



THE CONCISE NEW ZEALAND FOOD COMPOSITION TABLES

13TH EDITION 2018

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CATALOGUING IN PUBLICATION

The Concise New Zealand Food Composition Tables, 13th Edition 2018

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Foreword

The 13th Edition of the Concise New Zealand Food Composition Tables contains information on 38 food components (including the addition of two new components: added and free sugars) for over 1000 foods and drinks. For the first time, the Concise Tables include information on the free and added sugar content of foods and beverages.

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. The tables contain a subset of data from the New Zealand Food Composition Database and can be downloaded free of charge via the website www.foodcomposition.co.nz. The complete dataset for over 2700 foods and up to 363 food components is available as FOODfiles™ 2018. The website has a search facility that enables easy recovery of the full extent of FOODfiles data for chosen foods with a range of output format options, providing a useful supplement to these tables.

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 of Health'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, to 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 13th Edition 2018 of The Concise New Zealand Food Composition Tables and New Zealand FOODfiles 2018 Version 01 are derived.

Special acknowledgement is due to 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. Nelofar Athar oversaw production of the 3rd to 7th Editions, Lucy Lesperance the 8th Edition's release and Subathira Sivakumaran the 9th to 12th Editions. Lee Huffman provided constructive contributions for the 8th to 12th Editions.

This 13th Edition was prepared by the staff members of NZFCD: Subathira Sivakumaran, Siva Sivakumaran, Kris Tham and Carolyn Lister.

The authors gratefully acknowledge Department of Human Nutrition, University of Otago staff members: Liz Fleming, Lisa Houghton, Anne-Louise Heath and Rachel Brown for estimation of the added and free sugar data set.

The New Zealand Institute for Plant and Food Research Limited (Plant & Food Research) and the Ministry of Health acknowledge the assistance provided by scientific and technical personnel at various research institutions, government,

producer boards, food companies, analytical laboratories, and other staff at Plant & Food Research.

In particular, we would like to thank Sally Mackay, the University of Auckland and Maria Turley, Health and Disability Intelligence, the Ministry of Health, for providing useful feedback on the 13th Edition of the Concise Tables.

Thanks also go to Plant & Food Research staff including Allan Main (Food Innovation, Business Manager) and members of the Science Publication Office for reviewing this publication; Andrew McLachlan (Biometrician) for applying mode of data expression; Carol Dolman (Publishing Administrator) for assistance with formatting; and Donna Gibson (Graphic Designer) for designing the front cover for this joint Plant & Food Research and Ministry of Health publication.

We would also like to thank the Plant & Food Research Information & Knowledge Services team, in particular Zane Gilmore (software developer), 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, the Concise Tables, and the associated web access tools. The relaunch of the website www.foodcomposition.co.nz would not have been possible without the additional support of Jack McKenzie (Science System Analyst) and Dr Matthew Laurenson (Manager).

Notes for users

Limitations in the data set

The Concise New Zealand Food Composition Tables contain a subset of foods and nutrients from the New Zealand FOODfiles 2018 Version 01¹. The list of foods in the 13th Edition (www.foodcomposition.co.nz/foodfiles/concise-tables/) updates the 12th Edition, which is archived on the same website. The Concise Tables 13th Edition contains 34 components within the body of the tables and four new components, namely alcohol, caffeine and added and free sugars, in Appendix I, II and III, respectively.

The Concise Tables 13th Edition lists 1187 foods, almost 43% of the ~2700 foods contained in New Zealand FOODfiles 2018 Version 01 that is available via the website www.foodcomposition.co.nz. All foods in the Concise Tables have values recorded for all components, with the exception of alpha-linolenic acid (recorded for 69% of foods) and linoleic acid (recorded for 73% of foods). The missing data are represented as blanks. Users should treat a blank as a missing value, not a zero. The complete list of components, detailed descriptions of each food, sampling details, component messages, and data sources can be found in the New Zealand FOODfiles 2018 Version 01. Users who need to develop Nutrition Information Panel (NIP) labels for foods can make use of a separate data set, provided as the default report format for the search facility at the same website: www.foodcomposition.co.nz/search

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 New Zealand Food Composition Database (NZFCD) products, is to present a reliable estimate of the usual composition of foods as available and/or consumed, based on representative samples.

¹ New Zealand Food Composition Database. 2019. New Zealand FOODfiles™ 2018 Version 01. The New Zealand Institute for Plant and Food Research Limited and Ministry of Health. <http://www.foodcomposition.co.nz/foodfiles> [accessed 15 June 2019].

The 13th Edition was commissioned from five accredited laboratories in New Zealand and Australia. Since the release of the 12th Edition, we have updated the data set for 156 foods. These include new foods which have not previously been published such as alcoholic mixed drinks (ready to drink, RTD), plant-based milk (non-dairy milk, e.g. almond milk), coconut flour and frozen vegetables. A total of 32 Food Records archived in the earlier Edition 12th Edition have been replaced with the new data set. The lists of the new, updated and archived foods can be found in the New Zealand FOODfiles 2018 Version 01: Update files.xlsx at the website: www.foodcomposition.co.nz/foodfiles.

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 where these apply. 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 FOODfiles 2018 Version 01: Name.FT (www.foodcomposition.co.nz/foodfiles). For the majority of foods, data have been determined by analysis; data for a few foods are entirely borrowed from the US Department of Agriculture², the UK Composition of

² U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory 2018. USDA national nutrient database for standard reference, legacy. Version current: April 2018. <https://ndb.nal.usda.gov/ndb/> [accessed 6 March 2019].

Foods Integrated Dataset ³ and/or the Australian Food Composition Database (previously called NUTTAB)⁴.

Overall, approximately 35% of component values in the tables are borrowed or derived from other data sources, rather than from New Zealand analysis, or are presumed zero (logical zero). This has been done to present complete tables of core nutrients with no missing values. Copyright information from other sources is reproduced with permission. Source codes, used in Appendix V – 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 2018 Version 01, DATA.FT files available for download from www.foodcomposition.co.nz/foodfiles.

Component values for about 150 foods in the tables are 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, and the corresponding NRF and YF values can be found in the New Zealand FOODfiles 2018 Version 01: INGREDIENT.FT, NRF.FT and YF.FT files available to download at www.foodcomposition.co.nz/foodfiles. Descriptions of these files can be found in the New Zealand FOODfiles 2018 Manual ⁶ at www.foodcomposition.co.nz.

³ Finglas PM, Roe MA, Pinchen HM, Berry R, Church SM, Dodhia SK, Farrom-Wilson M, Swan G 2015. McCance and Widdowson's composition of foods integrated dataset. <https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid> [accessed 6 March 2019].

⁴ Food Standards Australia New Zealand 2019. Australian Food Composition Database - Release 1. FSANZ. <http://www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx> [accessed 6 March 2019].

Table 1. Source codes used for the New Zealand Food Composition Database (NZFCD).

| Source code | Source ^a |
|-------------|--|
| a | Australian Food Composition Database |
| 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 | US Department of Agriculture 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 |

^a For more information refer to the New Zealand FOODfiles 2018 Manual.

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.

⁵ U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory 2007. USDA table of nutrient retention factors: release 6. USDA Nutrient Data Laboratory. <http://www.ars.usda.gov/SP2UserFiles/Place/80400525/Data/retrn/retn06.pdf> [accessed 6 January 2019].

⁶ New Zealand Food Composition Database. 2019. New Zealand FOODfiles™ 2018 manual. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health. www.foodcomposition.co.nz/foodfiles [accessed 15 June, 2019].

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–III and V. The number(s) represent a record position within a category. The foods are 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 2018 Version 01.

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 the exclusive effects of processing or preparation.

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.

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. Alcohol and caffeine data are included in Appendices I and II, respectively. Component data for added and free sugars are included in this edition for the first time and can be found in Appendix III. Foods with zero values for both of these components are not listed in the respective appendices.

A summary all 38 components, their ‘Component Identifier’, unit of measure and explanatory comments are 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 methods of analysis and calculation methods can be found in the New Zealand FOODfiles 2018 Manual at the same website: www.foodcomposition.co.nz.

