900	370

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
T	SHELLFISHES																		
T31	Cockle, boiled	100	130	120	49	7.9	1.9	38	87	0	0.02	0.1	3.9	0.04	41	62	0	0	1.8
	1 cup (250mL)	250	330	310	120	20	4.8	95	218	0	0.05	0.25	9.8	0.1	100	160	0	0	4.5
T40	Crab, meat stick, surimi	100	90	280	13	0.4	0.3	0	20	0	0.03	0.03	2.1	0.03	1.6	1.6	0	0	0
	1 stick	41	37	120	5.3	0.2	0.1	0	8	0	0.01	0.01	0.85	0.01	0.66	0.7	0	0	0
	1 cup chunks or flakes (250mL)	133	120	380	17	0.5	0.4	0	27	0	0.04	0.04	2.8	0.04	2.1	2.1	0	0	0
T26	Kina, roe, raw	100	210	200	35	1.1	2.5	30	57	0	0.06	0.17	1.9	0.4	1	80	1	0	1.8
	1 tablespoon (15mL)	14	29	29	4.9	0.2	0.4	4.2	8	0	0.01	0.02	0.27	0.06	0.14	11	0.1	0	0.25
T1026	Mussel, green, meat, boiled	100	200	140	91	4.1	1.6	70	90	129	0	0.35	3.6	0.25	6	100	0	1.5	1.3
	1 mussel	15.2	31	21	14	0.6	0.2	11	14	20	0	0.05	0.55	0.04	0.91	16	0	0.2	0.2
	1 cup (250mL)	216	440	310	200	8.8	3.3	150	194	278	0	0.76	7.8	0.54	13	220	0	3.3	2.9
T1024	Mussel, green, meat, fresh, raw	100	210	150	66	3.3	1.1	51	73	104	0	0.34	3.5	0.2	7.3	100	0	1.1	0.97
	1 mussel	24.7	52	36	16	0.8	0.3	13	18	26	0	0.08	0.87	0.05	1.8	25	0	0.3	0.24
	1 cup (250mL)	239	500	350	160	7.9	2.7	120	174	249	0	0.81	8.4	0.48	17	240	0	2.6	2.3
T1015	Mussel, green, meat, marinated, assorted flavoured, drained, ready to eat, Sealord	100	59	160	21	6	0.8	35	51	182	0	0.23	4.6	0.13	5.9	97	0	1.1	1.1
	1 mussel	16	9.4	25	3.4	1	0.1	5.6	8	29	0	0.04	0.73	0.02	0.94	16	0	0.2	0.17
	1 cup (250mL)	281.2	170	440	59	17	2.1	98	145	512	0	0.65	13	0.37	17	270	0	3.1	3
T1005	Mussel, green, meat, marinated, drained, ready to eat, Talley's	100	55	260	32	6.9	1.3	53	51	182	0	0.23	6.3	0.13	5.9	110	0	1.1	1.1
	1 mussel	16	8.8	42	5.1	1.1	0.2	8.5	8	29	0	0.04	1	0.02	0.94	18	0	0.2	0.17
	1 cup (250mL)	250	140	650	80	17	3.1	130	129	455	0	0.58	16	0.33	15	280	0	2.8	2.6
T1022	Mussel, green, meat, smoked, flavoured, ready to eat, Garlic, Aqua Fresh	100	170	240	49	5.8	1.6	51	58	166	0	0.35	10	0.29	2.4	140	0	1.1	3.4
	1 mussel	9.6	17	23	4.7	0.6	0.2	4.9	6	16	0	0.03	0.96	0.03	0.23	13	0	0.1	0.33
	1 cup (250mL)	279.3	490	670	140	16	4.4	140	162	464	0	0.98	28	0.81	6.7	390	0	3.1	9.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
T1023	Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh	100	57.7	900	900	19	14.5	2.5	0	0	0	1.4	8.1	4	0.9	2.4	57	1000	130
	1 mussel	9.8	5.7	88	88	1.9	1.4	0.2	0	0	0	0.1	0.8	0.4	0.1	0.2	6	100	13
	1 cup (250mL)	285	164	2570	2570	54.2	41.2	7.1	0	0	0	3.9	23	11.4	2.6	6.8	162	2900	380
T6	Oyster, dredge, raw	100	78.3	392	392	13.6	3.8	1.2	0	0.2	0	1.3	0.8	0.9			35	350	97
	1 oyster	15	11.7	59	59	2	0.6	0.2	0	trace	0	0.2	0.1	0.1			5	52	15
T17	Oyster, battered, deep fried in peanut oil	100	55.4	950	951	12.4	15.6	9.5	0.1	2.8	6.7	3	5.7	4.5			78	490	120
	1 oyster	23	12.7	219	219	2.9	3.6	2.2	trace	0.6	1.5	0.7	1.3	1			18	110	27
T25	Paua, fritter, deep fried	100	47.7	1090	1100	8.1	13.2	27.5	0.9	13.3	14.2	7.1	4	0.6			50	470	170
	1 paua fritter	184	87.8	2010	2030	14.9	24.3	50.6	1.7	24.5	26.1	13.1	7.3	1.1			92	870	320
T19	Pipi, flesh, raw	100	87	172	172	8.1	0.7	0.5	0	0.1	0	0.2	0.1	0.1			30	700	250
	1 pipi	5	4.4	9	9	0.4	trace	trace	0	trace	0	trace	trace	trace			2	35	12
T1027	Prawn, king, flesh, cooked	100	73.4	436	436	23.7	0.9	0	0	0	0	0.2	0.1	0.2	trace	trace	188	550	25
	1 prawn	16	11.7	70	70	3.8	0.1	0	0	0	0	trace	trace	trace	trace	trace	30	88	4
T1028	Prawn, king, flesh, raw	100	76.4	372	372	20.6	0.6	0	0	0	0	0.1	0.1	0.1	trace	trace	149	350	30
	1 prawn	19	14.5	71	71	3.9	0.1	0	0	0	0	trace	trace	trace	trace	trace	28	67	5.7
T20	Scallop, battered, deep fried	100	58.4	875	877	18.2	10.9	9.5	0.3	2.8	6.7	2.7	4.4	2.9			61	460	120
	1 scallop	24	14	210	211	4.4	2.6	2.3	0.1	0.7	1.6	0.6	1.1	0.7			15	110	29
	1 cup (250mL)	142	83	1240	1250	25.8	15.5	13.5	0.4	4	9.5	3.8	6.3	4.1			87	660	170
T11	Scallop, raw	100	80.6	340	340	14.9	1.3	2.3	0	0.4	0	0.3	0.1	0.4			27	100	250
	1 scallop	14	11.3	48	48	2.1	0.2	0.3	0	0.1	0	trace	trace	0.1			4	14	34
T12	Shrimp, canned, drained	100	74.9	398	398	20.8	1.2	0	0	0	0	0.2	0.3	0.4			158	980	29
	1 cup (250mL)	135	101	538	538	28.1	1.6	0	0	0	0	0.2	0.3	0.5			213	1300	40

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
T1023	Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh	100	170	240	49	5.8	1.6	51	58	166	0	0.35	10	0.29	2.4	140	0	1.1	3.4
	1 mussel	9.8	17	24	4.8	0.6	0.2	5	6	16	0	0.03	0.98	0.03	0.24	14	0	0.1	0.34
	1 cup (250mL)	285	500	680	140	17	4.5	150	165	474	0	1	28	0.83	6.8	410	0	3.1	9.7
T6	Oyster, dredge, raw	100	300	180	44	9.4	10	140	24	14	0.08	0.27	4.3	0.04	17	9.9	12	1	0.85
	1 oyster	15	44	27	6.6	1.4	1.5	21	4	2	0.01	0.04	0.65	0.01	2.6	1.5	1.8	0.2	0.13
T17	Oyster, battered, deep fried in peanut oil	100	130	140	20	3.2	11	42	25	0	0.22	0.25	5.6	0.02	0.73	31	3	0	0.85
	1 oyster	23	30	32	4.6	0.7	2.6	9.7	6	0	0.05	0.06	1.3	trace	0.17	7.1	0.7	0	0.2
T25	Paua, fritter, deep fried	100	160	160	51	6.1	0.8	20	5	7	0.05	0.22	5.8	0.04	3.8	35	2	0	0
	1 paua fritter	184	290	300	94	11	1.5	37	10	13	0.09	0.41	11	0.07	7	64	3.7	0	0
T19	Pipi, flesh, raw	100	150	100	48	6	0.8	25	90	0	0.1	0.2	3.4	0	19	49	0	0	0.9
	1 pipi	5	7.4	5.2	2.4	0.3	trace	1.3	5	0	trace	0.01	0.17	0	0.95	2.5	0	0	0.05
T1027	Prawn, king, flesh, cooked	100	130	160	80	0.4	1.6	47	2	14	0.05	0.06	4.7	0.29	0.7	13	4	0.1	0.9
	1 prawn	16	20	26	13	0.1	0.3	7.5	trace	2	0.01	0.01	0.76	0.05	0.11	2.1	0.6	trace	0.14
T1028	Prawn, king, flesh, raw	100	280	160	130	0.7	1.5	53	1	5	0	0.06	5.8	0.34	0.9	16	0	0.1	2.3
	1 prawn	19	54	31	24	0.1	0.3	10	trace	1	0	0.01	1.1	0.07	0.17	3	0	trace	0.44
T20	Scallop, battered, deep fried	100	330	240	42	0.8	1.1	20	10	0	0.04	0.11	5	0.28	1.3	37	0.8	0	0.8
	1 scallop	24	80	57	10	0.2	0.3	4.9	2	0	0.01	0.03	1.2	0.07	0.32	8.9	0.2	0	0.19
	1 cup (250mL)	142	470	340	60	1.2	1.5	29	14	0	0.06	0.16	7.1	0.4	1.9	53	1.1	0	1.1
T11	Scallop, raw	100	260	190	21	0.3	1.9	23	39	0	0.06	0.13	4.5	0.36	1.3	37	1.2	0	0.84
	1 scallop	14	36	27	3	trace	0.3	3.2	5	0	0.01	0.02	0.62	0.05	0.19	5.2	0.2	0	0.12
T12	Shrimp, canned, drained	100	100	150	110	5.1	2.4	75	0	0	0.01	0.02	4.7	0.03	2	15	2	0.1	1.2
	1 cup (250mL)	135	140	200	150	6.9	3.2	100	0	0	0.01	0.03	6.4	0.04	2.7	20	2.7	0.1	1.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
T23	Squid, in flour, fried	100	64	776	778	20.7	8.4	6.7	0.2	1	5.7	1.4	3.5	2.8			230	310	22
	1 squid ring	20	12.8	155	156	4.1	1.7	1.3	trace	0.2	1.1	0.3	0.7	0.6			46	63	4.3
	1 cup (250mL)	158	101	1230	1230	32.7	13.3	10.6	0.3	1.6	9	2.3	5.6	4.4			363	490	34
U	SNACK FOODS																		
U1016	Corn chip, assorted flavours, salted, fried in assorted oils	100	0	1930	1960	6.8	22.1	58.7	4.7	2.4	56	7	8.9	3.8	0.1	3.7	0	500	3.4
	10 chips or crisps	25.2	0	486	495	1.7	5.6	14.8	1.2	0.6	14.1	1.8	2.3	1	trace	0.9	0	130	0.9
U1017	Corn snack, extruded, assorted shapes, cheese flavour, salted	100	1.6	2180	2180	6.3	33.8	49	0.5	7.7	40.5	14	13.6	3.9	0.1	3.8	0	890	27
	10 chips or crisps	14.4	0.2	313	314	0.9	4.9	7.1	0.1	1.1	5.8	2	2	0.6	trace	0.5	0	130	3.9
U21	Fruit bar, wholemeal, assorted flavours, Mother Earth	100	14.6	1460	1510	5.7	7.2	64.8	5.6	47	17.8	4.5	1.7	0.5			16	49	2.5
	1 bar	50	7.3	732	754	2.8	3.6	32.4	2.8	23.5	8.9	2.3	0.9	0.2			8	25	1.3
U34	Fruit leather, apricot	100	27	1080	1090	4.8	0.2	58.1	1.6	57.3	0.8	trace	trace	0.1			0	29	1.7
	1 leather	40	10.8	430	435	1.9	0.1	23.2	0.6	22.9	0.3	trace	trace	trace			0	11	0.7
U23	Fruit roll, strawberry, Uncle Tobys	100	15.3	1300	1320	0.8	0.3	74.8	3.5	41.8	33	trace	0.1	0.2			0	310	1.7
	1 roll	21	3.2	272	278	0.2	0.1	15.7	0.7	8.8	6.9	trace	trace	trace			0	66	0.4
U30	Muesli bar, chocolate chip	100	9.4	1610	1660	6.9	10.1	66	6.1	19	47	4.7	3.1	1.7			1	110	2
	1 bar	32	3	517	532	2.2	3.2	21.1	2	6.1	15	1.5	1	0.5			trace	34	0.6
U27	Muesli bar, chocolate coated, Snacker	100	8.1	1840	1870	4.1	17.9	65.2	4.5	32.9	32.3	15.5	0.9	0.5			4	110	3
	1 bar	33	2.7	607	618	1.4	5.9	21.5	1.5	10.8	10.7	5.1	0.3	0.2			1	35	1
U28	Muesli bar, fruit & nut	100	15.2	1600	1640	8.4	14.8	53.5	5.6	46.9	6.6	6.8	3.9	2.6			2	22	2.5
	1 bar	45	6.8	720	740	3.8	6.7	24.1	2.5	21.1	3	3.1	1.7	1.2			1	9.7	1.1
U67	Muesli bar, fruit filled, twisted, assorted flavours	100	17.2	1340	1390	4.5	2.4	69	7.4	25.4	43.6	1	0.7	0.4	trace	0.4	0	310	4
	1 bar (9.3 x 3.5 x 1.8cm)	40	6.9	534	558	1.8	0.9	27.6	3	10.1	17.4	0.4	0.3	0.2	trace	0.2	0	120	1.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg	
T23	Squid, in flour, fried	100	230	260	27	1.2	1.6	35	0	0	0.07	0.06	5.8	0.06	1.3	14	4	0	1.2	
	1 squid ring	20	45	51	5.4	0.2	0.3	7	0	0	0.01	0.01	1.2	0.01	0.25	2.8	0.8	0	0.24	
	1 cup (250mL)	158	360	400	43	1.9	2.5	55	0	0	0.11	0.1	9.2	0.1	2	22	6.3	0	1.9	
U	SNACK FOODS																			
U1016	Corn chip, assorted flavours, salted, fried in assorted oils	100	240	230	110	1.5	1.5	24	18	105	0.18	0.09	1.7	0.6	0	0	0	0	1.3	
	10 chips or crisps	25.2	60	58	28	0.4	0.4	6	4	26	0.05	0.02	0.42	0.15	0	0	0	0	0.33	
U1017	Corn snack, extruded, assorted shapes, cheese flavour, salted	100	360	120	67	0	0.3	0	21	124	0.14	0.24	1	0.21	0	8.8	0	0	3.5	
	10 chips or crisps	14.4	52	18	9.6	0	trace	0	3	18	0.02	0.04	0.15	0.03	0	1.3	0	0	0.51	
U21	Fruit bar, wholemeal, assorted flavours, Mother Earth	100	390	91	48	1.3	0.6	0	17	74	0.05	0	1.1	0.02	0.05	66	1.8	0	0	
	1 bar	50	200	46	24	0.7	0.3	0	9	37	0.03	0	0.54	0.01	0.03	33	0.9	0	0	
U34	Fruit leather, apricot	100	1100	97	44	2.6	0.6	0	322	1930	0.02	0.08	0.81	0	0	2	0.8	0	0	
	1 leather	40	450	39	18	1.1	0.3	0	129	772	0.01	0.03	0.32	0	0	0.8	0.3	0	0	
U23	Fruit roll, strawberry, Uncle Tobys	100	150	16	17	0.5	0.3	0	5	32	0.01	0	0.17	0.02	0	2	0.5	0	0	
	1 roll	21	32	3.4	3.6	0.1	0.1	0	1	7	trace	0	0.04	trace	0	0.4	0.1	0	0	
U30	Muesli bar, chocolate chip	100	330	250	64	2.2	1.9	0	1	7	0.14	0.08	5.1	0.02	0.14	20	21.5	0	3.2	
	1 bar	32	110	78	20	0.7	0.6	0	trace	2	0.05	0.03	1.6	0.01	0.05	6.4	6.9	0	1	
U27	Muesli bar, chocolate coated, Snacker	100	170	120	55	1	1.2	0	2	13	0	0.08	1.8	0.02	0	20	13	0	0	
	1 bar	33	57	39	18	0.3	0.4	0	1	4	0	0.03	0.59	0.01	0	6.6	4.3	0	0	
U28	Muesli bar, fruit & nut	100	660	140	55	1.1	1	0	28	167	0.01	0.05	6.2	0.02	0	27	43.5	0	0	
	1 bar	45	300	63	25	0.5	0.5	0	13	75	trace	0.02	2.8	0.01	0	12	19.6	0	0	
U67	Muesli bar, fruit filled, twisted, assorted flavours	100	230	170	68	1	0.6	3.4	20	15	0.12	0.11	1.9	0.07	0	7.5	4.6	0	0.44	
	1 bar (9.3 x 3.5 x 1.8cm)	40	92	68	27	0.4	0.2	1.3	8	6	0.05	0.04	0.75	0.03	0	3	1.8	0	0.18	

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
U70	Muesli bar, fruit filled, wholemeal, assorted flavours	100	16.9	1400	1450	5.2	4	68.1	7.4	29.7	38.5	1.8	1.4	0.5	trace	0.4	2	130	2.5
	1 bar	50	8.4	698	727	2.6	2	34.1	3.7	14.8	19.2	0.9	0.7	0.3	trace	0.2	1	65	1.3
U24	Muesli bar, yoghurt coated	100	9.3	1790	1820	4.3	15.8	67	3.4	31	36	14	0.7	0.3			3	120	8.5
	1 bar	33	3.1	592	601	1.4	5.2	22.1	1.1	10.2	11.9	4.6	0.2	0.1			1	40	2.8
U57	Multigrain chip, assorted flavours, Grainwaves, Bluebird	100	3	1910	1950	7.8	18.8	63.9	4.9	7.7	56.2	9.1	7.1	1.4			0	790	3.1
	1 cup (250mL)	35	1.1	670	683	2.7	6.6	22.3	1.7	2.7	19.7	3.2	2.5	0.5			0	280	1.1
U1011	Nut bar, peanut & chocolate, Choc Peanut, Tasti	100	5.5	1840	1890	12.2	28.9	33.1	6.2	28.2	4.9	6.3	18.6	2.6	0.1	2.5	0	26	3.9
	1 bar (9.0 x 3.1 x 1.8cm)	38.3	2.1	704	723	4.7	11.1	12.7	2.4	10.8	1.9	2.4	7.1	1	trace	1	0	10	1.5
U1010	Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural	100	5.2	1950	2000	14.4	28.9	37.3	6.2	32.4	4.9	6.3	18.6	2.6	0.1	2.5	0	26	3.9
	1 bar (8.8 x 3.3 x 1.4cm)	32.6	1.7	635	651	4.7	9.4	12.2	2	10.6	1.6	2.1	6.1	0.8	trace	0.8	0	8.5	1.3
U1009	Popcorn, air popped	100	3.3	1330	1450	13.1	4.5	55.3	14.5	0.9	54.4	0.6	1.1	1.9			0	8	2
	1 cup (250mL)	10.6	0.4	141	153	1.4	0.5	5.9	1.5	0.1	5.8	0.1	0.1	0.2			0	0.8	0.2
U40	Popcorn, buttered, salted, Pop N Good	100	2	1860	1930	7.4	23.5	50.6	8.5	0.4	50.2	9	9	3.9	trace		23	540	0.5
	1 cup (250mL)	10	0.2	186	193	0.7	2.4	5.1	0.9	trace	5	0.9	0.9	0.4	trace		2	54	trace
U1013	Potato chip or crisp, assorted flavours, salted, fried in assorted oils	100	1.8	1940	1970	6.6	29.9	42.8	3.3	0	42.6	10.2	14.4	3.1	0.1	3	0	770	2.3
	10 chips or crisps	23.6	0.4	458	465	1.6	7.1	10.1	0.8	0	10.1	2.4	3.4	0.7	trace	0.7	0	180	0.5
U1012	Potato chip or crisp, plain, salted, fried in assorted oils	100	1.7	1990	2020	6.8	30.6	44	3.3	0	43.9	10.4	14.8	3.2	0.1	3	0	380	1.7
	10 chips or crisps	22.3	0.4	445	451	1.5	6.8	9.8	0.7	0	9.8	2.3	3.3	0.7	trace	0.7	0	85	0.4
U1004	Pretzels, wheat flour, salted, baked	100	3.3	1380	1400	9.1	3.5	64.6	2.8	0.4	64.2	0.6	1.1	1.9			0	1700	0.9
	1 cup (250mL)	52.4	1.7	724	736	4.8	1.8	33.9	1.5	0.2	33.6	0.3	0.6	1			0	900	0.5
U1023	Snack, cassava crisps, plain or assorted flavours, salt added	100	2.1	2110	2120	1.1	27.2	63.5	1.7	9	54.5	1.8	16.7	6.6	2.1	4.4	0	1200	92
	10 chips or crisps	11.5	0.2	242	244	0.1	3.1	7.3	0.2	1	6.3	0.2	1.9	0.8	0.2	0.5	0	140	11
U1024	Snack, kumara chips, plain or assorted flavours	100	7.5	1790	1840	3	24.7	48.5	6.4	17	31.5	7.4	10.2	5.2	0.1	5	0	330	2.3
	10 chips or crisps	25.1	1.9	449	462	0.7	6.2	12.2	1.6	4.3	7.9	1.9	2.6	1.3	trace	1.3	0	83	0.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
U70	Muesli bar, fruit filled, wholemeal, assorted flavours	100	250	120	29	1.8	0.9	7	19	12	0.12	0.11	1.9	0.07	0	16	1.8	0	0.44
	1 bar	50	120	58	14	0.9	0.5	3.5	10	6	0.06	0.06	0.94	0.04	0	7.8	0.9	0	0.22
U24	Muesli bar, yoghurt coated	100	150	110	82	0.6	1	0	2	11	0	0.01	0.77	0.02	0.01	20	7.2	0	0
	1 bar	33	51	37	27	0.2	0.3	0	1	4	0	trace	0.25	0.01	trace	6.6	2.4	0	0
U57	Multigrain chip, assorted flavours, Grainwaves, Bluebird	100	180	150	28	1.1	1.2	0	2	10	0.76	0.08	1.7	0.15	0	39	1.7	0	2.5
	1 cup (250mL)	35	62	52	9.7	0.4	0.4	0	1	4	0.27	0.03	0.58	0.05	0	14	0.6	0	0.87
U1011	Nut bar, peanut & chocolate, Choc Peanut, Tasti	100	530	250	67	1.6	2	5	4	21	0	0.2	8.7	0.5	0	76	0	0	2.8
	1 bar (9.0 x 3.1 x 1.8cm)	38.3	200	96	26	0.6	0.8	1.9	1	8	0	0.08	3.3	0.19	0	29	0	0	1.1
U1010	Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural	100	530	250	67	1.6	2	5	4	21	0	0.2	8.7	0.5	0	76	0	0	2.8
	1 bar (8.8 x 3.3 x 1.4cm)	32.6	170	82	22	0.5	0.7	1.6	1	7	0	0.07	2.8	0.16	0	25	0	0	0.9
U1009	Popcorn, air popped	100	330	360	7	3.2	3.1	0	0	0	0.1	0.08	3.7	0.16	0	31	0	0	0.29
	1 cup (250mL)	10.6	35	38	0.7	0.3	0.3	0	0	0	0.01	0.01	0.4	0.02	0	3.3	0	0	0.03
U40	Popcorn, buttered, salted, Pop N Good	100	240	270	3	2.2	2.3	2	0	0	0.07	0.09	3.6	0.36	0	15	0	0	3.4
	1 cup (250mL)	10	24	27	0.3	0.2	0.2	0.2	0	0	0.01	0.01	0.36	0.04	0	1.5	0	0	0.34
U1013	Potato chip or crisp, assorted flavours, salted, fried in assorted oils	100	1400	140	25	2	1	0	0	0	0.24	0.11	6	1.6	0	52	0	0	3
	10 chips or crisps	23.6	320	33	5.9	0.5	0.2	0	0	0	0.06	0.03	1.4	0.38	0	12	0	0	0.71
U1012	Potato chip or crisp, plain, salted, fried in assorted oils	100	1400	150	17	1.7	1.1	2	0	0	0.24	0.11	6	1.6	0	52	0	0	3
	10 chips or crisps	22.3	320	32	3.8	0.4	0.2	0.4	0	0	0.05	0.03	1.3	0.36	0	12	0	0	0.67
U1004	Pretzels, wheat flour, salted, baked	100	150	110	36	1.7	0.9	5.8	0	0	0.18	0.1	3.8	0.12	0	83	0	0	0.37
	1 cup (250mL)	52.4	77	59	19	0.9	0.4	3	0	0	0.09	0.05	2	0.06	0	43	0	0	0.19
U1023	Snack, cassava crisps, plain or assorted flavours, salt added	100	150	43	59	1.4	0.3	0	5	27	0.05	0.04	0.49	0.2	0	0	0	0	4.7
	10 chips or crisps	11.5	17	4.9	6.8	0.2	trace	0	trace	3	0.01	trace	0.06	0.02	0	0	0	0	0.54
U1024	Snack, kumara chips, plain or assorted flavours	100	510	69	120	1.3	0.5	0	414	2480	0.21	0.11	2	0.73	0	63	43.1	0	3.4
	10 chips or crisps	25.1	130	17	30	0.3	0.1	0	104	622	0.05	0.03	0.51	0.18	0	16	10.8	0	0.84

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I	
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg	
U18	Snack, popcorn, candied	100	3.2	1670	1690	2.8	7.5	79.3	2.1	44.8	34.5	3.3	2.3	1.4		1.3	18	86	1.3	
	1 cup (250mL)	21.6	0.7	361	365	0.6	1.6	17.1	0.5	9.7	7.4	0.7	0.5	0.3		0.3	4	19	0.3	
V	SOUPS																			
V57	Soup, beef, instant dry mix, prepared with water, Continental	100	88.1	172	173	1.3	0.4	8	0.1	0.1	7.9	0	0	0			1	350	2.7	
	1 cup (250mL)	250	220	431	433	3.3	1	20	0.3	0.3	19.7	0	0	0			3	880	6.9	
V1	Soup, bone & vegetable broth	100	90.3	252	270	3.7	4.6	1.1	2.3	1	0.1	1	1.3	1.9			1	74	2.1	
	1 cup (250mL)	254	229	639	686	9.4	11.7	2.8	5.8	2.5	0.3	2.7	3.4	4.9			3	190	5.3	
V1002	Soup, chicken & corn, heated	100	88.8	164	171	2.9	1.3	3.9	0.9	0.9	3	0.5	0.2	0.4			8	320	1.1	
	1 cup (250mL)	270.7	240	443	463	8	3.5	10.4	2.4	2.4	8	1.4	0.5	1.2			20	870	3	
V1008	Soup, chicken & corn, heated, Wattie's	100	91.6	100	109	1.3	0.4	3.8	1.2	0.6	3.2	0.1	0.2	0.1			8	350	0.4	
	1 cup (250mL)	251.7	231	251	275	3.1	1	9.4	3	1.5	7.9	0.3	0.5	0.2			19	880	1	
V1003	Soup, chicken & vegetable, heated, Wattie's	100	89.2	110	120	2.1	0.3	3.9	1.2	0.9	3	0.1	0.1	trace			5	400	0.7	
	1 cup (250mL)	270.6	241	297	323	5.6	0.7	10.4	3.2	2.4	8	0.2	0.3	0.1			14	1100	2	
V59	Soup, chicken noodle, instant dry mix, prepared with water, Continental	100	85.9	209	210	1.5	0.5	9.8	0.1	0.1	9.7	0	0	0			0	250	3.2	
	1 cup (250mL)	275	236	576	579	4.1	1.2	27	0.4	0.4	26.7	0	0	0			0	690	8.7	
V68	Soup, chicken noodle, instant dry mix, prepared with water, Maggi	100	95.8	55	56	0.2	0.1	2.9	trace	trace	2.9	0	0	0			1	160	1.1	
	1 cup (250mL)	275	263	152	153	0.6	0.2	8	0.1	0.1	7.9	0	0	0			2	430	3.1	
V4	Soup, cream of chicken, canned	100	87.9	241	241	1.7	3.8	4.2	0.1	1.1	3.1	1.2	1.4	0.9			4	460	1	
	1 cup (250mL)	259	228	623	625	4.4	9.8	10.9	0.3	2.8	8	3	3.7	2.4			10	1200	2.6	
V9	Soup, cream of mushroom, canned	100	89.2	220	223	1.1	3.8	3.6	0.4	0.8	2.8	1	0.7	1.8			1	470	3.5	
	1 cup (250mL)	261	233	574	582	2.8	9.9	9.4	1	2.1	7.3	2.7	1.9	4.7			3	1200	9.1	
V15	Soup, cream of tomato, canned	100	84.2	229	232	0.8	3.3	5.5	0.3	2.5	3	0.6	0.7	1.6			10	460	2.1	
	1 cup (250mL)	260	219	596	604	2.1	8.6	14.3	0.9	6.5	7.8	1.6	1.9	4.3			26	1200	5.5	

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
U18	Snack, popcorn, candied	100	140	140	11	1	1.4	5.3	145	870	0.24	0.07	0.8	0.07	0	4	0	0	3.7
	1 cup (250mL)	21.6	30	31	2.3	0.2	0.3	1.1	31	188	0.05	0.02	0.17	0.02	0	0.9	0	0	0.81
V	SOUPS																		
V57	Soup, beef, instant dry mix, prepared with water, Continental	100	36	17	8.3	trace	0.1	0.6	0	0	0.06	0	0.23	0.01	0	1.7	0	0	0
	1 cup (250mL)	250	90	43	21	0.1	0.2	1.5	0	0	0.15	0	0.58	0.03	0	4.1	0	0	0
V1	Soup, bone & vegetable broth	100	64	10	17	0.3	0.6	0.2	79	400	0.03	0.02	1.3	0.03	0	10	4	0	0.25
	1 cup (250mL)	254	160	25	43	0.8	1.5	0.5	200	1020	0.08	0.05	3.3	0.08	0	25	10.2	0	0.64
V1002	Soup, chicken & corn, heated	100	130	39	11	0.2	0.2	1.7	17	92	0.11	0.08	0.85	0.1	0.12	13	3	0	0
	1 cup (250mL)	270.7	350	110	30	0.5	0.5	4.6	46	249	0.3	0.22	2.3	0.27	0.33	35	8.1	0	0
V1008	Soup, chicken & corn, heated, Wattie's	100	57	20	2.7	0.1	0.2	1.1	15	92	0.13	0.08	0.66	0.11	0.12	13	5	0	0.3
	1 cup (250mL)	251.7	140	50	6.8	0.4	0.4	2.8	39	232	0.33	0.2	1.7	0.28	0.3	33	12.6	0	0.76
V1003	Soup, chicken & vegetable, heated, Wattie's	100	89	29	5.9	0.2	0.1	1.3	9	55	0.13	0.08	0.85	0.11	0.02	13	4	0	0.07
	1 cup (250mL)	270.6	240	78	16	0.5	0.3	3.5	25	149	0.35	0.22	2.3	0.3	0.05	35	10.8	0	0.19
V59	Soup, chicken noodle, instant dry mix, prepared with water, Continental	100	35	14	5.9	0.1	0.1	1.2	0	0	0.17	0	0.49	0	0	4.8	0	0	0.02
	1 cup (250mL)	275	97	39	16	0.2	0.3	3.2	0	0	0.47	0	1.3	0	0	13	0	0	0.06
V68	Soup, chicken noodle, instant dry mix, prepared with water, Maggi	100	10	4.2	4.9	trace	trace	0.7	0	0	0	0	0.14	0	0	0.4	0	0	0
	1 cup (250mL)	275	28	12	13	0.1	0.1	1.8	0	0	0	0	0.39	0	0	1.1	0	0	0
V4	Soup, cream of chicken, canned	100	41	27	27	0.4	0.3	1	19	70	0.01	0.03	0.5	0.01	0	2	0	0	0.55
	1 cup (250mL)	259	110	70	70	1	0.8	2.6	48	181	0.03	0.08	1.3	0.03	0	5.2	0	0	1.4
V9	Soup, cream of mushroom, canned	100	55	30	30	0.3	0.3	0.4	40	0	0.02	0.05	0.5	0.01	0	2	0	0	0.54
	1 cup (250mL)	261	140	78	78	0.8	0.8	1	104	0	0.05	0.13	1.3	0.03	0	5.2	0	0	1.4
V15	Soup, cream of tomato, canned	100	190	20	17	0.4	0.2	0.9	75	210	0.03	0.02	0.6	0.06	0	12	1	0	1.4
	1 cup (250mL)	260	490	52	44	1	0.5	2.3	195	546	0.08	0.05	1.6	0.16	0	31	2.6	0	3.6

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
V69	Soup, creme of chicken, instant dry mix, prepared with water, Maggi	100	94.2	82	91	0.8	0.4	3.2	1.2	0.1	3.1	0	0	0		0	4	230	1.5
	1 cup (250mL)	265	250	217	242	2	1.1	8.5	3.1	0.2	8.3	0	0	0		0	12	600	3.8
V65	Soup, creme of vegetable, instant dry mix, prepared with water, Maggi	100	94.1	87	92	0.8	0.4	3.5	0.6	0.1	3.4	0	0	0			1	190	1.5
	1 cup (250mL)	250	235	218	231	2	1	8.7	1.6	0.3	8.4	0	0	0			3	460	3.8
V1004	Soup, lentil & vegetables, heated, Wattie's	100	90.6	142	180	1.4	0.5	5.9	4.8	1.4	4.5	0.1	0.3	0.1			0	350	1.1
	1 cup (250mL)	270.4	245	384	487	3.7	1.4	15.9	13	3.8	12.1	0.2	0.9	0.2			0	950	3
V8	Soup, minestrone, instant dry mix, prepared with water	100	91.6	98	115	0.8	0.7	3.5	2.1	1.2	2.3	0.3	0.3	trace			1	430	1
	1 cup (250mL)	268	245	263	308	2	1.9	9.4	5.6	3.2	6.2	0.9	0.8	0.1			3	1200	2.7
V66	Soup, mushroom, instant dry mix, prepared with water, Maggi	100	94.4	75	77	0.7	0.4	3	0.2	0.1	2.9	0	0	0			trace	160	1.4
	1 cup (250mL)	250	236	188	193	1.8	0.9	7.4	0.6	0.2	7.2	0	0	0			trace	400	3.6
V1001	Soup, pumpkin, heated	100	84.5	230	238	1.7	0.9	9.9	1	6.1	3.8	0.6	0.2	trace			4	220	1.5
	1 cup (250mL)	275	232	634	656	4.7	2.5	27.2	2.8	16.8	10.4	1.6	0.6	0.1			11	610	4.1
V1007	Soup, pumpkin, heated, Wattie's	100	93.7	94	102	0.6	0.9	3.1	1	1.9	1.2	0.5	0.2	trace			6	260	0.7
	1 cup (250mL)	248.7	233	234	254	1.6	2.1	7.6	2.5	4.7	2.9	1.3	0.5	0.1			15	650	1.6
V1005	Soup, seafood chowder, heated	100	89.4	246	251	3.7	2.9	4.4	0.6	1.5	2.9	1.3	0.5	0.1	trace	trace	14	230	3.9
	1 cup (250mL)	263.5	235	648	660	9.8	7.6	11.7	1.6	4	7.7	3.3	1.4	0.4	trace	0.1	37	610	10
V55	Soup, tomato, instant dry mix, prepared with water, Continental	100	91.6	120	120	0.3	0.3	6.1	0.1	0.4	5.7	0.1	0.1	trace			0	240	2
	1 cup (250mL)	257	235	307	309	0.9	0.7	15.6	0.2	1	14.6	0.3	0.3	0.1			0	610	5.2
V1006	Soup, Tuscan tomato, heated, Wattie's	100	92.1	110	117	0.9	0.4	4.8	0.8	4.8	0	0.1	0.1	0.2			0	360	0.5
	1 cup (250mL)	260.1	240	287	304	2.4	0.9	12.5	2.1	12.5	0	0.1	0.2	0.4			0	940	1.2
V18	Soup, vegetable, canned	100	86.4	157	171	1.5	0.7	6.2	1.8	2.4	3.8	0.1	0.3	0.3			0	500	2.1
	1 cup (250mL)	257	222	403	440	3.9	1.8	15.9	4.6	6.2	9.8	0.3	0.8	0.7			0	1300	5.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
V69	Soup, creme of chicken, instant dry mix, prepared with water, Maggi	100	17	16	22	trace	0.1	3.9	0	0	0.02	0	0.2	0	0	0.6	0	0	0
	1 cup (250mL)	265	44	43	58	0.1	0.2	10	0	0	0.05	0	0.53	0	0	1.6	0	0	0
V65	Soup, creme of vegetable, instant dry mix, prepared with water, Maggi	100	33	12	14	trace	0.1	0.4	1	5	0	0	0.13	0	0	1.9	0	0	0
	1 cup (250mL)	250	82	30	36	0.1	0.2	0.9	2	13	0	0	0.33	0	0	4.8	0	0	0
V1004	Soup, lentil & vegetables, heated, Wattie's	100	110	18	7.8	0.4	0.2	0.5	41	247	0	0.05	1.1	0.06	0	7	2	0	1.4
	1 cup (250mL)	270.4	300	49	21	1.1	0.5	1.3	112	668	0	0.14	3	0.16	0	19	5.4	0	3.7
V8	Soup, minestrone, instant dry mix, prepared with water	100	62	12	9	0.2	0.1	0.4	14	84	0.02	0.01	0.3	0.07	0	13	0	0	0.4
	1 cup (250mL)	268	170	32	24	0.5	0.3	1.1	38	225	0.05	0.03	0.8	0.19	0	35	0	0	1.1
V66	Soup, mushroom, instant dry mix, prepared with water, Maggi	100	54	17	12	trace	0.1	0.1	0	0	0	0	0.15	0	0	0.8	0	0	0
	1 cup (250mL)	250	140	43	29	0.1	0.2	0.2	0	0	0	0	0.38	0	0	2.1	0	0	0
V1001	Soup, pumpkin, heated	100	230	31	23	0.5	0.2	0.6	347	2080	0.03	0.12	0.62	0.19	0.13	6	6	0	0.92
	1 cup (250mL)	275	630	85	63	1.3	0.7	1.8	955	5720	0.08	0.33	1.7	0.52	0.36	17	16.5	0	2.5
V1007	Soup, pumpkin, heated, Wattie's	100	110	11	6.7	0.1	0.1	0	116	590	0.09	0.07	0.62	0.11	0.01	6	0	0	0.7
	1 cup (250mL)	248.7	270	27	17	0.3	0.2	0	287	1470	0.22	0.17	1.5	0.27	0.03	15	0	0	1.7
V1005	Soup, seafood chowder, heated	100	140	52	31	0.2	0.2	8.1	16	21	0	0.12	0.7	0.08	0.17	4	0	0	0.6
	1 cup (250mL)	263.5	370	140	82	0.4	0.4	21	43	55	0	0.32	1.8	0.21	0.45	11	0	0	1.6
V55	Soup, tomato, instant dry mix, prepared with water, Continental	100	59	6.2	3.8	0.1	trace	0.1	0	0	0	0	0.07	0	0	5.5	0	0	0.06
	1 cup (250mL)	257	150	16	9.7	0.2	0.1	0.3	0	0	0	0	0.18	0	0	14	0	0	0.15
V1006	Soup, Tuscan tomato, heated, Wattie's	100	240	18	8.8	0.4	0.1	0.4	11	68	0.14	0.01	0.8	0.07	0	6	2.4	0	0.83
	1 cup (250mL)	260.1	620	47	23	0.9	0.2	1.1	30	177	0.36	0.03	2.1	0.18	0	16	6.2	0	2.2
V18	Soup, vegetable, canned	100	140	27	17	0.6	0.3	0.2	30	180	0.03	0.02	0.6	0.05	0	9	2.7	0	0.25
	1 cup (250mL)	257	360	69	44	1.5	0.8	0.6	77	463	0.08	0.05	1.5	0.13	0	23	6.9	0	0.64

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
W	SUGARS, CONFECTIONARIES AND SWEET SPREADS																		
W1009	Chocolate bar & bite size, Moro, Cadbury	100	6.1	1600	1610	4.4	14.6	58.1	1.2	56.1	2	8.3	4.9	0.5	trace	0.4	8	260	8.6
	1 treat size bar (4.5 x 2.2 x 1.6cm)	18.1	1.1	290	292	0.8	2.6	10.5	0.2	10.2	0.4	1.5	0.9	0.1	trace	0.1	1	47	1.6
	1 bar (11.4 x 3.1 x 1.9cm)	65.1	4	1040	1050	2.9	9.5	37.8	0.8	36.5	1.3	5.4	3.2	0.3	trace	0.3	5	170	5.6
W1010	Chocolate bar & block, Dairy Milk Fruit & Nut, Cadbury	100	3.3	1960	1980	8.5	25.2	52.2	2.1	51.7	0.5	14.5	8	1.3	0.1	1.2	14	60	18
	1 bar (12.8 x 3.4 x 1.2cm)	51.5	1.7	1010	1020	4.4	13	26.9	1.1	26.6	0.3	7.4	4.1	0.7	trace	0.6	7	31	9.1
	1 block (20.5 x 9.5 x 1.0cm)	205.7	6.7	4040	4070	17.4	51.8	107	4.3	106	1	29.7	16.6	2.8	0.1	2.5	28	120	36
W1013	Chocolate bar & block, Dairy Milk with Crunchie, Cadbury	100	1.4	2010	2020	6.8	23.8	59.7	1.3	58.9	0.8	14.6	7.1	0.9	0.1	0.7	16	130	16
	1 block (20.4 x 9.5 x 0.9cm)	198.1	2.8	3980	4010	13.5	47.1	118	2.6	117	1.6	28.9	14	1.7	0.2	1.4	32	260	31
	1 block (20.1 x 16.2 x 1.0cm)	354.7	5	7130	7170	24.2	84.4	212	4.6	209	2.8	51.8	25.1	3.1	0.3	2.5	57	460	55
W1012	Chocolate bar & block, Energy, Cadbury	100	0.7	2080	2130	6.7	28.6	53.7	5.3	51.5	2.2	17.6	8.6	0.9	0.1	0.8	9	27	8
	1 bar (12.5 x 3.1 x 1.1cm)	51.2	0.3	1070	1090	3.4	14.6	27.5	2.7	26.3	1.1	9	4.4	0.5	trace	0.4	5	14	4.1
	1 block (20.3 x 9.4 x 0.9cm)	204.8	1.4	4270	4360	13.8	58.6	110	10.9	105	4.5	36.1	17.7	1.9	0.2	1.7	18	55	16
W5	Chocolate bar, Bounty, Mars	100	7.6	1990	2050	4.8	26.1	55.5	7.4	51.3	4.2	20.3	4.1	0.6			8	180	5
	1 bar	50	3.8	996	1030	2.4	13.1	27.8	3.7	25.7	2.1	10.1	2	0.3			4	90	2.5
W1014	Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury	100	3.6	1970	2000	9.7	29	43.4	2.9	40.3	3.1	14.4	11.8	1.2	0.1	1.1	7	170	10
	1 bar (10.9 x 2.7 x 2.2cm)	62.8	2.3	1240	1250	6.1	18.2	27.2	1.8	25.3	1.9	9.1	7.4	0.7	trace	0.7	5	100	6.5
W6	Chocolate bar, Mars	100	6.9	1860	1880	5.3	18.9	63.3	1.6	55.9	7.4	11.1	6.3	0.7			15	150	11
	1 bar	60	4.1	1120	1130	3.2	11.3	38	1	33.5	4.4	6.7	3.8	0.4			9	90	6.3
W3	Chocolate bar, milk	100	2.2	2230	2230	8.4	30.3	56.5	0.8	53.9	2.6	17.7	9.7	1.1			18	120	11
	1 small bar	50	1.1	1110	1120	4.2	15.2	28.3	0.4	27	1.3	8.8	4.9	0.5			9	60	5.5
	1 large bar	120	2.6	2670	2680	10.1	36.4	67.8	1	64.7	3.1	21.2	11.6	1.3			22	140	13

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
W SUGARS, CONFECTIONARIES AND SWEET SPREADS																			
W1009	Chocolate bar & bite size, Moro, Cadbury	100	240	120	110	0.8	0.7	0	9	3	0.01	0.26	1.1	0.21	0.08	0	0	0	1.4
	1 treat size bar (4.5 x 2.2 x 1.6cm)	18.1	43	21	20	0.2	0.1	0	2	trace	trace	0.05	0.2	0.04	0.01	0	0	0	0.26
	1 bar (11.4 x 3.1 x 1.9cm)	65.1	160	76	73	0.5	0.4	0	6	2	0.01	0.17	0.72	0.14	0.05	0	0	0	0.93
W1010	Chocolate bar & block, Dairy Milk Fruit & Nut, Cadbury	100	510	240	230	1.5	1.2	0	36	17	0.1	0.39	4.9	0.38	0.18	43	0	0	3.9
	1 bar (12.8 x 3.4 x 1.2cm)	51.5	260	120	120	0.8	0.6	0	19	9	0.05	0.2	2.5	0.2	0.09	22	0	0	2
	1 block (20.5 x 9.5 x 1.0cm)	205.7	1000	490	470	3	2.5	0	75	35	0.21	0.8	10	0.78	0.37	88	0	0	8
W1013	Chocolate bar & block, Dairy Milk with Crunchie, Cadbury	100	330	190	190	1.4	1	0	36	3	0.01	0.26	1.2	0.21	1.1	0	0	0	2.5
	1 block (20.4 x 9.5 x 0.9cm)	198.1	650	380	380	2.8	2	0	71	6	0.02	0.52	2.3	0.42	2.2	0	0	0	5
	1 block (20.1 x 16.2 x 1.0cm)	354.7	1200	680	680	5	3.7	0	126	11	0.04	0.92	4.1	0.75	4	0	0	0	9
W1012	Chocolate bar & block, Energy, Cadbury	100	520	210	110	3.5	1.7	0	21	17	0.12	0.2	1.7	0.34	2.8	16	0	0	4.1
	1 bar (12.5 x 3.1 x 1.1cm)	51.2	270	110	57	1.8	0.9	0	11	9	0.06	0.1	0.88	0.17	1.4	8.2	0	0	2.1
	1 block (20.3 x 9.4 x 0.9cm)	204.8	1100	430	230	7.2	3.4	0	44	35	0.25	0.41	3.5	0.7	5.7	33	0	0	8.4
W5	Chocolate bar, Bounty, Mars	100	320	140	110	1.3	0.9	2.1	39	10	0.04	0.1	1.1	0.02	0	6	0	0	0.95
	1 bar	50	160	70	55	0.7	0.5	1.1	19	5	0.02	0.05	0.55	0.01	0	3	0	0	0.48
W1014	Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury	100	350	200	120	1.2	1.3	3.8	11	17	0.1	0.39	5.1	0.38	1.7	43	0	0	2.7
	1 bar (10.9 x 2.7 x 2.2cm)	62.8	220	130	73	0.7	0.8	2.4	7	11	0.06	0.25	3.2	0.24	1	27	0	0	1.7
W6	Chocolate bar, Mars	100	250	150	160	1.1	0.8	2.1	66	19	0.05	0.2	1.2	0.02	0	0	0	0	2.4
	1 bar	60	150	90	96	0.7	0.5	1.3	40	11	0.03	0.12	0.72	0.01	0	0	0	0	1.4
W3	Chocolate bar, milk	100	420	240	220	1.6	1.3	2.1	96	20	0.1	0.23	2.9	0.02	0	11	0	0	0
	1 small bar	50	210	120	110	0.8	0.6	1.1	48	10	0.05	0.12	1.5	0.01	0	5.5	0	0	0
	1 large bar	120	500	290	260	1.9	1.5	2.5	116	24	0.12	0.28	3.5	0.02	0	13	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
W1011	Chocolate block & slab, Peanut, Whittaker's	100	1.2	2240	2280	14.8	32.9	45.6	4.1	43.7	1.9	14.2	11.7	5.5	0.1	5.4	3	47	6.8
	1 slab (7.4 x 3.6 x 1.7cm)	52	0.6	1170	1180	7.7	17.1	23.7	2.1	22.7	1	7.4	6.1	2.9	trace	2.8	1	24	3.5
	1 block (19.9 x 10.6 x 1.1cm)	259.4	3.2	5820	5910	38.5	85.3	118	10.6	113	4.9	36.9	30.4	14.3	0.2	14.1	7	120	18
W1015	Chocolate, compound	100	0.5	2180	2190	2.9	27.5	65.5	1.7	64.7	0.8	17.8	0.4	0.1	0	0.1	0	12	2.8
	1 cup (250mL)	215.5	1.1	4700	4730	6.1	59.3	141	3.7	139	1.7	38.4	0.9	0.2	0	0.2	0	26	6
W56	Chocolate, dark	100	0.3	2210	2220	5.1	28.5	62.8	1.2	52.2	10.6	17	9.1	0.9			0	55	11
	1 cup grated (250mL)	88	0.3	1940	1950	4.5	25.1	55.3	1.1	45.9	9.3	15	8	0.8			0	48	9.6
W7	Chocolate, fancy & filled	100	5.7	1950	1960	4.1	18.8	69.8	1.5	63	6.8	11.6	5.6	0.7			15	60	5
	1 chocolate	5	0.3	98	98	0.2	0.9	3.5	0.1	3.2	0.3	0.6	0.3	trace			1	3	0.3
W55	Chocolate, white	100	0.6	2220	2220	8	30.9	55.5	0	55.5	0	18.4	10	1.1			6	110	27
	1 cup grated (250mL)	88	0.5	1960	1960	7	27.2	48.8	0	48.8	0	16.2	8.8	1			5	97	24
W8	Fruit gum	100	14	1100	1100	6.5	0	57.9	0	56.2	1.7	0	0	0	0	0	0	30	0.5
	1 fruit gum	2	0.3	22	22	0.1	0	1.2	0	1.1	trace	0	0	0	0	0	0	0.6	trace
W11	Honey	100	17.2	1360	1360	0.4	0	79.6	0	78.1	1.5	0	0	0	0	0	0	12	0
	1 tablespoon (15mL)	21	3.6	286	286	0.1	0	16.7	0	16.4	0.3	0	0	0	0	0	0	2.5	0
W31	Ice block, frozen	100	80.2	300	300	0.3	0.1	17.1	0	17.1	0	0	0	0	0	0	0	6	0
	1 ice-block	80	64.2	240	240	0.2	0.1	13.7	0	13.7	0	0	0	0	0	0	0	4.8	0
	1 cup (250mL)	193	155	578	578	0.6	0.2	33	0	33	0	0	0	0	0	0	0	12	0
W14	Jam, berry fruit	100	29.6	1210	1220	0.4	0.4	69.7	1.1	67.8	2	0	0	0	0	0	0	13	0.5
	1 tablespoon (15mL)	15.6	4.6	188	190	0.1	0.1	10.9	0.2	10.6	0.3	0	0	0	0	0	0	2	0.1
W15	Jam, stone fruit	100	30	1160	1170	0.3	0.7	66.5	1.3	64.5	2	0	0	0	0	0	0	13	0.5
	1 tablespoon (15mL)	16.3	4.9	189	191	trace	0.1	10.8	0.2	10.5	0.3	0	0	0	0	0	0	2.1	0.1
W45	Jellybeans, Jaybees, Pascall	100	5.7	1570	1570	0.6	0.1	91.8	0	71.5	20.3	0	0	0	0	0	0	26	0.5
	1 jellybean	2	0.1	31	31	trace	trace	1.8	0	1.4	0.4	0	0	0	0	0	0	0.5	trace

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
W1011	Chocolate block & slab, Peanut, Whittaker's	100	530	300	160	1.7	2	3.2	3	17	0.1	0.39	7.1	0.38	2.4	43	0	0	3.2
	1 slab (7.4 x 3.6 x 1.7cm)	52	280	160	83	0.9	1	1.7	1	9	0.05	0.2	3.7	0.2	1.2	22	0	0	1.7
	1 block (19.9 x 10.6 x 1.1cm)	259.4	1400	780	420	4.3	5.2	8.3	7	44	0.26	1	18	0.99	6.2	110	0	0	8.3
W1015	Chocolate, compound	100	520	100	41	5	1	0	16	13	0	0.13	1.5	0.36	0.34	0	0	0.3	0.31
	1 cup (250mL)	215.5	1100	220	88	11	2.2	0	35	28	0	0.28	3.2	0.78	0.73	0	0	0.7	0.67
W56	Chocolate, dark	100	440	200	52	4.4	2	4	21	11	0.05	0.13	2	0.03	0	13	0	0	1.4
	1 cup grated (250mL)	88	390	180	46	3.9	1.8	3.5	18	10	0.04	0.11	1.8	0.03	0	11	0	0	1.3
W7	Chocolate, fancy & filled	100	240	120	92	1.8	0.9	3.6	80	18	0.1	0.1	1	0.02	0	17	0	0	1.7
	1 chocolate	5	12	6	4.6	0.1	trace	0.2	4	1	trace	trace	0.05	trace	0	0.9	0	0	0.08
W55	Chocolate, white	100	350	230	270	0.2	0.9	4	26	75	0.08	0.49	2.8	0.07	0	7	0	0	1.1
	1 cup grated (250mL)	88	310	200	240	0.2	0.8	3.5	22	66	0.07	0.43	2.5	0.06	0	6.2	0	0	1
W8	Fruit gum	100	8	4	5	0.1	0	0	0	0	0	0	0.2	0	0	0	0	0	0
	1 fruit gum	2	0.2	0.1	0.1	trace	0	0	0	0	0	0	trace	0	0	0	0	0	0
W11	Honey	100	55	18	5	0.4	0.1	1.8	0	0	0	0.05	0.22	0	0	2	0	0	0
	1 tablespoon (15mL)	21	12	3.8	1.1	0.1	trace	0.4	0	0	0	0.01	0.05	0	0	0.4	0	0	0
W31	Ice block, frozen	100	3	1	3	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
	1 ice-block	80	2.4	0.8	2.4	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	193	5.8	1.9	5.8	0.2	0	0.2	0	0	0	0	0	0	0	0	0	0	0
W14	Jam, berry fruit	100	55	10	8.8	0.2	0.1	0.1	trace	3	0	0.01	0.16	0.02	0	7	3.5	0	0
	1 tablespoon (15mL)	15.6	8.6	1.6	1.4	trace	trace	trace	trace	trace	0	trace	0.03	trace	0	1.1	0.5	0	0
W15	Jam, stone fruit	100	78	8.2	5.1	0.2	trace	0	1	3	0	0.01	0.16	0.02	0	7	3.5	0	0
	1 tablespoon (15mL)	16.3	13	1.3	0.8	trace	trace	0	trace	1	0	trace	0.03	trace	0	1.1	0.6	0	0
W45	Jellybeans, Jaybees, Pascall	100	2.8	1.7	1.8	0.3	0.2	0	0	0	0	0	0	0	0	0	0	0	0
	1 jellybean	2	0.1	trace	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
W29	Liquorice, allsorts	100	8.4	1510	1540	3.9	5.2	73.5	3.3	65	8.5	3.8	0.5	0.7			0	75	0.8
	1 stick (1.5 x 1.6cm diameter)	3.8	0.3	57	58	0.2	0.2	2.8	0.1	2.5	0.3	0.1	trace	trace			0	2.9	trace
W43	Liquorice, black	100	15.1	1410	1440	4.1	1.5	75.7	3	44.6	31.1	0.3	0.5	0.6			0	110	0.5
	1 piece	2	0.3	28	29	0.1	trace	1.5	0.1	0.9	0.6	trace	trace	trace			0	2.1	trace
W44	Lollies, Minties, Pascall	100	5.8	1540	1540	1.3	1	86.9	0	54.6	32.3	0	0	0	0	0	0	45	0.5
	1 mintie	7	0.4	107	107	0.1	0.1	6.1	0	3.8	2.3	0	0	0	0	0	0	3.1	trace
W57	Lollipop, assorted flavours, Chupa Chup	100	3	1460	1460	0.7	0.4	84.4	0	81.2	3.2	0	0	0	0	0	0	5.6	0.5
	1 lollipop	13.1	0.4	191	191	0.1	trace	11.1	0	10.6	0.4	0	0	0	0	0	0	0.7	0.1
W17	Marmalade	100	28	1150	1160	0.1	0	67.6	0.8	67.5	0.1	0	0	0	0	0	0	18	0.5
	1 tablespoon (15mL)	20	5.6	230	231	trace	0	13.5	0.2	13.5	trace	0	0	0	0	0	0	3.6	0.1
W40	Marshmallow, pink & white	100	16	1380	1380	2.8	0.1	78.1	0	71.3	6.8	0	0	0			0	27	0
	1 marshmallow	4	0.6	55	55	0.1	trace	3.1	0	2.9	0.3	0	0	0			0	1.1	0
	1 cup chopped (250mL)	82	13.1	1130	1130	2.3	0.1	64.1	0	58.5	5.6	0	0	0			0	22	0
W46	Sauce, chocolate	100	43.4	919	924	1.4	0.1	52.5	0.6	50.5	2	0	0	0	0	0	0	63	5
	1 tablespoon (15mL)	15	6.5	138	139	0.2	trace	7.9	0.1	7.6	0.3	0	0	0	0	0	0	9.4	0.8
W1016	Spread, hazelnut, Nutella, Ferrero	100	1	2110	2140	7.3	27.8	56.6	3.1	55.8	0.8	3.4	14.2	6.6			0	47	13
	1 tablespoon (15mL)	14	0.1	296	300	1	3.9	7.9	0.4	7.8	0.1	0.5	2	0.9			0	6.5	1.8
W19	Sugar, brown	100	2.3	1620	1620	0.2	0	95.1	0	95.1	0	0	0	0	0	0	0	20	0
	1 teaspoon (5mL)	3.7	0.1	60	60	trace	0	3.5	0	3.5	0	0	0	0	0	0	0	0.7	0
	1 cup (250mL)	185.5	4.3	3000	3000	0.4	0	176	0	176	0	0	0	0	0	0	0	37	0
W23	Sugar, raw	100	0.3	1690	1690	0	0	99.2	0	99.2	0	0	0	0	0	0	0	1	0
	1 teaspoon (5mL)	3.9	trace	66	66	0	0	3.9	0	3.9	0	0	0	0	0	0	0	trace	0
	1 cup (250mL)	193.5	0.6	3260	3260	0	0	192	0	192	0	0	0	0	0	0	0	1.9	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
W29	Liquorice, allsorts	100	220	29	63	8.1	0.7	3.6	0	0	0	0	3	0	0	0	0	0	0
	1 stick (1.5 x 1.6cm diameter)	3.8	8.4	1.1	2.4	0.3	trace	0.1	0	0	0	0	0.11	0	0	0	0	0	0
W43	Liquorice, black	100	520	31	140	1.1	0.4	0	0	0	0.01	0.15	0.15	0.27	0	9	0	0	0
	1 piece	2	10	0.6	2.8	trace	trace	0	0	0	0	trace	trace	trace	0	0.2	0	0	0
W44	Lollies, Minties, Pascall	100	2	3.2	22	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0
	1 mintie	7	0.1	0.2	1.5	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
W57	Lollipop, assorted flavours, Chupa Chup	100	15	4.6	3.8	0.8	0.1	0	0	0	0	0.17	0.4	0	0	0	0	0	0
	1 lollipop	13.1	2	0.6	0.5	0.1	trace	0	0	0	0	0.02	0.05	0	0	0	0	0	0
W17	Marmalade	100	44	13	35	0.6	0.1	0.1	8	50	0	0	0	0	0	9	10	0	0
	1 tablespoon (15mL)	20	8.8	2.6	7	0.1	trace	trace	2	10	0	0	0	0	0	1.8	2	0	0
W40	Marshmallow, pink & white	100	2	3.2	6.6	0.4	trace	0	0	0	0	0	0	0	0	1	0	0	0
	1 marshmallow	4	0.1	0.1	0.3	trace	trace	0	0	0	0	0	0	0	0	trace	0	0	0
	1 cup chopped (250mL)	82	1.6	2.6	5.4	0.3	trace	0	0	0	0	0	0	0	0	0.8	0	0	0
W46	Sauce, chocolate	100	190	61	11	1.2	0.6	1.5	43	0	0.01	0.03	0.1	0	0	0	0	0	0.8
	1 tablespoon (15mL)	15	29	9.1	1.6	0.2	0.1	0.2	6	0	trace	trace	0.02	0	0	0	0	0	0.12
W1016	Spread, hazelnut, Nutella, Ferrero	100	470	220	150	2.7	1.3	0	trace	1	0	0.29	1.5	0.06	0.27	14	0	0	1.4
	1 tablespoon (15mL)	14	65	31	21	0.4	0.2	0	trace	trace	0	0.04	0.21	0.01	0.04	2	0	0	0.2
W19	Sugar, brown	100	300	0	150	1.2	0.2	1.9	0	0	0	0	0	0	0	0	0	0	0
	1 teaspoon (5mL)	3.7	11	0	5.5	trace	trace	0.1	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	185.5	550	0	280	2.2	0.4	3.5	0	0	0	0	0	0	0	0	0	0	0
W23	Sugar, raw	100	21	0	7	0.3	trace	0.7	0	0	0	0	0	0	0	0	0	0	0
	1 teaspoon (5mL)	3.9	0.8	0	0.3	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	193.5	41	0	14	0.6	0.1	1.4	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
W24	Sugar, white	100	trace	1700	1700	0	0	100	0	100	0	0	0	0	0	0	0	5	0
	1 teaspoon (5mL)	4.9	trace	83	83	0	0	4.9	0	4.9	0	0	0	0	0	0	0	0.2	0
	1 cup (250mL)	246.8	trace	4190	4190	0	0	247	0	247	0	0	0	0	0	0	0	12	0
W1	Sweet, hard, boiled	100	0.6	1420	1420	0	0	83.7	0	83.3	0.4	0	0	0	0	0	0	250	0
	1 boiled sweet	5	trace	71	71	0	0	4.2	0	4.2	trace	0	0	0	0	0	0	13	0
W18	Sweet, peppermint	100	0.2	1680	1680	0.5	0.7	97	0	91.9	5.1	0	0	0	0	0	0	9	0.8
	1 peppermint	2	trace	34	34	trace	trace	1.9	0	1.8	0.1	0	0	0	0	0	0	0.2	trace
W25	Syrup, golden	100	18.2	1310	1310	0.3	0	76.6	0	76.6	0	0	0	0	0	0	0	200	0
	1 tablespoon (15mL)	20	3.6	262	262	0.1	0	15.3	0	15.3	0	0	0	0	0	0	0	41	0
W26	Toffees, mixed	100	4.8	1870	1880	2.1	18.6	67.1	1.5	49.2	17.9	14.2	3.1	0.5			14	320	0.8
	1 toffee	5	0.2	93	94	0.1	0.9	3.4	0.1	2.5	0.9	0.7	0.2	trace			1	16	trace
X	VEGETABLES AND PULSES																		
X2	Artichoke, globe, boiled, drained, no salt added	100	84.4	87	129	3.5	0.2	1.2	4.6	1.2	0	trace	trace	0.1			0	15	0.7
	1 artichoke	120	101	105	155	4.2	0.2	1.4	5.5	1.4	0	0.1	trace	0.1			0	18	0.8
X134	Asparagus, canned, drained	100	91.3	106	141	3.1	0.4	2.2	4.4	2.2	trace	0.1	trace	0.2			0	340	0.7
	1 cup spears (250mL)	256	234	271	361	8	1	5.7	11.3	5.6	0.1	0.3	trace	0.5			0	860	1.8
X1106	Asparagus, stalk, fresh, boiled, drained, no salt added	100	92.4	85	100	2.8	0.2	1.7	1.9	1.7	0	0.1	trace	0.1	trace	trace	0	0	0.3
	1 cup sliced (250mL)	136.3	126	115	136	3.9	0.3	2.3	2.6	2.3	0	0.1	trace	0.1	trace	trace	0	0	0.4
X1105	Asparagus, stalk, fresh, raw	100	92.7	80	95	2.7	0.2	1.6	1.8	1.6	0	0.1	trace	0.1	trace	trace	0	0	0.3
	1 spear (16-20cm long)	15	13.9	12	14	0.4	trace	0.2	0.3	0.2	0	trace	trace	trace	trace	trace	0	0	trace
	1 cup sliced 2.5cm long (250mL)	118.3	110	95	112	3.2	0.2	1.9	2.1	1.9	0	0.1	trace	0.1	trace	trace	0	0	0.4
X1107	Asparagus, stalk, fresh, steamed	100	92.3	85	100	2.9	0.2	1.7	1.9	1.7	0	0.1	trace	0.1	trace	trace	0	0	0.3
	1 cup sliced (250mL)	135	125	115	136	3.8	0.3	2.3	2.6	2.3	0	0.1	trace	0.1	trace	trace	0	0	0.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
W24	Sugar, white	100	2	0.3	2	0.3	trace	0.7	0	0	0	0	0	0	0	0	0	0	0
	1 teaspoon (5mL)	4.9	0.1	trace	0.1	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0
	1 cup (250mL)	246.8	4.9	0.7	4.9	0.7	0.1	1.8	0	0	0	0	0	0	0	0	0	0	0
W1	Sweet, hard, boiled	100	8	12	5	0.4	0.3	3.6	0	0	0	0	0	0	0	0	0	0	0
	1 boiled sweet	5	0.4	0.6	0.3	trace	trace	0.2	0	0	0	0	0	0	0	0	0	0	0
W18	Sweet, peppermint	100	3	3	7	0.2	0.3	3.6	0	0	0	0	0	0	0	0	0	0	0
	1 peppermint	2	0.1	0.1	0.1	trace	trace	0.1	0	0	0	0	0	0	0	0	0	0	0
W25	Syrup, golden	100	420	21	230	2.4	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 tablespoon (15mL)	20	85	4.1	45	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
W26	Toffees, mixed	100	170	64	95	1.5	0.4	3.6	77	23	0	0.11	0.4	0	0	0	0	0	0
	1 toffee	5	8.3	3.2	4.8	0.1	trace	0.2	4	1	0	0.01	0.02	0	0	0	0	0	0
X	VEGETABLES AND PULSES																		
X2	Artichoke, globe, boiled, drained, no salt added	100	330	40	44	0.5	0.6	0	15	90	0.07	0.03	1.4	0.07	0	89	8	0	0.2
	1 artichoke	120	400	48	53	0.6	0.7	0	18	108	0.08	0.04	1.7	0.08	0	110	9.6	0	0.24
X134	Asparagus, canned, drained	100	200	70	20	1.4	0.6	2.8	63	378	0.05	0.22	1.7	0.01	0	87	11	0	1.4
	1 cup spears (250mL)	256	510	180	51	3.6	1.6	7.2	162	968	0.13	0.56	4.4	0.03	0	220	28.2	0	3.6
X1106	Asparagus, stalk, fresh, boiled, drained, no salt added	100	240	51	20	0.4	0.6	2.2	25	152	0.17	0.24	1.6	0.14	0	96	7	0	0.31
	1 cup sliced (250mL)	136.3	320	70	27	0.5	0.8	3	35	207	0.23	0.33	2.2	0.19	0	130	9.6	0	0.42
X1105	Asparagus, stalk, fresh, raw	100	250	54	20	0.4	0.6	2.1	27	160	0.2	0.25	1.8	0.16	0	140	2.8	0	0.29
	1 spear (16-20cm long)	15	38	8.1	3	0.1	0.1	0.3	4	24	0.03	0.04	0.27	0.02	0	21	0.4	0	0.04
	1 cup sliced 2.5cm long (250mL)	118.3	300	64	23	0.5	0.7	2.5	32	189	0.24	0.3	2.1	0.19	0	170	3.3	0	0.34
X1107	Asparagus, stalk, fresh, steamed	100	270	57	21	0.4	0.6	2.2	27	161	0.19	0.25	1.8	0.15	0	130	7.9	0	0.31
	1 cup sliced (250mL)	135	360	77	28	0.6	0.8	3	36	218	0.26	0.34	2.4	0.2	0	170	10.7	0	0.42

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X1004	Baked beans, canned in tomato sauce	100	69.7	310	352	5	0.6	12	5.2	3.7	8.3	0	0	0			0	460	2.9
	1 cup (250mL)	268.4	187	833	945	13.4	1.6	32.1	14	9.9	22.1	0	0	0			0	1200	7.8
X137	Bean, black, boiled, drained, no salt added	100	65.7	421	490	8.9	0.5	14.7	8.7	1.2	13.5	0.1	trace	0.2			0	1	0.4
	1 cup (250mL)	182	120	766	892	16.2	1	26.8	15.8	2.2	24.6	0.3	0.1	0.4			0	1.8	0.8
X138	Bean, broad, boiled, drained, no salt added	100	78.8	248	282	5.3	0.3	8.6	4.2	2.4	6.2	trace	0.1	0.1			0	6	0.4
	1 cup (250mL)	170	134	422	479	9	0.5	14.7	7.1	4.1	10.6	0.1	0.1	0.2			0	10	0.7
X10	Bean, haricot, boiled, drained	100	69.6	390	460	6.6	0.5	15.2	8.8	0.8	14.4	0.1	trace	0.2			0	15	0.1
	1 cup (250mL)	180	125	701	828	11.9	0.9	27.4	15.8	1.4	25.9	0.2	0.1	0.4			0	27	0.2
X1060	Bean, red kidney, boiled, drained	100	71.1	307	365	7.9	0.5	9.1	7.2	0.6	8.5	0.1	0	0.3	0.2	0.1	0	8	0.4
	1 cup (250mL)	180	128	553	656	14.2	0.9	16.4	13	1.1	15.3	0.1	0	0.5	0.3	0.2	0	14	0.8
X139	Bean, butterbean, seeds with pod, boiled, drained, no salt added	100	91.6	82	107	2.3	0.2	2.1	3.1	1.8	0.3	trace	trace	0.1			0	3	0.1
	1 cup (250mL)	136	125	112	146	3.1	0.3	2.9	4.2	2.4	0.4	0.1	trace	0.1			0	4.1	0.2
X1109	Bean, green runner or dwarf, seeds with pod, fresh, boiled, drained, no salt added	100	89.5	112	139	2.1	0.2	4.1	3.4	3.1	1	0.1	trace	0.1	trace	trace	0	0	0.3
	1 cup sliced (250mL)	121.4	109	136	169	2.5	0.2	5	4.1	3.8	1.2	0.1	trace	0.1	trace	trace	0	0	0.3
X1108	Bean, green runner or dwarf, seeds with pod, fresh, raw	100	89.2	115	143	2.1	0.2	4.2	3.5	3.2	1	0.1	trace	0.1	trace	trace	0	0	0.3
	1 whole	5.7	5.1	7	8	0.1	trace	0.2	0.2	0.2	0.1	trace	trace	trace	trace	trace	0	0	trace
	1 cup sliced 2cm long (250mL)	120.2	107	138	172	2.6	0.2	5	4.2	3.8	1.2	0.1	trace	0.1	trace	trace	0	0	0.4
X1110	Bean, green runner or dwarf, seeds with pod, fresh, steamed	100	88.8	119	148	2.2	0.2	4.4	3.6	3.3	1	0.1	trace	0.1	trace	trace	0	0	0.3
	1 cup sliced (250mL)	122.8	109	146	182	2.7	0.3	5.4	4.5	4.1	1.3	0.1	trace	0.1	trace	trace	0	0	0.4
X1148	Bean, mixed beans, canned in brine, drained	100	69.7	306	359	6.9	1	8.9	6.6	1.2	7.7	0.2	0.1	0.7	0.3	0.4	0	130	0.2
	1 cup (250mL)	216.9	151	664	778	15	2.2	19.3	14.3	2.6	16.7	0.4	0.3	1.5	0.6	0.9	0	290	0.4

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1004	Baked beans, canned in tomato sauce	100	260	87	37	1.2	0.5	2.2	13	80	0.01	0	1.2	0.12	0	38	0	0	0
	1 cup (250mL)	268.4	710	230	100	3.2	1.4	5.8	36	215	0.03	0	3.2	0.32	0	100	0	0	0
X137	Bean, black, boiled, drained, no salt added	100	360	140	27	2.1	1.1	2.1	1	6	0.24	0.06	2.3	0.07	0	150	0	0	0.17
	1 cup (250mL)	182	650	250	49	3.8	2	3.8	2	11	0.44	0.11	4.2	0.13	0	270	0	0	0.31
X138	Bean, broad, boiled, drained, no salt added	100	230	96	27	1.6	0.7	0.1	29	176	0.1	0.03	2.7	0.02	0	100	19	0	0.11
	1 cup (250mL)	170	380	160	46	2.7	1.2	0.2	50	299	0.17	0.05	4.6	0.03	0	180	32.3	0	0.19
X10	Bean, haricot, boiled, drained	100	320	120	65	2.5	1	0.7	0	0	0.09	0.06	1.9	0.16	0	140	0	0	0.07
	1 cup (250mL)	180	580	220	120	4.5	1.8	1.3	0	0	0.16	0.11	3.4	0.29	0	250	0	0	0.13
X1060	Bean, red kidney, boiled, drained	100	290	130	34	1.7	1	0	0	0	0.07	0	2	0.07	0	130	0	0	0.1
	1 cup (250mL)	180	520	230	61	3.1	1.8	0	0	0	0.13	0	3.6	0.13	0	230	0	0	0.18
X139	Bean, butterbean, seeds with pod, boiled, drained, no salt added	100	210	27	15	0.4	1.4	0.2	14	81	0.05	0.09	1.4	0.02	0	33	11	0	0.11
	1 cup (250mL)	136	280	37	20	0.5	1.9	0.2	18	110	0.07	0.12	1.9	0.03	0	45	15	0	0.15
X1109	Bean, green runner or dwarf, seeds with pod, fresh, boiled, drained, no salt added	100	230	28	44	0.6	0.3	0.5	47	281	0.05	0.11	6.5	0.16	0	16	9.5	0	0.1
	1 cup sliced (250mL)	121.4	280	34	54	0.8	0.3	0.6	57	341	0.06	0.13	7.9	0.19	0	20	11.5	0	0.12
X1108	Bean, green runner or dwarf, seeds with pod, fresh, raw	100	260	32	48	0.7	0.3	0.5	54	321	0.06	0.13	7.8	0.19	0	26	7.9	0	0.1
	1 whole	5.7	15	1.8	2.7	trace	trace	trace	3	18	trace	0.01	0.45	0.01	0	1.5	0.5	0	0.01
	1 cup sliced 2cm long (250mL)	120.2	310	38	58	0.8	0.4	0.6	64	386	0.07	0.16	9.4	0.23	0	31	9.5	0	0.12
X1110	Bean, green runner or dwarf, seeds with pod, fresh, steamed	100	270	33	50	0.7	0.3	0.5	53	316	0.06	0.13	7.7	0.18	0	23	9.6	0	0.11
	1 cup sliced (250mL)	122.8	330	41	61	0.8	0.4	0.6	65	388	0.07	0.16	9.5	0.22	0	28	11.8	0	0.14
X1148	Bean, mixed beans, canned in brine, drained	100	250	100	51	1.5	0.9	1.9	0	0	0.07	0.04	1.6	0.19	0	22	0	0	0.12
	1 cup (250mL)	216.9	540	220	110	3.3	1.9	4.1	0	0	0.15	0.09	3.5	0.41	0	48	0	0	0.26

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X1096	Beetroot, canned in water, sliced, drained	100	86	199	216	1	0.2	10.3	2.1	10.2	0.1	trace	0.1	trace	trace	trace	0	220	0.6
	1 slice (0.5 x 4.6cm diameter)	10.2	8.8	20	22	0.1	trace	1.1	0.2	1	trace	trace	trace	trace	trace	trace	0	22	0.1
	1 cup sliced (250mL)	176.4	152	352	381	1.7	0.4	18.2	3.7	18	0.2	0.1	0.1	trace	trace	trace	0	390	1.1
X1165	Beetroot, peeled, fresh, raw	100	88.6	115	132	1.4	0.1	5.1	2.1	5.1	0	trace	trace	0.1	trace	0.1	0	56	0.3
	1 cup grated (250mL)	170.3	151	195	224	2.4	0.2	8.7	3.6	8.7	0	trace	0.1	0.3	trace	0.2	0	95	0.5
	1 cup sliced (250mL)	165.2	146	190	218	2.4	0.2	8.4	3.5	8.4	0	trace	0.1	0.2	trace	0.2	0	93	0.5
	1 beetroot (7.4cm)	195.8	173	225	258	2.8	0.2	10	4.2	10	0	trace	0.1	0.3	0.1	0.2	0	110	0.6
X1166	Beetroot, peeled, fresh, roasted, no salt added	100	86.7	145	163	1.7	0.2	6.4	2.3	6.4	0	trace	0.1	0.2	trace	0.1	0	67	0.3
	1 beetroot (7.4cm)	165.6	144	240	270	2.8	0.3	10.6	3.8	10.6	0	trace	0.1	0.3	0.1	0.2	0	110	0.6
X1019	Broccoflower, frozen, boiled, drained, no salt added	100	91.8	100	123	2.6	0.4	2.5	2.8	2.5	0	0.1	trace	0.1			0	4.2	0.1
	1 cup (250mL)	164	151	165	201	4.2	0.7	4.1	4.6	4.1	0	0.2	trace	0.2			0	6.9	0.2
X1016	Broccoflower, frozen, raw	100	90.2	113	136	3.5	0.4	2.3	2.8	2.3	0	0.1	trace	0.1	0.1	trace	0	6.1	0.2
	1 cup (250mL)	95	85.6	108	129	3.3	0.4	2.2	2.7	2.2	0	0.1	trace	0.1	0.1	trace	0	5.8	0.2
X1022	Broccoli, boiled, drained, no salt added	100	91.9	100	127	3	0.5	1.8	3.4	1.8	0	0.1	trace	0.2			0	4.9	0.1
	1 cup (250mL)	164	151	164	208	5	0.8	2.9	5.6	2.9	0	0.2	0.1	0.3			0	8	0.2
X1020	Broccoli, raw	100	89.4	113	140	3.8	0.5	1.8	3.4	1.8	0	trace	trace	0	0	0	0	7.4	0.2
	1 cup (250mL)	83	74.2	93	116	3.1	0.4	1.5	2.8	1.5	0	trace	trace	0	0	0	0	6.1	0.1
X1094	Brussels sprout, boiled, drained, no salt added	100	84.9	174	207	3.4	0.5	5.9	4.2	5.2	0.7	0.1	0.1	0.1	trace	trace	0	6.5	0
	1 cup quartered (250mL)	130.2	111	226	270	4.4	0.6	7.7	5.5	6.7	0.9	0.1	0.1	0.1	trace	trace	0	8.5	0
X1095	Brussels sprout, steamed	100	84.5	177	213	3.4	0.5	6	4.5	5.3	0.7	0.1	0.1	0.1	trace	trace	0	7	0
	1 cup quartered (250mL)	127.5	108	226	272	4.4	0.6	7.7	5.7	6.7	0.9	0.1	0.1	0.1	trace	trace	0	8.9	0
X1038	Cabbage, bok choy, raw	100	93.2	69	84	2	0.2	1.7	1.8	1.7	0	trace	trace	0.1			0	15	2.6
	1 cup chopped (250mL)	77.4	72.1	54	65	1.5	0.2	1.3	1.4	1.3	0	trace	trace	0.1			0	12	2

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1096	Beetroot, canned in water, sliced, drained	100	160	18	12	0.4	0.2	0	0	0	0.01	0.02	0.04	0.08	0	0	0.2	0	0
	1 slice (0.5 x 4.6cm diameter)	10.2	16	1.8	1.2	trace	trace	0	0	0	trace	trace	trace	0.01	0	0	trace	0	0
	1 cup sliced (250mL)	176.4	280	31	21	0.7	0.4	0	0	0	0.02	0.04	0.07	0.14	0	0	0.4	0	0
X1165	Beetroot, peeled, fresh, raw	100	390	28	13	0.3	0.3	0	1	8	0.09	0.03	0.9	1.8	0	27	2.8	0	0
	1 cup grated (250mL)	170.3	660	48	22	0.5	0.5	0	2	14	0.15	0.05	1.5	3.1	0	47	4.8	0	0
	1 cup sliced (250mL)	165.2	640	46	21	0.5	0.5	0	2	13	0.15	0.05	1.5	3	0	45	4.7	0	0
	1 beetroot (7.4cm)	195.8	760	55	25	0.6	0.5	0	3	16	0.18	0.06	1.8	3.6	0	54	5.6	0	0
X1166	Beetroot, peeled, fresh, roasted, no salt added	100	460	33	15	0.4	0.3	0	2	9	0.1	0.03	1	2.1	0	26	2.5	0	0
	1 beetroot (7.4cm)	165.6	770	55	25	0.6	0.5	0	3	15	0.17	0.05	1.7	3.4	0	43	4.2	0	0
X1019	Broccoflower, frozen, boiled, drained, no salt added	100	220	42	22	0.7	0.2	0.2	7	40	0.08	0.15	1.1	0.23	0	120	0.2	0	0.23
	1 cup (250mL)	164	360	69	36	1.2	0.3	0.3	11	66	0.13	0.25	1.9	0.38	0	190	0.3	0	0.38
X1016	Broccoflower, frozen, raw	100	370	63	22	0.7	0.3	0.2	5	30	0.07	0.14	1.1	0.23	0	190	0.4	0	0.14
	1 cup (250mL)	95	350	60	21	0.6	0.3	0.2	5	29	0.07	0.13	1	0.22	0	180	0.4	0	0.13
X1022	Broccoli, boiled, drained, no salt added	100	180	59	32	0.6	0.3	4.1	110	660	0.06	0.17	1.1	0.28	0	31	57	0	1.6
	1 cup (250mL)	164	300	97	52	0.9	0.5	6.7	181	1080	0.1	0.28	1.8	0.46	0	51	93.5	0	2.7
X1020	Broccoli, raw	100	350	78	33	0.6	0.5	5	105	630	0.08	0.19	1.2	0.33	0	49	99	0	0.98
	1 cup (250mL)	83	290	65	27	0.5	0.4	4.2	87	523	0.07	0.16	1	0.27	0	41	82.2	0	0.81
X1094	Brussels sprout, boiled, drained, no salt added	100	360	50	17	0.5	0.4	2.3	3	16	0.11	0.14	0.5	0.23	0	11	4.3	0	0.1
	1 cup quartered (250mL)	130.2	470	65	22	0.7	0.5	3	3	21	0.14	0.18	0.65	0.3	0	15	5.5	0	0.13
X1095	Brussels sprout, steamed	100	440	60	18	0.6	0.4	2.4	3	16	0.12	0.15	0.57	0.25	0	16	6.7	0	0.1
	1 cup quartered (250mL)	127.5	560	77	23	0.7	0.6	3	3	21	0.15	0.19	0.73	0.32	0	21	8.6	0	0.13
X1038	Cabbage, bok choy, raw	100	320	32	76	0.7	0.3	0.6	177	1060	0.11	0.13	0.73	0.4	0	110	8	0	0.1
	1 cup chopped (250mL)	77.4	250	25	59	0.5	0.2	0.5	137	820	0.09	0.1	0.57	0.31	0	85	6.2	0	0.08

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X250	Cabbage, Chinese, cooked	100	96	63	72	2.3	0.1	1.2	1.1	1.2	0	trace	trace	trace			0	3	0.1
	1 cup chopped (250mL)	145	139	92	105	3.3	0.1	1.7	1.6	1.7	0	trace	trace	0.1			0	4.4	0.1
X1040	Cabbage, choy sum, raw	100	94.4	42	55	2	0.2	0.1	1.6	0	0.1	trace	trace	0.1			0	13	4.4
	1 cup chopped (250mL)	72	68	30	40	1.4	0.1	0.1	1.2	0	0.1	trace	trace	0.1			0	9.1	3.2
X23	Cabbage, red	100	89.7	98	121	1.7	0.3	3.4	2.9	3.4	0	trace	trace	0.2			0	32	0.1
	1 cup chopped (250mL)	90	80.7	88	109	1.5	0.3	3.1	2.6	3.1	0	trace	trace	0.2			0	29	0.1
X1039	Cabbage, tat soi, raw	100	93.1	55	72	2.6	0.3	0	2.1	0	0	0.1	trace	0.1			0	5.8	0.9
	1 cup (250mL)	84.1	78.3	47	61	2.2	0.3	0	1.8	0	0	0.1	trace	0.1			0	4.9	0.8
X1103	Cabbage, green drumhead, leaves, boiled, drained, no salt added	100	92.1	90	103	1.1	0.2	3.7	1.7	3.7	0	trace	trace	trace	trace	trace	0	6.6	0.2
	1 cup shredded (250mL)	104.4	96.2	94	108	1.2	0.2	3.9	1.8	3.9	0	trace	trace	trace	trace	trace	0	6.9	0.2
X1102	Cabbage, green drumhead, leaves, raw	100	91.7	94	108	1.2	0.2	3.9	1.8	3.9	0	trace	trace	trace	trace	trace	0	7.3	0.2
	1 cup shredded (250mL)	63.5	58.2	60	69	0.8	0.1	2.5	1.1	2.5	0	trace	trace	trace	trace	trace	0	4.6	0.1
X1104	Cabbage, green drumhead, leaves, steamed	100	91.9	92	106	1.2	0.2	3.8	1.8	3.8	0	trace	trace	trace	trace	trace	0	7.2	0.2
	1 cup shredded (250mL)	98.3	90.3	91	104	1.2	0.2	3.8	1.7	3.8	0	trace	trace	trace	trace	trace	0	7	0.2
X1149	Cannellini bean, canned in brine, drained	100	73	288	332	6.7	1	8	5.6	0	8	0.1	0.1	0.5	0.3	0.2	0	210	0.3
	1 cup (250mL)	218.9	160	630	728	14.8	2.2	17.5	12.3	0	17.5	0.3	0.1	1.1	0.7	0.4	0	460	0.7
X1049	Capsicum, green, raw	100	93.6	73	85	0.9	0.2	2.9	1.5	2.8	0.1	trace	trace	0.1	trace	0.1	0	0	0.5
	1 cup chopped (250mL)	125	117	91	106	1.2	0.3	3.6	1.9	3.5	0.1	trace	trace	0.1	trace	0.1	0	0	0.6
	1 capsicum	131.5	123	96	111	1.2	0.3	3.8	2	3.7	0.1	0.1	trace	0.1	trace	0.1	0	0	0.7
X1048	Capsicum, red, raw	100	92.6	108	120	0.9	0.2	5	1.5	4.9	0.1	trace	trace	0.1	trace	0.1	0	0	6
	1 cup chopped (250mL)	130	120	141	156	1.2	0.3	6.5	2	6.4	0.1	0.1	trace	0.1	trace	0.1	0	0	7.8
	1 capsicum	166.9	155	181	201	1.6	0.3	8.3	2.5	8.2	0.2	0.1	trace	0.2	trace	0.1	0	0	10
X1117	Carrot, flesh, fresh, baked with oil	100	81.9	230	266	1	0.8	10.8	4.5	10.5	0.3	0.1	0.3	0.3	trace	0.2	0	65	1.8
	1 cup slices 5cm thick (250mL)	122.7	100	282	326	1.2	1	13.3	5.5	12.9	0.4	0.1	0.4	0.4	0.1	0.3	0	80	2.2