Table 2. Food components included in the Concise Tables and Appendix I–III.

| Table heading | Component identifier ^a | Component | Unit per 100 g ^b | Comment ^c |
|-------------------------|-----------------------------------|--|-----------------------------|---|
| Concise Table | | | | |
| Water | WATER | Water | g | |
| Energy | ENERC | Energy, total metabolisable | kJ | Sum of fat, protein, carbohydrate available, and alcohol multiplied by energy conversion factors (kJ/g) listed in Table 3. The energy value expressed in kilocalorie (kcal) per 100 g can be calculated using the conversion factors (kcal/g) in Table 3. |
| Energy (NIP) | ENERC_FSANZ2 | Energy, total metabolisable, available carbohydrate, FSANZ | kJ | Sum of fat, protein, carbohydrate available, dietary fibre, alcohol and organic acids multiplied by energy conversion factors 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 monounsaturated, polyunsaturated 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 | F18D2CN6 | Fatty acid 18:2 omega-6 | g | |
| Cholesterol | CHOLE | Cholesterol | mg | |
| Sodium (Na) | NA | Sodium | mg | |
| Iodide (I) | ID | Iodide | µg | Synonym of iodine. |
| 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 | |

| Table heading | Component identifier ^a | Component | Unit per 100 g ^b | Comment ^c |
|-------------------------|-----------------------------------|---|-----------------------------|---|
| Selenium (Se) | SE | Selenium | µg | |
| Vitamin A | VITA | Vitamin A, retinol equivalents | µg | Total vitamin A activity = retinol (µg) + [beta-carotene equivalent (µg) x 0.167] |
| Beta-carotene | CARTBEQ | Beta-carotene equivalents | µg | |
| Thiamin (B1) | THIA | Thiamin | mg | Vitamin B1 |
| Riboflavin (B2) | RIBF | Riboflavin | mg | Vitamin B2 |
| Niacin (B3) | NIAEQ | Niacin equivalents, total | mg | Niacin, preformed plus niacin equivalents from tryptophan |
| Vitamin B6 | VITB6A | Vitamin B6 | mg | |
| Vitamin B12 | VITB12 | Vitamin B12 | µg | Cobalamin |
| Dietary Folate | FOLDFE | Folate, 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 in plant foods and in animal foods |
| Vitamin E | VITE | 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) |
| Appendices I–III | | | | |
| Alcohol | ALC | Alcohol | g | |
| Caffeine | CAFFN | Caffeine | mg | |
| Sugar, added | SUGRAD | Sugar, added | g | Estimated objectively and subjectively using 10-step method ^d |
| Sugar, free | SUGRFR | Sugar added | g | Estimated objectively and subjectively using 10-step method ^d |

^a The ‘Component Identifier’ includes the available INFOODS tagnames for the food components. Where these were not available, ‘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 Press and FAO/INFOODS 2012. FAO/INFOODS guidelines for checking food composition data prior to the publication of a user table / database - Version 1.0. FAO. www.fao.org/docrep/017/ap810e/ap810e.pdf [accessed 6 January 2019].

^b Trace amounts are different for every nutrient. Please refer to Appendix IV for trace nutrient levels.

^c More information about the analytical and calculation methods for the components can be found in the New Zealand 2018 FOODfiles™ Manual (New Zealand Food Composition Database 2019. New Zealand FOODfiles™ 2018 manual. The New Zealand Institute for Plant and Food Research Limited and Ministry of Health. www.foodcomposition.co.nz.)

^d Kibblewhite R, Nettleton A, McLean R, Haszard J, Fleming E, Kruimer D, Te Morenga L 2017. Estimating Free and Added Sugar Intakes in New Zealand. *Nutrients* 9(12): 1292 and Louie JCY, Moshtaghian H, Boylan S, Flood VM, Rangan AM, Barclay AW, Brand-Miller JC, Gill TP 2015. A systematic methodology to estimate added sugar content of foods. *European Journal of Clinical Nutrition* 69(2): 154-161.

FSANZ = Food Standards Australia New Zealand; NIP = Nutritional Information Panels; SFA = Saturated fatty acids; MUFA = Monounsaturated fatty acids; PUFA = Polyunsaturated fatty acid.

The sum of the proximate components (ash, 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) are 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.

Table 3. Energy conversion factors used for the NZFCD.

| 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 guidelines for checking food composition data prior to the publication of a user table / database - Version 1.0. FAO. www.fao.org/docrep/017/ap810e/ap810e.pdf [accessed 6 January 2019].

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 10 g of pure alcohol is used⁹. More measures and CSM can be found in the FOODfiles 2018 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 |

⁹ 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>.

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| 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 9.6 cm 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 5.5 cm 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 5.8 cm 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 11.0 cm 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 1.3 cm) | 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 7.5 cm 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 5.4 cm 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 1.3 cm) | 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 5.2 cm 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 5.4 cm 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 4.5 cm 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 | |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 9.6 cm 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 5.5 cm 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 5.8 cm 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 11.0 cm 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 1.3 cm) | 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 7.5 cm 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 5.4 cm 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 1.3 cm) | 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 5.2 cm 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 5.4 cm 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 4.5 cm 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 0.6 cm) | 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 7.5 cm 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 5.2 cm 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 5.3 cm 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 1.5 cm) | 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 1.3 cm) | 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 5.5 cm 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 5.4 cm 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 5.5 cm 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 5.0 cm 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 5.3 cm 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 1.0 cm) | 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 6.0 cm 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 0.6 cm) | 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 7.5 cm 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 5.2 cm 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 5.3 cm 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 1.5 cm) | 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 1.3 cm) | 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 5.5 cm 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 5.4 cm 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 5.5 cm 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 5.0 cm 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 5.3 cm 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 1.0 cm) | 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 6.0 cm 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (8.1 cm 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 (11.6 cm 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 5.5 cm 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 (8.2 cm 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 long roll (9.1 x 7.6 cm 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 |
| | 1 bun large (10.4 cm 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 |
| 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 1.0 cm) | 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 | 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 1.2 cm) | 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 |
| A1140 | Bread, French, stick or loaf, plain, as purchased | 100 | 28.6 | 1090 | 1130 | 10.3 | 2.1 | 49.4 | 4.3 | 3.1 | 46.3 | 0.4 | 0.5 | 0.8 | 0.1 | 0.7 | 0 | 580 | 62 |
| | 1 slice (7.5 x 5.4 x 2.1 cm) | 12.3 | 3.5 | 134 | 139 | 1.3 | 0.3 | 6.1 | 0.5 | 0.4 | 5.7 | trace | 0.1 | 0.1 | trace | 0.1 | 0 | 71 | 7.6 |
| 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 1.1 cm) | 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 1.1 cm) | 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 1.3 cm) | 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 1.2 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 (8.1 cm 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 (11.6 cm 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 5.5 cm 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 (8.2 cm 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 long roll (9.1 x 7.6 cm 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 |
| | 1 bun large (10.4 cm 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 |
| 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 1.0 cm) | 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 | 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 1.2 cm) | 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 |
| A1140 | Bread, French, stick or loaf, plain, as purchased | 100 | 150 | 110 | 28 | 1 | 0.9 | 7 | 0 | 0 | 0.41 | 0.1 | 2.5 | 0.39 | 0 | 160 | 0 | 0 | 0.15 |
| | 1 slice (7.5 x 5.4 x 2.1 cm) | 12.3 | 19 | 13 | 3.4 | 0.1 | 0.1 | 0.9 | 0 | 0 | 0.05 | 0.01 | 0.31 | 0.05 | 0 | 19 | 0 | 0 | 0.02 |
| 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 1.1 cm) | 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 1.1 cm) | 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 1.3 cm) | 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 1.2 cm) | 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 |

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| 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 |
| 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 1.2 cm) | 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 |
| 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 1.6 cm) | 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 1.6 cm) | 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 1.1 cm) | 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 1.8 cm) | 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 1.2 cm) | 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 1.3 cm) | 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 20 cm 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 |
| A1138 | Bread, ciabatta, loaf, plain, as purchased | 100 | 38.1 | 1010 | 1040 | 8.6 | 3.1 | 43.8 | 4.3 | 3.5 | 40.3 | 0.4 | 1.2 | 1 | 0.2 | 0.9 | 0 | 480 | 35 |
| | 1 slice (12.6 x 6.1 x 2.1 cm) | 43 | 16.4 | 432 | 447 | 3.7 | 1.3 | 18.8 | 1.8 | 1.5 | 17.3 | 0.2 | 0.5 | 0.4 | 0.1 | 0.4 | 0 | 210 | 15 |
| 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 1.1 cm) | 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 1.0 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 1.2 cm) | 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 |
| 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 1.6 cm) | 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 1.6 cm) | 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 1.1 cm) | 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 1.8 cm) | 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 1.2 cm) | 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 1.3 cm) | 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 20 cm 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 |
| A1138 | Bread, ciabatta, loaf, plain, as purchased | 100 | 130 | 89 | 18 | 0.8 | 0.7 | 6 | 0 | 0 | 0.19 | 0.07 | 1.9 | 0.23 | 0 | 41 | 0 | 0 | 0.37 |
| | 1 slice (12.6 x 6.1 x 2.1 cm) | 43 | 54 | 38 | 7.8 | 0.3 | 0.3 | 2.6 | 0 | 0 | 0.08 | 0.03 | 0.83 | 0.1 | 0 | 18 | 0 | 0 | 0.16 |
| 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 1.1 cm) | 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 1.0 cm) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 0.8 cm) | 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 1.0 cm) | 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 0.9 cm) | 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 0.9 cm) | 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 |
| 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 1.1 cm) | 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 1.3 cm) | 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 (29.0 x 20.0 x 1.0 cm) | 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 (11 cm 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 (15 cm 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 cm) | 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 1.0 cm) | 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 1.2 cm) | 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 1.0 cm) | 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 1.4 cm) | 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 1.6 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 0.8 cm) | 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 1.0 cm) | 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 0.9 cm) | 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 0.9 cm) | 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 |
| 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 1.1 cm) | 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 1.3 cm) | 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 (29.0 x 20.0 x 1.0 cm) | 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 (11 cm 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 (15 cm 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 cm) | 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 1.0 cm) | 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 1.2 cm) | 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 1.0 cm) | 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 1.4 cm) | 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 1.6 cm) | 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 |

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| 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 |
| 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 15.7 cm 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 |
| A1153 | Cake, assorted fruits, light, uniced | 100 | 20.7 | 1380 | 1390 | 4.2 | 12 | 52.3 | 1.9 | 36.4 | 14.3 | 3.4 | 4.8 | 2.2 | 0.5 | 1.6 | 6 | 330 | 72 |
| | 1 piece (5.4 x 4.5 x 3.1 cm) | 55.2 | 11.4 | 761 | 769 | 2.3 | 6.6 | 28.9 | 1 | 20.1 | 7.9 | 1.9 | 2.7 | 1.2 | 0.3 | 0.9 | 3 | 180 | 40 |
| A1152 | Cake, assorted fruits, rich or dark, uniced | 100 | 21.6 | 1230 | 1250 | 4.1 | 8.2 | 51.3 | 2.6 | 39.5 | 10.9 | 2.6 | 3.2 | 1.5 | 0.3 | 1.2 | 7 | 260 | 10 |
| | 1 piece (4.8 x 4.2 x 3.7 cm) | 55.2 | 11.9 | 679 | 691 | 2.2 | 4.5 | 28.3 | 1.4 | 21.8 | 6 | 1.4 | 1.7 | 0.8 | 0.2 | 0.6 | 4 | 140 | 5.6 |
| A1154 | Cake, carrot, iced | 100 | 21.1 | 1710 | 1730 | 3.3 | 23.3 | 46.9 | 2.5 | 37 | 9.9 | 4.4 | 11 | 6.2 | 1.9 | 4.2 | 39 | 370 | 7.1 |
| | 1 piece (5.2 x 4.5 x 4.1 cm) | 54.7 | 11.5 | 938 | 949 | 1.8 | 12.7 | 25.7 | 1.4 | 20.2 | 5.4 | 2.4 | 6 | 3.4 | 1 | 2.3 | 21 | 200 | 3.9 |
| A1136 | Cake, chocolate, iced | 100 | 23.5 | 1560 | 1590 | 4.8 | 19 | 45.7 | 3.2 | 34.1 | 11.6 | 5.9 | 7.8 | 3.5 | 0.8 | 2.6 | 14 | 280 | 6.9 |
| | 1 piece (5.1 x 4.4 x 3.5 cm) | 44.8 | 10.5 | 699 | 711 | 2.1 | 8.5 | 20.5 | 1.4 | 15.3 | 5.2 | 2.6 | 3.5 | 1.6 | 0.4 | 1.2 | 6 | 130 | 3.1 |
| | 1 wedge (11.0 x 7.0 x 5.6 cm) | 139.5 | 32.8 | 2180 | 2210 | 6.7 | 26.5 | 63.8 | 4.5 | 47.6 | 16.2 | 8.2 | 10.9 | 4.9 | 1.2 | 3.7 | 20 | 390 | 9.6 |
| A1148 | Cake, sponge, plain | 100 | 30.1 | 1220 | 1230 | 6.4 | 4.3 | 56.2 | 1 | 33.7 | 22.5 | 1.5 | 1.3 | 0.6 | 0.1 | 0.5 | 86 | 310 | 15 |
| | 1 piece (7.7 x 6.3 x 3.2 cm) | 38.8 | 11.7 | 475 | 478 | 2.5 | 1.7 | 21.8 | 0.4 | 13.1 | 8.7 | 0.6 | 0.5 | 0.2 | trace | 0.2 | 33 | 120 | 5.9 |
| 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 0.5 cm) | 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 0.4 cm) | 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 0.4 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 15.7 cm 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 |
| A1153 | Cake, assorted fruits, light, uniced | 100 | 320 | 130 | 50 | 1 | 0.4 | 5 | 28 | 60 | 0 | 0.07 | 0.84 | 0.57 | 0 | 11 | 0 | 0 | 1.2 |
| | 1 piece (5.4 x 4.5 x 3.1 cm) | 55.2 | 180 | 69 | 28 | 0.6 | 0.2 | 2.8 | 15 | 33 | 0 | 0.04 | 0.46 | 0.32 | 0 | 5.9 | 0 | 0 | 0.65 |
| A1152 | Cake, assorted fruits, rich or dark, uniced | 100 | 430 | 150 | 46 | 1 | 0.4 | 5 | 14 | 19 | 0 | 0.07 | 1.2 | 1.6 | 0 | 14 | 0 | 0 | 0.92 |
| | 1 piece (4.8 x 4.2 x 3.7 cm) | 55.2 | 240 | 80 | 25 | 0.6 | 0.2 | 2.8 | 8 | 10 | 0 | 0.04 | 0.66 | 0.87 | 0 | 7.6 | 0 | 0 | 0.51 |
| A1154 | Cake, carrot, iced | 100 | 140 | 120 | 52 | 0.7 | 0.5 | 3 | 120 | 508 | 0 | 0.05 | 4.5 | 0.12 | 0 | 0 | 0 | 0 | 2.9 |
| | 1 piece (5.2 x 4.5 x 4.1 cm) | 54.7 | 74 | 63 | 28 | 0.4 | 0.3 | 1.6 | 66 | 278 | 0 | 0.03 | 2.5 | 0.07 | 0 | 0 | 0 | 0 | 1.6 |
| A1136 | Cake, chocolate, iced | 100 | 370 | 170 | 48 | 2.7 | 0.8 | 4 | 21 | 0 | 0.04 | 0.18 | 0.83 | 0.38 | 0 | 9.7 | 0 | 1.8 | 2.2 |
| | 1 piece (5.1 x 4.4 x 3.5 cm) | 44.8 | 170 | 78 | 22 | 1.2 | 0.3 | 1.8 | 9 | 0 | 0.02 | 0.08 | 0.37 | 0.17 | 0 | 4.3 | 0 | 0.8 | 1 |
| | 1 wedge (11.0 x 7.0 x 5.6 cm) | 139.5 | 520 | 240 | 67 | 3.8 | 1.1 | 5.6 | 29 | 0 | 0.06 | 0.25 | 1.2 | 0.53 | 0 | 14 | 0 | 2.4 | 3.1 |
| A1148 | Cake, sponge, plain | 100 | 100 | 220 | 42 | 0.6 | 0.5 | 10 | 21 | 0 | 0.06 | 0.18 | 1.4 | 0.09 | 0 | 7.7 | 0 | 2.6 | 0.71 |
| | 1 piece (7.7 x 6.3 x 3.2 cm) | 38.8 | 39 | 85 | 16 | 0.2 | 0.2 | 3.9 | 8 | 0 | 0.02 | 0.07 | 0.53 | 0.04 | 0 | 3 | 0 | 1 | 0.28 |
| 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 0.5 cm) | 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 0.4 cm) | 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 0.4 cm) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (4.7 cm 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 (4.7 cm 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 (5.0 cm 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 0.3 cm) | 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 | | 3.6 | 53 | 760 | 0.8 |
| | 1 biscuit (0.4 x 6.3 cm 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 | | 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 0.4 cm) | 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 5.0 cm 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 |
| 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 5.5 cm 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 0.4 cm) | 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 0.5 cm) | 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 0.5 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (4.7 cm 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 (4.7 cm 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 (5.0 cm 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 0.3 cm) | 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 6.3 cm 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 0.4 cm) | 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 5.0 cm diameter) | 3.6 | 4 | 11 | 0.2 | 0 | trace | 0 | 1 | trace | trace | trace | 0.11 | trace | 0 | 0.8 | 0 | 0 | 0.05 |
| 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 5.5 cm 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 0.4 cm) | 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 0.5 cm) | 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 0.5 cm) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (7-12 cm 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 (>15 cm 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 9.2 cm 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 1.5 cm) | 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 |
| A1143 | Doughnut, chocolate iced | 100 | 19.9 | 1650 | 1660 | 6.4 | 21.4 | 43.9 | 1.6 | 18.3 | 25.6 | 11.4 | 6.8 | 2.3 | 0.3 | 2 | 3 | 430 | 17 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.6 | 4.1 | 339 | 342 | 1.3 | 4.4 | 9 | 0.3 | 3.8 | 5.3 | 2.4 | 1.4 | 0.5 | 0.1 | 0.4 | 1 | 89 | 3.5 |
| | 1 doughnut regular (3.4 x 8.9 cm diameter) | 63.1 | 12.6 | 1040 | 1050 | 4.1 | 13.5 | 27.7 | 1 | 11.5 | 16.2 | 7.2 | 4.3 | 1.4 | 0.2 | 1.2 | 2 | 270 | 11 |
| A1142 | Doughnut, cinnamon & sugar dusted | 100 | 21.4 | 1650 | 1660 | 5.2 | 18.6 | 51.1 | 2.3 | 24.2 | 26.9 | 6.8 | 7 | 2.5 | 0.4 | 2.1 | 19 | 510 | 9.1 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.9 | 4.5 | 344 | 348 | 1.1 | 3.9 | 10.7 | 0.5 | 5.1 | 5.6 | 1.4 | 1.5 | 0.5 | 0.1 | 0.4 | 4 | 110 | 1.9 |
| | 1 doughnut regular (3.1 x 8.0 cm diameter) | 59.6 | 12.8 | 981 | 992 | 3.1 | 11.1 | 30.5 | 1.4 | 14.4 | 16 | 4.1 | 4.2 | 1.5 | 0.2 | 1.2 | 11 | 300 | 5.4 |
| A1145 | Doughnut, cream & jam filled | 100 | 38.1 | 1330 | 1340 | 4.8 | 19.5 | 31.1 | 1.4 | 11.7 | 19.4 | 10.6 | 5.2 | 1.2 | 0.2 | 0.9 | 25 | 250 | 22 |
| | 1 doughnut (14.0 cm long) | 123.2 | 46.9 | 1640 | 1660 | 6 | 24 | 38.3 | 1.7 | 14.4 | 23.9 | 13.1 | 6.4 | 1.5 | 0.3 | 1.1 | 31 | 310 | 27 |
| A1144 | Doughnut, non-chocolate iced | 100 | 18.2 | 1640 | 1650 | 5.6 | 18.8 | 49.8 | 1.6 | 24.2 | 25.6 | 6.9 | 7.1 | 2.5 | 0.4 | 2.1 | 3 | 430 | 17 |
| | 1 doughnut mini (2.5 x 6.0 cm diameter) | 21.2 | 3.9 | 347 | 350 | 1.2 | 4 | 10.6 | 0.3 | 5.1 | 5.4 | 1.5 | 1.5 | 0.5 | 0.1 | 0.4 | 1 | 91 | 3.6 |
| | 1 doughnut regular (3.4 x 8.6 cm diameter) | 66.2 | 12 | 1080 | 1090 | 3.7 | 12.4 | 33 | 1.1 | 16 | 16.9 | 4.6 | 4.7 | 1.7 | 0.2 | 1.4 | 2 | 280 | 11 |
| 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 4.5 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (7-12 cm 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 (>15 cm 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 9.2 cm 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 1.5 cm) | 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 |
| A1143 | Doughnut, chocolate iced | 100 | 160 | 170 | 48 | 1.7 | 0.7 | 8 | 0 | 0 | 0.15 | 0.13 | 1.6 | 0.25 | 0 | 66 | 0 | 0 | 1.5 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.6 | 32 | 35 | 9.9 | 0.4 | 0.1 | 1.6 | 0 | 0 | 0.03 | 0.03 | 0.33 | 0.05 | 0 | 14 | 0 | 0 | 0.31 |
| | 1 doughnut regular (3.4 x 8.9 cm diameter) | 63.1 | 98 | 110 | 30 | 1.1 | 0.4 | 5 | 0 | 0 | 0.1 | 0.08 | 1 | 0.16 | 0 | 41 | 0 | 0 | 0.93 |
| A1142 | Doughnut, cinnamon & sugar dusted | 100 | 140 | 270 | 39 | 1 | 0.5 | 4.6 | 0 | 0 | 0.13 | 0.1 | 1.2 | 0.13 | 0 | 14 | 0 | 0 | 1.7 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.9 | 28 | 56 | 8.2 | 0.2 | 0.1 | 1 | 0 | 0 | 0.03 | 0.02 | 0.26 | 0.03 | 0 | 2.9 | 0 | 0 | 0.36 |
| | 1 doughnut regular (3.1 x 8.0 cm diameter) | 59.6 | 80 | 160 | 23 | 0.6 | 0.3 | 2.7 | 0 | 0 | 0.08 | 0.06 | 0.74 | 0.08 | 0 | 8.4 | 0 | 0 | 1 |
| A1145 | Doughnut, cream & jam filled | 100 | 120 | 100 | 75 | 0 | 0.5 | 4 | 165 | 0 | 0.12 | 0.16 | 1.5 | 0.18 | 0 | 30 | 0 | 0 | 0.48 |
| | 1 doughnut (14.0 cm long) | 123.2 | 150 | 120 | 92 | 0 | 0.6 | 4.9 | 203 | 0 | 0.15 | 0.2 | 1.8 | 0.22 | 0 | 37 | 0 | 0 | 0.59 |
| A1144 | Doughnut, non-chocolate iced | 100 | 160 | 170 | 48 | 1.7 | 0.7 | 8 | 0 | 0 | 0.15 | 0.13 | 1.5 | 0.25 | 0 | 66 | 0 | 0 | 1.5 |
| | 1 doughnut mini (2.5 x 6.0 cm diameter) | 21.2 | 33 | 36 | 10 | 0.4 | 0.1 | 1.7 | 0 | 0 | 0.03 | 0.03 | 0.31 | 0.05 | 0 | 14 | 0 | 0 | 0.31 |
| | 1 doughnut regular (3.4 x 8.6 cm diameter) | 66.2 | 100 | 110 | 32 | 1.1 | 0.4 | 5.3 | 0 | 0 | 0.1 | 0.09 | 0.97 | 0.17 | 0 | 44 | 0 | 0 | 0.98 |
| 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 4.5 cm) | 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 |