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X250	Cabbage, Chinese, cooked	100	90	23	88	1.9	0.2	0.1	290	1740	0.05	0.04	0.57	0.08	0	41	19	0	0.2
	1 cup chopped (250mL)	145	130	33	130	2.8	0.2	0.1	421	2520	0.07	0.06	0.83	0.12	0	59	27.6	0	0.29
X1040	Cabbage, choy sum, raw	100	290	34	95	0.7	0.3	0	194	1160	0.01	0.1	1.1	0.4	0	130	8	0	0.1
	1 cup chopped (250mL)	72	210	24	68	0.5	0.2	0	139	835	0.01	0.07	0.81	0.29	0	94	5.8	0	0.07
X23	Cabbage, red	100	300	32	53	0.6	0.3	0.1	112	670	0.06	0.05	0.57	0.21	0	18	55	0	0.2
	1 cup chopped (250mL)	90	270	29	48	0.5	0.3	0.1	101	603	0.05	0.05	0.51	0.19	0	16	49.5	0	0.18
X1039	Cabbage, tat soi, raw	100	370	52	160	2	0.6	0	467	2800	0.04	0.05	0.6	0.19	0	160	10	0	0.1
	1 cup (250mL)	84.1	310	44	130	1.6	0.5	0	393	2350	0.03	0.04	0.51	0.16	0	130	8.4	0	0.08
X1103	Cabbage, green drumhead, leaves, boiled, drained, no salt added	100	210	29	35	0.2	0.1	0.4	1	5	0.03	0.07	0.25	0.09	0	12	14.6	0	0
	1 cup shredded (250mL)	104.4	220	31	37	0.3	0.1	0.4	1	5	0.03	0.07	0.26	0.09	0	13	15.2	0	0
X1102	Cabbage, green drumhead, leaves, raw	100	250	34	39	0.3	0.1	0.4	1	6	0.04	0.08	0.31	0.11	0	20	13.4	0	0
	1 cup shredded (250mL)	63.5	160	22	25	0.2	0.1	0.3	1	4	0.03	0.05	0.2	0.07	0	12	8.5	0	0
X1104	Cabbage, green drumhead, leaves, steamed	100	250	33	38	0.3	0.1	0.4	1	6	0.04	0.07	0.29	0.1	0	16	25	0	0
	1 cup shredded (250mL)	98.3	240	33	38	0.3	0.1	0.4	1	5	0.04	0.07	0.29	0.1	0	16	24.6	0	0
X1149	Cannellini bean, canned in brine, drained	100	250	87	48	1.3	0.6	2.3	0	0	0.06	0.04	1.6	0.17	0	18	4	0	0.02
	1 cup (250mL)	218.9	550	190	110	2.9	1.4	5	0	0	0.13	0.09	3.6	0.37	0	39	8.8	0	0.04
X1049	Capsicum, green, raw	100	170	20	8.2	0.3	0.2	0	20	117	0.06	0.14	0.95	0.26	0	25	24.1	0	0
	1 cup chopped (250mL)	125	210	25	10	0.4	0.2	0	24	146	0.08	0.18	1.2	0.33	0	31	30.1	0	0
	1 capsicum	131.5	220	26	11	0.4	0.2	0	26	154	0.08	0.18	1.2	0.34	0	33	31.7	0	0
X1048	Capsicum, red, raw	100	210	24	6.3	0.3	0.2	0	155	930	0	0.14	1.1	0.56	0	85	144	0	0.01
	1 cup chopped (250mL)	130	270	31	8.2	0.4	0.3	0	202	1210	0	0.18	1.4	0.73	0	110	187	0	0.01
	1 capsicum	166.9	350	40	11	0.6	0.3	0	259	1550	0	0.23	1.8	0.94	0	140	240	0	0.02
X1117	Carrot, flesh, fresh, baked with oil	100	280	29	38	0.2	0.2	0.6	1320	7880	0.06	0.12	0.68	0.18	0	26	3.5	0	0.45
	1 cup slices 5cm thick (250mL)	122.7	340	35	47	0.3	0.3	0.8	1610	9660	0.07	0.15	0.83	0.22	0	32	4.2	0	0.55

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X1115	Carrot, flesh, fresh, boiled, drained, no salt added	100	88.1	143	167	0.7	0.2	7.3	3	7.1	0.2	trace	trace	0.1	trace	0.1	0	42	1.1
	1 cup sliced 1cm thick (250mL)	145.6	128	209	243	1	0.3	10.6	4.4	10.3	0.3	trace	trace	0.2	trace	0.2	0	61	1.6
X1114	Carrot, flesh, fresh, raw	100	88.9	134	156	0.6	0.2	6.8	2.8	6.6	0.2	trace	trace	0.1	trace	0.1	0	41	1.2
	1 cup grated (250mL)	94.4	83.9	126	147	0.6	0.2	6.4	2.6	6.2	0.2	trace	trace	0.1	trace	0.1	0	39	1.1
	1 whole (15cm long)	110	97.8	147	172	0.7	0.2	7.5	3.1	7.3	0.2	trace	trace	0.1	trace	0.1	0	45	1.3
	1 cup stick 7cm long (250mL)	111.6	99.2	149	174	0.7	0.2	7.6	3.1	7.4	0.2	trace	trace	0.1	trace	0.1	0	46	1.3
	1 cup slices 1cm thick (250mL)	127.9	114	171	200	0.8	0.3	8.7	3.6	8.4	0.3	trace	trace	0.1	trace	0.1	0	52	1.5
X1116	Carrot, flesh, fresh, steamed	100	87.7	149	174	0.7	0.2	7.6	3.1	7.3	0.2	trace	trace	0.1	trace	0.1	0	46	1.3
	1 cup sliced 0.5cm thick (250mL)	135.7	119	202	236	1	0.3	10.3	4.2	10	0.3	trace	trace	0.2	trace	0.1	0	62	1.7
X1118	Carrot, flesh, fresh, stir fried	100	83.6	260	289	0.8	2.8	8.5	3.5	8.3	0.3	0.2	1.5	0.8	0.2	0.6	0	52	1.4
	1 cup stick 7 cm long (250mL)	116.5	97.3	303	336	0.9	3.2	9.9	4.1	9.7	0.3	0.2	1.8	0.9	0.2	0.7	0	60	1.7
X237	Cassava, baked in traditional Papua New Guinea oven	100	58.9	640	656	0.7	0.2	36.5	2	1.5	35	0.1	0.1	trace			0	7.1	0.6
	1 cup (250mL)	227	134	1450	1490	1.6	0.5	82.9	4.5	3.5	79.5	0.1	0.1	0.1			0	16	1.4
X238	Cassava, boiled, peeled, drained, no salt added	100	64.6	584	600	0.5	0.2	33.5	2	1.5	32	trace	trace	trace			0	7	0.6
	1 cup diced (250mL)	139	89.8	812	834	0.7	0.2	46.5	2.8	2.1	44.5	0.1	0.1	trace			0	9.7	0.8
X1129	Cauliflower, boiled, drained, no salt added	100	92.7	49	65	0.8	0.1	1.9	2.1	1.7	0.1	trace	0.1	0.1	0.1	trace	0	6.7	0.3
	1 floret (7.9cm length)	73.4	68.1	36	48	0.6	0.1	1.4	1.5	1.3	0.1	trace	0.1	0.1	0.1	trace	0	4.9	0.2
	1 cup florets (250mL)	157.6	146	77	103	1.2	0.2	2.9	3.3	2.7	0.2	0.1	0.1	0.2	0.1	trace	0	10	0.5
X1128	Cauliflower, fresh, raw	100	92.4	62	79	0.8	0.4	1.9	2.2	1.8	0.1	0.1	0.1	0.1	0.1	trace	0	7.3	0.4
	1 floret (7.9cm length)	73.3	67.7	45	58	0.6	0.3	1.4	1.6	1.3	0.1	trace	0.1	0.1	0.1	trace	0	5.4	0.3
	1 cup florets (250mL)	151.8	140	93	120	1.2	0.6	2.9	3.3	2.7	0.2	0.1	0.1	0.2	0.1	trace	0	11	0.6
X1091	Celery, American Green, stalk, raw	100	95	39	50	0.5	0.2	1.3	1.4	1.3	0	trace	0.1	trace	trace	trace	0	30	0.7
	1 strip (14.2 cm long)	35.4	33.6	14	18	0.2	0.1	0.5	0.5	0.5	0	trace	trace	trace	trace	trace	0	11	0.2
	1 stalk (24-32cm long)	69.6	66.1	27	35	0.4	0.1	0.9	1	0.9	0	trace	trace	trace	trace	trace	0	21	0.5

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1115	Carrot, flesh, fresh, boiled, drained, no salt added	100	170	18	24	0.1	0.1	0.4	841	5030	0.03	0.08	0.43	0.12	0	14	2.6	0	0.25
	1 cup sliced 1cm thick (250mL)	145.6	240	26	36	0.2	0.2	0.6	1220	7330	0.04	0.12	0.63	0.18	0	21	3.8	0	0.36
X1114	Carrot, flesh, fresh, raw	100	170	18	24	0.1	0.1	0.4	872	5220	0.04	0.08	0.45	0.12	0	21	1.6	0	0.24
	1 cup grated (250mL)	94.4	160	17	23	0.1	0.1	0.4	823	4930	0.04	0.08	0.43	0.11	0	20	1.5	0	0.23
	1 whole (15cm long)	110	190	20	26	0.2	0.2	0.4	959	5740	0.04	0.09	0.5	0.13	0	23	1.7	0	0.26
	1 cup stick 7cm long (250mL)	111.6	190	20	27	0.2	0.2	0.4	973	5830	0.05	0.09	0.5	0.13	0	23	1.8	0	0.27
	1 cup slices 1cm thick (250mL)	127.9	220	23	31	0.2	0.2	0.5	1110	6680	0.05	0.1	0.58	0.15	0	27	2	0	0.31
X1116	Carrot, flesh, fresh, steamed	100	190	20	27	0.2	0.2	0.5	873	5230	0.04	0.08	0.48	0.13	0	19	2.8	0	0.26
	1 cup sliced 0.5cm thick (250mL)	135.7	260	27	36	0.2	0.2	0.6	1180	7090	0.05	0.11	0.65	0.18	0	25	3.8	0	0.35
X1118	Carrot, flesh, fresh, stir fried	100	220	23	30	0.2	0.2	0.5	986	5900	0.04	0.1	0.54	0.14	0	21	2.9	0	0.67
	1 cup stick 7 cm long (250mL)	116.5	250	27	35	0.2	0.2	0.6	1150	6880	0.05	0.12	0.63	0.16	0	24	3.4	0	0.78
X237	Cassava, baked in traditional Papua New Guinea oven	100	370	38	32	2	0.7	1	trace	2	0.09	0.04	0.71	0.4	0	12	47	0	0.24
	1 cup (250mL)	227	830	86	73	4.5	1.6	2.3	1	5	0.2	0.09	1.6	0.91	0	27	107	0	0.55
X238	Cassava, boiled, peeled, drained, no salt added	100	290	43	20	0.2	0.5	1	trace	2	0.04	0.02	0.41	0.34	0	12	18.6	0	0.21
	1 cup diced (250mL)	139	400	60	28	0.3	0.7	1.4	trace	3	0.06	0.03	0.57	0.47	0	17	25.9	0	0.29
X1129	Cauliflower, boiled, drained, no salt added	100	270	36	17	0.3	0.2	0.6	0	0	0.03	0.06	0.35	0.13	0	21	39.2	0	0
	1 floret (7.9cm length)	73.4	200	27	12	0.2	0.2	0.4	0	0	0.02	0.04	0.26	0.1	0	15	28.8	0	0
	1 cup florets (250mL)	157.6	420	57	26	0.5	0.3	0.9	0	0	0.05	0.1	0.55	0.21	0	32	61.8	0	0
X1128	Cauliflower, fresh, raw	100	310	42	18	0.3	0.2	0.6	0	0	0.04	0.07	0.42	0.16	0	33	35.9	0	0
	1 floret (7.9cm length)	73.3	230	31	13	0.2	0.2	0.4	0	0	0.03	0.05	0.31	0.12	0	24	26.3	0	0
	1 cup florets (250mL)	151.8	470	64	28	0.5	0.4	0.9	0	0	0.06	0.11	0.64	0.24	0	50	54.4	0	0
X1091	Celery, American Green, stalk, raw	100	340	24	38	0.1	0.1	0	10	63	0.01	0.04	0.15	0.06	0	0	0.7	0	0.35
	1 strip (14.2 cm long)	35.4	120	8.5	13	trace	trace	0	4	22	trace	0.01	0.05	0.02	0	0	0.2	0	0.12
	1 stalk (24-32cm long)	69.6	240	17	26	0.1	trace	0	7	44	0.01	0.03	0.1	0.04	0	0	0.5	0	0.24

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X1092	Celery, American Green, stalk, stir fried	100	91.5	132	146	0.7	2.5	1.6	1.8	1.6	0	0.2	1.4	0.6	0.2	0.5	0	38	0.8
	1 cup diced (250mL)	223.3	204	294	326	1.5	5.6	3.6	3.9	3.6	0	0.4	3.2	1.4	0.4	1	0	84	1.9
X1146	Chickpea, canned in brine, drained	100	66.6	399	443	7.2	2	11.9	5.5	0	11.9	0.4	0.7	1.5	0.1	1.5	0	160	0.3
	1 cup (250mL)	212.8	142	849	943	15.4	4.3	25.3	11.7	0	25.3	0.8	1.5	3.2	0.2	3.1	0	330	0.6
X76	Chickpea, cooked	100	74.2	418	479	5.3	4.5	9.5	7.6	1.4	8.1	1.7	1.4	0.5			0	480	0.4
	1 cup (250mL)	173	128	724	829	9.2	7.8	16.4	13.1	2.4	14	2.9	2.5	0.9			0	830	0.8
X1150	Chilli bean, canned in chilli sauce, undrained	100	69.5	339	384	5.4	1	12.4	5.6	6.2	6.2	0.1	0.1	0.4	0.2	0.2	0	230	2.7
	1 cup (250mL)	274	190	928	1050	14.7	2.7	34	15.3	17	17	0.3	0.2	1.1	0.6	0.6	0	630	7.4
X142	Choko, flesh, cooked	100	93.6	88	97	0.6	0.2	4.1	1.2	3.5	0.6	0.1	trace	trace			0	8	0.7
	1 cup sliced (250mL)	140	131	123	136	0.9	0.3	5.7	1.7	4.9	0.8	0.2	trace	trace			0	11	1
X259	Corn, baby sweet corn, canned, drained	100	92.5	96	121	2.9	0.4	1.9	3.1	1.4	0.5	0.1	0.1	0.2			0	1100	0.8
X1058	Courgette, green, unpeeled, raw	100	94.4	47	56	1.8	0.2	0.6	1.1	0.6	0	trace	trace	0.1	trace	trace	0	0	0.5
	1 slice (3.9 x 3.2cm diameter)	30.3	28.6	14	17	0.5	0.1	0.2	0.3	0.2	0	trace	trace	trace	trace	trace	0	0	0.2
	1 cup chopped (250mL)	127.5	120	60	72	2.2	0.3	0.8	1.4	0.8	0	0.1	trace	0.1	0.1	trace	0	0	0.6
X1043	Cucumber, lebanese, unpeeled, raw	100	95.6	43	51	0.4	0.1	1.9	1	1.9	0	0	0	0	0	0	0	19	0.2
	1 cucumber	95	90.8	41	49	0.4	0.1	1.8	1	1.8	0	0	0	0	0	0	0	18	0.2
X1052	Cucumber, telegraph, raw, unpeeled	100	96.6	45	51	0.8	0	1.9	0.8	1.8	0.1	0	0	0	0	0	0	1.9	0
	1 slice (2.3 x 4.5cm diameter)	37.6	36.3	17	19	0.3	0	0.7	0.3	0.7	trace	0	0	0	0	0	0	0.7	0
	1 cup diced (250mL)	147.5	142	66	76	1.1	0	2.8	1.2	2.7	0.1	0	0	0	0	0	0	2.8	0
X1084	Eggplant, baked with oil,	100	85.5	202	235	1.3	2.4	5.3	4.1	5.1	0.2	0.4	1.5	0.3	trace	0.3	0	0	trace
	1 slice (1.2 x 6.4cm diameter)	21.5	18.4	43	50	0.3	0.5	1.1	0.9	1.1	trace	0.1	0.3	0.1	trace	0.1	0	0	trace
	1 cup sliced (250mL)	143	122	288	336	1.9	3.5	7.6	5.9	7.3	0.2	0.6	2.2	0.4	trace	0.4	0	0	trace
X1086	Eggplant, boiled, drained, no salt added	100	93.8	60	77	0.7	0.1	2.7	2.1	2.6	0.1	trace	trace	trace	trace	trace	0	0	0
	1 cup sliced (250mL)	188.3	177	114	145	1.3	0.2	5.1	4	4.9	0.2	0.1	trace	trace	trace	trace	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1092	Celery, American Green, stalk, stir fried	100	430	30	48	0.1	0.1	0	12	71	0.01	0.05	0.18	0.07	0	0	0.8	0	0.78
	1 cup diced (250mL)	223.3	950	67	110	0.3	0.2	0	26	158	0.02	0.11	0.4	0.16	0	0	1.7	0	1.7
X1146	Chickpea, canned in brine, drained	100	160	91	44	1.4	1.2	10	3	16	0.06	0.04	1.4	0.21	0	56	3.7	0	0.88
	1 cup (250mL)	212.8	340	190	94	2.9	2.6	22	6	34	0.13	0.09	2.9	0.45	0	120	7.8	0	1.9
X76	Chickpea, cooked	100	260	92	30	1.8	0.8	2	8	50	0.08	0.03	1.1	0.11	0	170	0	0	0.65
	1 cup (250mL)	173	450	160	52	3.1	1.4	3.5	14	87	0.14	0.05	2	0.19	0	300	0	0	1.1
X1150	Chilli bean, canned in chilli sauce, undrained	100	360	99	36	2	0.6	2.9	29	172	0.05	0.06	1.4	0.52	0	17	0	0	0.31
	1 cup (250mL)	274	990	270	99	5.5	1.8	7.9	79	471	0.14	0.16	3.7	1.4	0	46	0	0	0.85
X142	Choko, flesh, cooked	100	79	30	16	0.3	0.2	0.1	8	45	0.02	0.02	0.5	0.03	0	18	11	0	1
	1 cup sliced (250mL)	140	110	42	22	0.4	0.3	0.2	11	63	0.03	0.03	0.7	0.04	0	25	15.4	0	1.5
X259	Corn, baby sweet corn, canned, drained	100	180	57	8	1.2	0.6	0.3	11	64	0.02	0.04	0.4	0.21	0	31	14	0	0.46
X1058	Courgette, green, unpeeled, raw	100	370	46	18	0.5	0.5	0	49	296	0.04	0.13	1	0.1	0	22	11	0	0.81
	1 slice (3.9 x 3.2cm diameter)	30.3	110	14	5.6	0.2	0.2	0	15	90	0.01	0.04	0.31	0.03	0	6.7	3.3	0	0.25
	1 cup chopped (250mL)	127.5	470	59	23	0.7	0.6	0	63	378	0.05	0.17	1.3	0.13	0	28	14	0	1
X1043	Cucumber, lebanese, unpeeled, raw	100	87	44	57	trace	0.2	0	14	83	0.02	0.02	0.36	0	0	0	13	0	0
	1 cucumber	95	83	42	54	trace	0.2	0	13	78	0.02	0.02	0.34	0	0	0	12.4	0	0
X1052	Cucumber, telegraph, raw, unpeeled	100	170	26	16	0.2	0.1	0	10	59	0.04	0.12	0.26	0.06	0	2.8	0.6	0	0.11
	1 slice (2.3 x 4.5cm diameter)	37.6	62	9.8	6	0.1	trace	0	4	22	0.02	0.05	0.1	0.02	0	1.1	0.2	0	0.04
	1 cup diced (250mL)	147.5	240	38	23	0.2	0.2	0	15	87	0.06	0.18	0.38	0.09	0	4.1	0.9	0	0.16
X1084	Eggplant, baked with oil,	100	330	40	13	0.3	0.2	0	10	59	0.04	0.06	0.63	0.13	0	0	1.3	0	0.12
	1 slice (1.2 x 6.4cm diameter)	21.5	71	8.5	2.7	0.1	trace	0	2	13	0.01	0.01	0.14	0.03	0	0	0.3	0	0.03
	1 cup sliced (250mL)	143	470	57	18	0.4	0.3	0	14	84	0.06	0.09	0.9	0.19	0	0	1.8	0	0.17
X1086	Eggplant, boiled, drained, no salt added	100	150	18	6.1	0.1	0.1	0	5	28	0.02	0.03	0.29	0.06	0	0	0.6	0	0
	1 cup sliced (250mL)	188.3	290	34	11	0.3	0.2	0	9	54	0.04	0.06	0.55	0.11	0	0	1.1	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X1088	Eggplant, fried with oil	100	64.6	1080	1100	0.9	27	3.7	2.9	3.6	0.1	2	16.1	7	2.1	4.9	0	0	0
	1 slice (1.2 x 6.4cm diameter)	29.9	19.3	322	328	0.3	8.1	1.1	0.9	1.1	trace	0.6	4.8	2.1	0.6	1.5	0	0	0
	1 cup sliced (250mL)	185	120	1990	2030	1.7	49.9	6.8	5.3	6.6	0.2	3.6	29.9	13	3.9	9	0	0	0
X1087	Eggplant, steamed	100	92.5	73	93	0.8	0.1	3.3	2.5	3.2	0.1	trace	trace	trace	trace	trace	0	0	0
	1 slice (0.6 x 6.3cm diameter)	19.7	18.2	14	18	0.2	trace	0.6	0.5	0.6	trace	trace	trace	trace	0	trace	0	0	0
	1 cup sliced (250mL)	173.4	160	126	161	1.4	0.2	5.6	4.3	5.5	0.2	0.1	trace	0.1	trace	trace	0	0	0
X260	Garlic, cloves, raw, peeled	100	64.3	332	467	7.9	0.6	10.3	16.9	1.6	8.7	0.1	trace	0.3			0	4	0.7
	1 clove	3	1.9	10	14	0.2	trace	0.3	0.5	trace	0.3	trace	0	trace			0	0.1	trace
X143	Gherkin, pickled, in sweetened brine, drained	100	73.4	451	469	0.4	0.3	25.5	2.2	24.7	0.8	0.1	trace	0.1			0	520	2.7
	1 gherkin (2 x 6cm)	19	13.9	86	89	0.1	0.1	4.8	0.4	4.7	0.2	trace	trace	trace			0	99	0.5
X1030	Ginger, preserved	100	73.8	356	373	0	0	21	2.1	19.1	1.9	0	0	0	0	0	0	210	0.7
	1 cup sliced (250mL)	101.4	74.8	361	378	0	0	21.2	2.2	19.3	1.9	0	0	0	0	0	0	210	0.7
X1163	Kale, fresh, raw	100	84.8	122	168	4.6	0.9	0.6	5.8	0.5	0.1	0.1	trace	0.3	0.2	0.1	0	23	3
	1 cup chopped (250mL)	42.6	36.1	52	72	2	0.4	0.2	2.5	0.2	trace	trace	trace	0.1	0.1	trace	0	9.8	1.3
X1164	Kale, fresh, sauteed with oil, no salt added	100	66.1	503	590	7.3	9.8	1.5	11	1.4	0.1	0.8	5.7	3.1	1.4	1.7	0	37	4.6
	1 cup chopped (250mL)	54.9	36.3	276	324	4	5.4	0.8	6	0.8	0.1	0.4	3.1	1.7	0.8	0.9	0	21	2.5
X1064	Kumara, Owairaka Red, flesh, boiled, drained, no salt added	100	74.8	349	363	1.3	0.2	18.8	1.8	5.2	13.6	0.1	trace	0.1	trace	0.1	0	27	0
X1057	Kumara, Owairaka Red, flesh, raw	100	74.7	349	363	1.3	0.2	18.8	1.8	5.2	13.6	0.1	trace	0.1	trace	0.1	0	28	0
	1 kumara	217.2	162	757	788	2.7	0.5	40.8	3.9	11.3	29.5	0.1	trace	0.2	trace	0.2	0	61	0
X1010	Kumara, flesh, boiled, drained, no salt added	100	77.4	256	273	1.4	0.3	13.1	2.1	4.6	8.5	0.1	0	0.1			0	18	0.3
	1 cup whole (250mL)	346.6	268	888	947	4.8	1	45.2	7.3	15.8	29.5	0.2	0	0.5			0	62	1
X1162	Leek, bulb & stalk, fresh, stir-fried, no salt added	100	83.5	183	221	1.5	2.2	3.1	4.8	3	0.1	0.2	1.5	0.7	0.2	0.5	0	2.4	0.8
	1 cup chopped (250mL)	121.3	101	221	268	1.8	2.7	3.7	5.8	3.6	0.1	0.2	1.8	0.8	0.2	0.6	0	2.9	0.9

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1088	Eggplant, fried with oil	100	230	28	8.8	0.2	0.1	0	6	37	0.03	0.04	0.42	0.08	0	0	0.9	0	4
	1 slice (1.2 x 6.4cm diameter)	29.9	69	8.3	2.6	0.1	trace	0	2	11	0.01	0.01	0.13	0.02	0	0	0.3	0	1.2
	1 cup sliced (250mL)	185	430	51	16	0.4	0.3	0	11	68	0.06	0.07	0.78	0.15	0	0	1.6	0	7.4
X1087	Eggplant, steamed	100	200	24	7.7	0.2	0.1	0	6	36	0.03	0.04	0.39	0.07	0	0	0.8	0	0
	1 slice (0.6 x 6.3cm diameter)	19.7	40	4.8	1.5	trace	trace	0	1	7	0.01	0.01	0.08	0.01	0	0	0.2	0	0
	1 cup sliced (250mL)	173.4	350	42	13	0.3	0.2	0	10	63	0.05	0.07	0.68	0.12	0	0	1.4	0	0
X260	Garlic, cloves, raw, peeled	100	620	170	19	1.9	1	2	0	0	0.13	0.04	1.5	0.38	0	5	17	0	0
	1 clove	3	19	5.1	0.6	0.1	trace	0.1	0	0	trace	trace	0.05	0.01	0	0.2	0.5	0	0
X143	Gherkin, pickled, in sweetened brine, drained	100	11	10	22	0.5	0	0.1	6	38	0	0	0.3	0.04	0	1	1	0	0.31
	1 gherkin (2 x 6cm)	19	2.1	1.9	4.2	0.1	0	trace	1	7	0	0	0.06	0.01	0	0.2	0.2	0	0.06
X1030	Ginger, preserved	100	0	0	45	0.3	0.1	66	1	7	0	0	0.9	0.16	0	11	0	0	0
	1 cup sliced (250mL)	101.4	0	0	46	0.3	0.1	67	1	7	0	0	0.91	0.16	0	11	0	0	0
X1163	Kale, fresh, raw	100	440	68	280	1.6	0.6	6.8	545	3260	0.2	0.3	2.6	0.38	0	140	59.3	0	0.97
	1 cup chopped (250mL)	42.6	190	29	120	0.7	0.3	2.9	232	1390	0.09	0.13	1.1	0.16	0	60	25.3	0	0.41
X1164	Kale, fresh, sauteed with oil, no salt added	100	720	110	460	2.6	1	11	1120	6690	0.29	0.46	4.1	0.59	0	310	82.5	0	6.9
	1 cup chopped (250mL)	54.9	390	61	250	1.4	0.6	6.1	613	3670	0.16	0.25	2.2	0.32	0	170	45.3	0	3.8
X1064	Kumara, Owairaka Red, flesh, boiled, drained, no salt added	100	460	42	15	0.5	0.2	0.1	17	100	0.08	0.07	2.5	0.1	0	2.1	24.2	0	0.2
X1057	Kumara, Owairaka Red, flesh, raw	100	510	44	16	0.5	0.2	0.1	20	118	0.1	0.07	2.7	0.11	0	2.8	32.2	0	0.2
	1 kumara	217.2	1100	96	35	1.2	0.5	0.3	43	255	0.22	0.15	5.8	0.24	0	6.1	69.9	0	0.43
X1010	Kumara, flesh, boiled, drained, no salt added	100	350	35	22	0.5	0.3	0.5	3	15	0.03	0.02	2.2	0.25	0	32	19	0	0.47
	1 cup whole (250mL)	346.6	1200	120	76	1.7	0.9	1.7	9	52	0.1	0.07	7.6	0.87	0	110	65.9	0	1.6
X1162	Leek, bulb & stalk, fresh, stir-fried, no salt added	100	260	34	44	0.5	0.3	0	3	15	0.15	0.06	0.6	0.27	0	49	7	0	0.27
	1 cup chopped (250mL)	121.3	320	41	53	0.7	0.4	0	3	19	0.18	0.07	0.73	0.33	0	59	8.5	0	0.33

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X54	Lentil, split, boiled, drained, no salt added	100	72.1	412	441	7.6	0.5	15.5	3.7	0.8	14.7	0.1	0.1	0.2			0	12	0.4
	1 cup (250mL)	200	144	823	882	15.3	1	31	7.4	1.6	29.4	0.1	0.2	0.5			0	24	0.9
X305	Lettuce, hydroponic varieties, raw	100	94.8	75	89	1.9	0.3	1.8	1.7	1.7	0.1	0.1	0	0.2			0	13	0.7
	1 cup torn leaves (250mL)	36	34.1	27	32	0.7	0.1	0.6	0.6	0.6	trace	trace	0	0.1			0	4.7	0.2
X1009	Lettuce, raw	100	96.6	62	75	1.1	0.3	1.9	1.6	1.1	0.8	0.1	0	0	0	0	0	2.2	0.7
	1 cup chopped (250mL)	76.1	73.5	47	57	0.9	0.2	1.4	1.2	0.8	0.6	0.1	0	0	0	0	0	1.7	0.5
X57	Marrow, flesh, boiled, drained, no salt added	100	97.8	31	36	0.4	trace	1.4	0.6	1.3	0.1	trace	trace	trace			0	1	0.4
	1 cup diced (250mL)	220	215	69	79	0.8	0.1	3.1	1.3	2.9	0.2	trace	trace	trace			0	2.2	1
X1090	Mushroom, Portobello, whole, baked with oil,	100	88.4	105	123	3	1	1	2.2	0.8	0.1	0.1	0.6	0.2	trace	0.1	0	4.9	0
	1 mushroom (1.7 x 7.3cm diameter)	45.8	40.5	48	56	1.4	0.5	0.4	1	0.4	0.1	0.1	0.3	0.1	trace	0.1	0	2.2	0
X1089	Mushroom, Portobello, whole, raw	100	92.1	60	72	2.2	0.3	0.7	1.6	0.6	0.1	trace	0.1	0.1	trace	trace	0	3.5	0
	1 mushroom (7.5 -10.2cm diameter)	62.1	57.2	37	45	1.3	0.2	0.4	1	0.4	0.1	trace	0.1	trace	trace	trace	0	2.2	0
	1 cup sliced (250mL)	78.8	72.6	47	57	1.7	0.2	0.6	1.3	0.5	0.1	trace	0.1	0.1	trace	trace	0	2.8	0
X298	Mushroom, fried in butter	100	85	253	277	3.5	5.1	0.4	3	0	0.4	3.2	1.2	0.3		0.2	37	41	0.2
	1 cup (250mL)	150	127	380	416	5.3	7.6	0.6	4.5	0	0.6	4.7	1.7	0.4		0.3	56	62	0.3
X297	Mushroom, fried in oil	100	86.9	240	265	3.3	4.8	0.4	3.1	0	0.4	0.9	1.1	2.5			0	7.1	0.2
	1 cup (250mL)	141	123	339	374	4.7	6.8	0.6	4.4	0	0.6	1.3	1.5	3.5			0	10	0.3
X60	Mushroom, raw	100	93.3	50	70	2.3	0.2	0.2	2.5	0.2	trace	trace	0	0.1			0	6.1	0.3
	1 cup chopped (250mL)	68	63.4	34	48	1.6	0.1	0.1	1.7	0.1	trace	trace	0	0.1			0	4.1	0.2
X1130	Onion, brown, flesh, fresh, raw	100	88.5	115	130	1.4	0.1	5.1	1.8	5.1	trace	trace	0.3	trace	trace	trace	0	2.3	0.5
	1 onion (6.9cm diameter)	174	154	200	226	2.5	0.2	8.9	3.2	8.9	trace	trace	0.5	trace	trace	trace	0	4	0.9
X1131	Onion, brown, flesh, fresh, sauteed	100	86.1	186	202	1.5	1.8	5.5	2	5.5	trace	0.1	1.3	0.4	0.1	0.3	0	2.5	0.5
	1 cup sliced (250mL)	156.6	135	291	316	2.4	2.8	8.6	3.1	8.6	trace	0.2	2	0.7	0.2	0.5	0	3.9	0.8
	1 cup chopped (250mL)	170.3	147	317	344	2.6	3.1	9.3	3.3	9.3	trace	0.3	2.1	0.7	0.2	0.5	0	4.2	0.9

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X54	Lentil, split, boiled, drained, no salt added	100	210	77	13	2.4	1	1.8	3	20	0.11	0.04	1.6	0.11	0	180	0	0	0.11
	1 cup (250mL)	200	420	150	26	4.8	2	3.6	7	40	0.22	0.08	3.3	0.22	0	360	0	0	0.22
X305	Lettuce, hydroponic varieties, raw	100	280	33	61	1	0.2	0	89	530	0.07	0.08	0.46	0.04	0	55	0	0	0.57
	1 cup torn leaves (250mL)	36	100	12	22	0.3	0.1	0	32	191	0.03	0.03	0.17	0.01	0	20	0	0	0.21
X1009	Lettuce, raw	100	170	19	9.2	0.2	0.1	0.2	45	267	0.02	0.03	1.9	0.21	0	45	10	0	0.08
	1 cup chopped (250mL)	76.1	130	14	7	0.1	trace	0.2	34	203	0.02	0.02	1.4	0.16	0	34	7.6	0	0.06
X57	Marrow, flesh, boiled, drained, no salt added	100	84	13	14	0.2	0.1	0.2	5	30	0.01	0.01	0.3	0.03	0	20	2	0	0
	1 cup diced (250mL)	220	180	29	31	0.4	0.2	0.4	11	66	0.02	0.02	0.66	0.07	0	44	4.4	0	0
X1090	Mushroom, Portobello, whole, baked with oil,	100	520	150	1.3	0.3	0.6	27	0	0	0.11	0.73	6.6	0.29	0	0	0.4	0	0.33
	1 mushroom (1.7 x 7.3cm diameter)	45.8	240	67	0.6	0.1	0.3	13	0	0	0.05	0.33	3	0.13	0	0	0.2	0	0.15
X1089	Mushroom, Portobello, whole, raw	100	370	110	0.9	0.2	0.4	20	0	0	0.09	0.55	5	0.22	0	0	0.3	0	0.22
	1 mushroom (7.5 -10.2cm diameter)	62.1	230	65	0.6	0.1	0.2	12	0	0	0.06	0.34	3.1	0.14	0	0	0.2	0	0.14
	1 cup sliced (250mL)	78.8	290	83	0.7	0.2	0.3	16	0	0	0.07	0.43	3.9	0.17	0	0	0.2	0	0.17
X298	Mushroom, fried in butter	100	430	120	8.1	0.5	0.8	53	174	85	0	0.28	2.8	0.14	0	27	0.7	0	0.4
	1 cup (250mL)	150	650	180	12	0.8	1.3	80	261	128	0	0.42	4.2	0.21	0	41	1.1	0	0.6
X297	Mushroom, fried in oil	100	370	98	3.6	0.4	0.6	33	0	0	0.03	0.29	1.9	0.07	0	27	0.7	0	2.8
	1 cup (250mL)	141	520	140	5.1	0.5	0.8	47	0	0	0.04	0.41	2.7	0.1	0	38	0.9	0	4
X60	Mushroom, raw	100	380	110	3.9	0.3	0.6	7.7	2	10	0.02	0.26	1.7	0.24	0	18	0.4	0	0.29
	1 cup chopped (250mL)	68	260	73	2.7	0.2	0.4	5.2	1	7	0.01	0.18	1.1	0.16	0	12	0.3	0	0.2
X1130	Onion, brown, flesh, fresh, raw	100	180	32	24	0.2	0.3	0.7	0	0	0.03	0.03	0.29	0.26	0	0	4.6	0	0
	1 onion (6.9cm diameter)	174	320	56	42	0.3	0.5	1.2	0	0	0.05	0.05	0.51	0.45	0	0	8	0	0
X1131	Onion, brown, flesh, fresh, sauteed	100	200	34	26	0.2	0.3	0.8	0	0	0.03	0.03	0.28	0.25	0	0	5.5	0	0.23
	1 cup sliced (250mL)	156.6	310	54	40	0.3	0.4	1.2	0	0	0.05	0.05	0.44	0.39	0	0	8.5	0	0.36
	1 cup chopped (250mL)	170.3	330	58	44	0.4	0.5	1.3	0	0	0.05	0.05	0.48	0.43	0	0	9.3	0	0.39

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X146	Onion, pickled	100	82.1	237	249	0.5	0.2	13	1.5	12.3	0.7	trace	trace	0.1			0	790	0.4
	1 onion	25	20.5	59	62	0.1	trace	3.3	0.4	3.1	0.2	trace	trace	trace			0	200	0.1
X68	Parsley, raw	100	78.7	120	158	5.2	0.5	0.8	4.7	0.8	0	trace	0.2	0.1			0	33	0.7
	1 tablespoon (15mL)	3.7	2.9	4	6	0.2	trace	trace	0.2	trace	0	trace	trace	trace			0	1.2	trace
	1 cup chopped (250mL)	64	50.4	77	101	3.3	0.3	0.5	3	0.5	0	trace	0.1	0.1			0	21	0.4
X1099	Parsnip, boiled, drained, no salt added	100	82.2	202	234	1	0.3	10.6	4	5.9	4.7	trace	0.1	0.2	trace	0.1	0	2.3	0
	1 cup sliced (250mL)	198.9	163	401	465	2	0.6	21	8	11.6	9.3	0.1	0.1	0.3	trace	0.2	0	4.5	0
X1100	Parsnip, flesh, baked without fat	100	75.1	281	325	1.4	0.4	14.1	5.5	8.2	5.9	0.1	0.1	0.1	trace	0.1	0	3.3	0
	1 cup sliced (250mL)	144.9	109	407	471	2	0.6	20.4	8	11.8	8.5	0.1	0.1	0.2	trace	0.2	0	4.8	0
X1101	Parsnip, flesh, steamed	100	81	214	247	1.1	0.3	11.3	4.1	6.2	5.1	trace	0.1	0.2	trace	0.1	0	2.5	0
	1 cup sliced (250mL)	177.2	144	380	438	1.9	0.6	20.1	7.3	11	9	0.1	0.1	0.3	trace	0.2	0	4.5	0
X1135	Pea, green, frozen, boiled, drained, no salt added	100	76.8	283	329	5.5	0.9	9.2	5.8	5.1	4.2	0.2	0.2	0.5	0.1	0.4	0	1.3	0
	1 cup (250mL)	180.6	139	511	594	10	1.6	16.6	10.4	9.1	7.5	0.3	0.4	0.9	0.1	0.7	0	2.4	0
X73	Pea, split, dried, boiled, drained, no salt added	100	63.7	547	578	9.3	0.3	22.2	3.9	1	21.2	0.1	0.1	trace			0	16	0.4
	1 cup (250mL)	194	123	1060	1120	17.9	0.6	43.1	7.6	1.9	41.2	0.2	0.2	0.1			0	30	0.9
X1177	Potato, flesh & skin, floury, baked without oil, no added salt	100	68.5	379	402	3.3	0.3	19.3	2.9	0	19.3	trace	trace	0.1	trace	trace	0	2	1.9
	1 small (6.3 x 4.4cm diameter)	77.1	52.8	292	310	2.5	0.2	14.9	2.2	0	14.9	trace	trace	trace	trace	trace	0	1.5	1.4
	1 medium (9.0 x 4.8cm diameter)	162.8	112	617	655	5.4	0.4	31.4	4.7	0	31.4	0.1	trace	0.1	trace	0.1	0	3.2	3
	1 large (11.5 x 5.7cm diameter)	258.2	177	979	1040	8.5	0.6	49.8	7.5	0	49.8	0.1	trace	0.1	trace	0.1	0	5	4.8
X1184	Potato, flesh & skin, waxy, boiled, drained, no salt added	100	83	211	223	1.7	0.1	11	1.5	0.9	10.1	trace	trace	trace	trace	trace	0	0	0.2
	1 small (5.5 x 4.4cm diameter)	83.5	69.3	176	187	1.4	0.1	9.2	1.3	0.7	8.4	trace	trace	trace	trace	trace	0	0	0.2
	1 medium (7.6 x 4.7cm diameter)	128.6	107	272	287	2.2	0.1	14.1	2	1.1	13	trace	trace	trace	trace	trace	0	0	0.3
	1 large (9.7 x 5.4cm diameter)	229.5	191	485	513	3.9	0.2	25.2	3.5	2	23.2	trace	trace	0.1	trace	trace	0	0	0.5