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| 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 |
| 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 5.5 cm) | 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 |
| 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 (6.0 cm top diameter x 4.0 cm 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 (7.5 cm top diameter x 6.0 cm 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 (6.0 cm top diameter x 4.0 cm 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 |
| A1147 | Pizza base, thick, from white flour, no topping | 100 | 34.4 | 1070 | 1090 | 8.5 | 4 | 45.6 | 2.9 | 4 | 41.6 | 0.6 | 2 | 1.2 | 0.2 | 1.1 | 0 | 420 | 29 |
| | 1 pizza (1.3 x 24.1 cm diameter) | 234.1 | 80.5 | 2500 | 2550 | 19.9 | 9.4 | 107 | 6.8 | 9.4 | 97.4 | 1.5 | 4.7 | 2.9 | 0.4 | 2.5 | 0 | 980 | 68 |
| 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 4.8 cm) | 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 | 5.1 | 3.1 | 1.2 | 0.3 | 0.9 | 21 | 740 | 2.3 |
| | 1 scone (9.5 x 8.3 x 5.0 cm) | 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 5.0 cm) | 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 (15 mL) | 18.8 | 12.8 | 111 | 114 | 0.9 | 0.4 | 4.8 | 0.4 | 0.4 | 4.4 | 0.1 | 0.2 | 0.1 | trace | 0.1 | 1 | 88 | 0.7 |
| | 1 cup (250 mL) | 241.8 | 165 | 1430 | 1460 | 11 | 4.8 | 62.3 | 4.8 | 5.3 | 57 | 1 | 2.4 | 1.1 | 0.2 | 0.9 | 7 | 1100 | 9.2 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 5.5 cm) | 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 |
| 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 (6.0 cm top diameter x 4.0 cm 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 (7.5 cm top diameter x 6.0 cm 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 (6.0 cm top diameter x 4.0 cm 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 |
| A1147 | Pizza base, thick, from white flour, no topping | 100 | 150 | 94 | 33 | 0.8 | 0.7 | 7.5 | 0 | 0 | 0.22 | 0.05 | 2.1 | 0.14 | 0 | 5.3 | 0 | 0 | 0.29 |
| | 1 pizza (1.3 x 24.1 cm diameter) | 234.1 | 350 | 220 | 77 | 1.9 | 1.6 | 18 | 0 | 0 | 0.52 | 0.12 | 4.8 | 0.33 | 0 | 12 | 0 | 0 | 0.68 |
| 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 4.8 cm) | 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 5.0 cm) | 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 5.0 cm) | 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 (15 mL) | 18.8 | 39 | 23 | 4.9 | 0.2 | 0.1 | 0.5 | 14 | 5 | 0.02 | 0.02 | 0.45 | 0.01 | 0.08 | 3.8 | 0 | trace | 0.06 |
| | 1 cup (250 mL) | 241.8 | 510 | 290 | 63 | 2.2 | 0.9 | 6.5 | 179 | 60 | 0.29 | 0.24 | 5.8 | 0.15 | 1 | 48 | 0 | 0.7 | 0.73 |

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| 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 (280 mL, 1.0 standard drinks) | 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 (330 mL, 1.2 standard drinks) | 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 (440 mL, 1.6 standard drinks) | 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 (450 mL, 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 (500 mL, 1.8 standard drinks) | 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 (280 mL, 1.3 standard drinks) | 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 (330 mL, 1.5 standard drinks) | 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 (440 mL, 2.0 standard drinks) | 444 | 404 | 638 | 650 | 2.2 | 0 | 3.2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 2.9 |
| | 1 large glass (450 mL, 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 (500 mL, 2.3 standard drinks) | 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 (280 mL, 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 (330 mL, 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 (440 mL, 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 (450 mL, 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 (500 mL, 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (280 mL, 1.0 standard drinks) | 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 (330 mL, 1.2 standard drinks) | 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 (440 mL, 1.6 standard drinks) | 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 (450 mL, 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 (500 mL, 1.8 standard drinks) | 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 (280 mL, 1.3 standard drinks) | 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 (330 mL, 1.5 standard drinks) | 333 | 180 | 77 | 14 | trace | 0 | 0 | 0 | 0 | 0 | 0.1 | 0.2 | 0.1 | 0 | 0 | 0 | 0 | 0 |
| | 1 large can (440 mL, 2.0 standard drinks) | 444 | 240 | 100 | 18 | trace | 0 | 0 | 0 | 0 | 0 | 0.13 | 0.27 | 0.13 | 0 | 0 | 0 | 0 | 0 |
| | 1 large glass (450 mL, 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 (500 mL, 2.3 standard drinks) | 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 (280 mL, 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 (330 mL, 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 (440 mL, 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 (450 mL, 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 (500 mL, 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 |

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| 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 | 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 (280 mL, 0.6 standard drinks) | 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 (330 mL, 0.7 standard drinks) | 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 (440 mL, 0.9 standard drinks) | 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 (450 mL, 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 (500 mL, 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 (280 mL, 0.9 standard drinks) | 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 (330 mL, 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 (440 mL, 1.3 standard drinks) | 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 (450 mL, 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 (500 mL, 1.5 standard drinks) | 503 | 473 | 468 | 478 | 1.5 | 0 | 1.7 | 0 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 3.3 |
| B1032 | Bourbon & regular cola, 5% alcohol by volume, pre-mixed | 100 | 88.5 | 198 | 198 | 0 | 0 | 5.7 | 0 | 5.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4.7 | 0.2 |
| | 100 mL (0.4 standard drinks) | 102.7 | 90.9 | 204 | 204 | 0 | 0 | 5.9 | 0 | 5.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4.8 | 0.2 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 338.8 | 300 | 672 | 672 | 0 | 0 | 19.3 | 0 | 19.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0.7 |
| | 1 large can (440 mL, 1.6 standard drinks) | 451.7 | 400 | 896 | 896 | 0 | 0 | 25.7 | 0 | 25.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0.9 |
| B1031 | Bourbon & regular cola, 7% alcohol by volume, pre-mixed | 100 | 85.9 | 290 | 290 | 0 | 0 | 8 | 0 | 8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0.3 |
| | 100 mL (0.5 standard drinks) | 102.4 | 88 | 297 | 297 | 0 | 0 | 8.2 | 0 | 8.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4.1 | 0.3 |
| | 1 small can (250 mL, 1.4 standard drinks) | 256 | 220 | 742 | 742 | 0 | 0 | 20.5 | 0 | 20.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0.8 |
| | 1 regular bottle or can (330 mL, 1.8 standard drinks) | 337.9 | 290 | 979 | 979 | 0 | 0 | 27 | 0 | 27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 1 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 (280 mL, 0.6 standard drinks) | 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 (330 mL, 0.7 standard drinks) | 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 (440 mL, 0.9 standard drinks) | 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 (450 mL, 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 (500 mL, 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 (280 mL, 0.9 standard drinks) | 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 (330 mL, 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 (440 mL, 1.3 standard drinks) | 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 (450 mL, 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 (500 mL, 1.5 standard drinks) | 503 | 150 | 62 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0.15 | 0.2 | 0.15 | 0 | 0 | 0 | 0 | 0 |
| B1032 | Bourbon & regular cola, 5% alcohol by volume, pre-mixed | 100 | 0.5 | 13 | 0.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.4 standard drinks) | 102.7 | 0.5 | 14 | 0.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 338.8 | 1.7 | 45 | 2.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 large can (440 mL, 1.6 standard drinks) | 451.7 | 2.3 | 61 | 3.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1031 | Bourbon & regular cola, 7% alcohol by volume, pre-mixed | 100 | 2.5 | 14 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.5 standard drinks) | 102.4 | 2.6 | 15 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small can (250 mL, 1.4 standard drinks) | 256 | 6.4 | 37 | 2.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle or can (330 mL, 1.8 standard drinks) | 337.9 | 8.4 | 48 | 3.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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| 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 |
| 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 (280 mL, 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 (330 mL, 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 (450 mL, 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 (500 mL, 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 (280 mL, 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 (330 mL, 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 (450 mL, 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 (500 mL, 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 |
| B1042 | Gin & tonic water, 9% alcohol by volume, pub or home-mixed | 100 | 85.7 | 326 | 326 | 0 | 0 | 7.2 | 0 | 7.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3.6 | 0.2 |
| | 1 short glass (150 mL, 1.1 standard drink) | 151.8 | 130 | 495 | 495 | 0 | 0 | 10.9 | 0 | 10.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5.5 | 0.3 |
| 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 (100 mL, 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 (150 mL, 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 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 84.3 | 330 | 330 | 0 | 0 | 6.1 | 0 | 6.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.9 | 0.1 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252.1 | 212 | 831 | 831 | 0 | 0 | 15.5 | 0 | 15.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2.2 | 0.2 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 85.2 | 296 | 296 | 0 | 0 | 6.4 | 0 | 6.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.9 | 0.1 |
| | 1 short glass (150 mL, 1.0 standard drink) | 151.8 | 129 | 450 | 450 | 0 | 0 | 9.8 | 0 | 9.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.4 | 0.1 |
| 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 (100 mL, 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 (150 mL, 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (280 mL, 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 (330 mL, 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 (450 mL, 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 (500 mL, 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 (280 mL, 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 (330 mL, 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 (450 mL, 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 (500 mL, 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 |
| B1042 | Gin & tonic water, 9% alcohol by volume, pub or home-mixed | 100 | 0 | 0 | 0.8 | trace | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 short glass (150 mL, 1.1 standard drink) | 151.8 | 0 | 0 | 1.2 | trace | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 (100 mL, 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 (150 mL, 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 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 2.6 | 14 | 0.7 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252.1 | 6.5 | 34 | 1.8 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 2.6 | 14 | 0.7 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 short glass (150 mL, 1.0 standard drink) | 151.8 | 4 | 21 | 1.1 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 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 (100 mL, 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 (150 mL, 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-----|------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (100 mL, 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 (150 mL, 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 (30 mL, 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 (60 mL, 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 (30 mL, 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 (60 mL, 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 (30 mL, 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 (60 mL, 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 (30 mL, 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 (60 mL, 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 (30 mL, 1.0 standard drink) | 28.2 | 18 | 295 | 295 | 0 | 0 | trace | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | Double shot (60 mL, 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 |
| B1035 | Vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 79.3 | 409 | 409 | 2.4 | 2.6 | 11.1 | 0 | 11.1 | 0 | 1.7 | 0.6 | trace | trace | trace | 9 | 86 | 2.5 |
| | 100 mL (0.3 standard drinks) | 105.1 | 83.4 | 430 | 430 | 2.5 | 2.7 | 11.7 | 0 | 11.7 | 0 | 1.8 | 0.6 | trace | trace | trace | 9 | 90 | 2.6 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 283.8 | 225 | 1160 | 1160 | 6.7 | 7.4 | 31.5 | 0 | 31.5 | 0 | 4.7 | 1.6 | 0.1 | trace | 0.1 | 24 | 240 | 7.1 |
| B1041 | Vodka & energy drink V, 10% alcohol by volume, pub or home-mixed | 100 | 83.2 | 353 | 353 | 0 | 0 | 8 | 0 | 8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 86 | 0 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 210 | 889 | 889 | 0 | 0 | 20.2 | 0 | 20.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 220 | 0 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (100 mL, 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 (150 mL, 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 (30 mL, 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 (60 mL, 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 (30 mL, 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 (60 mL, 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 (30 mL, 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 (60 mL, 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 (30 mL, 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 (60 mL, 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 (30 mL, 1.0 standard drink) | 28.2 | 0.3 | 0.8 | 0 | trace | trace | 0 | 0 | 0 | trace | 0 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 |
| | Double shot (60 mL, 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 |
| B1035 | Vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 83 | 90 | 65 | 0 | 0.2 | 0.8 | 19 | 18 | 0 | 0.14 | 0.43 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.3 standard drinks) | 105.1 | 87 | 95 | 68 | 0 | 0.2 | 0.8 | 20 | 18 | 0 | 0.15 | 0.45 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 283.8 | 240 | 260 | 180 | 0 | 0.6 | 2.3 | 54 | 50 | 0 | 0.4 | 1.2 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1041 | Vodka & energy drink V, 10% alcohol by volume, pub or home-mixed | 100 | 1.7 | 1.1 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0.5 | 5.9 | 2 | 0.86 | 0 | 0 | 0 | 0 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 4.2 | 2.8 | 1.4 | 0 | 0 | 0 | 0 | 0 | 0 | 1.3 | 15 | 5 | 2.2 | 0 | 0 | 0 | 0 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-----|------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| B1039 | Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | 100 | 84.9 | 347 | 347 | 0 | 0 | 7.7 | 0 | 7.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5.2 | 0.2 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 214 | 876 | 876 | 0 | 0 | 19.4 | 0 | 19.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 0.4 |
| B1036 | Vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 79.8 | 394 | 394 | 2.3 | 2.5 | 10.6 | 0 | 10.6 | 0 | 1.7 | 0.6 | trace | trace | trace | 9 | 89 | 3 |
| | 100 mL (0.3 standard drinks) | 105.2 | 83.9 | 414 | 414 | 2.5 | 2.6 | 11.2 | 0 | 11.2 | 0 | 1.8 | 0.6 | trace | trace | trace | 9 | 94 | 3.2 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 227 | 1120 | 1120 | 6.6 | 7.1 | 30.1 | 0 | 30.1 | 0 | 4.7 | 1.6 | 0.1 | trace | 0.1 | 24 | 250 | 8.5 |
| B1034 | Vodka & non-cola flavoured soft drink, 5% alcohol by volume, pre-mixed | 100 | 88.8 | 226 | 226 | 0 | 0 | 7.3 | 0 | 7.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0.2 |
| | 100 mL (0.4 standard drinks) | 102.7 | 91.2 | 232 | 232 | 0 | 0 | 7.5 | 0 | 7.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | 0.2 |
| | 1 small can (270 mL, 1.0 standard drink) | 277.3 | 246 | 626 | 626 | 0 | 0 | 20.2 | 0 | 20.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 69 | 0.6 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 338.9 | 301 | 765 | 765 | 0 | 0 | 24.7 | 0 | 24.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 0.7 |
| B1033 | Vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed | 100 | 86.9 | 252 | 252 | 0 | 0 | 6.1 | 0 | 6.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 0.2 |
| | 100 mL (0.5 standard drinks) | 101.6 | 88.3 | 256 | 256 | 0 | 0 | 6.2 | 0 | 6.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 0.2 |
| | 1 small can (250 mL, 1.3 standard drinks) | 254 | 221 | 639 | 639 | 0 | 0 | 15.5 | 0 | 15.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 44 | 0.5 |
| | 1 regular bottle (330 mL, 1.7 standard drinks) | 335.3 | 292 | 844 | 844 | 0 | 0 | 20.5 | 0 | 20.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 59 | 0.6 |
| B1040 | Vodka & orange juice, 10% alcohol by volume, pub or home-mixed | 100 | 83.1 | 331 | 333 | 0.5 | 0.1 | 6.1 | 0.2 | 6.1 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 1.4 | 0.3 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 209 | 834 | 839 | 1.2 | 0.2 | 15.3 | 0.6 | 15.3 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 3.5 | 0.8 |
| 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 (100 mL, 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 (150 mL, 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 (100 mL, 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 (150 mL, 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 (100 mL, 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 (150 mL, 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| B1039 | Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | 100 | 4.1 | 1.6 | 1.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 10 | 4 | 3.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1036 | Vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 82 | 93 | 68 | 0 | 0.2 | 1.4 | 19 | 18 | 0 | 0.14 | 0.43 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.3 standard drinks) | 105.2 | 86 | 98 | 72 | 0 | 0.3 | 1.5 | 20 | 18 | 0 | 0.15 | 0.45 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 230 | 260 | 190 | 0 | 0.7 | 4 | 54 | 50 | 0 | 0.4 | 1.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1034 | Vodka & non-cola flavoured soft drink, 5% alcohol by volume, pre-mixed | 100 | 0.5 | 0 | 0.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.4 standard drinks) | 102.7 | 0.5 | 0 | 0.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small can (270 mL, 1.0 standard drink) | 277.3 | 1.4 | 0 | 2.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 338.9 | 1.7 | 0 | 2.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1033 | Vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed | 100 | 0 | 0 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.5 standard drinks) | 101.6 | 0 | 0 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small can (250 mL, 1.3 standard drinks) | 254 | 0 | 0 | 1.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle (330 mL, 1.7 standard drinks) | 335.3 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1040 | Vodka & orange juice, 10% alcohol by volume, pub or home-mixed | 100 | 140 | 14 | 7.1 | 0.1 | trace | 0 | 2 | 13 | 0.07 | 0.03 | 0.09 | 0.09 | 0 | 17 | 34.3 | 0 | 0.11 | |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 340 | 36 | 18 | 0.2 | trace | 0 | 6 | 34 | 0.18 | 0.08 | 0.23 | 0.23 | 0 | 43 | 86.4 | 0 | 0.28 | |
| 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 | 0 |
| | 1 small glass (100 mL, 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 | 0 |
| | 1 average glass (150 mL, 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 | 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 | 0 |
| | 1 small glass (100 mL, 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 | 0 |
| | 1 average glass (150 mL, 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 | 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 | 0 |
| | 1 small glass (100 mL, 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 | 0 |
| | 1 average glass (150 mL, 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 | 0 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (100 mL, 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 (150 mL, 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 (100 mL, 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 (150 mL, 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 (100 mL, 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 (150 mL, 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 (100 mL, 1.0 standard drink) | 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 (150 mL, 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 (100 mL, 1.0 standard drink) | 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 (150 mL, 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 |
| 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 (100 mL, 1.0 standard drink) | 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 (150 mL, 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 (100 mL, 1.0 standard drink) | 99.5 | 87.9 | 301 | 310 | 0.2 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 |
| | 1 average glass (150 mL, 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 (100 mL, 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 (150 mL, 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (100 mL, 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 (150 mL, 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 (100 mL, 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 (150 mL, 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 (100 mL, 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 (150 mL, 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 (100 mL, 1.0 standard drink) | 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 (150 mL, 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 (100 mL, 1.0 standard drink) | 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 (150 mL, 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 |
| 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 (100 mL, 1.0 standard drink) | 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 (150 mL, 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 (100 mL, 1.0 standard drink) | 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 (150 mL, 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 (100 mL, 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 (150 mL, 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 |