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X146	Onion, pickled	100	63	17	26	0.1	0	0.1	0	0	0.02	0.06	0.1	0.09	0	12	0	0	0.3
	1 onion	25	16	4.3	6.5	trace	0	trace	0	0	trace	0.02	0.03	0.02	0	3	0	0	0.08
X68	Parsley, raw	100	1100	130	330	8	0.9	0.2	1170	7000	0.15	0.3	1.8	0.2	0	150	150	0	0.75
	1 tablespoon (15mL)	3.7	40	4.8	12	0.3	trace	trace	43	259	0.01	0.01	0.07	0.01	0	5.6	5.6	0	0.03
	1 cup chopped (250mL)	64	690	83	210	5.1	0.6	0.1	748	4480	0.1	0.19	1.2	0.13	0	97	96	0	0.48
X1099	Parsnip, boiled, drained, no salt added	100	360	34	31	0.2	0.3	0	0	0	0.05	0.04	1.4	0.08	0	0	2.1	0	0.38
	1 cup sliced (250mL)	198.9	710	68	62	0.4	0.5	0	0	0	0.1	0.08	2.7	0.16	0	0	4.2	0	0.76
X1100	Parsnip, flesh, baked without fat	100	550	53	46	0.3	0.4	0	0	0	0.07	0.07	2	0.12	0	0	3.4	0	0.54
	1 cup sliced (250mL)	144.9	800	76	66	0.4	0.6	0	0	0	0.1	0.1	2.9	0.17	0	0	5	0	0.78
X1101	Parsnip, flesh, steamed	100	420	40	35	0.2	0.3	0	0	0	0.06	0.05	1.5	0.09	0	0	2.6	0	0.41
	1 cup sliced (250mL)	177.2	750	71	62	0.4	0.5	0	0	0	0.11	0.09	2.7	0.16	0	0	4.6	0	0.73
X1135	Pea, green, frozen, boiled, drained, no salt added	100	190	90	25	1.4	0.9	0	194	1160	0.29	0.12	2.1	0.07	0	44	12.3	0	2.1
	1 cup (250mL)	180.6	340	160	46	2.6	1.6	0	351	2100	0.52	0.22	3.7	0.13	0	80	22.3	0	3.7
X73	Pea, split, dried, boiled, drained, no salt added	100	300	130	12	1.9	3.5	0.3	8	50	0.12	0.07	2.6	0.06	0	65	0.5	0	0.65
	1 cup (250mL)	194	580	260	24	3.7	6.7	0.6	16	97	0.23	0.14	5.1	0.12	0	130	1	0	1.3
X1177	Potato, flesh & skin, floury, baked without oil, no added salt	100	750	74	11	1.8	0.5	1.1	0	0	0.15	0.1	3	0.69	0	20	4.6	0	0
	1 small (6.3 x 4.4cm diameter)	77.1	580	57	8.5	1.4	0.4	0.8	0	0	0.12	0.08	2.3	0.53	0	15	3.5	0	0
	1 medium (9.0 x 4.8cm diameter)	162.8	1200	120	18	3	0.9	1.7	0	0	0.24	0.16	4.8	1.1	0	32	7.4	0	0
	1 large (11.5 x 5.7cm diameter)	258.2	1900	190	28	4.8	1.4	2.7	0	0	0.39	0.26	7.7	1.8	0	51	11.8	0	0
X1184	Potato, flesh & skin, waxy, boiled, drained, no salt added	100	340	31	5.1	0.4	0.3	0	0	0	0.06	0.05	1.3	0.26	0	9.9	6	0	0
	1 small (5.5 x 4.4cm diameter)	83.5	280	26	4.2	0.3	0.2	0	0	0	0.05	0.04	1.1	0.22	0	8.2	5	0	0
	1 medium (7.6 x 4.7cm diameter)	128.6	430	40	6.5	0.5	0.4	0	0	0	0.08	0.06	1.6	0.33	0	13	7.7	0	0
	1 large (9.7 x 5.4cm diameter)	229.5	770	71	12	0.8	0.6	0	0	0	0.14	0.12	2.9	0.6	0	23	13.7	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
X1179	Potato, flesh, floury, boiled, drained, mashed, no salt added	100	79.5	246	259	1.9	0.1	12.4	1.6	0	12.4	trace	trace	trace	trace	trace	0	1.4	0.8
	1 cup mashed (250mL)	246.2	196	605	636	4.6	0.2	30.5	3.9	0	30.5	trace	trace	trace	trace	trace	0	3.4	1.8
X1181	Potato, flesh, floury, fried in canola oil, no salt added	100	68.6	506	525	2.6	4.6	16.6	2.4	0	16.6	0.3	2.8	1.2	0.4	0.8	0	1.5	0
	1 cup (250mL)	197.2	135	998	1040	5.1	9.1	32.6	4.7	0	32.6	0.6	5.4	2.4	0.7	1.6	0	3	0
X1180	Potato, flesh, floury, mashed with 3.3% fat milk & butter, no salt added	100	78.3	375	384	2.2	4.5	10.1	1.2	1.2	8.9	2.9	1.1	0.2	trace	0.1	12	34	2
	1 cup mashed (250mL)	247.4	194	927	951	5.3	11.1	25	2.9	2.9	22	7.1	2.7	0.4	0.1	0.3	29	85	5
X1182	Potato, flesh, floury, mashed with 3.3% fat milk & margarine, no salt added	100	79.1	346	355	2.1	3.7	10.1	1.2	1.2	8.9	1.2	1	1.3	0.1	1.2	3	36	1.9
	1 cup mashed (250mL)	248.6	197	859	883	5.3	9.3	25	3	2.9	22.2	2.9	2.6	3.1	0.2	2.9	6	89	4.8
X1032	Potato, fries beer batter, frozen, baked	100	59.9	712	733	3.7	6.3	24.5	2.6	0.5	24	0.5	3.9	1.5	0.4	1.1	0	280	0
	1 cup (250mL)	156.1	93.5	1110	1140	5.7	9.9	38.2	4.1	0.8	37.5	0.8	6.1	2.3	0.6	1.7	0	440	0
X1033	Potato, fries tempura, frozen, baked, Crunchy Steak Cut Fries, Wattie's	100	58.6	766	784	3.1	8.2	24.1	2.2	0.5	23.6	0.7	5.1	1.8	0.5	1.4	0	410	0
	1 cup (250mL)	172.1	101	1320	1350	5.4	14.1	41.5	3.8	0.9	40.6	1.2	8.8	3.2	0.8	2.3	0	710	0
X327	Potato, fries, chunky cut, frozen, precooked in canola oil, baked	100	55.7	792	829	3.6	4.8	32.7	4.6	0	32.7	0.5	2.7	0.9			0	67	0.6
	10 chips or fries	82.6	46	654	684	2.9	3.9	27	3.8	0	27	0.4	2.2	0.7			0	55	0.5
X324	Potato, fries, chunky cut, frozen, precooked in polyunsaturated oil, baked	100	61.3	636	652	3.6	3.7	25.8	2	0	25.8	0.6	1	1.5			0	67	0.6
	10 chips or fries	80	49	509	522	2.8	3	20.6	1.6	0	20.6	0.5	0.8	1.2			0	54	0.5
X321	Potato, fries, shoestring cut, frozen, precooked in polyunsaturated oil, baked	100	52.4	911	927	3.6	7.8	33	2	0	33	1.3	2.1	3.2			0	67	0.6
	10 chips or fries	21	11	191	195	0.7	1.6	6.9	0.4	0	6.9	0.3	0.5	0.7			0	14	0.1
X322	Potato, fries, straight cut, frozen, precooked in polyunsaturated oil, baked	100	60.2	710	726	3.6	5.5	26.2	2	0	26.2	0.9	1.5	2.3			0	67	0.6
	10 chips or fries	58.8	35.4	417	427	2.1	3.2	15.4	1.2	0	15.4	0.6	0.9	1.3			0	39	0.4
X1037	Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams	100	60.5	619	645	3.4	3.9	24.5	3.3	0.6	23.9	0.3	2.3	1	0.3	0.7	0	33	0
	1 cup (250mL)	150.9	91.3	933	973	5.2	5.9	37	5	0.9	36.1	0.5	3.5	1.5	0.4	1	0	50	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1179	Potato, flesh, floury, boiled, drained, mashed, no salt added	100	400	39	4.2	0.4	0.3	0.4	0	0	0.09	0.04	1.5	0.25	0	14	4.2	0	0
	1 cup mashed (250mL)	246.2	980	96	10	1	0.7	1	0	0	0.22	0.1	3.6	0.62	0	35	10.4	0	0
X1181	Potato, flesh, floury, fried in canola oil, no salt added	100	600	59	5.5	0.6	0.4	0	0	0	0.14	0.07	2.2	0.42	0	16	5.1	0	0.57
	1 cup (250mL)	197.2	1200	120	11	1.1	0.8	0	0	0	0.28	0.14	4.4	0.83	0	32	10.1	0	1.1
X1180	Potato, flesh, floury, mashed with 3.3% fat milk & butter, no salt added	100	330	51	33	0.3	0.3	0.6	48	32	0.07	0.1	1.3	0.19	0.1	12	3.1	0.4	0.12
	1 cup mashed (250mL)	247.4	800	130	81	0.8	0.7	1.4	120	79	0.17	0.25	3.1	0.47	0.25	30	7.7	0.9	0.3
X1182	Potato, flesh, floury, mashed with 3.3% fat milk & margarine, no salt added	100	330	50	32	0.3	0.3	0.5	8	8	0.07	0.1	1.2	0.19	0.07	12	3.1	1	0.99
	1 cup mashed (250mL)	248.6	810	120	79	0.8	0.7	1.3	20	21	0.17	0.25	3.1	0.47	0.17	31	7.7	2.4	2.5
X1032	Potato, fries beer batter, frozen, baked	100	510	150	14	0.6	0.4	5	0	0	0	0.03	1.4	0.19	0	41	2	0	0.56
	1 cup (250mL)	156.1	800	230	21	0.9	0.6	7.8	0	0	0	0.05	2.2	0.3	0	64	3.1	0	0.87
X1033	Potato, fries tempura, frozen, baked, Crunchy Steak Cut Fries, Wattie's	100	320	120	9.4	0.6	0.3	0	0	0	0	0.03	1.4	0.19	0	41	2	0	0.56
	1 cup (250mL)	172.1	550	210	16	1	0.6	0	0	0	0	0.05	2.4	0.33	0	71	3.4	0	0.96
X327	Potato, fries, chunky cut, frozen, precooked in canola oil, baked	100	490	140	11	0.8	0.5	0.3	0	0	0.11	0.02	2.4	0.64	0	24	6.2	0	0.76
	10 chips or fries	82.6	400	110	8.9	0.6	0.4	0.2	0	0	0.09	0.02	2	0.53	0	20	5.1	0	0.63
X324	Potato, fries, chunky cut, frozen, precooked in polyunsaturated oil, baked	100	490	140	11	0.8	0.5	0.3	0	0	0.11	0.02	2.4	0.64	0	24	6.2	0	0.76
	10 chips or fries	80	390	110	8.6	0.6	0.4	0.2	0	0	0.09	0.02	1.9	0.51	0	19	5	0	0.61
X321	Potato, fries, shoestring cut, frozen, precooked in polyunsaturated oil, baked	100	490	140	11	0.8	0.5	0.3	0	0	0.11	0.02	2.4	0.64	0	24	6.2	0	0.76
	10 chips or fries	21	100	29	2.3	0.2	0.1	trace	0	0	0.02	trace	0.51	0.13	0	5	1.3	0	0.16
X322	Potato, fries, straight cut, frozen, precooked in polyunsaturated oil, baked	100	490	140	11	0.8	0.5	0.3	0	0	0.11	0.02	2.4	0.64	0	24	6.2	0	0.76
	10 chips or fries	58.8	290	80	6.4	0.4	0.3	0.1	0	0	0.07	0.01	1.4	0.38	0	14	3.6	0	0.45
X1037	Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams	100	570	110	16	0.7	0.5	0	1	6	0	0.03	2.1	0.47	0	30	2	0	0.56
	1 cup (250mL)	150.9	860	160	24	1.1	0.8	0	2	9	0	0.05	3.1	0.71	0	45	3	0	0.85

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X314	Potato, wedges, frozen, precooked in polyunsaturated oil, baked	100	56.8	782	798	3.9	6.2	28.5	2	0	28.5	1.1	1.7	2.6			0	380	1.2
	10 wedges	94.7	53.7	740	755	3.7	5.9	27	1.9	0	27	1	1.6	2.4			0	360	1.1
X1186	Pumpkin, Kumi Kumi, flesh and skin, fresh, boiled, drained, no salt added	100	93.3	86	95	1.3	0.2	3.4	1.1	2.4	1	trace	trace	0.1	0.1	trace	0	0	0
	1 cup cubed (250mL)	154.3	144	133	147	1.9	0.3	5.2	1.8	3.7	1.5	0.1	trace	0.2	0.1	trace	0	0	0
X1121	Pumpkin, Whangaparaoa crown, flesh, fresh, steamed, Whangaparaoa crown	100	85.9	164	190	1.2	0.5	7.5	3.2	6.5	1	0.1	0.1	0.1	trace	0.1	0	0	0.5
	1 cup sliced 5 x 2 x 2cm (250mL)	146.2	126	240	278	1.7	0.7	11	4.7	9.5	1.5	0.1	0.2	0.2	0.1	0.1	0	0	0.8
X1120	Pumpkin, Whangaparaoa crown, fresh, boiled, drained, no salt added	100	86.7	155	180	1.1	0.4	7.1	3.1	6.1	1	0.1	0.1	0.1	trace	0.1	0	0	0.5
	1 cup sliced 5 x 2 x 2cm (250mL)	155.4	135	241	279	1.7	0.7	11	4.8	9.5	1.5	0.1	0.2	0.2	0.1	0.1	0	0	0.7
X1119	Pumpkin, Whangaparaoa crown, fresh, raw	100	87.4	147	170	1.1	0.4	6.7	2.9	5.8	0.9	0.1	0.1	0.1	trace	0.1	0	0	0.5
	1 cup sliced 5 x 2 x 2cm (250mL)	128.2	112	188	218	1.4	0.5	8.6	3.7	7.4	1.2	0.1	0.1	0.1	0.1	0.1	0	0	0.6
X1122	Pumpkin, flesh, Whangaparaoa crown, fresh, baked with oil	100	77.2	298	337	1.8	2	11.5	5	9.9	1.5	0.2	0.9	0.5	0.2	0.3	0	0	0.8
	1 cup sliced 5 x 2 x 2cm (250mL)	123.6	95.4	368	417	2.3	2.4	14.2	6.1	12.2	1.9	0.3	1.2	0.6	0.2	0.4	0	0	1
X181	Puwaha, Sow Thistle, leaves & upper stem, boiled, drained, no salt added	100	93.5	69	111	2.3	0.7	0.2	5.2	0.2	trace	0.1	trace	0.4			0	26	2.7
	1 cup chopped (250mL)	146	137	101	162	3.4	1	0.3	7.6	0.3	trace	0.2	0.1	0.6			0	38	3.9
X1012	Puwaha, leaves, raw, Prickly Sow Thistle	100	90.8	80	105	2.4	0.9	0.4	3.2	0.2	0.2	0.1	trace	0.3			0	110	0.7
	1 cup chopped (250mL)	40	36.3	32	42	1	0.3	0.2	1.3	0.1	0.1	trace	trace	0.1			0	44	0.3
X112	Radish, flesh & skin, raw	100	93.6	79	87	0.9	0.5	2.6	1.1	2.6	0	0.1	0.1	0.2			0	56	0.7
	1 radish	15	14	12	13	0.1	0.1	0.4	0.2	0.4	0	trace	trace	trace			0	8.5	0.1
X1147	Red kidney bean, canned in brine, drained	100	72.1	308	357	7.2	1	8.7	6.2	1	7.7	0.1	0.1	0.5	0.3	0.2	0	150	0.2
	1 cup (250mL)	214.9	155	662	768	15.5	2.1	18.7	13.3	2.1	16.5	0.3	0.2	1.1	0.6	0.4	0	320	0.4
X1018	Rocket, leaves, raw	100	92.8	76	95	3.2	0.5	0.2	2.3	0.2	0	0.1	trace	0.3			0	13	0
	1 cup (250mL)	37.5	34.8	29	36	1.2	0.2	0.1	0.9	0.1	0	trace	trace	0.1			0	4.9	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X314	Potato, wedges, frozen, precooked in polyunsaturated oil, baked	100	460	130	12	0.8	0.5	0.6	0	0	0.12	0.03	2.7	0.52	0	30	6.2	0	0.76
	10 wedges	94.7	440	120	12	0.7	0.5	0.6	0	0	0.11	0.03	2.6	0.49	0	28	5.9	0	0.72
X1186	Pumpkin, Kumi Kumi, flesh and skin, fresh, boiled, drained, no salt added	100	140	28	16	0.3	0.4	0	29	172	0.06	0.03	0.5	0.21	0	8.8	9.1	0	0.14
	1 cup cubed (250mL)	154.3	210	43	24	0.4	0.7	0	44	265	0.09	0.05	0.77	0.32	0	14	14	0	0.22
X1121	Pumpkin, Whangaparaoa crown, flesh, fresh, steamed, Whangaparaoa crown	100	420	28	28	0.4	0.2	0	231	1390	0.01	0.1	1.4	0.22	0	5.8	6.5	0	0.82
	1 cup sliced 5 x 2 x 2cm (250mL)	146.2	620	41	41	0.6	0.3	0	338	2020	0.02	0.15	2.1	0.32	0	8.5	9.5	0	1.2
X1120	Pumpkin, Whangaparaoa crown, fresh, boiled, drained, no salt added	100	360	24	25	0.4	0.2	0	207	1240	0.01	0.09	1.2	0.2	0	4.2	4	0	0.77
	1 cup sliced 5 x 2 x 2cm (250mL)	155.4	560	37	39	0.6	0.3	0	322	1930	0.02	0.14	1.9	0.31	0	6.5	6.1	0	1.2
X1119	Pumpkin, Whangaparaoa crown, fresh, raw	100	380	25	25	0.4	0.2	0	218	1310	0.01	0.09	1.3	0.22	0	6.1	0.8	0	0.73
	1 cup sliced 5 x 2 x 2cm (250mL)	128.2	490	32	32	0.5	0.3	0	279	1670	0.01	0.12	1.7	0.28	0	7.8	1	0	0.94
X1122	Pumpkin, flesh, Whangaparaoa crown, fresh, baked with oil	100	650	43	43	0.6	0.4	0	354	2120	0.02	0.15	2.2	0.36	0	8.9	5.5	0	1.4
	1 cup sliced 5 x 2 x 2cm (250mL)	123.6	800	53	53	0.8	0.4	0	437	2620	0.03	0.19	2.7	0.45	0	11	6.8	0	1.8
X181	Puwaha, Sow Thistle, leaves & upper stem, boiled, drained, no salt added	100	160	37	100	1.1	0.5	0.2	1370	8230	0.02	0.03	0.71	0.05	0	74	22	0	0.7
	1 cup chopped (250mL)	146	230	54	150	1.6	0.7	0.3	2010	12000	0.03	0.04	1	0.07	0	110	32.1	0	1
X1012	Puwaha, leaves, raw, Prickly Sow Thistle	100	450	29	100	0.9	0.9	0.2	691	4140	0.02	0.18	2.6	0.36	0	96	1	0	0.52
	1 cup chopped (250mL)	40	180	12	40	0.4	0.3	0.1	277	1660	0.01	0.07	1	0.14	0	38	0.4	0	0.21
X112	Radish, flesh & skin, raw	100	230	26	42	1.8	0.4	0.3	2	13	0.04	0.02	0.29	0.1	0	23	23.9	0	0
	1 radish	15	34	3.9	6.3	0.3	0.1	trace	trace	2	0.01	trace	0.04	0.02	0	3.4	3.6	0	0
X1147	Red kidney bean, canned in brine, drained	100	250	110	50	1.4	0.8	2	0	0	0.08	0.05	1.6	0.17	0	24	1.6	0	0.03
	1 cup (250mL)	214.9	540	230	110	3.1	1.7	4.3	0	0	0.17	0.11	3.5	0.37	0	51	3.4	0	0.06
X1018	Rocket, leaves, raw	100	350	41	200	0.9	0.4	0.2	444	2660	0.09	0.24	1.2	0.23	0	2.3	5	0	0.88
	1 cup (250mL)	37.5	130	15	75	0.3	0.2	0.1	167	998	0.03	0.09	0.43	0.09	0	0.9	1.9	0	0.33

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X1047	Salad, Mesclun, leaves, raw	100	93	54	71	2.5	0.3	0	2.2	0	0	trace	trace	0.1	0.1	trace	0	24	8.4
	1 cup (250mL)	37.5	34.9	20	27	0.9	0.1	0	0.8	0	0	trace	trace	trace	trace	trace	0	9	3.2
X1013	Seaweed, sheet, toasted, nori	100	2.4	966	1270	38.8	7.2	2.4	38.2	0.4	2	1	1.4	3.2	trace	2.2	0	690	3000
	5 sheets	11.3	0.3	109	144	4.4	0.8	0.3	4.3	trace	0.2	0.1	0.2	0.4	trace	0.2	0	78	340
X1112	Silverbeet, leaves & stems, fresh, boiled, drained, no salt added	100	92	68	90	2.2	0.2	1.4	2.7	1.4	0	trace	trace	trace	trace	trace	0	100	1.7
	1 cup chopped (250mL)	72.4	66.6	49	65	1.6	0.1	1	2	1	0	trace	trace	trace	trace	trace	0	73	1.2
X1111	Silverbeet, leaves & stems, fresh, raw	100	91.4	72	95	2.3	0.2	1.5	2.9	1.5	0	trace	trace	trace	trace	trace	0	110	2.2
	1 cup chopped (250mL)	33.2	30.3	24	32	0.8	0.1	0.5	1	0.5	0	trace	trace	trace	trace	trace	0	37	0.7
X1113	Silverbeet, leaves & stems, fresh, steamed	100	91.4	72	96	2.3	0.2	1.5	2.9	1.5	0	trace	trace	trace	trace	trace	0	110	2.1
	1 cup chopped (250mL)	65	59.4	47	62	1.5	0.1	1	1.9	1	0	trace	trace	trace	trace	trace	0	73	1.4
X1046	Spinach, English, boiled, drained, no salt added	100	93.9	63	81	2.8	0.4	0	2.3	0	0	trace	trace	0.2	0.2	trace	0	4.9	4.7
	1 cup (250mL)	150	141	94	122	4.2	0.6	0	3.5	0	0	0.1	trace	0.3	0.2	trace	0	7.4	7.1
X1045	Spinach, English, raw	100	93	57	75	2.5	0.4	0	2.2	0	0	trace	trace	0.2	0.2	trace	0	11	11
	1 cup chopped (250mL)	42.9	39.9	25	32	1.1	0.2	0	0.9	0	0	trace	trace	0.1	0.1	trace	0	4.5	4.9
X1132	Spring onion, bulb and stalk, fresh, raw	100	90.9	88	107	1.9	0.2	2.8	2.5	2.8	trace	trace	0.1	0.1	trace	trace	0	1.2	1.7
	1 tablespoon (15mL)	4.5	4.1	4	5	0.1	trace	0.1	0.1	0.1	trace	trace	trace	trace	trace	trace	0	trace	0.1
	1 cup chopped (250mL)	69.5	63.2	61	75	1.3	0.1	2	1.7	1.9	trace	trace	0.1	0.1	trace	trace	0	0.8	1.2
X1133	Spring onion, bulb and stalk, fresh, sauteed	100	87.9	171	193	2.1	2.2	3.1	2.7	3.1	trace	0.2	1.2	0.6	0.2	0.4	0	1.3	1.8
	1 tablespoon (15mL)	6.6	5.8	11	13	0.1	0.1	0.2	0.2	0.2	trace	trace	0.1	trace	trace	trace	0	0.1	0.1
	1 cup chopped (250mL)	110.6	97.2	190	214	2.3	2.5	3.5	3	3.4	trace	0.2	1.4	0.7	0.2	0.4	0	1.5	2
X266	Sprout, alfalfa, raw	100	92.3	89	107	3.7	0.7	0	2.2	0	0	0.1	0.1	0.4			0	6.1	0.7
X135	Sprout, mung bean, raw	100	93.2	96	110	2.9	0.8	1.1	1.8	0.5	0.6	0.2	0.1	0.3			0	3	0.4
	1 cup (250mL)	104	96.9	100	115	3	0.8	1.1	1.9	0.5	0.6	0.2	0.1	0.3			0	3.1	0.5

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1047	Salad, Mesclun, leaves, raw	100	400	37	150	1.1	0.4	0	482	2880	0	0.25	0.73	0.31	0	160	4.4	0	0
	1 cup (250mL)	37.5	150	14	56	0.4	0.1	0	181	1080	0	0.09	0.27	0.12	0	59	1.7	0	0
X1013	Seaweed, sheet, toasted, nori	100	2800	610	240	20	4.4	20	1440	8640	0.17	2.4	17	1.4	67	12	134	0	2
	5 sheets	11.3	320	69	27	2.3	0.5	2.3	163	976	0.02	0.27	1.9	0.16	7.6	1.3	15.1	0	0.22
X1112	Silverbeet, leaves & stems, fresh, boiled, drained, no salt added	100	400	31	54	0.6	0.2	0	284	1700	0.04	0.16	0.31	0.08	0	32	4.1	0	0.28
	1 cup chopped (250mL)	72.4	290	23	39	0.4	0.2	0	205	1230	0.03	0.12	0.22	0.06	0	23	3	0	0.2
X1111	Silverbeet, leaves & stems, fresh, raw	100	500	39	60	0.7	0.2	0	317	1900	0.06	0.19	0.39	0.1	0	56	5	0	0.3
	1 cup chopped (250mL)	33.2	170	13	20	0.2	0.1	0	105	631	0.02	0.06	0.13	0.03	0	19	1.7	0	0.1
X1113	Silverbeet, leaves & stems, fresh, steamed	100	500	39	60	0.7	0.2	0	302	1810	0.05	0.18	0.37	0.09	0	48	2.9	0	0.3
	1 cup chopped (250mL)	65	330	25	39	0.4	0.1	0	196	1180	0.03	0.12	0.24	0.06	0	31	1.9	0	0.2
X1046	Spinach, English, boiled, drained, no salt added	100	340	31	88	1.8	0.4	0	398	2390	0	0.14	0.66	0.13	0	130	1.2	0	0
	1 cup (250mL)	150	510	47	130	2.7	0.6	0	597	3580	0	0.21	0.99	0.2	0	200	1.8	0	0
X1045	Spinach, English, raw	100	710	47	69	4.4	0.6	0	403	2410	0	0.24	1	0.16	0	200	2.9	0	0
	1 cup chopped (250mL)	42.9	300	20	30	1.9	0.3	0	173	1040	0	0.1	0.43	0.07	0	85	1.2	0	0
X1132	Spring onion, bulb and stalk, fresh, raw	100	200	21	66	0.6	0.2	0.6	6	33	0.06	0.09	0.47	0.09	0	88	11.2	0	0.3
	1 tablespoon (15mL)	4.5	9	0.9	3	trace	trace	trace	trace	1	trace	trace	0.02	trace	0	4	0.5	0	0.01
	1 cup chopped (250mL)	69.5	140	15	46	0.4	0.1	0.4	4	23	0.04	0.06	0.33	0.06	0	61	7.8	0	0.21
X1133	Spring onion, bulb and stalk, fresh, sauteed	100	220	23	73	0.6	0.2	0.7	5	31	0.06	0.09	0.47	0.09	0	68	14.9	0	0.63
	1 tablespoon (15mL)	6.6	15	1.5	4.8	trace	trace	trace	trace	2	trace	0.01	0.03	0.01	0	4.5	1	0	0.04
	1 cup chopped (250mL)	110.6	240	26	81	0.7	0.2	0.7	6	34	0.07	0.1	0.52	0.1	0	75	16.5	0	0.7
X266	Sprout, alfalfa, raw	100	83	68	13	0.5	trace	2.3	16	96	0.15	0.14	1.1	0.13	0	36	0	0	0.02
X135	Sprout, mung bean, raw	100	140	51	19	0.4	0.3	1.4	2	12	0.11	0.12	1.1	0.08	0	61	0	0	0.06
	1 cup (250mL)	104	150	53	19	0.4	0.3	1.4	2	12	0.11	0.13	1.1	0.08	0	63	0	0	0.06

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X225	Squash, buttercup, flesh, steamed	100	78.1	354	375	1.8	0.3	18.4	2.6	3.6	14.8	0.1	trace	0.1			0	2	0.7
	1 cup diced (250mL)	222	173	787	833	4	0.6	40.8	5.8	8	32.9	0.2	0.1	0.3			0	4.4	1.5
X1168	Swede, peeled, fresh, boiled, drained, no salt added	100	90.3	92	115	0.8	0.1	4.4	2.9	4.2	0.2	trace	trace	trace	trace	trace	0	21	0.2
	1 cup cubed (250mL)	186.8	169	172	215	1.5	0.2	8.2	5.4	7.8	0.4	trace	trace	0.1	trace	trace	0	39	0.3
X1158	Sweet corn, creamed, canned	100	79.3	279	294	1.8	0.8	12.9	1.9	3.4	9.5	0.2	0.3	0.5	trace	0.5	0	180	0.5
	1 cup (250mL)	267.3	212	747	787	4.7	2.1	34.6	5.1	9.1	25.5	0.5	0.8	1.3	trace	1.3	0	470	1.3
X1157	Sweet corn, kernel, canned, drained	100	79.3	255	294	2.3	1.1	10.3	4.8	4.2	6.1	0.3	0.5	0.8	trace	0.8	0	74	0.5
	1 cup kernel (250mL)	185.6	147	474	545	4.3	2	19.1	8.9	7.8	11.3	0.6	1	1.5	trace	1.5	0	140	0.9
X1155	Sweet corn, kernel, fresh, boiled, drained, no salt added	100	75.1	374	409	3.7	2.5	12.9	4.4	6.9	6	0.5	0.8	1	trace	1	0	0	0
	1 cob (18.5 x 5.4cm diameter)	165.6	124	619	677	6	4.1	21.3	7.3	11.4	9.9	0.7	1.4	1.7	0.1	1.7	0	0	0
	1 cup kernel (250mL)	184.7	139	690	755	6.7	4.6	23.8	8.1	12.7	11.1	0.8	1.6	1.9	0.1	1.9	0	0	0
X1156	Sweet corn, kernel, fresh, microwaved, no salt added	100	69.7	450	490	4.2	2.8	16.2	5	8.5	7.7	0.5	1	1.3	trace	1.2	0	0	0
	1 cob (17.8 x 5.1cm diameter)	129.4	90.2	582	634	5.4	3.6	21	6.4	11	10	0.7	1.3	1.6	trace	1.6	0	0	0
	1 cup kernel (250mL)	184.4	129	830	904	7.7	5.2	29.9	9.2	15.7	14.2	1	1.9	2.3	0.1	2.3	0	0	0
X1160	Sweet corn, kernel, frozen, boiled, drained, no salt added	100	80.3	261	291	2.7	2	8.3	3.7	5	3.3	0.4	0.7	0.9	trace	0.9	0	0	0
	1 cup (250mL)	182.6	147	477	531	4.9	3.7	15.2	6.7	9.1	6.1	0.7	1.2	1.6	0.1	1.6	0	0	0
X1062	Taro, corm, flesh, baked	100	64.5	488	512	1.3	1.3	24.7	3.1	2.2	22.5	0.3	0.6	0.2	trace	0.2	0	0	0.7
	1 cup sliced (250mL)	147.5	95.1	719	755	1.9	1.8	36.4	4.5	3.2	33.2	0.4	0.9	0.3	trace	0.3	0	0	1
X1063	Taro, corm, flesh, boiled	100	65.1	457	482	1.3	0.3	24.9	3.1	2.2	22.7	0.1	trace	0.1	trace	0.1	0	0	0.7
	1 cup sliced (250mL)	145	94.4	662	698	1.9	0.4	36.1	4.5	3.2	32.9	0.1	trace	0.2	trace	0.1	0	0	1
X1053	Taro, corm, flesh, raw	100	65.1	457	482	1.3	0.3	24.9	3.1	2.2	22.7	0.1	trace	0.1	trace	0.1	0	0	0.7
	1 cube (3cm)	30	19.5	137	144	0.4	0.1	7.5	0.9	0.7	6.8	trace	trace	trace	trace	trace	0	0	0.2
X1153	Tofu, soy bean curd, regular, firm, simmered or pouched, no salt added	100	72.6	530	539	14.2	7.8	0	1.1	0	0	1	1.4	5	0.7	4.2	0	4.3	0
	1 piece	33.2	24.1	176	179	4.7	2.6	0	0.4	0	0	0.3	0.5	1.6	0.2	1.4	0	1.4	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X225	Squash, buttercup, flesh, steamed	100	380	22	16	0.4	0.2	0.8	433	2590	0.1	0.11	1.3	0.06	0	46	0.6	0	1.9
	1 cup diced (250mL)	222	830	49	36	0.9	0.5	1.8	960	5750	0.22	0.24	2.9	0.13	0	100	1.3	0	4.2
X1168	Swede, peeled, fresh, boiled, drained, no salt added	100	150	23	41	0.1	0.2	0.4	1	7	0.08	0.02	0.92	0.22	0	6.6	13.1	0	0
	1 cup cubed (250mL)	186.8	280	42	76	0.3	0.3	0.8	2	12	0.15	0.04	1.7	0.41	0	12	24.5	0	0
X1158	Sweet corn, creamed, canned	100	160	50	1.8	0.3	0.4	0	5	29	0.04	0.06	0.99	0.24	0	44	5.7	0	0.31
	1 cup (250mL)	267.3	410	130	4.8	0.8	1	0	13	76	0.11	0.16	2.6	0.64	0	120	15.2	0	0.83
X1157	Sweet corn, kernel, canned, drained	100	140	47	1.5	0.3	0.4	0	6	37	0.04	0.09	1.4	0.18	0	36	2.3	0	0.3
	1 cup kernel (250mL)	185.6	260	87	2.8	0.6	0.7	0	11	68	0.07	0.17	2.5	0.33	0	67	4.2	0	0.56
X1155	Sweet corn, kernel, fresh, boiled, drained, no salt added	100	270	95	1.6	0.6	0.9	0	4	24	0.11	0.12	2	0.15	0	24	3.3	0	0.34
	1 cob (18.5 x 5.4cm diameter)	165.6	450	160	2.7	1	1.5	0	7	40	0.18	0.2	3.2	0.25	0	40	5.5	0	0.56
	1 cup kernel (250mL)	184.7	510	180	3	1.1	1.7	0	7	45	0.2	0.22	3.6	0.28	0	44	6.2	0	0.63
X1156	Sweet corn, kernel, fresh, microwaved, no salt added	100	370	130	2.1	0.8	1.2	0	5	31	0.14	0.15	2.6	0.19	0	38	4.6	0	0.41
	1 cob (17.8 x 5.1cm diameter)	129.4	470	160	2.7	1	1.5	0	7	40	0.18	0.19	3.3	0.25	0	49	5.9	0	0.53
	1 cup kernel (250mL)	184.4	680	230	3.8	1.4	2.1	0	10	57	0.26	0.28	4.7	0.35	0	69	8.4	0	0.76
X1160	Sweet corn, kernel, frozen, boiled, drained, no salt added	100	200	63	2	0.4	0.5	1	4	27	0.07	0.09	2.1	0.25	0	34	1.2	0	0.28
	1 cup (250mL)	182.6	370	110	3.7	0.6	0.9	1.9	8	49	0.13	0.16	3.9	0.46	0	61	2.2	0	0.51
X1062	Taro, corm, flesh, baked	100	400	40	17	0.6	2.4	0	2	11	0.08	0.12	1.4	0.21	0	55	3.1	0	1.6
	1 cup sliced (250mL)	147.5	580	58	25	0.8	3.5	0	3	16	0.12	0.18	2	0.31	0	82	4.6	0	2.4
X1063	Taro, corm, flesh, boiled	100	400	40	17	0.6	2.4	0	2	10	0.09	0.12	1.4	0.21	0	50	2.9	0	1.6
	1 cup sliced (250mL)	145	580	58	25	0.8	3.5	0	2	14	0.13	0.17	2	0.3	0	72	4.2	0	2.3
X1053	Taro, corm, flesh, raw	100	400	40	17	0.6	2.4	0	2	11	0.1	0.13	1.4	0.22	0	62	3.9	0	1.6
	1 cube (3cm)	30	120	12	5.1	0.2	0.7	0	1	3	0.03	0.04	0.43	0.07	0	19	1.2	0	0.48
X1153	Tofu, soy bean curd, regular, firm, simmered or pouched, no salt added	100	120	180	190	1.8	1.3	2.1	0	0	0.06	0.07	2.1	0.14	0	2.3	0	0	0.32
	1 piece	33.2	41	59	63	0.6	0.4	0.7	0	0	0.02	0.02	0.68	0.05	0	0.7	0	0	0.11

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X1152	Tofu, soy bean curd, regular, firm, stir-fried, no salt added	100	59.3	856	892	17.9	14.9	0	4.6	0	0	1.8	5.4	8.1	1.5	6.6	0	5.9	0
	1 piece (3.5 x 2.2 x 2.6cm)	18.2	10.8	156	162	3.3	2.7	0	0.8	0	0	0.3	1	1.5	0.3	1.2	0	1.1	0
X1126	Tomato, canned in tomato juice, assorted flavours, canned, undrained, salt added	100	92.6	78	89	1.2	0.2	2.9	1.5	2.9	trace	trace	0.1	trace	trace	trace	0	150	0.6
	1 cup (250mL)	278.7	258	216	249	3.3	0.6	8.2	4.1	8.1	0.1	trace	0.3	0.1	trace	0.1	0	420	1.7
X1125	Tomato, canned in tomato juice, plain, undrained, no salt added	100	93.3	66	78	1.1	0.1	2.5	1.5	2.5	trace	trace	trace	trace	trace	trace	0	6.3	0.5
	1 cup (250mL)	280.5	262	185	218	3.2	0.3	7.1	4.2	7	0.1	trace	0.1	trace	trace	trace	0	18	1.4
X1124	Tomato, canned in tomato juice, plain, undrained, salt added	100	92.8	70	82	1.4	0.1	2.5	1.5	2.5	trace	trace	trace	trace	trace	trace	0	44	0
	1 cup (250mL)	274.9	255	193	226	3.8	0.3	7	4.1	6.9	0.1	trace	0.1	trace	trace	trace	0	120	0
X125	Tomato, canned, drained	100	94	107	121	1.3	0.2	4.6	1.7	4.6	trace	trace	trace	0.1			0	140	0.6
	1 cup (250mL)	254	239	273	307	3.2	0.5	11.8	4.3	11.7	0.1	0.1	0.1	0.2			0	350	1.4
X1079	Tomato, paste, canned	100	74.2	258	286	3.6	0.5	10.5	3.6	9.9	0.6	0.1	0.1	0.2	trace	0.1	4	270	2
	1 tablespoon (15mL)	15.1	11.2	39	43	0.5	0.1	1.6	0.5	1.5	0.1	trace	trace	trace	trace	trace	1	41	0.3
X1078	Tomato, puree, canned, Wattie's	100	86.9	149	163	1.5	0.2	6.8	1.8	6.5	0.3	trace	trace	0.1	trace	trace	2	240	0.6
	1 tablespoon (15mL)	15.3	13.3	23	25	0.2	trace	1	0.3	1	trace	trace	trace	trace	trace	trace	trace	37	0.1
	1 cup (250mL)	254.3	221	378	415	3.8	0.5	17.3	4.6	16.5	0.8	0.1	0.1	0.2	trace	0.1	6	610	1.5
X295	Tomato, sun-dried	100	14.6	1110	1210	15.2	3	43.5	12.3	23	20.5	0.5	0.5	1.3			0	2100	1.6
	1 cup (250mL)	54	7.9	598	651	8.2	1.6	23.5	6.6	12.4	11	0.3	0.3	0.7			0	1100	0.9
X1006	Tomato, whole, raw	100	94.2	73	83	0.8	0.4	2.7	1.2	2.7	trace	trace	0.1	0.2			0	1	0.1
	1 medium whole (6.6cm diameter)	123	116	90	102	0.9	0.5	3.3	1.5	3.3	trace	trace	0.1	0.2			0	1.2	0.1
	1 cup chopped (250mL)	167.5	158	123	139	1.3	0.7	4.5	2	4.4	0.1	trace	0.1	0.3			0	1.7	0.2
X129	Turnip, root, flesh, boiled, drained, no salt added	100	94.5	62	87	0.7	0.3	2.3	3.1	2.2	0.1	trace	trace	0.2			0	28	0.4
	1 cup mashed (250mL)	122	115	76	106	0.8	0.4	2.8	3.8	2.7	0.1	trace	trace	0.2			0	34	0.5
X157	Vegetables mix, carrots, corn & peas, frozen, boiled, drained, no salt added	100	81.2	247	284	3.2	0.5	10.4	4.6	4.5	5.9	0.1	0.1	0.2			0	20	0.5
	1 cup (250mL)	145	118	358	411	4.6	0.7	15	6.6	6.5	8.5	0.2	0.1	0.2			0	29	0.7

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1152	Tofu, soy bean curd, regular, firm, stir-fried, no salt added	100	170	240	260	2.5	1.7	2.9	0	0	0.07	0.09	2.6	0.18	0	2.8	0	0	1.4
	1 piece (3.5 x 2.2 x 2.6cm)	18.2	30	44	47	0.4	0.3	0.5	0	0	0.01	0.02	0.47	0.03	0	0.5	0	0	0.25
X1126	Tomato, canned in tomato juice, assorted flavours, canned, undrained, salt added	100	340	25	16	5.2	0.1	0	34	205	0.04	0.05	0.69	0.12	0	8	5.8	0	0.84
	1 cup (250mL)	278.7	950	70	46	14	0.4	0	95	571	0.11	0.14	1.9	0.33	0	22	16.3	0	2.3
X1125	Tomato, canned in tomato juice, plain, undrained, no salt added	100	340	24	14	0.8	0.1	0	34	205	0.04	0.05	0.67	0.12	0	8	8.7	0	0.84
	1 cup (250mL)	280.5	950	67	38	2.1	0.3	0	96	575	0.11	0.14	1.9	0.34	0	22	24.3	0	2.4
X1124	Tomato, canned in tomato juice, plain, undrained, salt added	100	340	24	14	0.8	0.1	0	34	205	0.04	0.05	0.73	0.12	0	8	8.7	0	0.84
	1 cup (250mL)	274.9	930	66	37	2.1	0.3	0	94	564	0.11	0.14	2	0.33	0	22	23.8	0	2.3
X125	Tomato, canned, drained	100	270	19	32	0.2	0.2	0.2	35	209	0.01	0	0.58	0.01	0	8	8	0	0.25
	1 cup (250mL)	254	690	48	81	0.5	0.4	0.5	89	531	0.03	0	1.5	0.03	0	20	20.3	0	0.64
X1079	Tomato, paste, canned	100	900	70	35	1	0.4	0.9	163	975	0.14	0.24	2.5	2.1	0	0	8.3	0	3.5
	1 tablespoon (15mL)	15.1	140	11	5.3	0.1	0.1	0.1	25	147	0.02	0.04	0.38	0.32	0	0	1.3	0	0.53
X1078	Tomato, puree, canned, Wattie's	100	420	36	17	0.5	0.2	0	93	558	0.1	0.15	0.59	0.58	0	0	7.7	0	1.4
	1 tablespoon (15mL)	15.3	64	5.5	2.6	0.1	trace	0	14	85	0.02	0.02	0.09	0.09	0	0	1.2	0	0.22
	1 cup (250mL)	254.3	1100	92	42	1.2	0.5	0	237	1420	0.25	0.38	1.5	1.5	0	0	19.6	0	3.6
X295	Tomato, sun-dried	100	3400	360	110	9.1	2	0	87	522	0.53	0.49	9.1	0.33	0	68	39.2	0	0.01
	1 cup (250mL)	54	1900	190	59	4.9	1.1	0	47	282	0.29	0.27	4.9	0.18	0	37	21.2	0	trace
X1006	Tomato, whole, raw	100	240	22	6.6	0.2	0.1	0.2	92	549	0.02	0.01	0.64	0.07	0	0	23.7	0	0.77
	1 medium whole (6.6cm diameter)	123	300	27	8.1	0.2	0.1	0.2	113	675	0.03	0.01	0.79	0.09	0	0	29.2	0	0.95
	1 cup chopped (250mL)	167.5	400	37	11	0.3	0.2	0.3	154	920	0.03	0.02	1.1	0.12	0	0	39.7	0	1.3
X129	Turnip, root, flesh, boiled, drained, no salt added	100	160	19	55	0.4	0.1	0.2	3	16	0.03	0.04	0.55	0.06	0	9	17	0	0
	1 cup mashed (250mL)	122	200	23	67	0.5	0.1	0.3	3	20	0.04	0.05	0.67	0.07	0	11	20.7	0	0
X157	Vegetables mix, carrots, corn & peas, frozen, boiled, drained, no salt added	100	150	48	19	0.8	0.5	0.2	479	2870	0.13	0.03	1.8	0.07	0	19	7	0	0.32
	1 cup (250mL)	145	220	70	27	1.1	0.8	0.2	695	4160	0.19	0.04	2.5	0.1	0	28	10.2	0	0.46

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
X131	Watercress, raw	100	93	66	92	2.8	0.4	0.2	3.3	0.1	0.1	0.1	trace	0.2			0	17	2.7
	1 cup chopped (250mL)	35	32.6	23	32	1	0.1	0.1	1.2	trace	trace	trace	trace	0.1			0	5.8	0.9
X1076	Yams, New Zealand, red, unpeeled, baked without fat	100	75.7	360	374	1.7	0.3	18.8	1.7	6.7	12.1	trace	trace	0.2	trace	0.1	0	0	0
X1077	Yams, New Zealand, red, unpeeled, boiled, drained, no salt added	100	83.8	240	249	1.2	0.2	12.5	1.1	4.4	8.1	trace	trace	0.1	trace	0.1	0	0	0

The Concise New Zealand Food Composition Tables, 12th Edition 2016

FoodID	Short Food Name	Measure	Potassium K mg	Phosphorus P mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Vitamin A µg	Beta- carotene µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Dietary folate µg	Vitamin C mg	Vitamin D µg	Vitamin E mg
X131	Watercress, raw	100	180	33	53	2.2	0.3	0.2	826	4950	0.12	0.04	0.77	0.19	0	280	75	0	1.3
	1 cup chopped (250mL)	35	63	12	18	0.8	0.1	0.1	289	1730	0.04	0.01	0.27	0.07	0	98	26.3	0	0.46
X1076	Yams, New Zealand, red, unpeeled, baked without fat	100	540	70	5.3	0.5	0.3	0	130	780	0.08	0.18	0.58	0.31	0	59	0.7	0	0
X1077	Yams, New Zealand, red, unpeeled, boiled, drained, no salt added	100	330	44	3.3	0.3	0.2	0	87	519	0.05	0.12	0.39	0.21	0	33	0.5	0	0