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| 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 | |
| C BEVERAGES, NON-ALCOHOLIC | | | | | | | | | | | | | | | | | | | | |
| C1128 | Almond and coconut milk blend, sugar-sweetened, fortified Ca and vitamins B1, B2 & B12 | 100 | 94.6 | 109 | 112 | 0.5 | 1.6 | 2.4 | 0.4 | 2.4 | 0 | 0.3 | 0.8 | 0.4 | 0 | 0.4 | 0 | 32 | 2.5 | |
| | 100 mL | 101.7 | 96.2 | 111 | 114 | 0.5 | 1.6 | 2.4 | 0.4 | 2.4 | 0 | 0.3 | 0.8 | 0.4 | 0 | 0.4 | 0 | 33 | 2.5 | |
| C1129 | Almond and coconut milk blend, unsweetened, fortified Ca and vitamins B1, B2 & B12 | 100 | 96.9 | 76 | 79 | 0.6 | 1.8 | 0 | 0.4 | 0 | 0 | 0.3 | 0.8 | 0.4 | 0 | 0.4 | 0 | 32 | 2.5 | |
| | 100 mL | 101.8 | 98.6 | 77 | 81 | 0.6 | 1.8 | 0 | 0.4 | 0 | 0 | 0.3 | 0.8 | 0.4 | 0 | 0.4 | 0 | 33 | 2.5 | |
| C1126 | Almond milk, sugar-sweetened | 100 | 93.2 | 120 | 127 | 0.6 | 1.7 | 2.8 | 0.8 | 2.6 | 0.2 | 0.1 | 1 | 0.5 | 0 | 0.5 | 0 | 40 | 1.5 | |
| | 100 mL | 102.2 | 95.3 | 123 | 130 | 0.6 | 1.7 | 2.9 | 0.8 | 2.7 | 0.2 | 0.1 | 1 | 0.5 | 0 | 0.5 | 0 | 41 | 1.5 | |
| C1127 | Almond milk, unsweetened | 100 | 96.9 | 64 | 71 | 0.5 | 1.4 | 0.2 | 0.8 | 0 | 0.2 | 0.1 | 0.8 | 0.4 | 0 | 0.4 | 0 | 40 | 1.5 | |
| | 100 mL | 102.3 | 99.1 | 66 | 72 | 0.6 | 1.4 | 0.2 | 0.8 | 0 | 0.2 | 0.1 | 0.9 | 0.4 | 0 | 0.4 | 0 | 41 | 1.5 | |
| 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 (5 mL) | 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 | |
| C1137 | Coconut milk, sugar-sweetened, ready to drink | 100 | 93.8 | 144 | 146 | 0.3 | 2.9 | 1.9 | 0.2 | 1.9 | 0 | 2.4 | 0.2 | 0.1 | trace | 0.1 | 0 | 20 | 0.8 | |
| | 100 mL | 102.3 | 95.9 | 148 | 149 | 0.3 | 3 | 1.9 | 0.2 | 1.9 | 0 | 2.5 | 0.2 | 0.1 | trace | 0.1 | 0 | 20 | 0.8 | |
| C1136 | Coconut milk, unsweetened | 100 | 95.9 | 96 | 97 | 0.2 | 2.4 | 0.2 | 0.2 | 0.2 | 0 | 2.4 | 0.2 | 0.1 | trace | 0.1 | 0 | 20 | 0.8 | |
| | 100 mL | 101.8 | 97.6 | 97 | 99 | 0.2 | 2.4 | 0.2 | 0.2 | 0.2 | 0 | 2.4 | 0.2 | 0.1 | trace | 0.1 | 0 | 20 | 0.8 | |
| C1130 | Coconut water, unsweetened | 100 | 95.1 | 50 | 50 | 0.1 | 0 | 2.9 | 0 | 2.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0.6 | |
| | 100 mL | 101.7 | 96.7 | 51 | 51 | 0.1 | 0 | 2.9 | 0 | 2.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0.6 | |
| 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 (250 mL) | 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 (250 mL) | 255 | 253 | 139 | 139 | 3.7 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2.6 | 0 | |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| C BEVERAGES, NON-ALCOHOLIC | | | | | | | | | | | | | | | | | | | |
| C1128 | Almond and coconut milk blend, sugar-sweetened, fortified Ca and vitamins B1, B2 & B12 | 100 | 20 | 64 | 120 | 0.2 | 0.1 | 0 | 0 | 0 | 0.03 | 0.23 | 0 | 0 | 0.35 | 0 | 0 | 0 | 0 |
| | 100 mL | 101.7 | 20 | 65 | 120 | 0.2 | 0.1 | 0 | 0 | 0 | 0.03 | 0.23 | 0 | 0 | 0.36 | 0 | 0 | 0 | 0 |
| C1129 | Almond and coconut milk blend, unsweetened, fortified Ca and vitamins B1, B2 & B12 | 100 | 20 | 64 | 120 | 0.2 | 0.1 | 0 | 0 | 0 | 0.03 | 0.23 | 0 | 0 | 0.35 | 0 | 0 | 0 | 0 |
| | 100 mL | 101.8 | 20 | 65 | 120 | 0.2 | 0.1 | 0 | 0 | 0 | 0.03 | 0.23 | 0 | 0 | 0.36 | 0 | 0 | 0 | 0 |
| C1126 | Almond milk, sugar-sweetened | 100 | 21 | 44 | 77 | 0.1 | 0.1 | 0 | 0 | 0 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0.11 |
| | 100 mL | 102.2 | 21 | 45 | 79 | 0.1 | 0.1 | 0 | 0 | 0 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0.11 |
| C1127 | Almond milk, unsweetened | 100 | 21 | 150 | 310 | 0.1 | 0.1 | 0 | 0 | 0 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0.11 |
| | 100 mL | 102.3 | 21 | 150 | 320 | 0.1 | 0.1 | 0 | 0 | 0 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0.11 |
| 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 (5 mL) | 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 |
| C1137 | Coconut milk, sugar-sweetened, ready to drink | 100 | 33 | 46 | 90 | 0.1 | trace | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL | 102.3 | 34 | 47 | 92 | 0.1 | trace | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1136 | Coconut milk, unsweetened | 100 | 33 | 46 | 90 | 0.1 | trace | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL | 101.8 | 34 | 47 | 92 | 0.1 | trace | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1130 | Coconut water, unsweetened | 100 | 180 | 6.9 | 11 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.03 | 0 | 0 | 17.1 | 0 | 0 |
| | 100 mL | 101.7 | 190 | 7 | 11 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.03 | 0 | 0 | 17.4 | 0 | 0 |
| 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 (250 mL) | 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 (250 mL) | 255 | 120 | 6.4 | 3.2 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.43 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (30 mL) | 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 (70 mL) | 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 (90 mL) | 90 | 86.7 | 49 | 49 | 1.3 | 0.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.1 |
| 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 (285 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (300 mL) | 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 (300 mL) | 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 (150 mL) | 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 (285 mL) | 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 (300 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 | 0.17 |
| | 1 shot (30 mL) | 30 | 140 | 7.2 | 2.7 | trace | trace | 0 | 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 | 0.09 |
| | 1 cup short black cafe size (70 mL) | 70 | 330 | 17 | 6.4 | 0.1 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.12 |
| | 1 cup short black takeaway size (90 mL) | 90 | 420 | 22 | 8.2 | 0.1 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.15 |
| 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 (285 mL) | 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 | 0 |
| | 1 cup (250 mL) | 250 | 69 | 6.2 | 7.3 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.8 | 0.48 | 0 | 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 (250 mL) | 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 (250 mL) | 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 (300 mL) | 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 (300 mL) | 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 (150 mL) | 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 (285 mL) | 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 (300 mL) | 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 | |

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| 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 |
| 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 (300 mL) | 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 (5 mL) | 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 |
| 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 (5 mL) | 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 (5 mL) | 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 (250 mL) | 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 (250 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 |
| C138 | Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansells, 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 (15 mL) | 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 (15 mL) | 13.5 | 0.2 | 216 | 223 | trace | 0.1 | 12.5 | trace | 12.5 | 0 | trace | trace | trace | | | 0 | 25 | trace |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (300 mL) | 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 (5 mL) | 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 |
| 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 (5 mL) | 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 (5 mL) | 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 (250 mL) | 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 (250 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 |
| C138 | Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansells, fortified | 100 | 2.8 | 16 | 39 | 0.2 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 208 | 0 | 0 |
| | 1 tablespoon (15 mL) | 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 (15 mL) | 13.5 | 0.4 | 2.2 | 5.3 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18.9 | 0 | 0 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 259 | 234 | 410 | 423 | 0.1 | 0.4 | 23.2 | 0 | 22.8 | 0.4 | trace | 0.2 | 0.1 | | | 0 | 44 | 0.2 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |
| | 1 tablespoon (15 mL) | 19.2 | 7.8 | 117 | 122 | 0.4 | 0.1 | 6.3 | 0.6 | 6.3 | 0 | trace | trace | trace | 0 | trace | 0 | 3.5 | 0.3 |
| C1140 | Juice concentrate, blackcurrant, reduced sugar, fortified vitamin C | 100 | 67.9 | 468 | 468 | 0.1 | 0.1 | 27.2 | 0 | 27.2 | 0 | trace | trace | 0.2 | trace | trace | 0 | 45 | 0.5 |
| | 1 tablespoon (15 mL) | 17.2 | 11.7 | 80 | 80 | trace | trace | 4.7 | 0 | 4.7 | 0 | trace | trace | trace | 0 | 0 | 0 | 7.7 | 0.1 |
| C1132 | Juice concentrate, blackcurrant, sugar-sweetened, fortified vitamin C | 100 | 46.3 | 843 | 843 | trace | 0.2 | 49.1 | 0 | 49.1 | 0 | trace | trace | 0.2 | trace | trace | 0 | 45 | 0.5 |
| | 1 tablespoon (15 mL) | 18.8 | 8.7 | 158 | 158 | trace | trace | 9.2 | 0 | 9.2 | 0 | trace | trace | trace | 0 | 0 | 0 | 8.5 | 0.1 |
| C1141 | Juice concentrate, lemon or lime, reduced sugar, fortified vitamin C | 100 | 75 | 382 | 382 | 0.1 | 0.2 | 21.9 | 0 | 21.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 84 | 0 |
| | 1 tablespoon (15 mL) | 17.3 | 13 | 66 | 66 | trace | trace | 3.8 | 0 | 3.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 |
| C1133 | Juice concentrate, lemon or lime, sugar-sweetened, fortified vitamin C | 100 | 50.1 | 788 | 788 | 0.1 | 0.2 | 45.8 | 0 | 45.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 84 | 0 |
| | 1 tablespoon (15 mL) | 16.4 | 8.2 | 129 | 129 | trace | trace | 7.5 | 0 | 7.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 0 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 259 | 6.5 | 4.9 | 16 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0.03 | 0 | 0 | trace | 67.3 | 0 | 0 |
| C47 | Flavoured drink, orange | 100 | 1 | 0 | 1 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| | 1 cup (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 253.9 | 260 | 17 | 11 | 0 | trace | 0 | 2 | 10 | 0.13 | 0.05 | 0.13 | 0.13 | 0 | 0 | 104 | 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 |
| | 1 tablespoon (15 mL) | 19.2 | 250 | 25 | 23 | 0.4 | 0.1 | 0 | trace | 1 | 0.01 | 0.02 | 0.72 | 0.17 | 0 | 16 | 91.8 | 0 | 0 |
| C1140 | Juice concentrate, blackcurrant, reduced sugar, fortified vitamin C | 100 | 88 | 8.3 | 9.6 | 0.1 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 211 | 0 | 0 |
| | 1 tablespoon (15 mL) | 17.2 | 15 | 1.4 | 1.7 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0 | 0 | 36.3 | 0 | 0 |
| C1132 | Juice concentrate, blackcurrant, sugar-sweetened, fortified vitamin C | 100 | 88 | 8.3 | 9.6 | 0.1 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 295 | 0 | 0 |
| | 1 tablespoon (15 mL) | 18.8 | 17 | 1.6 | 1.8 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0 | 0 | 55.5 | 0 | 0 |
| C1141 | Juice concentrate, lemon or lime, reduced sugar, fortified vitamin C | 100 | 29 | 3.5 | 3.5 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 279 | 0 | 0 |
| | 1 tablespoon (15 mL) | 17.3 | 5 | 0.6 | 0.6 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0 | 0 | 48.3 | 0 | 0 |
| C1133 | Juice concentrate, lemon or lime, sugar-sweetened, fortified vitamin C | 100 | 29 | 3.5 | 3.5 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 279 | 0 | 0 |
| | 1 tablespoon (15 mL) | 16.4 | 4.8 | 0.6 | 0.6 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0 | 0 | 45.8 | 0 | 0 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 |
| | 1 tablespoon (15 mL) | 16.9 | 10 | 108 | 125 | trace | 0.3 | 5.8 | 0.1 | 5.8 | 0 | trace | 0.1 | 0.1 | | | 0 | 5.7 | 0.2 |
| 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 (250 mL) | 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 (250 mL) | 266 | 237 | 549 | 553 | 0.3 | 0.3 | 31.4 | 0.5 | 31.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 2.4 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| C1124 | Milo powder, fortified vitamins B2, B3, B6, B12, C & D, Ca, Fe and P | 100 | 1.1 | 1390 | 1430 | 11.8 | 9.2 | 74.8 | 4.4 | 47.9 | 2.2 | 4.5 | 3.8 | 0.9 | trace | 0.9 | 10 | 110 | 30 |
| | 1 teaspoon (5 mL) | 2.3 | trace | 32 | 33 | 0.3 | 0.2 | 1.7 | 0.1 | 1.1 | trace | 0.1 | 0.1 | trace | trace | trace | trace | 2.5 | 0.7 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| C55 | Juice concentrate, orange | 100 | 1 | 0 | 0.8 | trace | trace | 0.9 | 1 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 |
| | 1 tablespoon (15 mL) | 16.9 | 0.2 | 0 | 0.1 | trace | trace | 0.2 | trace | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.7 | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| C1124 | Milo powder, fortified vitamins B2, B3, B6, B12, C & D, Ca, Fe and P | 100 | 1100 | 760 | 1100 | 22 | 1.8 | 6 | 11 | 10 | 0.23 | 2.2 | 21 | 3.1 | 3.8 | 69 | 55.8 | 21 | 0.91 |
| | 1 teaspoon (5 mL) | 2.3 | 25 | 17 | 24 | 0.5 | trace | 0.1 | trace | trace | trace | 0.05 | 0.48 | 0.07 | 0.09 | 1.6 | 1.3 | 0.5 | 0.02 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 244.3 | 242 | 45 | 45 | 0.2 | 0.2 | 2 | 0 | 0 | 2 | 0.1 | trace | trace | 0 | trace | 0 | 6.8 | 0 |
| C1125 | Oat milk, unsweetened | 100 | 86.8 | 114 | 117 | 0.7 | 1.2 | 12.9 | 0.4 | 1.5 | 1.9 | trace | trace | trace | 0 | trace | 0 | 44 | 0.3 |
| | 1 cup (250 mL) | 260.6 | 226 | 297 | 305 | 1.8 | 3.1 | 33.6 | 1 | 3.9 | 5 | trace | 0.1 | trace | 0 | trace | 0 | 110 | 0.8 |
| 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 |
| | 100 mL | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 244.3 | 150 | 5.1 | 11 | 0.9 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1125 | Oat milk, unsweetened | 100 | 45 | 41 | 45 | 0.1 | trace | 0.6 | 0 | 0 | 0.03 | 0.29 | 0 | 0 | 0 | 0 | 0 | 0 | 0.16 |
| | 1 cup (250 mL) | 260.6 | 120 | 110 | 120 | 0.3 | 0.1 | 1.6 | 0 | 0 | 0.08 | 0.76 | 0 | 0 | 0 | 0 | 0 | 0 | 0.42 |
| 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 |
| | 100 mL | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 258.8 | 229 | 431 | 431 | 0 | 0 | 25.4 | 0 | 25.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8.5 | 0.4 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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, caffeinated | 100 | 89.7 | 134 | 134 | 0 | 0 | 7.9 | 0 | 7.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.1 |
| | 1 cup (250 mL) | 253.5 | 227 | 340 | 340 | 0 | 0 | 20 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2.5 | 0.3 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 258.8 | 13 | 1.8 | 3.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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, caffeinated | 100 | 2.9 | 16 | 0.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 253.5 | 7.4 | 42 | 2.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| C1135 | Soft drink, ginger beer, artificially-sweetened, diet | 100 | 99.2 | 10 | 10 | 0 | 0 | 0.6 | 0 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 1 |
| | 1 cup (250 mL) | 250.9 | 249 | 26 | 26 | 0 | 0 | 1.5 | 0 | 1.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 2.6 |
| C1158 | Soft drink, ginger beer, reduced sugar | 100 | 95.2 | 88 | 88 | 0 | 0 | 5.2 | 0 | 5.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 1 |
| | 1 cup (250 mL) | 250.9 | 239 | 222 | 222 | 0 | 0 | 13 | 0 | 13 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 2.6 |
| C1134 | Soft drink, ginger beer, sugar-sweetened | 100 | 90 | 163 | 163 | 0 | 0 | 9.6 | 0 | 9.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 1 |
| | 1 cup (250 mL) | 257.5 | 232 | 420 | 420 | 0 | 0 | 24.7 | 0 | 24.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 2.7 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 256.6 | 249 | 262 | 262 | 0 | 0 | 15.4 | 0 | 15.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 72 | 0 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| C1135 | Soft drink, ginger beer, artificially-sweetened, diet | 100 | 7.7 | 1.2 | 2.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250.9 | 19 | 3 | 5.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1158 | Soft drink, ginger beer, reduced sugar | 100 | 7.7 | 1.2 | 2.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250.9 | 19 | 3 | 5.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1134 | Soft drink, ginger beer, sugar-sweetened | 100 | 7.7 | 1.2 | 2.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 257.5 | 20 | 3.1 | 5.7 | 0 | 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 | 0 |
| | 1 cup (250 mL) | 256 | 13 | 1.5 | 4.9 | 0 | 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 | 0 |
| | 1 cup (250 mL) | 250 | 0 | 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 | 0 |
| | 1 cup (250 mL) | 258 | 0 | 0 | 2.6 | trace | 0.3 | 0 | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 | |
| 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 (250 mL) | 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 | 35.5 | 0 | 0 | |
| | 1 cup (250 mL) | 255 | 15 | 4.5 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2.9 | 0.61 | 0.56 | 0 | 90.5 | 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 | 0 | 0 | 0 | |
| | 1 cup (250 mL) | 256.6 | 15 | 4.5 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2.9 | 0.62 | 0.57 | 0 | 0 | 0 | 0 | |