Appendix I – Alcohol values

Food ID	Short Food Name	Measure g	Alcohol g
BEVERAGES, ALCOHOLIC			
B1016	Beer, full-strength (5% alcohol by volume)	100	3.7
	1 small glass (280mL, 1.0 standard drink)	281.4	10.3
	1 regular bottle or can (330mL, 1.2 standard drink)	331.7	12.2
	1 large can (440mL, 1.6 standard drink)	442.2	16.2
	1 large glass (450mL, 1.7 standard drinks)	452.3	16.6
	1 large bottle (500mL, 1.8 standard drink)	502.5	18.4
B1015	Beer, high-strength (> 5% alcohol by volume)	100	4.5
	1 small glass (280mL, 1.3 standard drink)	282.5	12.8
	1 regular bottle or can (330mL, 1.5 standard drink)	333	15.1
	1 large can (440mL, 2.0 standard drink)	444	20.1
	1 large glass (450mL, 2.1 standard drinks)	454.1	20.6
	1 large bottle (500mL, 2.3 standard drink)	504.5	22.9
B35	Beer, low alcohol	100	1
	1 small glass (280mL, 0.3 standard drinks)	268.8	2.7
	1 regular bottle or can (330mL, 0.3 standard drinks)	316.8	3.2
	1 large can (440mL, 0.4 standard drinks)	422.4	4.2
	1 large glass (450mL, 0.4 standard drinks)	432	4.3
	1 large bottle (500mL, 0.5 standard drinks)	480	4.8
B1018	Beer, low-strength (2.5% alcohol by volume)	100	2.1
	1 small glass (280mL, 0.6 standard drink)	282.2	5.8
	1 regular bottle or can (330mL, 0.7 standard drink)	332.6	6.9
	1 large can (440mL, 0.9 standard drink)	443.5	9.2
	1 large glass (450mL, 0.9 standard drinks)	453.6	9.4
	1 large bottle (500mL, 1.0 standard drink)	504	10.4

Food ID	Short Food Name	Measure g	Alcohol g
B1017	Beer, mid-strength (4% alcohol by volume)	100	3
	1 small glass (280mL, 0.9 standard drink)	282.7	8.5
	1 regular bottle or can (330mL, 1.0 standard drink)	332	10
	1 large can (440mL, 1.3 standard drink)	442.6	13.3
	1 large glass (450mL, 1.4 standard drinks)	452.7	13.6
	1 large bottle (500mL, 1.5 standard drink)	503	15.1
B1030	Cider, apple, (5% alcohol by volume)	100	3.9
	1 small glass (280mL, 1.1 standard drinks)	283.6	11.1
	1 regular bottle (330mL, 1.3 standard drinks)	334.3	13.1
	1 large glass (450mL, 1.8 standard drinks)	455.9	17.8
	1 large bottle (500mL, 2.0 standard drinks)	506.5	19.8
B12	Cider, sweet	100	3.7
	1 small glass (280mL, 1.0 standard drinks)	282.8	10.5
	1 regular bottle (330mL, 1.2 standard drinks)	333.3	12.3
	1 large glass (450mL, 1.7 standard drinks)	454.5	16.8
	1 large bottle (500mL, 1.9 standard drinks)	505	18.7
B17	Port, wine, fortified	100	15.9
	1 small glass (100mL, 1.6 standard drinks)	103	16.4
	1 average glass (150mL, 2.5 standard drinks)	154.5	24.6
B18	Sherry, dry	100	15.7
	1 small glass (100mL, 1.6 standard drinks)	99	15.5
	1 average glass (150mL, 2.3 standard drinks)	148.5	23.3
B20	Sherry, sweet	100	15.6
	1 small glass (100mL, 1.6 standard drinks)	101	15.8
	1 average glass (150mL, 2.4 standard drinks)	151.5	23.6
B21	Spirit, 70 proof	100	31.7
	1 shot (30mL, 0.9 standard drinks)	28.5	9
	Double shot (60mL, 1.8 standard drinks)	57	18.1

Food ID	Short Food Name	Measure g	Alcohol g
B1010	Spirit, gin, 90 proof	100	37.9
	1 shot (30mL, 1.1 standard drinks)	28.2	10.7
	Double shot (60mL, 2.1 standard drinks)	56.4	21.4
B1012	Spirit, rum, 80 proof	100	33.4
	1 shot (30mL, 0.9 standard drinks)	28.2	9.4
	Double shot (60mL, 1.9 standard drinks)	56.4	18.8
B1011	Spirit, vodka, 80 proof	100	33.4
	1 shot (30mL, 0.9 standard drinks)	28.2	9.4
	Double shot (60mL, 1.9 standard drinks)	56.4	18.8
B1009	Spirit, whiskey, 86 proof	100	36
	1 shot (30mL, 1.0 standard drinks)	28.2	10.2
	Double shot (60mL, 2.0 standard drinks)	56.4	20.3
B1028	Wine, red, (13.5% alcohol by volume), Pinot Noir	100	10.7
	1 small glass (100mL, 1.1 standard drinks)	99.4	10.7
	1 average glass (150mL, 1.6 standard drinks)	149.1	16
B1026	Wine, red, (14% alcohol by volume), Cabernet Sauvignon	100	11
	1 small glass (100mL, 1.1 standard drinks)	99.5	11
	1 average glass (150mL, 1.7 standard drinks)	149.3	16.5
B1027	Wine, red, (14% alcohol by volume), Merlot	100	11
	1 small glass (100mL, 1.1 standard drinks)	99.5	10.9
	1 average glass (150mL, 1.6 standard drinks)	149.3	16.3
B1025	Wine, red, (14% alcohol by volume), Shiraz	100	11.5
	1 small glass (100mL, 1.1 standard drinks)	99.4	11.4
	1 average glass (150mL, 1.7 standard drinks)	149.1	17.1
B1029	Wine, rose, (12% alcohol by volume)	100	9.4
	1 small glass (100mL, 0.9 standard drinks)	99.5	9.3
	1 average glass (150mL, 1.4 standard drinks)	149.3	14
B1020	Wine, white, dry, (11% alcohol by volume), Semillon	100	9

Food ID	Short Food Name	Measure g	Alcohol g
	1 small glass (100mL, 0.9 standard drinks)	99.3	8.9
	1 average glass (150mL, 1.3 standard drinks)	149	13.4
B1021	Wine, white, dry, (12% alcohol by volume), Sauvignon Blanc	100	9.9
	1 small glass (100mL, 1.0 standard drinks)	99.2	9.8
	1 average glass (150mL, 1.5 standard drinks)	148.8	14.7
B1019	Wine, white, dry, (13% alcohol by volume), Chardonnay	100	10.3
	1 small glass (100mL, 1.0 standard drinks)	99.2	10.2
	1 average glass (150mL, 1.5 standard drinks)	148.8	15.3
B1022	Wine, white, medium dry, (12% alcohol by volume), Riesling	100	9.6
	1 small glass (100mL, 1.0 standard drinks)	99.3	9.5
	1 average glass (150mL, 1.4 standard drinks)	149	14.3
B1023	Wine, white, sparkling, (12% alcohol by volume)	100	9.7
	1 small glass (100mL, 1.0 standard drinks)	99.5	9.7
	1 average glass (150mL, 1.5 standard drinks)	149.3	14.5
B1024	Wine, white, sweet, dessert, (11.5% alcohol by volume)	100	8.5
	1 small glass (100mL, 0.9 standard drinks)	106.6	9
	1 average glass (150mL, 1.4 standard drinks)	159.9	13.5
MEAT PRODUCTS			
N1005	Frozen meal, roast pork with mashed potato & vegetables, microwaved, Wattie's	100	1
	1 single meal	440.2	4.4
SAUCES			
S1014	Sauce, soy, commercial	100	1.1
	1 tablespoon (15mL)	17.6	0.2
S1015	Sauce, soy, reduced salt, commercial	100	1.4
	1 tablespoon (15mL)	17.2	0.2

Appendix II – Caffeine values

Food ID	Short Food Name	Measure g	Caffeine mg
BAKERY PRODUCTS			
A148	Biscuit, Afghan	100	4.4
	1 biscuit (1.3 x 5.5 cm diameter)	17.6	0.77
A1060	Biscuit, Chocolate Chip Fudge, Farmbake, Arnott's	100	3.8
	1 biscuit (1.0 x 5.8cm diameter)	12.7	0.48
A1061	Biscuit, Chocolate Chip, Cookie Time	100	7.7
	1 biscuit (1.7 x 11.0cm diameter)	96.1	7.4
A1076	Biscuit, Classic Dark, Tim Tam, Arnott's	100	19
	1 biscuit (6.2 x 3.2 x 1.3cm)	19	3.7
A1069	Biscuit, Dark Chocolate, Digestive, Arnott's	100	12
	1 biscuit (0.7 x 7.5cm diameter)	18	2.2
A1070	Biscuit, Dark Chocolate, Wheaten, Griffin's	100	12
	1 biscuit (0.5 x 5.4cm diameter)	10.3	1.3
A1072	Biscuit, Double Deck Dark Chocolate Delight, Chit Chat, Griffin's	100	8.3
	1 biscuit (6.5 x 2.9 x 1.3cm)	19.1	1.6
A71	Biscuit, MallowPuffs, Griffin's	100	7.5
	1 biscuit (2.7 x 4.5cm diameter)	21.5	1.6
A1074	Biscuit, Milk Chocolate, Digestives, Arnott's	100	4.9
	1 biscuit (0.7 x 7.5cm diameter)	17.6	0.85
A1066	Biscuit, White & Dark Chocolate, Farmbake, Arnott's	100	3.8
	1 biscuit (1.0 x 5.2cm diameter)	12.6	0.48
A1067	Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams	100	8.6
	1 biscuit (1.3 x 5.3cm diameter)	13.3	1.1
A1064	Biscuit, milk chocolate, Double Coat, Tim Tam, Arnott's	100	7
	1 biscuit (6.2 x 3.3 x 1.5cm)	22.8	1.6
A1071	Biscuit, milk chocolate, Original, Tim Tam, Arnott's	100	8.3

Food ID	Short Food Name	Measure g	Caffeine mg
	1 biscuit (6.2 x 3.2 x 1.3cm)	18.5	1.5
A1075	Biscuit, milk chocolate, Wheaten, Griffin's	100	4.9
	1 biscuit (0.8 x 5.5cm diameter)	10.8	0.52
A66	Biscuit, peanut brownie	100	4.4
	1 biscuit (1.2 x 5.4cm diameter)	12	0.53
	1 biscuit (1.6 x 5.5cm diameter)	22	0.97
A128	Muffin, chocolate	100	3.3
	1 muffin (6.0cm top diameter x 4.0cm height)	60	2
BEVERGES, NON-ALCOHOLIC			
C1036	Baking cocoa, powder, Bournville, Cadbury	100	110
	1 teaspoon (5mL)	1.9	2
C1047	Coffee beverage, brewed from grounds, dripped prepared	100	39
	1 cup (250mL)	255	99
C1046	Coffee beverage, brewed from grounds, plunger prepared	100	39
	1 cup (250mL)	255	100
C1045	Coffee beverage, espresso, cafe variety	100	390
	1 shot (30mL)	30	120
	2 shot (55 ml)	55	210
	1 cup short black cafe size (70mL)	70	270
	1 cup short black takeaway size (90mL)	90	350
C1057	Coffee beverage, flat white, double shot & milk standard 3.3% fat, 285 mL, cafe variety	100	87
	1 cup regular takeaway size (285mL)	244.9	210
C1048	Coffee beverage, instant, dry powder with water	100	33
	1 cup (250mL)	250	83
C1049	Coffee beverage, instant, dry powder with water & milk standard 3.3% fat	100	33
	1 cup (250mL)	250	83
C1052	Coffee beverage, instant, dry powder with water & milk trim 0.5% fat	100	33

Food ID	Short Food Name	Measure g	Caffeine mg
	1 cup (250mL)	250	83
C1064	Coffee beverage, latte, double shot & milk standard 3.3% fat, 300 mL, cafe variety	100	97
	1 cup large cafe size (300mL)	219.4	210
C1069	Coffee beverage, latte, double shot & milk trim 0.5% fat, 300 mL, cafe variety	100	97
	1 cup large cafe size (300mL)	219.4	210
C1092	Coffee beverage, long black, double shot, 150 mL, cafe variety	100	140
	1 cup small cafe size (150mL)	150	210
C1055	Coffee beverage, long black, double shot, 285 mL, cafe variety	100	75
	1 cup regular takeaway size (285mL)	285	210
C1082	Coffee beverage, mochaccino, double shot & milk standard 3.3% fat, 300 mL, cafe variety	100	97
	1 cup large cafe size (300mL)	223.9	220
C1086	Coffee beverage, mochaccino, double shot & milk trim 0.5% fat, 300 mL, cafe variety	100	97
	1 cup large cafe size (300mL)	223.9	220
C1044	Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe	100	480
	1 teaspoon (5mL)	2.3	11
C1043	Coffee, instant, decaffeinated, dry powder	100	110
	1 teaspoon (5mL)	1.7	1.9
C1042	Coffee, instant, dry powder	100	4600
	1 teaspoon (5mL)	1.8	83
C1030	Energy drink, assorted flavours, V, Frucor, fortified	100	28
	1 cup (250mL)	258.2	73
C1031	Energy drink, sugar free, V, Frucor, fortified	100	30
	1 cup (250mL)	265	79
C74	Energy food drink, dry powder, Chocolate, Nesquik, Nestle	100	10
	1 teaspoon (5mL)	2.7	0.27
C1038	Energy food drink, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrow	100	22
	1 teaspoon (5mL)	2	0.44
C1037	Energy food drink, dry powder, Drinking Chocolate, Cadbury	100	30

Food ID	Short Food Name	Measure g	Caffeine mg
	1 teaspoon (5mL)	3.1	0.93
C1035	Energy food drink, powder, malted barley and chocolate, Milo, Nestle, fortified	100	16
	1 teaspoon (5mL)	2.2	0.34
C1094	Liquid breakfast, assorted flavours, Up&Go, Sanitarium, fortified	100	0.4
	1 cup (250mL)	266.9	1.1
C1123	Soft drink, assorted tea flavours, artificially-sweetened	100	3.5
	1 cup (250mL)	251.8	8.8
C1122	Soft drink, assorted tea flavours, reduced sugar	100	3.5
	1 cup (250mL)	252.8	8.8
C1121	Soft drink, assorted tea flavours, sugar-sweetened	100	5.3
	1 cup (250mL)	257	13
C1115	Soft drink, carbonated, cola flavour, artificially-sweetened, caffeinated	100	9.5
	1 cup (250mL)	251.8	24
C1114	Soft drink, cola flavour, reduced sugar, caffeinated	100	8
	1 cup (250mL)	257.3	21
C1112	Soft drink, cola flavour, sugar-sweetened, caffeinated	100	8.3
	1 cup (250mL)	253.5	21
C1040	Tea beverage, black	100	23
	1 cup (250mL)	255	57
C1041	Tea beverage, black, decaffeinated	100	1.9
	1 cup (250mL)	255	4.7
C1039	Tea beverage, green	100	12
	1 cup (250mL)	252.7	31
BREAKFAST CEREALS			
D1041	Breakfast cereals, rice puffed, cocoa coated, ready to eat, fortified	100	7.2
	1 cup (250mL)	62.9	4.5
D1038	Coco Pops, Kellogg's, fortified	100	4.4
	1 cup (250mL)	52.4	2.3

Food ID	Short Food Name	Measure g	Caffeine mg
DAIRY			
F110	Ice cream, Jelly Tip, Tip Top	100	2.1
	1 cup (250mL)	200.6	4.2
F113	Ice cream, Paddle Pop, chocolate	100	4.2
	1 ice-block	90.6	3.8
F1070	Ice cream, chocolate, standard	100	5.9
	1 cup (250mL)	152	9
F1080	Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium	100	2.3
	1 cup (250mL)	260.9	6
FAST FOODS			
H55	Sundae, ice cream, chocolate topping, McDonald's	100	1
	1 cup (250mL)	175	1.8
RECIPES			
R5435	Cake, chocolate, baked, iced with butter icing	100	2.4
R5424	pudding, rice, cocoa & coconut, cooked	100	2.2
SNACK FOODS			
U30	Muesli bar, chocolate chip	100	2.4
	1 bar	32	0.77
U27	Muesli bar, chocolate coated, Snacker	100	2.4
	1 bar	33	0.79
U1011	Nut bar, peanut & chocolate, Choc Peanut, Tasti	100	4.5
	1 bar (9.0 x 3.1 x 1.8cm)	38.3	1.7
U1010	Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural	100	4.5
	1 bar (8.8 x 3.3 x 1.4cm)	32.6	1.5

Food ID	Short Food Name	Measure g	Caffeine mg
SUGARS, CONFECTIONS & SWEET SPREADS			
W1010	Chocolate bar & block, Dairy Milk Fruit & Nut, Cadbury	100	16
	1 bar (12.8 x 3.4 x 1.2cm)	51.5	8.2
	1 block (20.5 x 9.5 x 1.0cm)	205.7	33
W1013	Chocolate bar & block, Dairy Milk with Crunchie, Cadbury	100	16
	1 block (20.4 x 9.5 x 0.9cm)	198.1	32
	1 block (20.1 x 16.2 x 1.0cm)	354.7	57
W1012	Chocolate bar & block, Energy, Cadbury	100	39
	1 bar (12.5 x 3.1 x 1.1cm)	51.2	20
	1 block (20.3 x 9.4 x 0.9cm)	204.8	80
W5	Chocolate bar, Bounty, Mars	100	16
	1 bar	50	8
W1014	Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury	100	10
	1 bar (10.9 x 2.7 x 2.2cm)	62.8	6.3
W6	Chocolate bar, Mars	100	16
	1 bar	60	9.6
W3	Chocolate bar, milk	100	20
	1 small bar	50	10
	1 large bar	120	24
W1011	Chocolate block & slab, Peanut, Whittaker's	100	14
	1 slab (7.4 x 3.6 x 1.7cm)	52	7.3
	1 block (19.9 x 10.6 x 1.1cm)	259.4	36
W1015	Chocolate, compound	100	19
	1 cup (250mL)	215.5	41
W56	Chocolate, dark	100	59
	1 cup grated (250mL)	88	52
W7	Chocolate, fancy & filled	100	16
	1 chocolate	5	0.8

Food ID	Short Food Name	Measure g	Caffeine mg
W55	Chocolate, white	100	5
	1 cup grated (250mL)	88	4.4
W46	Sauce, chocolate	100	9.5
	1 tablespoon (15mL)	15	1.4
W1016	Spread, hazelnut, Nutella, Ferrero	100	11
	1 tablespoon (15mL)	14	1.5

Appendix III – Nutrient trace and significant digits¹

Component	Unit	Number of significant digits	Suggested limits in database		Trace = less than
			Value	Limit	
Energy	kJ (kcal)	3	1-999	±1	0.6
			>1000	±10	6
Major components					
Water	g	3		±0.1	0.06
Protein	g	3		±0.1	0.06
Fat	g	3		±0.1	0.06
Carbohydrate (Sugars, Starch)	g	3		±0.1	0.06
Dietary Fibre	g	3		±0.1	0.06
Alcohol	g	3		±0.1	0.06
Fatty Acids	g	3		±0.1	0.06
Cholesterol	mg	3		±1	0.6
	mg	2	1-9	±0.1	0.06
Inorganic compounds	mg	2	10-99	±1	0.6
(Na, I, K, P, Ca, Fe, Zn, Se)	mg	2	>100	±10	6
	µg	2	100-1000	±10	6
Vitamins					
Vitamin A	µg	3		±1	0.6
Carotene	µg	3		±1	0.6
B Vitamins					
Thiamin	mg	2		±0.01	0.006
Riboflavin	mg	2		±0.01	0.006
Niacin	mg	2		±0.01	0.006
Vitamin B6	mg	2		±0.01	0.006
Vitamin B12	µg	2		±0.01	0.006
Folates	µg	2		±0.1	0.06
Vitamin C	mg	3		±0.1	0.06
Vitamin D	µg	2		±0.1	0.06
Vitamin E	mg	2		±0.01	0.006

¹Greenfield H, Southgate DAT 2003. Food composition data: production management and use. 2nd ed. Rome, Food and Agriculture Organisation of the United Nations.

Appendix IV – Food index

Short food name	FoodID	Food name	Chapter	Primary source	Page no
All Bran Original, Kellogg's, fortified	D1046	Breakfast cereal, wheat bran pellets, ready to eat, All Bran Original, Kellogg's, fortified vitamins B1, B2 & folate	BREAKFAST CEREALS	z	41
Apple, cooking, flesh, stewed	L16	Apple, cooking, flesh, stewed	FRUITS	z	99
Apple, flesh & skin, raw, combined varieties	L1153	Apple, flesh & skin, raw, combined varieties	FRUITS	z	99
Apple, flesh, raw, combined varieties	L1154	Apple, flesh, raw, combined varieties	FRUITS	z	99
Apricot, canned in juice, undrained	L1137	Apricot, in juice, no sugar added, canned, undrained, composite	FRUITS	z	99
Apricot, canned in syrup, drained	L1140	Apricot, in syrup, sugar-sweetened, canned, drained, composite	FRUITS	z	99
Apricot, canned in syrup, undrained	L1141	Apricot, in syrup, sugar-sweetened, canned, undrained, composite	FRUITS	z	99
Apricot, dried, composite	L1156	Apricot, dried, composite	FRUITS	z	99
Apricot, flesh & skin, raw	L23	Apricot, flesh & skin, raw	FRUITS	z	99
Apricot, flesh & skin, stewed	L25	Apricot, flesh & skin, stewed	FRUITS	b	99
Artichoke, globe, boiled, drained, no salt added	X2	Artichoke, inflorescent vegetable, boiled, drained, no salt added, globe	VEGETABLES AND PULSES	b	171
Asparagus, canned, drained	X134	Asparagus, stem vegetable, stalk, canned, drained	VEGETABLES AND PULSES	z	171
Asparagus, stalk, fresh, boiled, drained, no salt added	X1106	Asparagus, stem vegetable, stalk, fresh, boiled, drained, no salt added, combined cultivar	VEGETABLES AND PULSES	z	171
Asparagus, stalk, fresh, raw	X1105	Asparagus, stem vegetable, stalk, fresh, raw, combined cultivar	VEGETABLES AND PULSES	z	171
Asparagus, stalk, fresh, steamed	X1107	Asparagus, stem vegetable, stalk, fresh, steamed, combined cultivar	VEGETABLES AND PULSES	z	171
Avocado, Hass, New Zealand	L1159	Avocado, flesh, fresh, raw, Hass, New Zealand	FRUITS	z	101
Bacon rasher, rindless, pan fried with no added fat, assorted types	N1051	Pork, bacon, rasher, rindless, pan fried with no added fat, assorted types, composite	MEAT PRODUCTS	z	131
Bagels, white, plain, toasted	A1122	Bagels, white, plain, toasted, commercial	BAKERY PRODUCTS	z	1
Baked beans, canned in tomato sauce	X1004	Baked beans, in tomato sauce, canned, composite	VEGETABLES AND PULSES	z	173
Baking cocoa, powder, Bournville, Cadbury	C1036	Baking cocoa, cocoa, powder, Cocoa, Bournville, Cadbury	BEVERAGES, NON ALCOHOLIC	z	25
Banana, cooking, boiled	L185	Banana, cooking, boiled	FRUITS	b	101
Banana, yellow, ripened, raw	L1101	Banana, flesh & seed, raw, ripened, yellow, composite	FRUITS	z	101

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Barley, pearl, boiled	E3	Barley, pearl, boiled	CEREALS AND PSEUDO-CEREALS	b	45
Basa, fillet, frozen, flesh, pan-fried with oil, no salt added	K1016	Basa, fillet, flesh, frozen, pan-fried with oil, no salt added, composite	FIN FISHES	z	93
Bean, black, boiled, drained, no salt added	X137	Bean, seed vegetable, boiled, drained, no salt added, black	VEGETABLES AND PULSES	u	173
Bean, broad, boiled, drained, no salt added	X138	Bean, seed vegetable, boiled, drained, no salt added, broad	VEGETABLES AND PULSES	z	173
Bean, butterbean, seeds with pod, boiled, drained, no salt added	X139	Bean, fruit vegetable, seeds with pod, boiled, drained, no salt added, butterbean	VEGETABLES AND PULSES	a	173
Bean, green runner or dwarf, seeds with pod, fresh, boiled, drained, no salt added	X1109	Bean, fruit vegetable, seeds with pod, fresh, boiled, drained, no salt added, green runner or dwarf	VEGETABLES AND PULSES	z	173
Bean, green runner or dwarf, seeds with pod, fresh, raw	X1108	Bean, fruit vegetable, seeds with pod, fresh, raw, green runner or dwarf	VEGETABLES AND PULSES	z	173
Bean, green runner or dwarf, seeds with pod, fresh, steamed	X1110	Bean, fruit vegetable, seeds with pod, fresh, steamed, green runner or dwarf	VEGETABLES AND PULSES	z	173
Bean, haricot, boiled, drained	X10	Bean, seed vegetable, boiled, drained, haricot	VEGETABLES AND PULSES	a	173
Bean, mixed beans, canned in brine, drained	X1148	Bean, mixed beans, seed, in brine, canned, drained, composite	VEGETABLES AND PULSES	z	173
Bean, red kidney, boiled, drained	X1060	Bean, seed vegetable, dried, boiled, drained, red kidney	VEGETABLES AND PULSES	z	173
Beef salad, Thai, takeaway	H1020	Salad, beef, ready to eat, Thai, takeaway	FAST FOODS	z	75
Beef, black bean, stir fry, Chinese	H1015	Beef, black bean, stir fry, Chinese, takeaway	FAST FOODS	z	75
Beef, canned, Corned Beef, Salisbury	M1034	Beef, corned, canned, Corned Beef, Salisbury	MEATS	z	113
Beef, canned, Lite Corned Beef, Salisbury	M1036	Beef, corned, canned, Lite Corned Beef, Salisbury	MEATS	z	115
Beef, corned silverside, raw	M1039	Beef, corned silverside, raw, composite	MEATS	z	115
Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked	M1221	Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked, composite	MEATS	z	115
Beef, forequarter & hindquarter assorted cuts, separable lean, cooked	M1149	Beef, forequarter & hindquarter assorted cuts, separable lean, cooked, composite	MEATS	z	115
Beef, forequarter brisket navel end, separable lean, braised	M1070	Beef, forequarter brisket navel end, separable lean, braised	MEATS	z	115
Beef, forequarter brisket point end, separable lean, braised	M1071	Beef, forequarter brisket point end, separable lean, braised	MEATS	z	115
Beef, forequarter chuck steak, separable lean & fat, braised	M1173	Beef, forequarter chuck steak, separable lean & fat, braised	MEATS	z	115
Beef, forequarter chuck steak, separable lean, braised	M1072	Beef, forequarter chuck steak, separable lean, braised	MEATS	z	115
Beef, forequarter oyster blade, separable lean & fat, braised	M1175	Beef, forequarter oyster blade, separable lean & fat, braised	MEATS	z	115
Beef, forequarter oyster blade, separable lean, braised	M1074	Beef, forequarter oyster blade, separable lean, braised	MEATS	z	115

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Beef, forequarter ribs prepared, separable lean & fat, fast-roasted	M1176	Beef, forequarter ribs prepared, separable lean & fat, fast-roasted	MEATS	z	115
Beef, forequarter ribs prepared, separable lean, fast-roasted	M1075	Beef, forequarter ribs prepared, separable lean, fast-roasted	MEATS	z	115
Beef, forequarter scotch fillet, separable lean & fat, fast-roasted	M1174	Beef, forequarter scotch fillet, separable lean & fat, fast-roasted	MEATS	z	115
Beef, forequarter scotch fillet, separable lean, fast-roasted	M1073	Beef, forequarter scotch fillet, separable lean, fast-roasted	MEATS	z	115
Beef, hindquarter fillet, separable lean & fat, fast-fried	M1185	Beef, hindquarter fillet, separable lean & fat, fast-fried	MEATS	z	115
Beef, hindquarter fillet, separable lean, fast-fried	M1085	Beef, hindquarter fillet, separable lean, fast-fried	MEATS	z	115
Beef, hindquarter rump steak, separable lean & fat, fast-fried	M1183	Beef, hindquarter rump steak, separable lean & fat, fast-fried	MEATS	z	117
Beef, hindquarter rump steak, separable lean, fast-fried	M1083	Beef, hindquarter rump steak, separable lean, fast-fried	MEATS	z	117
Beef, hindquarter shank, separable lean & fat, braised	M1180	Beef, hindquarter shank, separable lean & fat, braised	MEATS	z	117
Beef, hindquarter shank, separable lean, braised	M1080	Beef, hindquarter shank, separable lean, braised	MEATS	z	117
Beef, hindquarter silverside excluding the eye, separable lean, braised	M1079	Beef, hindquarter silverside excluding the eye, separable lean, braised	MEATS	z	117
Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised	M1179	Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised	MEATS	z	117
Beef, hindquarter silverside, separable lean & fat, slow-roasted	M1177	Beef, hindquarter silverside, separable lean & fat, slow-roasted	MEATS	z	117
Beef, hindquarter silverside, separable lean, slow-roasted	M1077	Beef, hindquarter silverside, separable lean, slow-roasted	MEATS	z	117
Beef, hindquarter sirloin, separable lean & fat, fast-fried	M1184	Beef, hindquarter sirloin, separable lean & fat, fast-fried	MEATS	z	117
Beef, hindquarter sirloin, separable lean, fast-fried	M1084	Beef, hindquarter sirloin, separable lean, fast-fried	MEATS	z	117
Beef, hindquarter skirt steak, separable lean & fat, braised	M1178	Beef, hindquarter skirt steak, separable lean & fat, braised	MEATS	z	117
Beef, hindquarter skirt steak, separable lean, braised	M1078	Beef, hindquarter skirt steak, separable lean, braised	MEATS	z	117
Beef, hindquarter thick flank, separable lean & fat, fast-fried	M1182	Beef, hindquarter thick flank, separable lean & fat, fast-fried	MEATS	z	117
Beef, hindquarter thick flank, separable lean, fast-fried	M1082	Beef, hindquarter thick flank, separable lean, fast-fried	MEATS	z	117
Beef, hindquarter topside cap off, separable lean & fat, braised	M1181	Beef, hindquarter topside cap off, separable lean & fat, braised	MEATS	z	117
Beef, hindquarter topside cap off, separable lean, braised	M1081	Beef, hindquarter topside cap off, separable lean, braised	MEATS	z	117
Beef, mince, lean, stewed	M20	Beef, mince, lean, stewed	MEATS	z	119

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Beef, mince, premium, simmered	M1076	Beef, mince, premium, simmered	MEATS	z	119
Beef, offal, sweetbreads, simmered	M1089	Beef, offal, sweetbreads, simmered	MEATS	z	119
Beef, pastrami	N31	Beef, pastrami	MEAT PRODUCTS	u	131
Beer, full-strength (5% alcohol by volume)	B1016	Beer, full-strength (5% alcohol by volume), composite	BEVERAGES, ALCOHOLIC	a	17
Beer, high-strength (> 5% alcohol by volume)	B1015	Beer, high-strength (> 5% alcohol by volume), composite	BEVERAGES, ALCOHOLIC	a	17
Beer, low alcohol	B35	Beer, low alcohol, composite	BEVERAGES, ALCOHOLIC	z	17
Beer, low-strength (2.5% alcohol by volume)	B1018	Beer, low-strength (2.5% alcohol by volume), composite	BEVERAGES, ALCOHOLIC	a	19
Beer, mid-strength (4% alcohol by volume)	B1017	Beer, mid-strength (4% alcohol by volume), composite	BEVERAGES, ALCOHOLIC	a	19
Beetroot, canned in water, sliced, drained	X1096	Beetroot, root vegetable, taproot, canned in water, sliced, drained, composite	VEGETABLES AND PULSES	z	175
Beetroot, peeled, fresh, raw	X1165	Beetroot, root vegetable, peeled, fresh, raw	VEGETABLES AND PULSES	z	175
Beetroot, peeled, fresh, roasted, no salt added	X1166	Beetroot, root vegetable, peeled, fresh, roasted, no salt added, composite	VEGETABLES AND PULSES	z	175
Biscuit, Afghan	A148	Biscuit, Afghan, composite	BAKERY PRODUCTS	z	1
Biscuit, Arrowroot	A146	Biscuit, Arrowroot, composite	BAKERY PRODUCTS	z	1
Biscuit, Chocolate Chip Fudge, Farmbake, Arnott's	A1060	Biscuit, chocolate chip fudge, ready to eat, Chocolate Chip Fudge, Farmbake, Arnott's	BAKERY PRODUCTS	z	1
Biscuit, Chocolate Chip, Cookie Time	A1061	Biscuit, chocolate chip, ready to eat, Chocolate Chip, Cookie Time	BAKERY PRODUCTS	z	1
Biscuit, Classic Dark, Tim Tam, Arnott's	A1076	Biscuit, dark chocolate, ready to eat, Classic Dark, Tim Tam, Arnott's	BAKERY PRODUCTS	z	1
Biscuit, Dark Chocolate, Digestive, Arnott's	A1069	Biscuit, dark chocolate, ready to eat, Dark Chocolate, Digestive, Arnott's	BAKERY PRODUCTS	z	1
Biscuit, Dark Chocolate, Wheaten, Griffin's	A1070	Biscuit, dark chocolate, ready to eat, Dark Chocolate, Wheaten, Griffin's	BAKERY PRODUCTS	z	1
Biscuit, Double Deck Dark Chocolate Delight, Chit Chat, Griffin's	A1072	Biscuit, milk chocolate, ready to eat, Double Deck Dark Chocolate Delight, Chit Chat, Griffin's	BAKERY PRODUCTS	z	1
Biscuit, Gingernuts	A5	Biscuit, ginger flavoured, Gingernuts, composite	BAKERY PRODUCTS	z	1
Biscuit, MallowPuffs, Griffin's	A71	Biscuit, milk chocolate & marshmallow, MallowPuffs, Griffin's	BAKERY PRODUCTS	z	1
Biscuit, Malt	A64	Biscuit, with malt extract, Malt, composite	BAKERY PRODUCTS	z	3
Biscuit, Milk Chocolate, Digestives, Arnott's	A1074	Biscuit, milk chocolate, ready to eat, Milk Chocolate, Digestives, Arnott's	BAKERY PRODUCTS	z	3
Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams	A1067	Biscuit, milk chocolate, ready to eat, Double Chocolate, Cookies, Ernest Adams	BAKERY PRODUCTS	z	3
Biscuit, milk chocolate, Double Coat, Tim Tam, Arnott's	A1064	Biscuit, milk chocolate, ready to eat, Double Coat, Tim Tam, Arnott's	BAKERY PRODUCTS	z	3
Biscuit, milk chocolate, Original, Tim Tam, Arnott's	A1071	Biscuit, milk chocolate, ready to eat, Original, Tim Tam, Arnott's	BAKERY PRODUCTS	z	3
Biscuit, milk chocolate, Wheaten, Griffin's	A1075	Biscuit, milk chocolate, ready to eat, Wheaten, Griffin's	BAKERY PRODUCTS	z	3

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Biscuit, peanut brownie	A66	Biscuit, peanut brownie, composite	BAKERY PRODUCTS	z	3
Biscuit, shortbread	A63	Biscuit, shortbread, composite	BAKERY PRODUCTS	z	3
Biscuit, wafer, raspberry, cream filled	A12	Biscuit, wafer, raspberry, cream filled, ready to eat, composite	BAKERY PRODUCTS	z	3
Biscuit, White & Dark Chocolate, Farmbake, Arnott's	A1066	Biscuit, white & dark chocolate, ready to eat, White & Dark Chocolate, Farmbake, Arnott's	BAKERY PRODUCTS	z	3
Biscuit, with coconut, Krispie, Griffin's	A62	Biscuit, with toasted coconut, Krispie, Griffin's	BAKERY PRODUCTS	z	3
Biscuit, with cream filling	A9	Biscuit, with cream filling, composite	BAKERY PRODUCTS	z	5
Blackberry, raw	L34	Blackberry, raw	FRUITS	b	101
Blackcurrant, Ben Ard, frozen	L1047	Blackcurrant, frozen, Ben Ard	FRUITS	z	101
Blackcurrant, puree, frozen	L1052	Blackcurrant, puree, frozen, commercial	FRUITS	z	101
Blackcurrant, raw	L50	Blackcurrant, raw	FRUITS	bu	101
Blueberry, frozen	L1051	Blueberry, frozen	FRUITS	z	101
Blueberry, raw	L1050	Blueberry, raw, composite	FRUITS	z	101
Boysenberry, frozen	L1045	Boysenberry, frozen	FRUITS	z	101
Boysenberry, puree, seedless, frozen	L1046	Boysenberry, puree, seedless, frozen	FRUITS	z	101
Boysenberry, raw	L40	Boysenberry, raw	FRUITS	z	103
Bread roll or bun, white, fortified	A1125	Bread roll or bun, white, plain, ready to eat, commercial, fortified folate	BAKERY PRODUCTS	z	5
Bread roll or bun, wholemeal, fortified	A1126	Bread roll or bun, wholemeal, ready to eat, commercial, fortified folate	BAKERY PRODUCTS	z	5
Bread roll, currant, commercial	A206	Bread roll, currant, commercial, composite	BAKERY PRODUCTS	z	5
Bread, 9 Grain & Seed Toast, Tip Top, fortified vitamins E & folate	A1021	Bread, mixed grain & seed, sliced, prepacked, 9 Grain & Seed Toast, Tip Top, fortified	BAKERY PRODUCTS	z	5
Bread, chapatti or roti, wholemeal, restaurant	A1123	Bread, chapatti or roti, wholemeal, ready to eat, restaurant	BAKERY PRODUCTS	z	7
Bread, Gluten free 6 Seed, Vogel's	A1101	Bread, gluten free, seed, sliced, prepacked, Gluten Free 6 Seed, Vogel's	BAKERY PRODUCTS	z	5
Bread, Gluten Free Ancient Grain & Seeds, Burgen	A1100	Bread, gluten free, grain & seed, sliced, prepacked, Gluten Free Ancient Grain & Seeds, Burgen	BAKERY PRODUCTS	z	5
Bread, Gluten Free White, Burgen	A1098	Bread, gluten free, white, sliced, prepacked, Gluten Free White, Burgen	BAKERY PRODUCTS	z	5
Bread, gluten free, mixed grain, sliced, prepacked	A1015	Bread, gluten free, mixed grain, sliced, prepacked, composite	BAKERY PRODUCTS	z	7
Bread, gluten free, white, sliced & unsliced, prepacked	A1014	Bread, gluten free, white, sliced & unsliced, prepacked, composite	BAKERY PRODUCTS	z	7
Bread, Mixed Grain & Toasted Sesame Toast, Vogel's	A1045	Bread, mixed grain & seed, sliced, prepacked, Mixed Grain & Toasted Sesame Toast, Vogel's	BAKERY PRODUCTS	z	5

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Bread, mixed grain, Ancient Grains, Vogel's	A1024	Bread, mixed grain, sliced, prepacked, Ancient Grains, Vogel's	BAKERY PRODUCTS	z	7
Bread, mixed grain, heavy, sliced, prepacked	A1010	Bread, mixed grain, heavy, sliced, prepacked, composite	BAKERY PRODUCTS	z	7
Bread, mixed grain, light, sliced, prepacked	A1009	Bread, mixed grain, light, sliced, prepacked, composite	BAKERY PRODUCTS	z	9
Bread, naan, white, plain, restaurant	A1124	Bread, naan, white, plain, ready to eat, restaurant	BAKERY PRODUCTS	z	9
Bread, Nature's Grain, River Mill, fortified	A1051	Bread, mixed grain, sliced, prepacked, Nature's Grain, River Mill, fortified folate	BAKERY PRODUCTS	z	5
Bread, pita, white	A1097	Bread, pita, white, composite	BAKERY PRODUCTS	z	9
Bread, plain, Panini, prepacked	A234	Bread, plain, Panini, prepacked, composite	BAKERY PRODUCTS	z	9
Bread, Salba Traditional European Rye, Yarrows	A1052	Bread, wheat & rye, sliced, prepacked, Salba Traditional European Rye, Yarrows	BAKERY PRODUCTS	z	7
Bread, Salba Traditional Wholegrain, Yarrows	A1050	Bread, mixed grain, sliced, prepacked, Salba Traditional Wholegrain, Yarrows	BAKERY PRODUCTS	z	7
Bread, Soy & Linseed, Vogel's & Burgen	A211	Bread, mixed grain & seed, sliced, prepacked, Soy & Linseed, Vogel's & Burgen	BAKERY PRODUCTS	z	7
Bread, Station Seed & Grain, MacKenzie	A1048	Bread, mixed grain & seed, sliced, prepacked, Station Seed & Grain, MacKenzie	BAKERY PRODUCTS	z	7
Bread, Swiss Bake Grains Plus, Molenberg, Quality Bakers	A1053	Bread, mixed grain, sliced, prepacked, Swiss Bake Grains Plus, Molenberg, Quality Bakers	BAKERY PRODUCTS	z	7
Bread, Tuscan Mixed Grain, Freya's	A1049	Bread, mixed grain, sliced, prepacked, Tuscan Mixed Grain, Freya's	BAKERY PRODUCTS	z	7
Bread, wheatmeal, sliced, prepacked	A1008	Bread, wheatmeal, sliced, prepacked, composite	BAKERY PRODUCTS	z	9
Bread, white, sliced, prepacked	A1007	Bread, white wheat, sliced, prepacked, composite	BAKERY PRODUCTS	z	9
Bread, wholemeal, pita	A45	Bread, wholemeal, pita, composite	BAKERY PRODUCTS	z	9
Breakfast cereals, rice puffed, cocoa coated, ready to eat, fortified	D1041	Breakfast cereals, rice puffed, cocoa coated, ready to eat, composite, fortified vitamins B1, B2, B3 & folate, & Fe	BREAKFAST CEREALS	z	41
Broccoli, frozen, boiled, drained, no salt added	X1019	Broccoli, inflorescent vegetable, frozen, boiled, drained, no salt added	VEGETABLES AND PULSES	z	175
Broccoli, frozen, raw	X1016	Broccoli, inflorescent vegetable, frozen, raw	VEGETABLES AND PULSES	z	175
Broccoli, boiled, drained, no salt added	X1022	Broccoli, inflorescent vegetable, boiled, drained, no salt added	VEGETABLES AND PULSES	z	175
Broccoli, raw	X1020	Broccoli, inflorescent vegetable, raw	VEGETABLES AND PULSES	z	175
Brussels sprout, boiled, drained, no salt added	X1094	Brussels sprout, leafy vegetable, inner leaves, boiled, drained, no salt added	VEGETABLES AND PULSES	z	175
Brussels sprout, steamed	X1095	Brussels sprout, leafy vegetable, inner leaves, steamed, combined varieties	VEGETABLES AND PULSES	z	175
Bulgur, boiled	E68	Bulgur, wheat, boiled	CEREALS AND PSEUDO-CEREALS	a	45
Bun, currant	A25	Bun, currant, composite	BAKERY PRODUCTS	abu	9
Bun, iced	A130	Bun, iced	BAKERY PRODUCTS	z	9
Burger, Big Mac, McDonald's	H8	Burger, Big Mac, McDonald's	FAST FOODS	z	75

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Burger, cheeseburger	H3	Burger, cheeseburger, composite	FAST FOODS	a	75
Burger, cheeseburger, McDonald's	H4	Burger, cheeseburger, McDonald's	FAST FOODS	z	75
Burger, Filet-o-Fish, McDonald's	H24	Burger, Filet-o-Fish, McDonald's	FAST FOODS	z	75
Burger, hamburger	H6	Burger, hamburger, composite	FAST FOODS	a	75
Burger, hamburger, McDonald's	H7	Burger, hamburger, McDonald's	FAST FOODS	z	75
Burger, Quarter Pounder with cheese, McDonald's	H10	Burger, Quarter Pounder with cheese, McDonald's	FAST FOODS	z	75
Butter, salted	F1046	Butter, salted, composite	DAIRY	z	57
Butter, semisoft	F1051	Butter, semisoft	DAIRY	z	57
Butter, unsalted	F1050	Butter, unsalted	DAIRY	z	57
Cabbage, bok choy, raw	X1038	Cabbage, leafy vegetable, leaves & stem, raw, bok choy	VEGETABLES AND PULSES	z	175
Cabbage, Chinese, cooked	X250	Cabbage, leafy vegetable, cooked, Chinese	VEGETABLES AND PULSES	bh	177
Cabbage, choy sum, raw	X1040	Cabbage, leafy vegetable, raw, choy sum	VEGETABLES AND PULSES	z	177
Cabbage, green drumhead, leaves, boiled, drained, no salt added	X1103	Cabbage, leafy vegetable, leaves, boiled, drained, no salt added, green drumhead	VEGETABLES AND PULSES	z	177
Cabbage, green drumhead, leaves, raw	X1102	Cabbage, leafy vegetable, leaves, raw, green drumhead	VEGETABLES AND PULSES	z	177
Cabbage, green drumhead, leaves, steamed	X1104	Cabbage, leafy vegetable, leaves, steamed, green drumhead	VEGETABLES AND PULSES	z	177
Cabbage, red	X23	Cabbage, leafy vegetable, red	VEGETABLES AND PULSES	b	177
Cabbage, tat soi, raw	X1039	Cabbage, leafy vegetable, raw, tat soi	VEGETABLES AND PULSES	z	177
Cake, chocolate, baked, iced with butter icing	R5435	Cake, chocolate, baked, iced with butter icing	RECIPES	abuz	145
Cake, fruitcake	A26	Cake, fruitcake, composite	BAKERY PRODUCTS	b	11
Cake, sponge, fat added, baked	R21	Cake, sponge, fat added, baked	RECIPES	abz	145
Cake, sponge, no fat added, baked	R22	Cake, sponge, no fat added, baked	RECIPES	abz	145
Cannellini bean, canned in brine, drained	X1149	Bean, cannellini bean, seed, in brine, canned, drained, composite	VEGETABLES AND PULSES	z	177
Capsicum, green, raw	X1049	Capsicum, fruit vegetable, stalk & seeds removed, raw, green	VEGETABLES AND PULSES	z	177
Capsicum, red, raw	X1048	Capsicum, fruit vegetable, stalk & seeds removed, raw, red	VEGETABLES AND PULSES	z	177
Carrot, flesh, fresh, baked with oil	X1117	Carrot, root vegetable, taproot, flesh, fresh, baked with oil, combined varieties	VEGETABLES AND PULSES	z	177
Carrot, flesh, fresh, boiled, drained, no salt added	X1115	Carrot, root vegetable, taproot, flesh, fresh, boiled, drained, no salt added, combined varieties	VEGETABLES AND PULSES	z	179
Carrot, flesh, fresh, raw	X1114	Carrot, root vegetable, taproot, flesh, fresh, raw, combined varieties	VEGETABLES AND PULSES	z	179

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Carrot, flesh, fresh, steamed	X1116	Carrot, root vegetable, taproot, flesh, fresh, steamed, combined varieties	VEGETABLES AND PULSES	z	179
Carrot, flesh, fresh, stir fried	X1118	Carrot, root vegetable, taproot, flesh, fresh, stir fried, combined varieties	VEGETABLES AND PULSES	z	179
Cassava, baked in traditional Papua New Guinea oven	X237	Cassava, root vegetable, root tuber, baked in traditional Papua New Guinea oven	VEGETABLES AND PULSES	b	179
Cassava, boiled, peeled, drained, no salt added	X238	Cassava, root vegetable, root tuber, peeled, boiled, drained, no salt added	VEGETABLES AND PULSES	b	179
Cauliflower, boiled, drained, no salt added	X1129	Cauliflower, inflorescent vegetable, boiled, drained, no salt added	VEGETABLES AND PULSES	z	179
Cauliflower, fresh, raw	X1128	Cauliflower, inflorescent vegetable, fresh, raw, composite	VEGETABLES AND PULSES	z	179
Celery, American Green, stalk, raw	X1091	Celery, stem vegetable, stalk, raw, green, American Green	VEGETABLES AND PULSES	z	179
Celery, American Green, stalk, stir fried	X1092	Celery, stem vegetable, stalk, stir fried, green, American Green	VEGETABLES AND PULSES	z	181
Cheese spread, light, Philadelphia	F98	Cheese spread, light, Philadelphia	DAIRY	z	57
Cheese, blue vein	F4	Cheese, blue vein	DAIRY	z	57
Cheese, camembert	F5	Cheese, camembert	DAIRY	z	57
Cheese, cheddar	F1014	Cheese, cheddar, composite	DAIRY	z	57
Cheese, cheddar mild	F1015	Cheese, cheddar mild, composite	DAIRY	z	59
Cheese, cheddar, light, Mainland	F1057	Cheese, cheddar, light, Mainland	DAIRY	z	59
Cheese, colby	F1006	Cheese, colby, composite	DAIRY	z	59
Cheese, cottage	F11	Cheese, cottage	DAIRY	z	59
Cheese, cottage, light, 1% fat	F1056	Cheese, cottage, light, 1% fat, composite	DAIRY	z	59
Cheese, cream	F12	Cheese, cream	DAIRY	z	59
Cheese, cream, reduced fat 16%, Country Goodness	F69	Cheese, cream, reduced fat 16%, Country Goodness	DAIRY	z	57
Cheese, edam	F1001	Cheese, edam, composite	DAIRY	z	59
Cheese, feta, from cows' milk, reduced fat	F1089	Cheese, feta, from cows' milk, soft, reduced fat, salt-cured, composite, New Zealand	DAIRY	z	59
Cheese, feta, from cows' milk, traditional	F1088	Cheese, feta, from cows' milk, soft, traditional, salt-cured, composite, New Zealand	DAIRY	z	61
Cheese, feta, from goats' milk	F1090	Cheese, feta, from goats' milk, soft, salt-cured, composite, New Zealand	DAIRY	z	61
Cheese, haloumi, from cows' milk	F1091	Cheese, haloumi, from cows' milk, soft, composite, New Zealand	DAIRY	z	61
Cheese, mozzarella	F17	Cheese, mozzarella	DAIRY	z	61
Cheese, parmesan, from cows' milk, ungrated	F1092	Cheese, parmesan, from cows' milk, hard, ungrated, composite, New Zealand	DAIRY	z	61
Cheese, parmesan, powder	F18	Cheese, parmesan, powder, composite	DAIRY	z	61

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Cheese, processed	F19	Cheese, processed	DAIRY	z	61
Cheese, processed, sliced, reduced fat	F79	Cheese, processed, sliced, reduced fat, composite	DAIRY	z	61
Cheese, ricotta, from cows' milk	F1093	Cheese, ricotta, from cows' milk, original, composite	DAIRY	z	61
Cherry, flesh & skin, raw	L45	Cherry, flesh & skin, raw	FRUITS	z	103
Chicken and cashew, stir fry, Chinese	H1016	Chicken, with cashews, stir fry, Chinese, takeaway	FAST FOODS	z	75
Chicken, breast, grilled	M232	Chicken, breast, grilled	MEATS	z	119
Chicken, breast, lean & fat, roasted	M339	Chicken, breast, lean & fat, roasted	MEATS	z	119
Chicken, breast, lean, fat & skin, roasted in oven bag	M349	Chicken, breast, separable lean 81%, fat 3% & skin 16%, roasted in oven bag	MEATS	z	119
Chicken, composite cuts, flesh, cooked	M239	Chicken, composite cuts, flesh, cooked	MEATS	z	119
Chicken, composite cuts, lean, fat & skin, raw, Size 10	M347	Chicken, composite cuts, lean, fat & skin, raw, Size 10	MEATS	z	119
Chicken, crumbed, breast, deep fried, Kentucky Fried Chicken	H17	Chicken, crumbed, breast, fried, ready to eat, Kentucky Fried Chicken	FAST FOODS	a	75
Chicken, crumbed, drumstick, fried, Kentucky Fried Chicken	H18	Chicken, crumbed, drumstick, fried, ready to eat, Kentucky Fried Chicken	FAST FOODS	z	77
Chicken, crumbed, thigh, fried, Kentucky Fried Chicken	H19	Chicken, crumbed, thigh, fried, Kentucky Fried Chicken	FAST FOODS	a	77
Chicken, crumbed, wing, deep fried, Kentucky Fried Chicken	H16	Chicken, crumbed, wing, fried, ready to eat, Kentucky Fried Chicken	FAST FOODS	a	77
Chicken, deli cooked, breast	M1012	Chicken, deli cooked, breast, flesh, ready to eat, composite	MEATS	z	119
Chicken, deli cooked, drumstick	M1016	Chicken, deli cooked, drumstick, flesh, ready to eat, composite	MEATS	z	119
Chicken, deli cooked, skin	M1015	Chicken, deli cooked, skin, ready to eat, composite	MEATS	z	119
Chicken, deli cooked, thigh	M1013	Chicken, deli cooked, thigh, flesh, ready to eat, composite	MEATS	z	119
Chicken, drumstick, flesh, grilled	M247	Chicken, drumstick, flesh, grilled	MEATS	z	121
Chicken, drumstick, lean & fat, roasted in oven bag	M346	Chicken, drumstick, separable lean 98% & fat 2%, roasted in oven bag	MEATS	z	121
Chicken, leg, flesh, grilled	M255	Chicken, leg, flesh, grilled	MEATS	z	121
Chicken, mince, pan fried, with no added fat, premium, Tegal	M1153	Chicken, mince, pan fried, with no added fat, premium, Tegal	MEATS	z	121
Chicken, nugget, crumbed, baked	N58	Chicken, nugget, crumbed, baked, composite	MEAT PRODUCTS	z	131
Chicken, nugget, crumbed, deep fried	N57	Chicken, nugget, crumbed, deep fried, composite	MEAT PRODUCTS	z	131
Chicken, nugget, deep fried, McDonald's	H159	Chicken, nugget, deep fried, ready to eat, McDonald's	FAST FOODS	z	77
Chicken, thigh, flesh, roasted	M337	Chicken, thigh, flesh, roasted	MEATS	z	121
Chicken, thigh, lean 72%, separable fat 9% & skin 19%, roasted in oven bag	M350	Chicken, thigh, lean 72%, separable fat 9% & skin 19%, roasted in oven bag	MEATS	z	121

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Chicken, wing, flesh, grilled	M264	Chicken, wing, flesh, grilled	MEATS	z	121
Chicken, wing, lean 63%, separable fat 2% & skin 35%, roasted in oven bag	M351	Chicken, wing, separable lean 63%, fat 2% & skin 35%, roasted in oven bag	MEATS	z	121
Chickpea, canned in brine, drained	X1146	Bean, chickpea, seed, in brine, canned, drained, composite	VEGETABLES AND PULSES	z	181
Chickpea, cooked	X76	Chickpea, seed vegetable, cooked	VEGETABLES AND PULSES	b	181
Chilli bean, canned in chilli sauce, undrained	X1150	Bean, in chilli sauce, seed, canned, undrained, Chilli beans, composite	VEGETABLES AND PULSES	z	181
Chocolate bar & bite size, Moro, Cadbury	W1009	Chocolate, caramel & nougat whip, bar & bite size, Moro, Cadbury	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	165
Chocolate bar & block, Dairy Milk Fruit & Nut, Cadbury	W1010	Chocolate, milk chocolate with sultanas & almond, bar & block, Dairy Milk Fruit & Nut, Cadbury	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	165
Chocolate bar & block, Dairy Milk with Crunchie, Cadbury	W1013	Chocolate, milk chocolate with golden honeycomb pieces, bar & block, Dairy Milk with Crunchie, Cadbury	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	165
Chocolate bar & block, Energy, Cadbury	W1012	Chocolate, rich chocolate, bar & block, Energy, Cadbury	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	165
Chocolate bar, Bounty, Mars	W5	Chocolate, milk chocolate with coconut centre, bar, Bounty, Mars	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	165
Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury	W1014	Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	165
Chocolate bar, Mars	W6	Chocolate bar, Mars	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	165
Chocolate bar, milk	W3	Chocolate bar, milk	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	165
Chocolate block & slab, Peanut, Whittaker's	W1011	Chocolate, block & slab, Original, Peanut, Whittaker's	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	167
Chocolate, compound	W1015	Chocolate, compound, composite	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	167
Chocolate, dark	W56	Chocolate, dark	SUGARS, CONFECTIONARIES AND SWEET SPREADS	a	167
Chocolate, fancy & filled	W7	Chocolate, fancy & filled	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	167
Chocolate, white	W55	Chocolate, white	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	167
Choko, flesh, cooked	X142	Choko, fruit vegetable, flesh, cooked	VEGETABLES AND PULSES	a	181
Chop suey, chicken, lean & fat, stir fried	H173	Chop suey, chicken, lean & fat, stir fried	FAST FOODS	z	77

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Chop suey, pork	H71	Chop suey, pork, ready to eat	FAST FOODS	a	77
Chow mein, beef, lean & fat, stir fried	H172	Chow mein, beef, lean & fat, stir fried	FAST FOODS	z	77
Chow mein, chicken	H199	Chow mein, chicken, ready to eat, composite	FAST FOODS	z	77
Chow mein, prawn	H89	Chow mein, prawn, ready to eat	FAST FOODS	a	77
Cider, apple, (5% alcohol by volume)	B1030	Cider, apple, (5% alcohol by volume), composite	BEVERAGES, ALCOHOLIC	a	19
Cider, sweet	B12	Cider, sweet	BEVERAGES, ALCOHOLIC	b	19
Cluster Crisp, Manuka Honey with Roasted Cashew, Sanitarium, fortified	D1053	Breakfast cereal, mixed grain clusters & nuts, ready to eat, Cluster Crisp, Manuka Honey with Roasted Cashew, Sanitarium, fortified B1, B2, B3 & folate, & Fe	BREAKFAST CEREALS	z	41
Cluster Crisp, Sanitarium, fortified	D1045	Breakfast cereal, mixed grain clusters & nuts, assorted flavours, ready to eat, Cluster Crisp, Sanitarium, composite, fortified vitamins B1, B2, B3 & folate, & Fe	BREAKFAST CEREALS	z	41
Cluster Crisp, Vanilla Almond, Sanitarium, fortified	D1052	Breakfast cereal, mixed grain clusters & nuts, ready to eat, Cluster Crisp, Vanilla Almond, Sanitarium, fortified vitamins, B1, B2, B3 & folate, & Fe	BREAKFAST CEREALS	z	41
Cockle, boiled	T31	Cockle, boiled	SHELLFISHES	b	153
Coco Pops, Kellogg's, fortified	D1038	Breakfast cereal, rice, puffed, cocoa coated, ready to eat, Coco Pops, Kellogg's, fortified vitamins B1, B2, B3, C & folate, Ca, Fe & Zn	BREAKFAST CEREALS	z	41
Coconut oil	J1039	Oil, coconut, composite	FATS AND OILS	z	87
Coconut, cream, premium	Q1014	Coconut, cream, premium, composite	NUTS AND SEEDS	z	139
Coconut, desiccated	Q9	Coconut, desiccated	NUTS AND SEEDS	b	139
Coconut, flesh, raw	Q8	Coconut, flesh, raw	NUTS AND SEEDS	b	141
Coconut, milk, standard	Q1015	Coconut, milk, standard, composite	NUTS AND SEEDS	z	141
Coffee beverage, brewed from grounds, dripped prepared	C1047	Coffee beverage, brewed from grounds, dripped prepared, composite	BEVERAGES, NON ALCOHOLIC	z	25
Coffee beverage, brewed from grounds, plunger prepared	C1046	Coffee beverage, brewed from grounds, plunger prepared, composite	BEVERAGES, NON ALCOHOLIC	z	25
Coffee beverage, espresso, cafe variety	C1045	Coffee beverage, espresso, ready to drink, cafe variety, composite	BEVERAGES, NON ALCOHOLIC	z	25
Coffee beverage, flat white, double shot & milk standard 3.3% fat, 285 mL, cafe variety	C1057	Coffee beverage, flat white, double shot & milk standard 3.3% fat, regular takeaway cup, 285 mL, ready to drink, cafe variety	BEVERAGES, NON ALCOHOLIC	z	27
Coffee beverage, instant, dry powder with water	C1048	Coffee beverage, instant, dry powder with water, prepared	BEVERAGES, NON ALCOHOLIC	z	27
Coffee beverage, instant, dry powder with water & milk standard 3.3% fat	C1049	Coffee beverage, instant, dry powder with water & milk standard 3.3% fat, prepared	BEVERAGES, NON ALCOHOLIC	z	27
Coffee beverage, instant, dry powder with water & milk trim 0.5% fat	C1052	Coffee beverage, instant, dry powder with water & milk trim 0.5% fat, prepared	BEVERAGES, NON ALCOHOLIC	z	27
Coffee beverage, latte, double shot & milk standard 3.3% fat, 300 mL, cafe variety	C1064	Coffee beverage, latte, double shot & milk standard 3.3% fat, large cafe cup, 300 mL, cafe variety	BEVERAGES, NON ALCOHOLIC	z	27

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Coffee beverage, latte, double shot & milk trim 0.5% fat, 300 mL, cafe variety	C1069	Coffee beverage, latte, double shot & milk trim 0.5% fat, large cafe cup, 300 mL, cafe variety	BEVERAGES, NON ALCOHOLIC	z	27
Coffee beverage, long black, double shot, 150 mL, cafe variety	C1092	Coffee beverage, long black, double shot & water, small cafe cup, 150 mL, cafe variety	BEVERAGES, NON ALCOHOLIC	z	27
Coffee beverage, long black, double shot, 285 mL, cafe variety	C1055	Coffee beverage, long black, double shot, regular takeaway cup, 285 mL, ready to drink, cafe variety	BEVERAGES, NON ALCOHOLIC	z	27
Coffee beverage, mochaccino, double shot & milk standard 3.3% fat, 300 mL, cafe variety	C1082	Coffee beverage, mochaccino, double shot & milk standard 3.3% fat, large cafe cup 300 mL, cafe variety	BEVERAGES, NON ALCOHOLIC	z	27
Coffee beverage, mochaccino, double shot & milk trim 0.5% fat, 300 mL, cafe variety	C1086	Coffee beverage, mochaccino, double shot & milk trim 0.5% fat, large cafe cup, 300 mL, cafe variety	BEVERAGES, NON ALCOHOLIC	z	27
Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe	C1044	Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe	BEVERAGES, NON ALCOHOLIC	z	27
Coffee whitener, powder	P68	Coffee whitener, powder	MISCELLANEOUS	a	137
Coffee, instant, decaffeinated, dry powder	C1043	Coffee, instant, decaffeinated, dry powder, composite	BEVERAGES, NON ALCOHOLIC	z	29
Coffee, instant, dry powder	C1042	Coffee, instant, dry powder, composite	BEVERAGES, NON ALCOHOLIC	z	29
Coleslaw, Kentucky Fried Chicken	H20	Coleslaw, ready to eat, Kentucky Fried Chicken	FAST FOODS	a	77
Corn chip, assorted flavours, salted, fried in assorted oils	U1016	Snack, corn chip, assorted flavours, salted, fried in assorted oils, ready to eat, composite	SNACK FOODS	z	157
Corn snack, extruded, assorted shapes, cheese flavour, salted	U1017	Snack, corn based, extruded, assorted shapes, cheese flavour, salted, assorted oils, ready to eat, composite	SNACK FOODS	z	157
Corn, baby sweet corn, canned, drained	X259	Corn, seed vegetable, canned, drained, baby sweet corn	VEGETABLES AND PULSES	b	181
Cornmeal, wholegrain, yellow	E99	Cornmeal, wholegrain, yellow	CEREALS AND PSEUDO-CEREALS	u	45
Courgette, green, unpeeled, raw	X1058	Courgette, fruit vegetable, unpeeled, raw, green	VEGETABLES AND PULSES	z	181
Couscous, white wheat, cooked in water, not drained, no salt or fat added	E1068	Couscous, white wheat, cooked in water, not drained, no salt or fat added	CEREALS AND PSEUDO-CEREALS	z	47
Couscous, white wheat, dry	E1067	Couscous, white wheat, dry, composite	CEREALS AND PSEUDO-CEREALS	z	47
Couscous, wholemeal wheat, cooked in water, not drained, no salt or fat added	E1071	Couscous, wholemeal wheat, cooked in water, not drained, no salt or fat added	CEREALS AND PSEUDO-CEREALS	z	47
Crab, meat stick, surimi	T40	Crab, meat stick, surimi	SHELLFISHES	u	153
Cracker, corn, Cruskits, Arnott's	A1029	Cracker, corn, ready to eat, Cruskits, Corn, Arnott's	BAKERY PRODUCTS	z	11
Cracker, mixed grain, Cruskits, Light, Arnott's	A1031	Cracker, mixed grain, ready to eat, Cruskits, Light, Arnott's	BAKERY PRODUCTS	z	11

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Cracker, mixed grain, Litebread, Original Crisp bread, Huntley & Palmers	A1032	Cracker, mixed grain, ready to eat, Crisp Bread Original, Litebread, Huntley & Palmers	BAKERY PRODUCTS	z	11
Cracker, rice, barbecue flavoured	A233	Cracker, rice, barbecue flavoured, composite	BAKERY PRODUCTS	z	11
Cracker, rice, plain	A1034	Cracker, rice, plain, composite	BAKERY PRODUCTS	z	11
Cracker, rice, seaweed flavoured, Sakata	A1035	Cracker, rice, seaweed flavoured, Rice Cracker Seaweed, Sakata	BAKERY PRODUCTS	z	11
Cracker, rye, Crispbread, Ryvita	A141	Cracker, rye & assorted flavours, ready to eat, Crispbread, Ryvita	BAKERY PRODUCTS	z	11
Cracker, wheat, cheese flavoured	A134	Cracker, wheat, cheese flavoured, ready to eat, composite	BAKERY PRODUCTS	z	13
Cracker, wheat, Cream Crackers, Reduced Fat, Huntley & Palmers	A1033	Cracker, wheat, ready to eat, Cream Crackers, Reduced Fat, Huntley & Palmers	BAKERY PRODUCTS	z	11
Cracker, wheat, Meal Mates, Griffin's	A119	Cracker, wheat, ready to eat, Meal Mates, Griffin's	BAKERY PRODUCTS	z	11
Cracker, wheat, Salada, Light, Original, Arnott's	A1030	Cracker, wheat, ready to eat, Salada, Light, Original, Arnott's	BAKERY PRODUCTS	z	11
Cracker, wheat, sesame	A135	Cracker, wheat, sesame, ready to eat, composite	BAKERY PRODUCTS	z	13
Cracker, wheat, Snax, Griffin's	A137	Cracker, wheat, ready to eat, Snax, Griffin's	BAKERY PRODUCTS	z	11
Cracker, wheat, Water Cracker, Arnott's	A140	Cracker, wheat, ready to eat, Water Cracker, Arnott's	BAKERY PRODUCTS	z	13
Cranberry, dried, sweetened	L1023	Cranberry, dried, sweetened	FRUITS	z	103
Cream, reduced fat	F22	Cream, reduced fat	DAIRY	z	63
Cream, sour	F23	Cream, sour	DAIRY	z	63
Cream, standard	F24	Cream, standard	DAIRY	z	63
Cream, whipping, ultra-high-temperature processed	F25	Cream, whipping, ultra-high-temperature processed	DAIRY	z	63
Creme fraiche	F1061	Creme fraiche, composite	DAIRY	z	63
Creme fraiche, light	F1062	Creme fraiche, light, composite	DAIRY	z	63
Croissant, plain	A101	Croissant, plain, composite	BAKERY PRODUCTS	z	13
Crumpet, white, toasted	A1120	Crumpet, white, toasted, commercial	BAKERY PRODUCTS	z	13
Crunchy Nut Corn Flakes, Kellogg's, fortified	D1032	Breakfast cereal, corn flakes & peanut, ready to eat, Crunchy Nut Corn Flakes, Kellogg's, fortified vitamins B1, B2, B3, C & folate, & Fe	BREAKFAST CEREALS	z	41
Cucumber, lebanese, unpeeled, raw	X1043	Cucumber, fruit vegetable, unpeeled, raw, lebanese	VEGETABLES AND PULSES	z	181
Cucumber, telegraph, raw, unpeeled	X1052	Cucumber, fruit vegetable, fruit, unpeeled, raw, telegraph	VEGETABLES AND PULSES	z	181
Currant, dried	L49	Currant, dried	FRUITS	b	103
Curry, beef korma, Indian, takeaway	H1026	Curry, beef korma, ready to eat, Indian, takeaway	FAST FOODS	z	77
Curry, beef madras, Indian, takeaway	H1027	Curry, beef madras, ready to eat, Indian, takeaway	FAST FOODS	z	77

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Curry, butter chicken, Indian, takeaway	H1023	Curry, butter chicken, ready to eat, Indian, takeaway	FAST FOODS	z	79
Curry, chicken masala, Indian, takeaway	H1024	Curry, chicken masala, ready to eat, Indian, takeaway	FAST FOODS	z	79
Curry, chicken, green, Thai, takeaway	H1021	Curry, chicken, green, ready to eat, Thai, takeaway	FAST FOODS	z	79
Curry, dhal makani, Indian, takeaway	H1028	Curry, dhal makani, ready to eat, Indian, takeaway	FAST FOODS	z	79
Curry, rogan josh, Indian, takeaway	H1025	Curry, rogan josh, ready to eat. Indian, takeaway	FAST FOODS	z	79
Custard square, baked	R5428	Custard square, baked	RECIPES	abuz	145
Custard, dry powder	E6	Custard, corn flour, colour & flavour, dry powder	CEREALS AND PSEUDO-CEREALS	z	47
Date, dried	L62	Date, dried	FRUITS	b	103
Dessert, vanilla, 99% fat free, frozen, Weight Watchers	F76	Dessert, vanilla, 99% fat free, frozen, Weight Watchers	DAIRY	z	63
Dip, guacamole	R5507	Dip, guacamole	RECIPES	abuz	145
Dip, sour cream, assorted flavours, 30% fat, La Bonne	S77	Dip, sour cream, assorted flavours, 30% fat, La Bonne	SAUCES AND CONDIMENTS	z	147
Dip, sour cream, lite, assorted flavours, 7% fat	S79	Dip, sour cream, lite, assorted flavours, 7% fat, composite	SAUCES AND CONDIMENTS	z	147
Doughnut, sugar & cinnamon	A34	Doughnut, sugar & cinnamon, composite	BAKERY PRODUCTS	z	13
Dressing, coleslaw, Lite, Eta	S29	Dressing, coleslaw, Lite, Eta	SAUCES AND CONDIMENTS	z	149
Dressing, French, Kraft	S28	Dressing, French, Kraft	SAUCES AND CONDIMENTS	z	149
Dressing, Italian, Kraft	S31	Dressing, Italian, Kraft	SAUCES AND CONDIMENTS	z	149
Dressing, mayonnaise, commercial	S45	Dressing, mayonnaise, commercial	SAUCES AND CONDIMENTS	z	149
Dressing, mayonnaise, reduced fat, commercial	S64	Dressing, mayonnaise, reduced fat, commercial	SAUCES AND CONDIMENTS	a	149
Dressing, thousand island, Eta	S50	Dressing, thousand island, Eta	SAUCES AND CONDIMENTS	z	149
Dressing, vinaigrette	S7	Dressing, vinaigrette	SAUCES AND CONDIMENTS	a	149
Dripping, beef, Farmland	J1030	Dripping, beef, Farmland	FATS AND OILS	z	87
Duck, composite cuts, separable lean, roasted	M75	Duck, composite cuts, separable lean, roasted	MEATS	b	121
Eel, smoked	K179	Eel, smoked	FIN FISHES	z	93
Egg foo young with chicken, omelette, Chinese, takeaway	H1012	Omelette, egg foo young, with chicken, ready to eat, Chinese	FAST FOODS	z	790
Egg, chicken, white & yolk, boiled	G1001	Egg, chicken, white & yolk, boiled	EGGS	z	71
Egg, chicken, white & yolk, fried in butter	G1010	Egg, chicken, white & yolk, fried in butter	EGGS	z	71
Egg, chicken, white & yolk, fried in vegetable oil	G1002	Egg, chicken, white & yolk, fried in vegetable oil	EGGS	z	73
Egg, chicken, white & yolk, milk added, scrambled	G1009	Egg, chicken, white & yolk, milk added, scrambled	EGGS	z	73

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Egg, chicken, white & yolk, poached	G1003	Egg, chicken, white & yolk, poached	EGGS	z	73
Egg, chicken, white & yolk, raw	G1008	Egg, chicken, white & yolk, raw	EGGS	z	73
Egg, chicken, white, raw	G1004	Egg, chicken, white, raw	EGGS	z	73
Egg, chicken, yolk, raw	G1005	Egg, chicken, yolk, raw	EGGS	z	73
Eggplant, baked with oil,	X1084	Eggplant, fruit vegetable, flesh, skin & seed, baked with oil, combined varieties	VEGETABLES AND PULSES	z	181
Eggplant, boiled, drained, no salt added	X1086	Eggplant, fruit vegetable, flesh, skin & seed, boiled, drained, no salt added,	VEGETABLES AND PULSES	z	181
Eggplant, fried with oil	X1088	Eggplant, fruit vegetable, flesh, skin & seed, fried with oil, combined varieties	VEGETABLES AND PULSES	z	183
Eggplant, steamed	X1087	Eggplant, fruit vegetable, flesh, skin & seed, steamed, combined varieties	VEGETABLES AND PULSES	z	183
Energy drink, assorted flavours, V, Frucor, fortified	C1030	Energy drink, assorted flavours, ready to drink, V, Frucor, composite, fortified vitamins B2, B3, B5, B6 & B12	BEVERAGES, NON ALCOHOLIC	z	29
Energy drink, sugar free, V, Frucor, fortified	C1031	Energy drink, sugar free, V, Frucor, fortified vitamins B2, B3, B5, B6 & B12	BEVERAGES, NON ALCOHOLIC	z	29
Energy food drink, dry powder, Chocolate, Nesquik, Nestle	C74	Energy food drink, chocolate, dry powder, Chocolate, Nesquik, Nestle	BEVERAGES, NON ALCOHOLIC	z	
Energy food drink, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrah	C1038	Energy food drink, chocolate, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrah	BEVERAGES, NON ALCOHOLIC	z	29
Energy food drink, dry powder, Drinking Chocolate, Cadbury	C1037	Energy food drink, chocolate, dry powder, Drinking Chocolate, Cadbury	BEVERAGES, NON ALCOHOLIC	z	29
Energy food drink, powder, malted barley and chocolate, Milo, Nestle, fortified	C1035	Energy food drink, chocolate & malted barley, powder, Milo, Nestle, fortified vitamins A, B1, B2 & C, Ca, Fe & Mg	BEVERAGES, NON ALCOHOLIC	z	29
English muffin, bread-like, assorted flavours, toasted	A96	Muffin, English, bread-like, assorted flavours, toasted, Homestyle, composite	BAKERY PRODUCTS	z	13
Feijoa, flesh, raw	L67	Feijoa, flesh, raw, combined varieties	FRUITS	z	103
Fig, dried	L68	Fig, dried	FRUITS	a	103
Fish, battered, deep fried, Independent Shops	H22	Fish, battered, deep fried, Independent Shops	FAST FOODS	z	79
Fish, cake, baked	H57	Fish, cake, baked	FAST FOODS	z	79
Fish, cake, deep fried in peanut oil	H23	Fish, cake, deep fried in peanut oil	FAST FOODS	z	79
Fish, fillet, crumbed, frozen, baked	H194	Fish, fillet, crumbed, frozen, baked, composite	FAST FOODS	z	79
Fish, fillet, crumbed, frozen, fried	H195	Fish, fillet, crumbed, frozen, fried, composite	FAST FOODS	z	79
Fish, fingers, baked	H61	Fish, fingers, baked	FAST FOODS	z	79
Fish, fingers, deep fried in peanut oil	H65	Fish, fingers, deep fried in peanut oil	FAST FOODS	z	81
Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansell's, fortified	C138	Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansell's, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	29

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Flavoured drink, dry powder, assorted flavours, Raro	C99	Flavoured drink, assorted flavours, dry powder, Raro	BEVERAGES, NON ALCOHOLIC	z	29
Flavoured drink, lemon & barley, dry powder with water	C58	Flavoured drink, lemon & barley, dry powder with water, ready to drink	BEVERAGES, NON ALCOHOLIC	z	29
Flavoured drink, orange	C47	Flavoured drink, orange, ready to drink	BEVERAGES, NON ALCOHOLIC	a	31
Flounder, flesh, baked	K56	Flounder, flesh, baked	FIN FISHES	z	93
Flour, chickpea, raw	E1032	Flour, chickpea, raw	CEREALS AND PSEUDO-CEREALS	u	47
Flour, corn	E9	Flour, corn	CEREALS AND PSEUDO-CEREALS	b	47
Flour, soy, full fat	E12	Flour, soy, full fat	CEREALS AND PSEUDO-CEREALS	z	47
Flour, wheat, white	E108	Flour, wheat, white, standard, composite	CEREALS AND PSEUDO-CEREALS	z	47
Flour, wheat, wholemeal	E46	Flour, wheat wholemeal, composite	CEREALS AND PSEUDO-CEREALS	z	47
Fried rice, combination, Chinese, takeaway	H1018	Rice, fried, combination, ready to eat. Chinese, takeaway	FAST FOODS	z	81
Fries, potato, Burger King	H1046	Fries, potato, Burger King	FAST FOODS	z	81
Fries, potato, Kentucky Fried Chicken	H1041	Fries, potato, Kentucky Fried Chicken	FAST FOODS	z	81
Fries, potato, McDonald's	H1042	Fries, potato, McDonald's	FAST FOODS	z	81
Fries, potato, straight cut, Independent Shops	H1039	Fries, potato, straight cut, Independent Shops	FAST FOODS	z	81
Fromage frais, assorted fruits & flavours, Fruche	F1064	Fromage frais, assorted fruits & flavours, Fruche	DAIRY	z	63
Fromage frais, vanilla, Fruche	F1063	Fromage frais, vanilla, Fruche	DAIRY	z	63
Frozen meal, lasagne, beef, bake	E127	Frozen meal, lasagne, beef, baked, composite	CEREALS AND PSEUDO-CEREALS	z	47
Frozen meal, macaroni cheese, baked	E129	Frozen meal, macaroni cheese, baked, composite	CEREALS AND PSEUDO-CEREALS	z	47
Frozen meal, roast beef with mashed potato & vegetables, microwaved, Wattie's	N1007	Frozen meal, roast beef with mashed potato & vegetables, microwaved, ready to eat, Wattie's	MEAT PRODUCTS	z	131
Frozen meal, roast beef with roast potato & vegetables, microwaved	N1003	Frozen meal, roast beef with roast potato & vegetables, microwaved, ready to eat, composite	MEAT PRODUCTS	z	131
Frozen meal, roast lamb with roast potato & vegetables, microwaved	N1004	Frozen meal, roast lamb with roast potato & vegetables, microwaved, ready to eat, composite	MEAT PRODUCTS	z	131
Frozen meal, roast pork with mashed potato & vegetables, microwaved, Wattie's	N1005	Frozen meal, roast pork with mashed potato & vegetables, microwaved, ready to eat, Wattie's	MEAT PRODUCTS	z	131

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Frozen meal, spaghetti bolognaise, baked	E128	Frozen meal, spaghetti bolognaise, baked, composite	CEREALS AND PSEUDO-CEREALS	z	49
Fruit bar, wholemeal, assorted flavours, Mother Earth	U21	Fruit bar, wholemeal, assorted flavours, Mother Earth	SNACK FOODS	z	157
Fruit drink orange, sweetened, fortified vitamin C	C1103	Fruit drink orange, sweetened, shelf stable, ready to drink, composite, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	31
Fruit drink, blackcurrant, sweetened, fortified vitamin C	C1108	Fruit drink, blackcurrant, sweetened, shelf stable, ready to drink, composite, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	31
Fruit drink, cranberry, sweetened, fortified vitamin C	C1105	Fruit drink, cranberry, sweetened, shelf stable, ready to drink, composite, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	31
Fruit drink, cranberry, unsweetened	C1106	Fruit drink, cranberry, unsweetened, shelf stable, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	31
Fruit drink, orange, unsweetened, fortified vitamin C	C1102	Fruit drink, orange, unsweetened, shelf stable or refrigerated, ready to drink, composite, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	31
Fruit gum	W8	Fruit gum	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	167
Fruit leather, apricot	U34	Fruit leather, apricot	SNACK FOODS	z	157
Fruit mix, dried	L196	Fruit mix, dried	FRUITS	a	103
Fruit roll, strawberry, Uncle Tobys	U23	Fruit roll, strawberry, Uncle Tobys	SNACK FOODS	z	157
Fruit salad, canned in syrup, undrained	L1147	Fruit salad, in syrup, sugar-sweetened, canned, undrained, composite	FRUITS	z	103
Fruitful Breakfast, Hubbards	D1036	Breakfast cereal, muesli, ready to eat, Fruitful Breakfast, Hubbards	BREAKFAST CEREALS	z	41
Garlic bread, made with butter, La Famiglia & Signature Range	A1017	Bread, garlic, made with butter, Garlic Bread Traditional Style, La Famiglia & Garlic Bread Italian Style, Signature Range	BAKERY PRODUCTS	z	13
Garlic bread, made with margarine, Pams & Mamma Fiorelli's	A1019	Bread, garlic, made with margarine, Garlic Bread, Pams & Garlic Bread Traditional, Mamma Fiorelli's	BAKERY PRODUCTS	z	13
Garlic, cloves, raw, peeled	X260	Garlic, bulb vegetable, cloves, raw, peeled	VEGETABLES AND PULSES	b	183
Gherkin, pickled, in sweetened brine, drained	X143	Gherkin, pickled, in sweetened brine, drained	VEGETABLES AND PULSES	a	183
Ginger, preserved	X1030	Ginger, root vegetable, rhizomes, preserved	VEGETABLES AND PULSES	o	183
Gooseberry, flesh, skin & seeds, raw	L78	Gooseberry, flesh, skin & seeds, raw	FRUITS	b	103
Grape, black, flesh, raw	L82	Grape, flesh, raw, black	FRUITS	b	105
Grape, red or green, seedless, raw, European type	L1018	Grape, red or green, seedless, raw, European type	FRUITS	u	105
Grape, white, flesh & skin, raw	L83	Grape, flesh & skin, raw, white	FRUITS	b	105
Grapefruit, flesh, raw	L80	Grapefruit, flesh, raw	FRUITS	b	105

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Gravy, dry powder mix, assorted flavours, prepared with water	S1018	Gravy, dry powder mix, assorted flavours, prepared with water, composite	SAUCES AND CONDIMENTS	z	149
Ham, sliced	N65	Ham, sliced	MEAT PRODUCTS	z	131
Hoki, fillet, frozen, flesh, pan-fried with oil, no salt added	K1014	Hoki, fillet, flesh, frozen, pan-fried with oil, no salt added	FIN FISHES	z	93
Hoki, flesh, baked	K60	Hoki, flesh, baked	FIN FISHES	z	93
Hoki, flesh, deep fried	K61	Hoki, flesh, deep fried	FIN FISHES	z	93
Honey	W11	Honey	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	167
Hummus, original, 6.5% fat	S73	Hummus, original, 6.5% fat, composite	SAUCES AND CONDIMENTS	z	149
Ice block, frozen	W31	Ice block, frozen	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	167
Ice cream, assorted berry flavours, standard	F1095	Ice cream, assorted berry flavours, standard, composite	DAIRY	z	65
Ice cream, chocolate, standard	F1070	Ice cream, chocolate, standard, composite	DAIRY	z	65
Ice cream, creamy, fruit ripple	F118	Ice cream, creamy, fruit ripple, composite	DAIRY	z	65
Ice cream, hokey pokey	F111	Ice cream, with honey comb toffee, hokey pokey, composite	DAIRY	z	63
Ice cream, Jelly Tip, Tip Top	F110	Ice cream, with jelly & chocolate, Jelly Tip, Tip Top	DAIRY	z	63
Ice cream, Paddle Pop, chocolate	F113	Ice cream, stick, chocolate, Paddle Pop	DAIRY	z	65
Ice cream, soft serve	F78	Ice cream, soft serve, composite	DAIRY	z	65
Ice cream, vanilla, low fat	F122	Ice cream, vanilla, low fat	DAIRY	z	65
Ice cream, vanilla, premium	F29	Ice cream, vanilla, premium	DAIRY	z	65
Ice cream, vanilla, standard	F28	Ice cream, vanilla, standard	DAIRY	z	65
Jam, berry fruit	W14	Jam, berry fruit, composite	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	167
Jam, stone fruit	W15	Jam, stone fruit, composite	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	167
Jellybeans, Jaybees, Pascall	W45	Jellybeans, Jaybees, Pascall	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	167
Juice concentrate, Blackcurrant, Baker Halls, fortified	C93	Juice concentrate, Blackcurrant, Baker Halls, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	ar	31
Juice concentrate, blackcurrant, frozen	C1028	Juice concentrate, blackcurrant, frozen	BEVERAGES, NON ALCOHOLIC	z	31
Juice concentrate, Lemon & Barley, Baker Halls, fortified	C95	Juice concentrate, Lemon & Barley, Baker Halls, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	ar	31
Juice concentrate, orange	C55	Juice concentrate, orange	BEVERAGES, NON ALCOHOLIC	z	31

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Juice, apple, Fresh Up	C46	Juice, apple, ready to drink, Fresh Up	BEVERAGES, NON ALCOHOLIC	abu	31
Juice, grape	C26	Juice, grape, ready to drink	BEVERAGES, NON ALCOHOLIC	au	31
Juice, grapefruit, unsweetened	C12	Juice, grapefruit, ready to drink, unsweetened	BEVERAGES, NON ALCOHOLIC	b	33
Juice, lemon, raw	L91	Juice, lemon, raw	FRUITS	b	105
Juice, orange with apple base, Just Juice, fortified	C38	Juice, orange with apple base, Just Juice, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	33
Juice, orange, raw	L113	Juice, orange, raw	FRUITS	b	105
Juice, orange, sweetened, ready to drink, composite, fortified vitamin C	C1100	Juice, orange, sweetened, refrigerated, ready to drink, composite, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	33
Juice, orange, unsweetened, fortified vitamin C	C1099	Juice, orange, unsweetened, shelf stable or refrigerated, ready to drink, composite, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	33
Juice, orange, unsweetened, shelf stable or refrigerated, Arano	C1098	Juice, orange, unsweetened, shelf stable or refrigerated, ready to drink, Arano	BEVERAGES, NON ALCOHOLIC	z	33
Juice, tomato, McCoy	C16	Juice, tomato, ready to drink, McCoy	BEVERAGES, NON ALCOHOLIC	z	33
Just Right, Original Kellogg's, fortified	D1043	Breakfast cereal, mixed grain flakes, dried fruit, ready to eat, Just Right, Original Kellogg's, fortified vitamins B1, B2, B3 & folate, & Fe	BREAKFAST CEREALS	z	41
Kahawai, flesh, baked	K165	Kahawai, flesh, baked	FIN FISHES	z	93
Kahawai, flesh, deep fried	K157	Kahawai, flesh, deep fried	FIN FISHES	z	93
Kale, fresh, raw	X1163	Kale, leafy vegetable, fresh, raw, combined varieties	VEGETABLES AND PULSES	z	183
Kale, fresh, sauteed with oil, no salt added	X1164	Kale, leafy vegetable, fresh, sauteed with oil, no salt added, combined varieties	VEGETABLES AND PULSES	z	183
Kina, roe, raw	T26	Kina, roe, raw	SHELLFISHES	z	153
Kiwifruit, Zespri Gold (Hort16A) Kiwifruit, Zespri, raw	L1036	Kiwifruit, gold, flesh & seed, fresh, raw, Zespri Gold (Hort16A) Kiwifruit, Zespri	FRUITS	z	105
Kiwifruit, Zespri Green (Hayward) Kiwifruit, Zespri, raw	L1026	Kiwifruit, green, flesh & seed, fresh, raw, Zespri Green (Hayward) Kiwifruit, Zespri	FRUITS	z	105
Kiwifruit, Zespri Organic Green (Hayward) Kiwifruit, Zespri, raw	L1010	Kiwifruit, green organic, flesh & seed, raw, Zespri Organic Green (Hayward) Kiwifruit, Zespri	FRUITS	z	105
Kiwifruit, Zespri SunGold Kiwifruit (Gold3), Zespri, raw	L1077	Kiwifruit, gold, flesh & seed, raw, Zespri SunGold Kiwifruit (Gold3)	FRUITS	z	105
Kiwifruit, Zespri Sweet Green Kiwifruit (Green14), Zespri, raw	L1078	Kiwifruit, green, flesh & seed, raw, Zespri Sweet Green Kiwifruit (Green14)	FRUITS	z	105
Kumara, flesh, boiled, drained, no salt added	X1010	Kumara, root vegetable, root tuber, flesh, boiled, drained, no salt added, combined cultivars	VEGETABLES AND PULSES	z	183
Kumara, Owairaka Red, flesh, boiled, drained, no salt added	X1064	Kumara, root vegetable, root tuber, flesh, boiled, drained, no salt added, Red, Owairaka Red	VEGETABLES AND PULSES	z	183
Kumara, Owairaka Red, flesh, raw	X1057	Kumara, root vegetable, root tuber, flesh, raw, red, Owairaka Red	VEGETABLES AND PULSES	z	183

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked	M1223	Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked, composite	MEATS	z	121
Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked	M1151	Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked, composite	MEATS	z	121
Lamb, forequarter breast, separable lean & fat, braised	M1204	Lamb, forequarter breast, separable lean & fat, braised	MEATS	z	121
Lamb, forequarter breast, separable lean, braised	M1122	Lamb, forequarter breast, separable lean, braised	MEATS	z	121
Lamb, forequarter fore-shank, separable lean & fat, braised	M1205	Lamb, forequarter fore-shank, separable lean & fat, braised	MEATS	z	121
Lamb, forequarter fore-shank, separable lean, braised	M1123	Lamb, forequarter fore-shank, separable lean, braised	MEATS	z	123
Lamb, forequarter rack fully frenched, separable lean & fat, fast-roasted	M1207	Lamb, forequarter rack fully frenched, separable lean & fat, fast-roasted	MEATS	z	123
Lamb, forequarter rack fully frenched, separable lean, fast-roasted	M1125	Lamb, forequarter rack fully frenched, separable lean, fast-roasted	MEATS	z	123
Lamb, forequarter rack partially frenched, separable lean & fat, fast-roasted	M1208	Lamb, forequarter rack partially frenched, separable lean & fat, fast-roasted	MEATS	z	123
Lamb, forequarter rack partially frenched, separable lean, fast-roasted	M1126	Lamb, forequarter rack partially frenched, separable lean, fast-roasted	MEATS	z	123
Lamb, forequarter round neck chops, separable lean & fat, braised	M1206	Lamb, forequarter round neck chops, separable lean & fat, braised	MEATS	z	123
Lamb, forequarter round neck chops, separable lean, braised	M1124	Lamb, forequarter round neck chops, separable lean, braised	MEATS	z	123
Lamb, forequarter shoulder boneless rolled & netted, separable lean & fat, slow-roasted	M1203	Lamb, forequarter shoulder boneless rolled & netted, separable lean & fat, slow-roasted	MEATS	z	123
Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted	M1121	Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted	MEATS	z	123
Lamb, forequarter shoulder chops, separable lean & fat, braised	M1210	Lamb, forequarter shoulder chops, separable lean & fat, braised	MEATS	z	123
Lamb, forequarter shoulder chops, separable lean, braised	M1128	Lamb, forequarter shoulder chops, separable lean, braised	MEATS	z	123
Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted	M1209	Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted	MEATS	z	123
Lamb, forequarter shoulder square cut, separable lean, slow-roasted	M1127	Lamb, forequarter shoulder square cut, separable lean, slow-roasted	MEATS	z	123
Lamb, hindquarter double loin, separable lean & fat, fast-roasted	M1217	Lamb, hindquarter double loin, separable lean & fat, fast-roasted	MEATS	z	123
Lamb, hindquarter double loin, separable lean, fast-roasted	M1136	Lamb, hindquarter double loin, separable lean, fast-roasted	MEATS	z	123

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Lamb, hindquarter fillet, separable lean & fat, fast-fried	M1218	Lamb, hindquarter fillet, separable lean & fat, fast-fried	MEATS	z	123
Lamb, hindquarter fillet, separable lean, fast-fried	M1137	Lamb, hindquarter fillet, separable lean, fast-fried	MEATS	z	123
Lamb, hindquarter flap boneless, separable lean & fat, simmered	M1213	Lamb, hindquarter flap boneless, separable lean & fat, simmered	MEATS	z	123
Lamb, hindquarter flap boneless, separable lean, simmered	M1132	Lamb, hindquarter flap boneless, separable lean, simmered	MEATS	z	123
Lamb, hindquarter knuckle, separable lean & fat, braised	M1215	Lamb, hindquarter knuckle, separable lean & fat, braised	MEATS	z	123
Lamb, hindquarter knuckle, separable lean, braised	M1134	Lamb, hindquarter knuckle, separable lean, braised	MEATS	z	123
Lamb, hindquarter leg boned, separable lean & fat, slow-roasted	M1219	Lamb, hindquarter leg boned, separable lean & fat, slow-roasted	MEATS	z	123
Lamb, hindquarter leg boned, separable lean, slow-roasted	M1138	Lamb, hindquarter leg boned, separable lean, slow-roasted	MEATS	z	123
Lamb, hindquarter leg chop, separable lean & fat, fast-fried	M1211	Lamb, hindquarter leg chop, separable lean & fat, fast-fried	MEATS	z	125
Lamb, hindquarter leg chop, separable lean, fast-fried	M1130	Lamb, hindquarter leg chop, separable lean, fast-fried	MEATS	z	125
Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried	M1216	Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried	MEATS	z	125
Lamb, hindquarter middle loin chop, separable lean, fast-fried	M1135	Lamb, hindquarter middle loin chop, separable lean, fast-fried	MEATS	z	125
Lamb, hindquarter rump, separable lean & fat, fast-roasted	M1212	Lamb, hindquarter rump, separable lean & fat, fast-roasted	MEATS	z	125
Lamb, hindquarter rump, separable lean, fast-roasted	M1131	Lamb, hindquarter rump, separable lean, fast-roasted	MEATS	z	125
Lamb, hindquarter striploin, separable lean & fat, fast-roasted	M1214	Lamb, hindquarter striploin, separable lean & fat, fast-roasted	MEATS	z	125
Lamb, hindquarter striploin, separable lean, fast-roasted	M1133	Lamb, hindquarter striploin, separable lean, fast-roasted	MEATS	z	125
Lamb, mince, standard, stewed	M1129	Lamb, mince, standard, stewed	MEATS	z	125
Lamb, offal, brain, raw, simmered, drained & fried	M1139	Lamb, offal, brain, raw, simmered, drained & fried	MEATS	z	125
Lamb, offal, heart, simmered & drained	M1140	Lamb, offal, heart, simmered & drained	MEATS	z	125
Lamb, offal, kidney, fried	M1141	Lamb, offal, kidney, fried	MEATS	z	125
Lamb, offal, lambs fry, fried	M1142	Lamb, offal, lambs fry, fried	MEATS	z	125
Lard	J7	Lard	FATS AND OILS	b	87
Leek, bulb & stalk, fresh, stir-fried, no salt added	X1162	Leek, bulb vegetable, bulb & stalk, fresh, stir-fried with oil, no salt added	VEGETABLES AND PULSES	z	183
Lemon curd, cooked	R5416	Lemon curd, cooked	RECIPES	abz	145
Lemon, flesh, raw	L183	Lemon, flesh, raw	FRUITS	b	107

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Lentil, split, boiled, drained, no salt added	X54	Lentil, split, boiled, drained, no salt added	VEGETABLES AND PULSES	b	185
Lettuce, hydroponic varieties, raw	X305	Lettuce, leafy vegetable, raw, hydroponic varieties	VEGETABLES AND PULSES	z	185
Lettuce, raw	X1009	Lettuce, leafy vegetable, raw, combined varieties	VEGETABLES AND PULSES	z	185
Light 'n' Tasty, Apricot, Sanitarium, fortified	D1049	Breakfast cereal, mixed grain flakes & dried fruit, ready to eat, Light 'n' Tasty, Apricot, Sanitarium, fortified vitamins B1, B2, B3, E & folate, Ca & Fe	BREAKFAST CEREALS	z	41
Light 'n' Tasty, Berry, Sanitarium, fortified	D1050	Breakfast cereal, mixed grain flakes & dried fruit, ready to eat, Light 'n' Tasty, Berry, Sanitarium, fortified vitamins B1, B2, B3 & folate, Ca & Fe	BREAKFAST CEREALS	z	43
Light 'n' Tasty, Peach & Raspberry, Sanitarium, fortified	D1051	Breakfast cereal, mixed grain flakes & dried fruit, ready to eat, Light 'n' Tasty, Peach & Raspberry, Sanitarium, fortified vitamins B1, B2, B3, E & folate, Ca & Fe	BREAKFAST CEREALS	z	43
Liquid breakfast, assorted flavours, Fast Start, Anchor, fortified	C1097	Nutritional beverage, liquid breakfast, assorted flavours, ready to drink, Fast Start, Anchor, fortified vitamins A, B1, B2, B3, B6, B12, D & folate	BEVERAGES, NON ALCOHOLIC	z	33
Liquid breakfast, assorted flavours, Up&Go, Sanitarium, fortified	C1094	Nutritional beverage, liquid breakfast, assorted flavours, ready to drink, Up&Go, Sanitarium, fortified vitamins A, B1, B2, B3, B6, B12, B6, C & folate	BEVERAGES, NON ALCOHOLIC	z	33
Liquorice, allsorts	W29	Liquorice, allsorts	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	169
Liquorice, black	W43	Liquorice, black, composite	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	169
Lollies, Minties, Pascall	W44	Lollies, Minties, Pascall	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	169
Lollipop, assorted flavours, Chupa Chup	W57	Lollipop, assorted flavours, Chupa Chup	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	169
Lychee, canned in syrup, undrained	L97	Lychee, in syrup, canned, undrained	FRUITS	b	107
Mandarin, flesh, raw	L194	Mandarin, flesh, raw	FRUITS	z	107
Mango, canned in syrup, undrained	L100	Mango, in syrup, canned, undrained	FRUITS	b	107
Mango, flesh, raw	L101	Mango, flesh, raw	FRUITS	b	107
Margarine, avocado, Olivani	J1022	Margarine, avocado, Olivani	FATS AND OILS	z	87
Margarine, canola, monounsaturated, 50% fat	J1003	Margarine, canola, monounsaturated, 50% fat, composite	FATS AND OILS	z	87
Margarine, canola, monounsaturated, 70% fat	J1001	Margarine, canola, monounsaturated, 70% fat, composite	FATS AND OILS	z	87
Margarine, catering, Choice	J1023	Margarine, catering, Choice	FATS AND OILS	z	87
Margarine, light, Logical	J1029	Margarine, light, Logical	FATS AND OILS	z	89
Margarine, light, monounsaturated, 55% fat, Olivani	J1012	Margarine, light, monounsaturated, 55% fat, Olivani	FATS AND OILS	z	89
Margarine, light, polyunsaturated, 50% fat, Flora, fortified	J1008	Margarine, light, polyunsaturated, 50% fat, Flora, fortified vitamin A & D	FATS AND OILS	z	89

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Margarine, monounsaturated, 75% fat, Olivani	J1009	Margarine, monounsaturated, 75% fat, Olivani	FATS AND OILS	z	89
Margarine, original, Flora, fortified	J1028	Margarine, original, Flora, fortified vitamin D	FATS AND OILS	z	89
Margarine, polyunsaturated, 60% fat, Sunrise	J1007	Margarine, polyunsaturated, 60% fat, Sunrise	FATS AND OILS	z	89
Margarine, polyunsaturated, 70% fat, fortified	J1005	Margarine, polyunsaturated, 70% fat, composite, fortified vitamins A & D	FATS AND OILS	z	89
Margarine, polyunsaturated, 70% fat, reduced salt, fortified	J1006	Margarine, polyunsaturated, 70% fat, reduced salt, composite, fortified vitamins A & D	FATS AND OILS	z	89
Margarine, rice bran, Alfa One	J1020	Margarine, rice bran, Alfa One	FATS AND OILS	z	89
Margarine, rice bran, light, Alfa One	J1021	Margarine, rice bran, light, Alfa One	FATS AND OILS	z	89
Margarine, summer gold, canola, monounsaturated, 70% fat, Pams	J1002	Margarine, summer gold, canola, monounsaturated, 70% fat, Pams	FATS AND OILS	z	89
Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams	J1004	Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams	FATS AND OILS	z	89
Marmalade	W17	Marmalade	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	169
Marrow, flesh, boiled, drained, no salt added	X57	Marrow, fruit vegetable, flesh, boiled, drained, no salt added	VEGETABLES AND PULSES	b	185
Marshmallow, pink & white	W40	Marshmallow, pink & white, composite	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	169
Melon, Honeydew, flesh, raw	L105	Melon, flesh, raw, Honeydew	FRUITS	b	107
Melon, rock, flesh, raw	L106	Melon, rock, flesh, raw, combined cultivars	FRUITS	z	107
Meringue, baked	R59	Meringue, baked	RECIPES	abz	145
Milk, condensed, sweetened, skim	F30	Milk, condensed, sweetened, skim	DAIRY	z	65
Milk, condensed, sweetened, whole	F31	Milk, condensed, sweetened, whole	DAIRY	z	65
Milk, cow, high calcium 0.1% fat, fluid, fortified	F1018	Milk, cow, high calcium 0.1% fat, fluid, composite, fortified vitamin D & Ca	DAIRY	z	65
Milk, cow, lite 1.5% fat, fluid	F1042	Milk, cow, lite 1.5% fat, fluid, composite	DAIRY	z	67
Milk, cow, low fat 0.2%, fluid, ultra filtered, Sun Latte, fortified	F1087	Milk, cow, low fat 0.2%, fluid, ultra filtered, Sun Latte, fortified vitamin D	DAIRY	z	67
Milk, cow, powder, instant, skim	F36	Milk, cow, instant, skim, powder	DAIRY	z	67
Milk, cow, powder, instant, whole	F37	Milk, cow, instant, whole, powder	DAIRY	z	67
Milk, cow, standard 3.3% fat, fluid	F1028	Milk, cow, standard 3.3% fat, fluid, composite	DAIRY	z	67
Milk, cow, standard, fluid, ultra-high-temperature processed	F43	Milk, cow, standard, fluid, ultra-high-temperature processed	DAIRY	z	67

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Milk, cow, trim 0.5% fat, fluid	F1035	Milk, cow, trim 0.5% fat, fluid, composite	DAIRY	z	67
Milk, cow, whole 4% fat, fluid, non-homogenised	F1086	Milk, cow, whole 4% fat, fluid, non-homogenised, composite	DAIRY	z	67
Milk, cow, whole, evaporated, fluid	F32	Milk, cow, whole, evaporated, fluid	DAIRY	z	67
Milk, goat, whole, fluid	F52	Milk, goat, whole, fluid	DAIRY	z	67
Milk, human, transitional, fluid	F54	Milk, human, transitional, fluid	DAIRY	b	67
Mincemeat, fruit, Christmas	R5415	Mincemeat, fruit, Christmas	RECIPES	abuz	147
Muesli bar, chocolate chip	U30	Muesli bar, chocolate chip, composite	SNACK FOODS	z	157
Muesli bar, chocolate coated, Snacker	U27	Muesli bar, chocolate coated, Snacker	SNACK FOODS	z	157
Muesli bar, fruit & nut	U28	Muesli bar, fruit & nut, composite	SNACK FOODS	z	157
Muesli bar, fruit filled, twisted, assorted flavours	U67	Muesli bar, fruit filled, twisted, assorted flavours, composite	SNACK FOODS	z	157
Muesli bar, fruit filled, wholemeal, assorted flavours	U70	Muesli bar, fruit filled, wholemeal, assorted flavours	SNACK FOODS	z	159
Muesli bar, yoghurt coated	U24	Muesli bar, yoghurt coated, composite	SNACK FOODS	z	159
Muffin, blueberry	A127	Muffin, blueberry	BAKERY PRODUCTS	z	15
Muffin, bran	A129	Muffin, bran	BAKERY PRODUCTS	z	15
Muffin, chocolate	A128	Muffin, chocolate	BAKERY PRODUCTS	z	15
Multigrain chip, assorted flavours, Grainwaves, Bluebird	U57	Snack, multigrain chip, assorted flavours, Grainwaves, Bluebird	SNACK FOODS	z	159
Mushroom, fried in butter	X298	Mushroom, fungus, fried in butter	VEGETABLES AND PULSES	z	185
Mushroom, fried in oil	X297	Mushroom, fungus, fried in oil	VEGETABLES AND PULSES	z	185
Mushroom, Portobello, whole, baked with oil,	X1090	Mushroom, fungus, whole, stem & cap, baked with oil, Portobello	VEGETABLES AND PULSES	z	185
Mushroom, Portobello, whole, raw	X1089	Mushroom, fungus, whole, stem & cap, fresh, raw, Portobello	VEGETABLES AND PULSES	z	185
Mushroom, raw	X60	Mushroom, fungus, raw	VEGETABLES AND PULSES	z	185
Mussel, green, meat, boiled	T1026	Mussel, green, meat, boiled	SHELLFISHES	z	153
Mussel, green, meat, fresh, raw	T1024	Mussel, green, meat, fresh, raw	SHELLFISHES	z	153
Mussel, green, meat, marinated, assorted flavoured, drained, ready to eat, Sealord	T1015	Mussel, green, meat, marinated, assorted flavoured, drained, ready to eat, Sealord	SHELLFISHES	z	153
Mussel, green, meat, marinated, drained, ready to eat, Talley's	T1005	Mussel, green, meat, marinated, drained, ready to eat, Talley's	SHELLFISHES	z	153
Mussel, green, meat, smoked, flavoured, ready to eat, Garlic, Aqua Fresh	T1022	Mussel, green, meat, smoked, flavoured, ready to eat, Garlic, Aqua Fresh	SHELLFISHES	z	153

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh	T1023	Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh	SHELLFISHES	z	155
Mutton, leg, lean, roasted	M598	Mutton, leg, separable lean, roasted	MEATS	z	125
Nectarine, flesh & skin, raw	L111	Nectarine, flesh & skin, raw	FRUITS	z	107
Non alcoholic beverage, kava, prepared	C1026	Non alcoholic beverage, kava, prepared	BEVERAGES, NON ALCOHOLIC	z	33
Noodle, chow mein, combination, Chinese	H1017	Noodle, chow mein, combination, Chinese, takeaway	FAST FOODS	z	81
Noodle, instant, boiled, drained	E81	Noodle, instant, boiled, drained	CEREALS AND PSEUDO-CEREALS	z	49
Noodle, pad thai with chicken & egg, Thai, takeaway	H1022	Noodle, pad thai with chicken & egg, Thai, takeaway	FAST FOODS	z	81
Noodle, rice flour, dry, boiled, drained	E1053	Noodle, rice flour, dry, boiled, drained, composite	CEREALS AND PSEUDO-CEREALS	z	49
Noodle, shelf-fresh, boiled, drained, Japanese udon noodles	E1056	Noodle, wheat flour, shelf-fresh, boiled, drained, Japanese udon noodles	CEREALS AND PSEUDO-CEREALS	z	49
Noodle, shelf-fresh, stir fried, Japanese udon noodles	E1057	Noodle, wheat flour, shelf-fresh, stir fried, Japanese udon noodles, composite	CEREALS AND PSEUDO-CEREALS	z	49
Noodle, wheat flour with egg, boiled, drained	E39	Noodle, wheat flour with egg, boiled, drained	CEREALS AND PSEUDO-CEREALS	b	49
Noodle, wheat flour with egg, fried	E40	Noodle, wheat flour with egg, fried	CEREALS AND PSEUDO-CEREALS	b	49
Noodle, wheat flour, assorted flavours, boiled, undrained, 2 Minutes, Maggi	E1050	Noodle, wheat flour & assorted flavours, boiled, undrained, 2 Minutes, Maggi	CEREALS AND PSEUDO-CEREALS	z	49
Noodle, wheat, Shin Ramyun Noodle Soup Hot & Spicy, Nong Shim, boiled, undrained	E1049	Noodle, wheat flour, flavoured, boiled, undrained, Shin Ramyun Noodle Soup Hot & Spicy, Nong Shim	CEREALS AND PSEUDO-CEREALS	z	49
Nut bar, peanut & chocolate, Choc Peanut, Tasti	U1011	Nut bar, peanut & chocolate, Choc Peanut, Tasti	SNACK FOODS	z	159
Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural	U1010	Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural	SNACK FOODS	z	159
Nut, almond, dry roasted, salt added	Q1008	Nut, almond, dry roasted, salt added	NUTS AND SEEDS	u	141
Nut, almond, dry roasted, unblanched, no salt added	Q1004	Nut, almond, dry roasted, unblanched, no salt added	NUTS AND SEEDS	u	141
Nut, almond, kernels, dried, raw, unblanched	Q1025	Nut, almonds, kernel, dried, whole, raw, unblanched, composite	NUTS AND SEEDS	z	141
Nut, almond, roasted with oil, unblanched, no salt added	Q1003	Nut, almond, roasted with oil, unblanched, no salt added	NUTS AND SEEDS	u	143
Nut, brazilnut, raw	Q4	Nut, brazilnut, raw	NUTS AND SEEDS	b	141
Nut, cashew, raw	Q1016	Nut, cashew, raw	NUTS AND SEEDS	a	141
Nut, cashew, roasted, no salt added	Q1017	Nut, cashew, roasted, no salt added	NUTS AND SEEDS	a	141

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Nut, cashew, roasted, salt added	Q1018	Nut, cashew, roasted, salt added	NUTS AND SEEDS	a	141
Nut, hazelnut, whole, skin on, raw	Q1023	Nut, hazelnut, kernel, whole, raw, unblanched, composite	NUTS AND SEEDS	z	141
Nut, macadamia, raw	Q38	Nut, macadamia, raw	NUTS AND SEEDS	u	141
Nut, macadamia, roasted with oil, salt added	Q19	Nut, macadamia, roasted with oil, salt added	NUTS AND SEEDS	u	141
Nut, mixed, salted	Q11	Nut, mixed, salted	NUTS AND SEEDS	a	143
Nut, peanut, all types, dry roasted, no salt added	Q1005	Nut, peanut, all types, dry roasted, no salt added	NUTS AND SEEDS	u	143
Nut, peanut, all types, roasted with oil, no salt added	Q1006	Nut, peanut, all types, roasted with oil, no salt added	NUTS AND SEEDS	u	143
Nut, pecan, dried, raw	Q94	Nut, pecan, dried, raw	NUTS AND SEEDS	u	143
Nut, pine, raw	Q21	Nut, pine, raw	NUTS AND SEEDS	u	143
Nut, pistachio, raw	Q22	Nut, pistachio, raw	NUTS AND SEEDS	u	143
Nut, walnut, kernel, halves & pieces, raw	Q1024	Nut, walnut, kernel, halves & pieces, raw, composite	NUTS AND SEEDS	z	143
Nutri-Grain, Kellogg's, fortified	D1037	Breakfast cereals, mixed grains extruded, ready to eat, Nutri-Grain, Kellogg's, fortified vitamins B1, B2, B3, B6, C & folate, Ca & Fe	BREAKFAST CEREALS	z	43
Oat bran	E23	Bran, oats, composite	CEREALS AND PSEUDO-CEREALS	u	49
Oatmeal, dry	E22	Oatmeal, dry	CEREALS AND PSEUDO-CEREALS	z	51
Oats, rolled, raw	E25	Oats, grains rolled, raw, composite	CEREALS AND PSEUDO-CEREALS	z	51
Oats, toasted, Rolled Oats, Harraways	E1015	Oats, grains rolled, toasted, Rolled Oats, Harraways	CEREALS AND PSEUDO-CEREALS	z	51
Oats, Traditional Wholegrain Oats, Harraways	E1022	Oats, wholegrain, toasted, Traditional Wholegrain Oats, Harraways	CEREALS AND PSEUDO-CEREALS	z	51
Oil, avocado	J60	Oil, avocado	FATS AND OILS	u	91
Oil, canola	J1033	Oil, canola, composite	FATS AND OILS	z	91
Oil, corn	J4	Oil, corn	FATS AND OILS	b	91
Oil, flaxseed	J61	Oil, flaxseed	FATS AND OILS	u	91
Oil, olive	J10	Oil, olive	FATS AND OILS	z	91
Oil, rice bran	J1034	Oil, rice bran, composite	FATS AND OILS	u	91
Oil, safflower	J14	Oil, safflower	FATS AND OILS	b	91
Oil, sesame	J1037	Oil, sesame	FATS AND OILS	u	91

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Oil, soya bean	J1035	Oil, soya bean, composite	FATS AND OILS	z	91
Oil, sunflower	J1036	Oil, sunflower, composite	FATS AND OILS	z	91
Oil, vegetable, blend	J31	Oil, vegetable, blend	FATS AND OILS	b	91
Olive, in brine	L112	Olive, in brine	FRUITS	b	107
Omelette, cheese, cooked	R62	Omelette, cheese, cooked	RECIPES	z	147
Omelette, plain, cooked	R63	Omelette, plain, cooked	RECIPES	z	147
Onion, brown, flesh, fresh, raw	X1130	Onion, bulb vegetable, flesh, fresh, raw, Brown, combined cultivars	VEGETABLES AND PULSES	z	185
Onion, brown, flesh, fresh, sauteed	X1131	Onion, bulb vegetable, flesh, fresh, sauteed with oil, Brown, combined cultivars	VEGETABLES AND PULSES	z	185
Onion, pickled	X146	Onion, pickled	VEGETABLES AND PULSES	a	187
Orange roughy, flesh, baked	K78	Orange roughy, flesh, baked	FIN FISHES	z	95
Orange roughy, flesh, deep fried	K79	Orange roughy, flesh, deep fried	FIN FISHES	z	95
Orange, flesh, raw, USA	L1155	Orange, flesh, raw, USA	FRUITS	z	107
Ox, offal, heart, simmered	M1086	Ox, offal, heart, simmered	MEATS	z	125
Ox, offal, kidney, simmered	M1087	Ox, offal, kidney, simmered	MEATS	z	127
Ox, offal, liver, fast-fried	M1088	Ox, offal, liver, fast-fried	MEATS	z	127
Oyster, battered, deep fried in peanut oil	T17	Oyster, battered, deep fried in peanut oil	SHELLFISHES	z	155
Oyster, dredge, raw	T6	Oyster, dredge, raw	SHELLFISHES	z	155
Pancake, McDonald's	H151	Pancake, ready to eat, McDonald's	FAST FOODS	z	81
Parsley, raw	X68	Parsley, leafy vegetable, raw	VEGETABLES AND PULSES	b	187
Parsnip, boiled, drained, no salt added	X1099	Parsnip, root vegetable, taproot, flesh, boiled, drained, no salt added	VEGETABLES AND PULSES	z	187
Parsnip, flesh, baked without fat	X1100	Parsnip, root vegetable, taproot, flesh, baked without fat	VEGETABLES AND PULSES	z	187
Parsnip, flesh, steamed	X1101	Parsnip, root vegetable, taproot, flesh, steamed	VEGETABLES AND PULSES	z	187
Passion fruit, flesh & seed, raw	L116	Passion fruit, flesh & seed, raw	FRUITS	ab	107
Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled	E1061	Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled, composite	CEREALS AND PSEUDO-CEREALS	z	51
Pasta, fresh, assorted type, cooked	E55	Pasta, fresh, assorted type, cooked, composite	CEREALS AND PSEUDO-CEREALS	z	51
Pasta, fresh, fettuccine, herb & garlic, cooked	E56	Pasta, fresh, fettuccine, herb & garlic, cooked	CEREALS AND PSEUDO-CEREALS	z	51

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Pasta, fresh, ravioli, beef & pork, cooked	E57	Pasta, fresh, ravioli, beef & pork, cooked, composite	CEREALS AND PSEUDO-CEREALS	z	51
Pasta, wheat flour with egg, boiled, drained	E118	Pasta, wheat flour with egg, boiled, drained	CEREALS AND PSEUDO-CEREALS	z	51
Pasta, wheat flour with vegetable flavours, boiled, drained	E119	Pasta, wheat flour with vegetable flavours, boiled, drained	CEREALS AND PSEUDO-CEREALS	z	51
Pasta, white wheat flour, assorted shapes, regular, boiled, drained, no salt added	E1064	Pasta, white wheat flour, assorted shapes, regular, boiled, drained, no salt added	CEREALS AND PSEUDO-CEREALS	z	53
Pasta, wholemeal wheat flour, assorted shapes, boiled, drained, no salt added	E1066	Pasta, wholemeal wheat flour, assorted shapes, boiled, drained, no salt added	CEREALS AND PSEUDO-CEREALS	z	53
Pastry, short, butter, baked	R5407	Pastry, short, butter, baked	RECIPES	buz	147
Pate, chicken liver	N22	Pate, chicken liver	MEAT PRODUCTS	abu	133
Pate, pork liver	N23	Pate, pork liver	MEAT PRODUCTS	abu	133
Paua, fritter, deep fried	T25	Paua, fritter, deep fried	SHELLFISHES	z	155
Pea, green, frozen, boiled, drained, no salt added	X1135	Pea, seed vegetable, frozen, boiled, drained, no salt added, green	VEGETABLES AND PULSES	z	187
Pea, split, dried, boiled, drained, no salt added	X73	Pea, seed vegetable, split, dried, boiled, drained, no salt added	VEGETABLES AND PULSES	b	187
Peach, canned in juice, undrained	L1123	Peach, in juice, canned, no sugar added, undrained, composite	FRUITS	z	109
Peach, canned in syrup, drained	L1126	Peach, in syrup, sugar-sweetened, canned, drained, composite	FRUITS	z	109
Peach, flesh & skin, raw	L126	Peach, flesh & skin, raw	FRUITS	z	109
Peanut butter, smooth & crunchy, no sugar or salt added	Q1020	Peanut butter, smooth & crunchy, no sugar or salt added, composite	NUTS AND SEEDS	z	143
Peanut butter, smooth & crunchy, salt & sugar added	Q1021	Peanut butter, smooth & crunchy, salt & sugar added, composite	NUTS AND SEEDS	z	143
Peanut butter, smooth & crunchy, salt added, no sugar added	Q1019	Peanut butter, smooth & crunchy, salt added, no sugar added, composite	NUTS AND SEEDS	z	145
Pear, canned in juice, undrained	L204	Pear, in juice, canned, undrained	FRUITS	b	109
Pear, flesh & skin, raw	L1015	Pear, flesh & skin, raw, combined varieties	FRUITS	z	109
Pear, nashi, flesh, raw	L219	Pear, flesh, raw, nashi	FRUITS	z	109
Persimmon, flesh, raw	L178	Persimmon, flesh, raw	FRUITS	au	109
Pickle, sweet	S2	Pickle, sweet	SAUCES AND CONDIMENTS	b	149
Pie, apple, McDonald's	H27	Pie, apple, ready to eat, McDonald's	FAST FOODS	z	81
Pie, cornish pastie	N4	Pie, cornish pastie	MEAT PRODUCTS	b	133
Pie, lemon meringue, baked	R5442	Pie, lemon meringue, baked	RECIPES	abuz	147

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Pie, mince, family size	H29	Pie, mince, family size, composite	FAST FOODS	z	81
Pie, pork	N12	Pie, pork	MEAT PRODUCTS	b	133
Pie, savoury, chicken, individual size, ready to eat	H1056	Pie, savoury, chicken, individual size, ready to eat, commercial	FAST FOODS	z	81
Pie, savoury, egg & bacon, individual size, ready to eat	H1055	Pie, savoury, egg & bacon, individual size, ready to eat, commercial	FAST FOODS	z	83
Pie, savoury, mince & cheese, individual size, ready to eat	H1054	Pie, savoury, mince & cheese, individual size, ready to eat, commercial	FAST FOODS	z	83
Pineapple, canned in juice, drained	L1130	Pineapple, in juice, no sugar added canned, drained, composite	FRUITS	z	109
Pineapple, canned in syrup, drained	L1134	Pineapple, in syrup, sugar-sweetened canned, drained, composite	FRUITS	z	109
Pineapple, canned in syrup, undrained	L1135	Pineapple, in syrup, sugar-sweetened canned, undrained, composite	FRUITS	z	111
Pineapple, flesh, raw	L144	Pineapple, flesh, raw	FRUITS	b	111
Pipi, flesh, raw	T19	Pipi, flesh, raw	SHELLFISHES	z	155
Pizza base, no topping	A143	Pizza base, no topping, composite	BAKERY PRODUCTS	z	15
Pizza, barbeque chicken, thick crust	H190	Pizza, barbeque chicken, thick crust, composite	FAST FOODS	z	83
Pizza, frozen, Hawaiian & Combination, individual size, baked	H179	Pizza, frozen, Hawaiian & Combination, individual size, baked	FAST FOODS	z	83
Pizza, frozen, Hawaiian & House special, premium, baked	H177	Pizza, frozen, Hawaiian & House special, premium, baked	FAST FOODS	z	83
Pizza, frozen, meat lovers, premium, baked	H176	Pizza, frozen, meat lovers, premium, baked	FAST FOODS	z	83
Pizza, Hawaiian, thick crust	H191	Pizza, Hawaiian, thick crust, composite	FAST FOODS	z	
Pizza, meat, thick crust	H189	Pizza, meat, thick crust, composite	FAST FOODS	z	83
Pizza, supreme, thin crust, Pizza Hut	H41	Pizza, supreme, thin crust, Pizza Hut	FAST FOODS	a	83
Plum, canned in syrup, drained	L148	Plum, in syrup, canned, drained	FRUITS	z	111
Plum, cooking, stewed	L154	Plum, cooking, stewed	FRUITS	b	111
Plum, flesh & skin, raw	L155	Plum, flesh & skin, raw, combined cultivars	FRUITS	z	111
Plum, Royal Star, flesh, raw	L1053	Plum, flesh, raw, Royal Star	FRUITS	z	111
Popcorn, air popped	U1009	Snack, popcorn, air popped	SNACK FOODS	u	159
Popcorn, buttered, salted, Pop N Good	U40	Popcorn, buttered, salted, Pop N Good	SNACK FOODS	z	159
Pork, forequarter scotch fillet, separable lean, grilled	M429	Pork, forequarter scotch fillet, separable lean, grilled	MEATS	z	127
Pork, forequarter shoulder roast, lean 74%, fat 20% & skin 6%, roasted	M465	Pork, forequarter shoulder roast, lean 74%, fat 20% & skin 6%, roasted	MEATS	z	127
Pork, ham, separable lean 92% & fat 8%, cooked	M124	Pork, ham, separable lean 92% & fat 8%, cooked	MEATS	au	127

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Pork, leg roast, lean, roasted	M533	Pork, leg roast, lean, roasted	MEATS	z	127
Pork, leg shank, lean & fat, roasted	M94	Pork, leg shank, lean & fat, roasted	MEATS	z	127
Pork, leg steak, lean & fat, grilled	M286	Pork, leg steak, lean & fat, grilled	MEATS	z	127
Pork, leg steak, lean, stewed	M411	Pork, leg steak, separable lean, stewed	MEATS	z	127
Pork, leg steak, separable lean, grilled	M285	Pork, leg steak, separable lean, grilled	MEATS	z	127
Pork, loin chops, lean, grilled	M99	Pork, loin chops, lean, grilled	MEATS	z	127
Pork, loin, medallion, lean, grilled	M434	Pork, loin, medallion, lean, grilled	MEATS	z	127
Pork, midloin chops, lean & fat, grilled	M98	Pork, midloin chops, lean & fat, grilled	MEATS	z	127
Pork, schnitzel, lean, fried	M409	Pork, schnitzel, lean, fried	MEATS	z	129
Pork, shoulder, separable lean, roasted	M278	Pork, shoulder, separable lean, roasted	MEATS	z	129
Pork, sweet & sour, Chinese, takeaway	H1014	Pork, sweet & sour, Chinese, takeaway	FAST FOODS	z	83
Porridge, prepared with water, salt added	D22	Porridge, prepared with water, salt added	BREAKFAST CEREALS	b	43
Port, wine, fortified	B17	Port, wine, fortified	BEVERAGES, ALCOHOLIC	b	21
Potato & Gravy, Kentucky Fried Chicken	H1045	Potato & Gravy, Kentucky Fried Chicken	FAST FOODS	m	83
Potato chip or crisp, assorted flavours, salted, fried in assorted oils	U1013	Snack, potato chip or crisp, assorted flavours, salted, fried in assorted oils, ready to eat, composite	SNACK FOODS	z	159
Potato chip or crisp, plain, salted, fried in assorted oils	U1012	Snack, potato chip or crisp, plain, salted, fried in assorted oils, ready to eat, composite	SNACK FOODS	z	159
Potato, flesh & skin, floury, baked without oil, no added salt	X1177	Potato, root vegetable, stem tuber, flesh & skin, baked without oil, no added salt, floury potatoes for baking, frying and mashing	VEGETABLES AND PULSES	z	187
Potato, flesh & skin, waxy, boiled, drained, no salt added	X1184	Potato, root vegetable, stem tuber, flesh & skin, boiled, drained, waxy potato, no salt added	VEGETABLES AND PULSES	z	187
Potato, flesh, floury, boiled, drained, mashed, no salt added	X1179	Potato, root vegetable, stem tuber, flesh, boiled, drained, mashed, no salt added, floury potatoes for baking, frying and mashing	VEGETABLES AND PULSES	z	189
Potato, flesh, floury, fried in canola oil, no salt added	X1181	Potato, root vegetable, stem tuber, flesh, fried in canola oil, no salt added, floury potatoes for baking, frying and mashing	VEGETABLES AND PULSES	z	189
Potato, flesh, floury, mashed with 3.3% fat milk & butter, no salt added	X1180	Potato, root vegetable, stem tuber, flesh, boiled, drained, mashed with 3.3% fat milk & butter, no salt added, floury potatoes for baking, frying and mashing	VEGETABLES AND PULSES	z	189
Potato, flesh, floury, mashed with 3.3% fat milk & margarine, no salt added	X1182	Potato, root vegetables, stem tuber, flesh, boiled, drained, mashed with 3.3% fat milk & margarine, no salt added, floury potatoes for baking, frying and mashing	VEGETABLES AND PULSES	z	189
Potato, fries beer batter, frozen, baked	X1032	Potato, fries beer batter, frozen, baked, composite	VEGETABLES AND PULSES	z	189

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Potato, fries tempura, frozen, baked, Crunchy Steak Cut Fries, Wattie's	X1033	Potato, fries tempura, frozen, baked, Crunchy Steak Cut Fries, Wattie's	VEGETABLES AND PULSES	z	189
Potato, fries, chunky cut, frozen, precooked in canola oil, baked	X327	Potato, fries, chunky cut, frozen, precooked in canola oil, baked	VEGETABLES AND PULSES	z	189
Potato, fries, chunky cut, frozen, precooked in polyunsaturated oil, baked	X324	Potato, fries, chunky cut, frozen, precooked in polyunsaturated oil, baked	VEGETABLES AND PULSES	z	189
Potato, fries, shoestring cut, frozen, precooked in polyunsaturated oil, baked	X321	Potato, fries, shoestring cut, frozen, precooked in polyunsaturated oil, baked	VEGETABLES AND PULSES	z	189
Potato, fries, straight cut, frozen, precooked in polyunsaturated oil, baked	X322	Potato, fries, straight cut, frozen, precooked in polyunsaturated oil, baked	VEGETABLES AND PULSES	z	189
Potato, hash brown, McDonald's	H152	Potato, hash brown, McDonald's	FAST FOODS	z	83
Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams	X1037	Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams	VEGETABLES AND PULSES	z	189
Potato, wedges, frozen, precooked in polyunsaturated oil, baked	X314	Potato, wedges, frozen, precooked in polyunsaturated oil, baked	VEGETABLES AND PULSES	z	191
Prawn, king, flesh, cooked	T1027	Prawn, king, flesh, cooked	SHELLFISHES	a	155
Prawn, king, flesh, raw	T1028	Prawn, king, flesh, raw	SHELLFISHES	a	155
Pretzels, wheat flour, salted, baked	U1004	Snack, pretzels, wheat flour, salted, baked	SNACK FOODS	u	159
Probiotic drink, assorted flavours, Activate Body Boost Shots, Meadow Fresh, fortified	C1017	Drink, probiotic, assorted flavours, Activate Body Boost Shots, Meadow Fresh, fortified vitamins A, B1, B3, B5, B6, C & E, & Zn	BEVERAGES, NON ALCOHOLIC	m	33
Protein powder, whey & vanilla flavoured, 100% Whey Protein WPC/WPI, Balance	F1071	Protein powder, whey & vanilla flavoured, 100% Whey Protein WPC/WPI, Balance	DAIRY	z	69
Prune, dried	L157	Prune, flesh & skin, dried	FRUITS	a	111
Prune, dried, stewed	L159	Prune, dried, stewed	FRUITS	b	111
Pudding, rice, cocoa & coconut, cooked	R5424	Pudding, rice, cocoa & coconut, cooked	RECIPES	abz	147
Pudding, sponge, fruit, steamed	R109	Pudding, sponge, fruit, steamed	RECIPES	abuz	147
Puffed Wheat, Sanitarium	D1017	Breakfast cereal, wheat grain puffed, ready to eat, Puffed Wheat, Sanitarium	BREAKFAST CEREALS	m	43
Pumpkin, flesh, Whangaparaoa crown, fresh, baked with oil	X1122	Pumpkin, fruit vegetable, fruit, flesh, fresh, baked with oil, Whangaparaoa crown	VEGETABLES AND PULSES	z	191
Pumpkin, Kumi Kumi, flesh and skin, fresh, boiled, drained, no salt added	X1186	Pumpkin, fruit vegetable, flesh and skin, fresh, boiled, drained, no salt added, Kumi Kumi	VEGETABLES AND PULSES	z	191
Pumpkin, Whangaparaoa crown, flesh, fresh, steamed, Whangaparaoa crown	X1121	Pumpkin, fruit vegetable, fruit, flesh, fresh, steamed, Whangaparaoa crown	VEGETABLES AND PULSES	z	191

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Pumpkin, Whangaparaoa crown, fresh, boiled, drained, no salt added	X1120	Pumpkin, fruit vegetable, fruit, flesh, fresh, boiled, drained, no salt added, Whangaparaoa crown	VEGETABLES AND PULSES	z	191
Pumpkin, Whangaparaoa crown, fresh, raw	X1119	Pumpkin, fruit vegetable, fruit, flesh, fresh, raw, Whangaparaoa crown	VEGETABLES AND PULSES	z	191
Puwaha, leaves, raw, Prickly Sow Thistle	X1012	Puwaha, leafy vegetable, raw, Prickly Sow Thistle	VEGETABLES AND PULSES	z	191
Puwaha, Sow Thistle, leaves & upper stem, boiled, drained, no salt added	X181	Puwaha, leafy vegetable, leaves & upper stem, boiled, drained, no salt added, Sow Thistle	VEGETABLES AND PULSES	z	191
Quiche, spinach, baked	R5441	Quiche, spinach, baked	RECIPES	buz	147
Quinoa, cooked	E1025	Quinoa, seed, cooked	CEREALS AND PSEUDO-CEREALS	u	53
Rabbit, flesh, stewed	M126	Rabbit, flesh, stewed	MEATS	b	129
Radish, flesh & skin, raw	X112	Radish, root vegetable, taproot, flesh & skin, raw	VEGETABLES AND PULSES	b	191
Raisin, seedless	L161	Raisin, seedless, composite	FRUITS	z	111
Raspberry, Meeker, frozen	L1055	Raspberry, frozen, Meeker	FRUITS	z	111
Raspberry, Wakefield, frozen	L1054	Raspberry, frozen, Wakefield	FRUITS	z	113
Red kidney bean, canned in brine, drained	X1147	Bean, red kidney bean, seed, in brine, canned, drained, composite	VEGETABLES AND PULSES	z	191
Rhubarb, stewed with sugar	L168	Rhubarb, stewed with sugar	FRUITS	b	113
Rhubarb, stewed without sugar	L169	Rhubarb, stewed without sugar	FRUITS	b	113
Rice Bubbles, Kellogg's, fortified	D42	Breakfast cereal, rice, puffed, ready to eat, Rice Bubbles, Kellogg's, fortified vitamins B1, B2 & B3, C & folate, Fe & Zn	BREAKFAST CEREALS	m	43
Rice milk, Get Natural, fortified	C1006	Drink, rice milk, ready to drink, Rice milk, Get Natural, fortified Ca & P	BEVERAGES, NON ALCOHOLIC	z	33
Rice milk, Organic Rice Lactose Free Drink Original, Signature Range	C1007	Drink, rice milk, ready to drink, Organic Rice Lactose Free Drink Original, Signature Range	BEVERAGES, NON ALCOHOLIC	z	33
Rice milk, Original Calcium Enriched, Vitasoy, fortified	C1002	Drink, rice milk, ready to drink, Rice milk Original, Vitasoy, fortified Ca & P	BEVERAGES, NON ALCOHOLIC	z	35
Rice milk, Original Lactose Free Beverage Low Fat & Natural, Rice Dream	C1001	Drink, rice milk, ready to drink, Original Lactose Free Beverage Low Fat & Natural, Rice Dream	BEVERAGES, NON ALCOHOLIC	z	35
Rice milk, Protein & Calcium Enriched, Vitasoy, fortified	C1003	Drink, rice milk, ready to drink, Rice milk, Vitasoy, fortified protein, Ca & P	BEVERAGES, NON ALCOHOLIC	z	35
Rice milk, Rice Drink Original, Rice Dream, fortified	C1004	Drink, rice milk, ready to drink, Rice Drink Original, Rice Dream, fortified vitamins A, D & B12, Ca & P	BEVERAGES, NON ALCOHOLIC	z	35
Rice milk, Rice Drink Vanilla, Rice Dream, fortified	C1005	Drink, rice milk, ready to drink, Rice Drink Vanilla, Rice Dream, fortified vitamins A, D & B12, Ca & P	BEVERAGES, NON ALCOHOLIC	z	35
Rice, brown, boiled	E42	Rice, brown, boiled	CEREALS AND PSEUDO-CEREALS	b	53

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Rice, creamed, canned	E1069	Rice, creamed, canned, composite	CEREALS AND PSEUDO-CEREALS	z	53
Rice, white, Basmati, boiled, undrained	E1046	Rice, white aromatic, boiled, undrained, Basmati, composite	CEREALS AND PSEUDO-CEREALS	z	53
Rice, white, Jasmine, boiled, undrained	E1023	Rice, white aromatic, boiled, undrained, Jasmine	CEREALS AND PSEUDO-CEREALS	o	53
Rice, white, polished, boiled	E27	Rice, white, polished, boiled	CEREALS AND PSEUDO-CEREALS	z	53
Rice, wild, cooked	E1016	Rice, wild, cooked	CEREALS AND PSEUDO-CEREALS	u	53
Ricies, Sanitarium, fortified	D1029	Breakfast cereal, rice, puffed, ready to eat, Ricies, Sanitarium, fortified vitamins B1, B2 & B3, & Fe	BREAKFAST CEREALS	z	43
Rocket, leaves, raw	X1018	Rocket, leafy vegetable, raw	VEGETABLES AND PULSES	z	191
Salad, Mesclun, leaves, raw	X1047	Salad, leafy vegetable, raw, Mesclun, composite	VEGETABLES AND PULSES	z	191
Salmon, assorted flavours, canned, undrained	K1025	Salmon, assorted flavours, canned, undrained, composite	FIN FISHES	z	95
Salmon, king, fillet, flesh, cold or hot smoked, New Zealand	K1023	Salmon, king, farmed, fillet, flesh, cold or hot smoked, as purchased, composite, New Zealand	FIN FISHES	z	95
Salmon, king, fillet, skin & bones removed, fresh, baked without fat, no salt added, New Zealand	K1018	Salmon, king, farmed, fillet, skin & bones removed, fresh, baked without fat, no salt added, composite, New Zealand	FIN FISHES	z	95
Salmon, king, fillet, skin & bones removed, fresh, pan-fried with oil, New Zealand	K1020	Salmon, king, farmed, fillet, skin & bones removed, fresh, pan-fried with oil, composite, New Zealand	FIN FISHES	z	95
Salmon, king, fillet, skin & bones removed, fresh, raw, New Zealand	K1017	Salmon, king, farmed, fillet, skin & bones removed, fresh, raw, composite, New Zealand	FIN FISHES	z	95
Salmon, king, fillet, skin & bones removed, fresh, steamed, New Zealand	K1019	Salmon, king, farmed, fillet, skin & bones removed, fresh, steamed, composite, New Zealand	FIN FISHES	z	95
Salmon, pink or red, flesh, canned in spring water, drained	K1024	Salmon, pink or red, flesh, canned in spring water, drained, composite	FIN FISHES	z	95
Salt, table, iodised	P81	Salt, table, iodised	MISCELLANEOUS	z	137
Salt, table, uniodised	P10	Salt, table, uniodised	MISCELLANEOUS	b	139
San Bran, Sanitarium	D1018	Breakfast cereal, wheat bran pellets, ready to eat, San Bran, Sanitarium	BREAKFAST CEREALS	m	43
Sardines, canned, drained	K42	Sardines, canned, drained	FIN FISHES	b	95
Sauce, chilli	S22	Sauce, chilli	SAUCES AND CONDIMENTS	b	149
Sauce, chilli, sweet, commercial	S1016	Sauce, chilli, sweet, commercial, composite	SAUCES AND CONDIMENTS	z	149

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Sauce, chocolate	W46	Sauce, chocolate, composite	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	169
Sauce, fish	S1007	Sauce, fish	SAUCES AND CONDIMENTS	u	151
Sauce, pasta, chunky vegetable, tomato based, heated	S68	Sauce, pasta, chunky vegetable, tomato based, heated, composite	SAUCES AND CONDIMENTS	z	151
Sauce, simmer, butter chicken, heated	S70	Sauce, simmer, butter chicken, heated, composite	SAUCES AND CONDIMENTS	z	151
Sauce, simmer, korma, cream & coconut base	S1019	Sauce, simmer, cream & coconut base, as purchased, Korma, composite	SAUCES AND CONDIMENTS	z	151
Sauce, simmer, satay, heated	S71	Sauce, simmer, satay, heated	SAUCES AND CONDIMENTS	z	151
Sauce, simmer, sweet & sour, heated	S69	Sauce, simmer, sweet & sour, heated, composite	SAUCES AND CONDIMENTS	z	151
Sauce, soy, commercial	S1014	Sauce, soy, commercial, composite	SAUCES AND CONDIMENTS	z	151
Sauce, soy, reduced salt, commercial	S1015	Sauce, soy, reduced salt, commercial, composite	SAUCES AND CONDIMENTS	z	151
Sauce, tartar, Eta	S46	Sauce, tartar, Eta	SAUCES AND CONDIMENTS	z	151
Sauce, tomato	S44	Sauce, tomato, composite	SAUCES AND CONDIMENTS	z	151
Sauce, tomato, ketchup	S1008	Sauce, tomato, ketchup	SAUCES AND CONDIMENTS	z	151
Sauce, Worcestershire	S14	Sauce, Worcestershire	SAUCES AND CONDIMENTS	a	151
Sausage roll, individual size, microwaved	H1043	Sausage roll, individual size, microwaved	FAST FOODS	z	85
Sausage roll, party size, baked	H1044	Sausage roll, party size, baked	FAST FOODS	z	85
Sausage roll, with cheese, baked	H1002	Sausage roll, with cheese, baked, composite	FAST FOODS	z	85
Sausage, assorted meats & flavours, dry fried	N63	Sausage, assorted meats & flavours, dry fried, composite	MEAT PRODUCTS	z	133
Sausage, assorted meats & flavours, grilled	N64	Sausage, assorted meats & flavours, grilled, composite	MEAT PRODUCTS	z	133
Sausage, assorted meats & flavours, precooked, grilled	N61	Sausage, assorted meats & flavours, precooked, grilled, composite	MEAT PRODUCTS	z	133
Sausage, beef, barbecued, with no added fat	N1023	Sausage, beef, barbecued, with no added fat, composite	MEAT PRODUCTS	z	133
Sausage, beef, boiled, drained	N1024	Sausage, beef, boiled, drained, composite	MEAT PRODUCTS	z	133
Sausage, beef, grilled, with no added fat	N1022	Sausage, beef, grilled, with no added fat, composite	MEAT PRODUCTS	z	133
Sausage, beef, pan fried, with no added fat	N1021	Sausage, beef, pan fried, with no added fat, composite	MEAT PRODUCTS	z	135
Sausage, black pudding, fried	N2	Sausage, black pudding, fried	MEAT PRODUCTS	b	135
Sausage, chicken, barbecued, with no added fat	N1031	Sausage, chicken, barbecued, with no added fat, composite	MEAT PRODUCTS	z	135
Sausage, chicken, boiled, drained	N1032	Sausage, chicken, boiled, drained, composite	MEAT PRODUCTS	z	135
Sausage, chicken, grilled, with no added fat	N1030	Sausage, chicken, grilled, with no added fat, composite	MEAT PRODUCTS	z	135
Sausage, chicken, pan fried, with no added fat	N1029	Sausage, chicken, pan fried, with no added fat, composite	MEAT PRODUCTS	z	135

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Sausage, frankfurters, precooked	N6	Sausage, frankfurters, precooked	MEAT PRODUCTS	b	135
Sausage, lamb, barbecued, with no added fat	N1035	Sausage, lamb, barbecued, with no added fat, composite	MEAT PRODUCTS	z	135
Sausage, lamb, boiled, drained	N1036	Sausage, lamb, boiled, drained, composite	MEAT PRODUCTS	z	135
Sausage, lamb, grilled, with no added fat	N1034	Sausage, lamb, grilled, with no added fat, composite	MEAT PRODUCTS	z	137
Sausage, lamb, pan fried, with no added fat	N1033	Sausage, lamb, pan fried, with no added fat, composite	MEAT PRODUCTS	z	137
Sausage, pork, barbecued, with no added fat	N1027	Sausage, pork, barbecued, with no added fat, composite	MEAT PRODUCTS	z	137
Sausage, pork, boiled, drained	N1028	Sausage, pork, boiled, drained, composite	MEAT PRODUCTS	z	137
Sausage, pork, grilled, with no added fat	N1026	Sausage, pork, grilled, with no added fat, composite	MEAT PRODUCTS	z	137
Sausage, pork, pan fried, with no added fat	N1025	Sausage, pork, pan fried, with no added fat, composite	MEAT PRODUCTS	z	137
Sausage, salami assorted meats & flavours	N1039	Sausage, salami assorted meats & flavours, composite	MEAT PRODUCTS	z	137
Sausage, salami assorted meats & flavours, acidulated, heat treated	N1038	Sausage, salami assorted meats & flavours, acidulated, heat treated, ready to eat, composite	MEAT PRODUCTS	z	137
Sausage, saveloy, boiled	N43	Sausage, saveloy, boiled, composite	MEAT PRODUCTS	z	137
Saveloy, battered, fried, Independent Shops	H52	Saveloy, battered, fried, Independent Shops	FAST FOODS	z	85
Savoury, bacon & egg, baked	H1003	Savoury, bacon & egg, baked, composite	FAST FOODS	z	85
Savoury, mince & cheese, heated	H1005	Savoury, mince & cheese, heated, composite	FAST FOODS	z	85
Savoury, mince, heated	H1004	Savoury, mince, heated, composite	FAST FOODS	z	85
Savoury, potato top, heated	H1006	Savoury, potato top, heated, composite	FAST FOODS	z	85
Scallop, battered, deep fried	T20	Scallop, battered, deep fried	SHELLFISHES	u	155
Scallop, raw	T11	Scallop, raw	SHELLFISHES	z	155
Scone, white, plain	A1134	Scone, white, plain, ready to eat, commercial	BAKERY PRODUCTS	z	15
Scone, white, with cheese	A1135	Scone, white, with cheese, ready to eat, commercial	BAKERY PRODUCTS	z	15
Scone, white, with dates	A1133	Scone, white, with dates, ready to eat, commercial	BAKERY PRODUCTS	z	15
Scone, wholemeal, baked	R125	Scone, wholemeal, baked	RECIPES	a,b,z	147
Seaweed, sheet, toasted, nori	X1013	Seaweed, sea vegetable, sheet, toasted, nori	VEGETABLES AND PULSES	z	193
Seed, poppy	P1003	Seed, poppy, composite	MISCELLANEOUS	u	139
Seed, pumpkin & squash, kernel, dried	Q42	Seed, pumpkin & squash, kernel, dried	NUTS AND SEEDS	u	145
Seed, sesame butter, tahini	Q27	Seed, sesame butter, tahini	NUTS AND SEEDS	a	145
Seed, sesame, dried, raw	Q95	Seed, sesame, dried, raw	NUTS AND SEEDS	u	145

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Seed, sunflower, kernel, dried	Q41	Seed, sunflower, kernel, dried	NUTS AND SEEDS	u	145
Semi soft butter, butter & canola oil, spreadable	J1013	Dairy blend, butter & canola oil, semi soft, spreadable, composite	FATS AND OILS	z	91
Semolina, cooked	E73	Semolina, cooked	CEREALS AND PSEUDO-CEREALS	a	53
Sherry, dry	B18	Sherry, dry	BEVERAGES, ALCOHOLIC	b	21
Sherry, sweet	B20	Sherry, sweet	BEVERAGES, ALCOHOLIC	b	21
Shortbread, homemade, baked	R166	Biscuit, shortbread, homemade, baked	RECIPES	abz	147
Shortening, Chefade	J39	Shortening, Chefade	FATS AND OILS	b	93
Shortening, suet, Shreddo	J1032	Shortening, suet, Shreddo	FATS AND OILS	z	93
Shortening, vegetable, Kremelta	J1031	Shortening, vegetable, Kremelta	FATS AND OILS	z	93
Shrimp, canned, drained	T12	Shrimp, canned, drained	SHELLFISHES	b	155
Silverbeet, leaves & stems, fresh, boiled, drained, no salt added	X1112	Silverbeet, leafy vegetable, leaves & stems, fresh, boiled, drained, no salt added	VEGETABLES AND PULSES	z	193
Silverbeet, leaves & stems, fresh, raw	X1111	Silverbeet, leafy vegetable, leaves & stems, fresh, raw	VEGETABLES AND PULSES	z	193
Silverbeet, leaves & stems, fresh, steamed	X1113	Silverbeet, leafy vegetable, leaves & stems, fresh, steamed	VEGETABLES AND PULSES	z	193
Simply Toasted Muesli Apricot, Hubbards	D1048	Breakfast cereal, muesli, ready to eat, Simply Toasted Muesli Apricot, Hubbards	BREAKFAST CEREALS	z	43
Skippy Cornflakes, Sanitarium, fortified	D1057	Breakfast cereal, cornflakes toasted, ready to eat, Skippy Cornflakes, Sanitarium, fortified vitamins B1, B2, B3 & folate & Fe	BREAKFAST CEREALS	z	43
Smoothie, berry, fortified	C1022	Smoothie, berry, ready to drink, composite, fortified vitamin C	BEVERAGES, NON ALCOHOLIC	z	35
Smoothie, Feijoa Smoothie, Simply Squeezed, fortified	C1023	Smoothie, feijoa, ready to drink, Feijoa Smoothie, Simply Squeezed, fortified vitamins A, C, E & folate, & Ca	BEVERAGES, NON ALCOHOLIC	z	35
Snack, cassava crisps, plain or assorted flavours, salt added	U1023	Snack, cassava crisps, plain or assorted flavours, salt added, composite	SNACK FOODS	z	159
Snack, kumara chips, plain or assorted flavours	U1024	Snack, kumara chips, plain or assorted flavours, salt added, composite	SNACK FOODS	z	159
Snack, popcorn, candied	U18	Snack, popcorn, candied, composite	SNACK FOODS	z	161
Snapper, flesh, baked	K89	Snapper, flesh, baked	FIN FISHES	z	97
Snapper, flesh, deep fried	K90	Snapper, flesh, deep fried	FIN FISHES	z	97
Snapper, flesh, microwaved	K92	Snapper, flesh, microwaved	FIN FISHES	z	97
Soft drink, assorted fruit flavours, reduced sugar	C1120	Soft drink, carbonated, assorted fruit flavours, reduced sugar, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	35
Soft drink, assorted tea flavours, artificially-sweetened	C1123	Soft drink, assorted tea flavours, artificially-sweetened, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	35

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Soft drink, assorted tea flavours, reduced sugar	C1122	Soft drink, assorted tea flavours, reduced sugar, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	35
Soft drink, assorted tea flavours, sugar-sweetened	C1121	Soft drink, assorted tea flavours, regular, sugar-sweetened, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	35
Soft drink, carbonated, assorted fruit flavours, sugar-sweetened	C1119	Soft drink, carbonated, assorted fruit flavours, regular, sugar-sweetened, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	35
Soft drink, carbonated, cola flavour, artificially-sweetened, caffeinated	C1115	Soft drink, carbonated, cola flavour, artificially-sweetened, caffeinated, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	37
Soft drink, carbonated, cola flavour, artificially-sweetened, non-caffeinated	C1113	Soft drink, carbonated, cola flavour, artificially-sweetened, non-caffeinated, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	37
Soft drink, carbonated, lemon flavour, artificially-sweetened	C1118	Soft drink, carbonated, lemon flavour, artificially-sweetened, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	37
Soft drink, carbonated, lemon flavour, sugar-sweetened	C1116	Soft drink, carbonated, lemon flavour, regular, sugar-sweetened, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	37
Soft drink, cola flavour, reduced sugar, caffeinated	C1114	Soft drink, carbonated, cola flavour, reduced sugar, caffeinated, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	37
Soft drink, cola flavour, sugar-sweetened, caffeinated	C1112	Soft drink, carbonated, cola flavour, regular, sugar-sweetened, caffeinated, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	37
Soft drink, lemon flavour, reduced sugar	C1117	Soft drink, carbonated, lemon flavour, reduced sugar, ready to drink, composite	BEVERAGES, NON ALCOHOLIC	z	37
Soft drink, soda water	C81	Soft drink, carbonated, soda water	BEVERAGES, NON ALCOHOLIC	a	37
Soft drink, tonic water	C79	Soft drink, carbonated, tonic water	BEVERAGES, NON ALCOHOLIC	u	37
Soup, beef, instant dry mix, prepared with water, Continental	V57	Soup, beef, instant dry mix, prepared with water, Continental	SOUPS	z	161
Soup, bone & vegetable broth	V1	Soup, bone & vegetable broth	SOUPS	b	161
Soup, chicken & corn, heated	V1002	Soup, chicken & corn, heated	SOUPS	z	161
Soup, chicken & corn, heated, Wattie's	V1008	Soup, chicken & corn, heated, Wattie's	SOUPS	z	161
Soup, chicken & vegetable, heated, Wattie's	V1003	Soup, chicken & vegetable, heated, Wattie's	SOUPS	z	161
Soup, chicken and sweet corn, Chinese, takeaway	H1013	Soup, chicken and sweet corn, Chinese, takeaway	FAST FOODS	z	85
Soup, chicken noodle, instant dry mix, prepared with water, Continental	V59	Soup, chicken noodle, instant dry mix, prepared with water, Continental	SOUPS	z	161
Soup, chicken noodle, instant dry mix, prepared with water, Maggi	V68	Soup, chicken noodle, instant dry mix, prepared with water, Maggi	SOUPS	z	161
Soup, cream of chicken, canned	V4	Soup, cream of chicken, canned	SOUPS	b	161
Soup, cream of mushroom, canned	V9	Soup, cream of mushroom, canned	SOUPS	b	161

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Soup, cream of tomato, canned	V15	Soup, cream of tomato, canned	SOUPS	b	161
Soup, creme of chicken, instant dry mix, prepared with water, Maggi	V69	Soup, creme of chicken, instant dry mix, prepared with water, Maggi	SOUPS	z	163
Soup, creme of vegetable, instant dry mix, prepared with water, Maggi	V65	Soup, creme of vegetable, instant dry mix, prepared with water, Maggi	SOUPS	z	163
Soup, lentil & vegetables, heated, Wattie's	V1004	Soup, lentil & vegetables, heated, Wattie's	SOUPS	z	163
Soup, minestrone, instant dry mix, prepared with water	V8	Soup, minestrone, instant dry mix, prepared with water	SOUPS	b	163
Soup, mushroom, instant dry mix, prepared with water, Maggi	V66	Soup, mushroom, instant dry mix, prepared with water, Maggi	SOUPS	z	163
Soup, pumpkin, heated	V1001	Soup, pumpkin, heated	SOUPS	z	163
Soup, pumpkin, heated, Wattie's	V1007	Soup, pumpkin, heated, Wattie's	SOUPS	z	163
Soup, seafood chowder, heated	V1005	Soup, seafood chowder, heated	SOUPS	z	163
Soup, tom yam gai, chicken, Thai, takeaway	H1019	Soup, tom yam gai, chicken, Thai, takeaway	FAST FOODS	z	85
Soup, tomato, instant dry mix, prepared with water, Continental	V55	Soup, tomato, instant dry mix, prepared with water, Continental	SOUPS	z	163
Soup, Tuscan tomato, heated, Wattie's	V1006	Soup, Tuscan tomato, heated, Wattie's	SOUPS	z	163
Soup, vegetable, canned	V18	Soup, vegetable, canned	SOUPS	b	163
Soy drink, soy milk, So Good Essential, Sanitarium, fortified	C166	Drink, soy milk, ready to drink, So Good Essential, Sanitarium, fortified vitamins A, B1, B2, B3, B6, B12, E & folate, Ca, Fe, Mg & P	BEVERAGES, NON ALCOHOLIC	z	37
Soy milk, So Good Lite Soy Milk, Sanitarium, fortified	C30	Drink, soy milk, ready to drink, So Good Lite Soy Milk, Sanitarium, fortified vitamins A, B1, B2, & B12, Ca, Mg & P	BEVERAGES, NON ALCOHOLIC	z	37
Soy milk, So Good Regular Soy Milk, Sanitarium, fortified	C29	Drink, soy milk, ready to drink, So Good Regular Soy Milk, Sanitarium, fortified vitamins A, B1, B2, & B12, Ca, Mg & P	BEVERAGES, NON ALCOHOLIC	z	37
Soy milk, So Good, Vanilla Flavoured, Sanitarium, fortified	C92	Drink, soy milk, ready to drink, So Good, Vanilla Flavoured Soy milk, Sanitarium, fortified vitamins A, B1, B2, & B12, Ca, Mg & P	BEVERAGES, NON ALCOHOLIC	z	39
Spaghetti, canned in tomato sauce	E1005	Spaghetti, in tomato sauce, canned, composite	CEREALS AND PSEUDO-CEREALS	z	55
Special K, Forest Berries, Kellogg's, fortified	D1016	Breakfast cereal, mixed grain & dried fruit, ready to eat, Special K, Forest Berries, Kellogg's, fortified vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn	BREAKFAST CEREALS	m	43
Special K, Original, Kellogg's, fortified	D1042	Breakfast cereals, mixed grain flakes, ready to eat, Special K, Original, Kellogg's, fortified vitamins B1, B2, B3, B6 & folate, & Fe	BREAKFAST CEREALS	z	43
Spinach, English, boiled, drained, no salt added	X1046	Spinach, leafy vegetable, boiled, drained, no salt added, English	VEGETABLES AND PULSES	z	193
Spinach, English, raw	X1045	Spinach, leafy vegetable, raw, English	VEGETABLES AND PULSES	z	193

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Spirit, 70 proof	B21	Spirit, 70 proof, composite	BEVERAGES, ALCOHOLIC	b	21
Spirit, gin, 90 proof	B1010	Spirit, gin, 90 proof	BEVERAGES, ALCOHOLIC	u	21
Spirit, rum, 80 proof	B1012	Spirit, rum, 80 proof	BEVERAGES, ALCOHOLIC	u	21
Spirit, vodka, 80 proof	B1011	Spirit, vodka, 80 proof	BEVERAGES, ALCOHOLIC	u	21
Spirit, whiskey, 86 proof	B1009	Spirit, whiskey, 86 proof	BEVERAGES, ALCOHOLIC	u	21
Sports drink, assorted flavours, Isopower, Low Carb, Mizone, fortified	C1034	Sports drink, assorted flavours, Isopower, Low Carb, Mizone, composite, fortified vitamins B3, B5, B6, & B12	BEVERAGES, NON ALCOHOLIC	z	39
Sports drink, assorted flavours, Isopower, Mizone, Frucor, fortified	C1033	Sports drink, assorted flavours, Isopower, Mizone, Frucor, composite, fortified vitamins B3, B5, B6, B12 & C	BEVERAGES, NON ALCOHOLIC	z	39
Sports drink, flavoured, Lucozade	C18	Sports drink, flavoured, ready to drink, Lucozade	BEVERAGES, NON ALCOHOLIC	b	39
Sports drink, ready to drink, Gatorade	C86	Sports drink, flavoured, ready to drink, Gatorade	BEVERAGES, NON ALCOHOLIC	z	39
Sports drink, ready to drink, Powerade	C84	Sports drink, flavoured, ready to drink, Powerade	BEVERAGES, NON ALCOHOLIC	z	39
Sports water, assorted flavours, Mizone, Frucor, fortified	C1032	Sports water, assorted flavours, ready to drink, Mizone, Frucor, composite, fortified vitamins B3, B5, B6, B12 & C	BEVERAGES, NON ALCOHOLIC	z	39
Spread, hazelnut, Nutella, Ferrero	W1016	Spread, hazelnut, Nutella, Ferrero	SUGARS, CONFECTIONARIES AND SWEET SPREADS	z	169
Spread, yeast extract, Marmite, Sanitarium, fortified	P1004	Spread, yeast extract, Marmite, Sanitarium, fortified vitamins B1, B2, B3, B12 & folate, & Fe	MISCELLANEOUS	z	139
Spread, yeast extract, Vegemite, Kraft, fortified	P1005	Spread, yeast extract, Vegemite, Kraft, fortified vitamins B1, B2, B3 & folate	MISCELLANEOUS	z	139
Spring onion, bulb and stalk, fresh, raw	X1132	Spring onion, bulb vegetable, bulb and stalk, fresh, raw	VEGETABLES AND PULSES	z	193
Spring onion, bulb and stalk, fresh, sauteed	X1133	Spring onion, bulb vegetable, bulb and stalk, fresh, sauteed with oil	VEGETABLES AND PULSES	z	193
Spring roll, traditional with meat, baked, Highmark	H208	Spring roll, traditional with meat, baked, Highmark	FAST FOODS	z	85
Spring roll, traditional, with meat, deep fried, Highmark	H212	Spring roll, traditional, with meat, deep fried, Highmark	FAST FOODS	b	87
Spring roll, vegetarian, baked, Highmark	H211	Spring roll, vegetarian, baked, Highmark	FAST FOODS	z	87
Sprout, alfalfa, raw	X266	Sprout, alfalfa, seed, germinated, raw	VEGETABLES AND PULSES	z	193
Sprout, mung bean, raw	X135	Sprout, bean, seed, germinated, raw, mung	VEGETABLES AND PULSES	z	193
Squash, buttercup, flesh, steamed	X225	Squash, fruit vegetable, flesh, steamed, buttercup	VEGETABLES AND PULSES	z	195
Squid, in flour, fried	T23	Squid, in flour, fried	SHELLFISHES	au	157
Stock, Oxo cubes	P16	Stock, Oxo cubes	MISCELLANEOUS	ab	139
Strawberry, raw, New Zealand	L1016	Strawberry, raw, New Zealand	FRUITS	z	113

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Stuffing, from chicken, deli cooked	A1011	Stuffing, from chicken, deli cooked	BAKERY PRODUCTS	z	15
Sugar, brown	W19	Sugar, brown	SUGARS, CONFECTIONARIES AND SWEET SPREADS	a	169
Sugar, raw	W23	Sugar, raw	SUGARS, CONFECTIONARIES AND SWEET SPREADS	az	169
Sugar, white	W24	Sugar, white	SUGARS, CONFECTIONARIES AND SWEET SPREADS	az	171
Sultana	L173	Sultana	FRUITS	a	113
Sultana Bran, Kellogg's, fortified	D43	Breakfast cereal, wheat bran flakes & dried fruit, assorted flavours, ready to eat, Sultana Bran, Kellogg's, fortified vitamins B1, B2, B3, B6 & folate, Fe & Zn	BREAKFAST CEREALS	m	45
Sundae, ice cream, chocolate topping, McDonald's	H55	Ice cream, softserve, chocolate topping, Sundae, McDonald's	FAST FOODS	z	87
Sustain, Kellogg's, fortified	D44	Breakfast cereal, mixed grain flakes, dried fruit, ready to eat, Sustain, Kellogg's, fortified vitamins B1, B2, B3, B6, C & folate, & Fe	BREAKFAST CEREALS	m	45
Swede, peeled, fresh, boiled, drained, no salt added	X1168	Swede, root vegetable, peeled, fresh, boiled, drained, no salt added	VEGETABLES AND PULSES	z	195
Sweet corn, creamed, canned	X1158	Sweet corn, creamed, canned, as purchased, composite	VEGETABLES AND PULSES	z	195
Sweet corn, kernel, canned, drained	X1157	Sweet corn, fruit vegetable, kernel, canned, drained, composite	VEGETABLES AND PULSES	z	195
Sweet corn, kernel, fresh, boiled, drained, no salt added	X1155	Sweet corn, seed vegetable, kernel, cob & husk removed, fresh, boiled, drained, no salt added, combined cultivars	VEGETABLES AND PULSES	z	195
Sweet corn, kernel, fresh, microwaved, no salt added	X1156	Sweet corn, fruit vegetable, kernel, cob & husk removed, fresh, microwaved, no salt added, combined cultivars	VEGETABLES AND PULSES	z	195
Sweet corn, kernel, frozen, boiled, drained, no salt added	X1160	Sweet corn, fruit vegetable, kernel, frozen, boiled, drained, no salt added	VEGETABLES AND PULSES	z	195
Sweet, hard, boiled	W1	Sweet, hard, boiled	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	171
Sweet, peppermint	W18	Sweet, peppermint	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	171
Syrup, golden	W25	Syrup, golden	SUGARS, CONFECTIONARIES AND SWEET SPREADS	b	171
Taco shell, corn flour, baked, commercial	E1054	Taco shell, corn flour, baked, commercial	CEREALS AND PSEUDO-CEREALS	u	55
Tamarillo, red, flesh & seed, raw	L174	Tamarillo, flesh & seed, raw, red	FRUITS	z	113
Tangelo, flesh, raw	L179	Tangelo, flesh, raw	FRUITS	a	113
Tangerine, flesh, raw	L176	Tangerine, flesh, raw	FRUITS	b	113

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Tapioca, pearl, dry	E34	Tapioca, pearl, dry	CEREALS AND PSEUDO-CEREALS	z	55
Tarakihi, flesh, baked	K64	Tarakihi, flesh, baked	FIN FISHES	z	97
Tarakihi, flesh, deep fried	K65	Tarakihi, flesh, deep fried	FIN FISHES	z	97
Taro, corm, flesh, baked	X1062	Taro, root vegetable, corm, flesh, baked, combined cultivars	VEGETABLES AND PULSES	z	195
Taro, corm, flesh, boiled	X1063	Taro, root vegetable, corm, flesh, boiled, combined cultivars	VEGETABLES AND PULSES	z	195
Taro, corm, flesh, raw	X1053	Taro, root vegetable, corm, flesh, raw, combined cultivars	VEGETABLES AND PULSES	z	195
Tart, jam, baked	R5414	Tart, jam, baked	RECIPES	abuz	147
Tea beverage, black	C1040	Tea beverage, black, brewed, composite	BEVERAGES, NON ALCOHOLIC	z	39
Tea beverage, black, decaffeinated	C1041	Tea beverage, black decaffeinated, brewed, composite	BEVERAGES, NON ALCOHOLIC	z	39
Tea beverage, green	C1039	Tea beverage, green, brewed, composite	BEVERAGES, NON ALCOHOLIC	z	39
Tea beverage, herbal, brewed	C76	Tea beverage, herbal, brewed, ready to drink	BEVERAGES, NON ALCOHOLIC	a	39
Tempeh	E1012	Tempeh, fermented soy beans	CEREALS AND PSEUDO-CEREALS	u	55
Tempeh, fried in sunflower oil	E1011	Tempeh, fermented soy beans, fried in sunflower oil	CEREALS AND PSEUDO-CEREALS	a	55
Toasted Muesli Golden Oats & Fruit, Sanitarium	D1047	Breakfast cereal, muesli, ready to eat, Toasted Muesli Golden Oats & Fruit, Sanitarium	BREAKFAST CEREALS	z	45
Toasted Muesli Super Fruity, Sanitarium, fortified	D1055	Breakfast cereal, muesli, ready to eat, Toasted Muesli Super Fruity, Sanitarium, fortified vitamin E	BREAKFAST CEREALS	z	45
Toasted Strawberry and Rhubarb, Sanitarium	D1054	Breakfast cereal, muesli, ready to eat, Toasted Strawberry and Rhubarb, Sanitarium	BREAKFAST CEREALS	z	45
Toffees, mixed	W26	Toffees, mixed	SUGARS, CONFECTIONARIES AND SWEET SPREADS	ab	171
Tofu, soy bean curd, regular, firm, simmered or pouched, no salt added	X1153	Tofu, soy bean curd, regular, firm, simmered or pouched, no salt added, composite	VEGETABLES AND PULSES	z	195
Tofu, soy bean curd, regular, firm, stir-fried, no salt added	X1152	Tofu, soy bean curd, regular, firm, stir-fried with oil, no salt added, composite	VEGETABLES AND PULSES	z	197
Tomato, canned in tomato juice, assorted flavours, canned, undrained, salt added	X1126	Tomato, in tomato juice, assorted flavours, canned, undrained, salt added, composite	VEGETABLES AND PULSES	z	197
Tomato, canned in tomato juice, plain, undrained, no salt added	X1125	Tomato, in tomato juice, plain, canned, undrained, no salt added, composite	VEGETABLES AND PULSES	z	197
Tomato, canned in tomato juice, plain, undrained, salt added	X1124	Tomato, in tomato juice, plain, canned, undrained, salt added, composite	VEGETABLES AND PULSES	z	197

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Tomato, canned, drained	X125	Tomato, fruit vegetable, canned, drained	VEGETABLES AND PULSES	z	197
Tomato, paste, canned	X1079	Tomato, paste, canned, composite	VEGETABLES AND PULSES	z	197
Tomato, puree, canned, Wattie's	X1078	Tomato, puree, canned, Wattie's	VEGETABLES AND PULSES	z	197
Tomato, sun-dried	X295	Tomato, sun-dried	VEGETABLES AND PULSES	u	197
Tomato, whole, raw	X1006	Tomato, fruit vegetable, whole, raw, combined varieties	VEGETABLES AND PULSES	z	197
Tongue, beef & sheep, canned	M53	Tongue, beef & sheep, canned	MEATS	b	129
Topper, lasagne, baked	E126	Topper, lasagne, baked	CEREALS AND PSEUDO-CEREALS	z	55
Tuna, canned in assorted oil, plain, undrained	K1012	Tuna, in assorted oil, plain, canned, undrained, composite	FIN FISHES	z	97
Tuna, canned in assorted oils, plain, drained	K1011	Tuna, in assorted oils, plain, canned, drained, composite	FIN FISHES	z	97
Tuna, canned in brine, plain, drained	K1007	Tuna, in brine, plain, canned, drained, composite	FIN FISHES	z	97
Tuna, canned in oil, assorted flavours, undrained	K1008	Tuna, in oil, assorted flavours, canned, undrained, composite	FIN FISHES	z	97
Tuna, canned in spring water, plain, salt added, drained	K1006	Tuna, in spring water, plain, canned, salt added, drained, composite	FIN FISHES	z	97
Tuna, canned in spring water, plain, salt added, undrained	K1010	Tuna, in spring water, plain, canned, salt added, undrained, composite	FIN FISHES	z	97
Tuna, canned in water, assorted flavours, undrained	K1009	Tuna, in water, assorted flavours, canned, undrained, composite	FIN FISHES	z	97
Tuna, in brine, plain, canned, undrained	K1005	Tuna, in brine, plain, canned, undrained, composite	FIN FISHES	z	99
Turkey, flesh, roasted	M179	Turkey, flesh, roasted	MEATS	z	129
Turkey, lean & fat, raw	M395	Turkey, composite cuts, separable lean 94% & fat 6%, raw	MEATS	z	129
Turkey, lean & fat, roasted in oven bag	M373	Turkey, composite cuts, 97% & fat 3%, roasted in oven bag	MEATS	z	129
Turkey, lean, fat & skin, roasted	M178	Turkey, lean 87%, separable fat 2% & skin 11%, roasted in oven bag	MEATS	z	129
Turnip, root, flesh, boiled, drained, no salt added	X129	Turnip, root vegetable, tap root, flesh, boiled, drained, no salt added	VEGETABLES AND PULSES	z	197
Vegetables mix, carrots, corn & peas, frozen, boiled, drained, no salt added	X157	Vegetables mix, carrots, corn & peas, frozen, boiled, drained, no salt added	VEGETABLES AND PULSES	b	197
Venison, Diced, Silver Fern, cooked	M1023	Venison, forequarter muscles, cooked, Diced, Silver Fern	MEATS	z	129
Venison, Medallion, Silver Fern, cooked	M1021	Venison, hind leg muscles, cooked, Medallion, Silver Fern	MEATS	z	129
Venison, mince, Silver Fern, raw	M1020	Venison, mince, trim & whole muscles, raw, Mince, Silver Fern	MEATS	z	129
Venison, red deer, leg, flesh, roasted	M185	Venison, red deer, leg, flesh, roasted	MEATS	z	131
Venison, Stir Fry, Silver Fern, cooked	M1022	Venison, hind leg, muscles, cooked, Stir Fry, Silver Fern	MEATS	z	129
Vinegar	P11	Vinegar	MISCELLANEOUS	b	139

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Vinegar, cider	P59	Vinegar, cider	MISCELLANEOUS	u	139
Wafer, wholegrain rice	E1043	Wafer, wholegrain rice, ready to eat, composite	CEREALS AND PSEUDO-CEREALS	z	55
Water, bottled, New Zealand	C41	Water, bottled, New Zealand	BEVERAGES, NON ALCOHOLIC	z	39
Water, tap	C40	Water, tap	BEVERAGES, NON ALCOHOLIC	z	41
Watercress, raw	X131	Watercress, leafy vegetable, raw	VEGETABLES AND PULSES	z	199
Watermelon, flesh, raw	L1121	Watermelon, flesh, raw, combined varieties	FRUITS	z	113
Weet-Bix Oat Bran, Sanitarium, fortified	D1012	Breakfast cereal, mixed grain & oat bran, ready to eat, Weet-Bix Oat Bran, Sanitarium, fortified vitamins E & folate	BREAKFAST CEREALS	m	45
Weet-Bix, Sanitarium, fortified	D1056	Breakfast cereal, whole grain wheat biscuit, ready to eat, Weet-Bix, Sanitarium, fortified, vitamins B1, B2, B3 & folate, & Fe	BREAKFAST CEREALS	z	45
Weeties, Sanitarium	D1035	Breakfast cereal, whole wheat flakes, ready to eat, Weeties, Sanitarium	BREAKFAST CEREALS	z	45
Wheat bran	E111	Bran, wheat, composite	CEREALS AND PSEUDO-CEREALS	z	55
Wheat germ	E112	Wheat germ	CEREALS AND PSEUDO-CEREALS	z	55
Wine, red, (13.5% alcohol by volume), Pinot Noir	B1028	Wine, red, (13.5% alcohol by volume), composite, Pinot Noir	BEVERAGES, ALCOHOLIC	a	23
Wine, red, (14% alcohol by volume), Cabernet Sauvignon	B1026	Wine, red, (14% alcohol by volume), composite, Cabernet Sauvignon	BEVERAGES, ALCOHOLIC	a	23
Wine, red, (14% alcohol by volume), Merlot	B1027	Wine, red, (14% alcohol by volume), composite, Merlot	BEVERAGES, ALCOHOLIC	a	23
Wine, red, (14% alcohol by volume), Shiraz	B1025	Wine, red, (14% alcohol by volume), composite, Shiraz	BEVERAGES, ALCOHOLIC	a	23
Wine, rose, (12% alcohol by volume)	B1029	Wine, rose, (12% alcohol by volume), composite	BEVERAGES, ALCOHOLIC	a	23
Wine, white, dry, (11% alcohol by volume), Semillon	B1020	Wine, white, dry, (11% alcohol by volume), composite, Semillon	BEVERAGES, ALCOHOLIC	a	23
Wine, white, dry, (12% alcohol by volume), Sauvignon Blanc	B1021	Wine, white, dry, (12% alcohol by volume), composite, Sauvignon Blanc	BEVERAGES, ALCOHOLIC	a	23
Wine, white, dry, (13% alcohol by volume), Chardonnay	B1019	Wine, white, dry, (13% alcohol by volume), composite, Chardonnay	BEVERAGES, ALCOHOLIC	a	23
Wine, white, medium dry, (12% alcohol by volume), Riesling	B1022	Wine, white, medium dry, (12% alcohol by volume), composite, Riesling	BEVERAGES, ALCOHOLIC	a	25
Wine, white, sparkling, (12% alcohol by volume)	B1023	Wine, white, sparkling, (12% alcohol by volume), composite	BEVERAGES, ALCOHOLIC	a	25
Wine, white, sweet, dessert, (11.5% alcohol by volume)	B1024	Wine, white, sweet, dessert, (11.5% alcohol by volume), composite	BEVERAGES, ALCOHOLIC	a	25
Yams, New Zealand, red, unpeeled, baked without fat	X1076	Yam, root vegetable, unpeeled, baked without fat, red, New Zealand	VEGETABLES AND PULSES	a	199
Yams, New Zealand, red, unpeeled, boiled, drained, no salt added	X1077	Yam, root vegetable, unpeeled, boiled, drained, no salt added, red, New Zealand	VEGETABLES AND PULSES	a	
Yeast, baker's, dried	P13	Yeast, baker's, dried	MISCELLANEOUS	b	139

Short food name	FoodID	Food name	Chapter	Primary source	Page no
Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium	F1080	Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium, Organic Choc Compote, Cyclops	DAIRY	z	67
Yoghurt smoothie, assorted fruits, sweetened	F1083	Yoghurt smoothie, assorted fruits, sweetened, The Collective	DAIRY	z	67
Yoghurt, apricot, frozen, Tip Top	F77	Yoghurt, apricot, frozen, Tip Top	DAIRY	z	71
Yoghurt, Fresh 'n Fruity, assorted fruits, regular fat, fortified	F1077	Yoghurt, assorted fruits, regular fat, sweetened, Fresh 'n' Fruity, fortified vitamin A & D	DAIRY	z	67
Yoghurt, Fresh 'n Fruity, Lite, assorted fruits, non-fat, sweetened, fortified	F1072	Yoghurt, assorted fruits, non-fat, sweetened, Lite, Fresh 'n Fruity, composite, fortified Ca, vitamins A & D	DAIRY	z	67
Yoghurt, Greek style, full-fat	F1055	Yoghurt, Greek style, full-fat, composite	DAIRY	z	67
Yoghurt, Greek style, low fat , Fresh 'n Fruity	F1082	Yoghurt, Greek style, low fat , Fresh 'n Fruity	DAIRY	z	67
Yoghurt, Greek style, low fat, Cyclops	F1081	Yoghurt, Greek style, low fat, Organic, Cyclops	DAIRY	z	67
Yoghurt, Meadow Fresh, Live lite, assorted fruits, non-fat, fortified	F1073	Yoghurt, assorted fruits, non-fat, sweetened, Live lite, Meadow Fresh, composite, fortified Ca, vitamins A & D	DAIRY	z	67
Yoghurt, Meadow Fresh, low fat, assorted fruits, fortified	F1075	Yoghurt, assorted fruits, low fat, sweetened, Meadow Fresh	DAIRY	z	67
Yoghurt, plain, low fat, unsweetened	F84	Yoghurt, plain, low fat, unsweetened, composite	DAIRY	z	71
Yoghurt, plain, unsweetened	F57	Yoghurt, plain, unsweetened, composite	DAIRY	z	71
Yoghurt, premium, assorted fruits	F1079	Yoghurt, assorted fruits, premium, sweetened, composite	DAIRY	z	71
Yoghurt, soy	E43	Yoghurt, soy	CEREALS AND PSEUDO-CEREALS	b	
Yoghurt, Symbio Probalance, assorted fruits, low fat, fortified	F1076	Yoghurt, assorted fruits, low fat, sweetened, Symbio Probalance, fortified Ca, vitamin A & D	DAIRY	z	69
Yoghurt, Yoplait, assorted fruits, regular fat	F1078	Yoghurt, assorted fruits, regular fat, sweetened, Yoplait	DAIRY	z	71
Yoghurt, Yoplait, Delite, assorted fruits, low fat	F1074	Yoghurt, assorted fruits, low fat, sweetened, Yoplait	DAIRY	z	71

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