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| 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) |
|----------|--|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 | 0 | 0 | 45 | 0.1 |
| | 1 cup (250 mL) | 256 | 238 | 313 | 313 | 0.2 | 0.9 | 16.3 | 0 | 16.3 | 0 | 0 | 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 | 0 | 0 | 4.6 | 0.1 |
| | 1 cup (250 mL) | 255.4 | 228 | 395 | 395 | 0 | 0.4 | 22.4 | 0 | 22.4 | 0 | 0 | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 250 | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8.3 | 0.6 |
| C40 | Water, tap | 100 | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.2 |
| | 1 cup (250 mL) | 250 | 250 | 0 | 0 | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 250 | 0.6 | 0 | 4.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-----|------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| D1060 | Porridge, oats, prepared with water, unsweetened, no salt added | 100 | 80 | 315 | 333 | 2.9 | 1.6 | 12.2 | 2.3 | 0.2 | 12 | 0.3 | 0.5 | 0.6 | trace | 0.6 | 0 | 0.8 | 0.2 |
| | 1 cup (250 mL) | 261 | 209 | 821 | 869 | 7.4 | 4.2 | 31.8 | 6 | 0.6 | 31.2 | 0.8 | 1.3 | 1.6 | 0.1 | 1.6 | 0 | 2.2 | 0.5 |
| D1067 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with standard milk (3.3% fat) | 100 | 64.5 | 612 | 628 | 5.2 | 4.3 | 21.4 | 2 | 9.8 | 11.6 | 1.9 | 1.3 | 0.7 | trace | 0.7 | 9 | 39 | 5.8 |
| | 1 cup (250 mL) | 250.6 | 162 | 1530 | 1570 | 13.1 | 10.8 | 53.6 | 5 | 24.4 | 29.1 | 4.8 | 3.3 | 1.8 | 0.1 | 1.7 | 22 | 97 | 15 |
| D1068 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with trim milk (0.5% fat) | 100 | 66.8 | 523 | 539 | 5.7 | 2 | 20.7 | 2 | 10 | 10.7 | 0.5 | 0.7 | 0.7 | trace | 0.6 | 2 | 39 | 5.9 |
| | 1 cup (250 mL) | 251.5 | 168 | 1310 | 1350 | 14.3 | 5 | 52.1 | 5.1 | 25.2 | 26.9 | 1.1 | 1.8 | 1.7 | 0.1 | 1.6 | 6 | 98 | 15 |
| D1069 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with water | 100 | 73.1 | 386 | 402 | 2.6 | 1.8 | 16.2 | 2 | 6.2 | 10 | 0.3 | 0.7 | 0.7 | trace | 0.6 | 0 | 9.1 | 1.5 |
| | 1 cup (250 mL) | 251.6 | 184 | 972 | 1010 | 6.6 | 4.5 | 40.7 | 5.1 | 15.7 | 25.1 | 0.9 | 1.7 | 1.7 | trace | 1.6 | 0 | 23 | 3.9 |
| D1064 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with standard milk (3.3% fat) | 100 | 64.4 | 640 | 655 | 5.1 | 4.7 | 22.3 | 1.9 | 10.9 | 11.4 | 1.9 | 1.3 | 0.7 | trace | 0.7 | 9 | 34 | 5.4 |
| | 1 cup (250 mL) | 251.1 | 162 | 1610 | 1640 | 12.9 | 11.8 | 56 | 4.8 | 27.4 | 28.6 | 4.8 | 3.3 | 1.8 | 0.1 | 1.7 | 22 | 86 | 14 |
| D1065 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with trim milk (0.5% fat) | 100 | 66.2 | 552 | 567 | 5.6 | 1.9 | 22.8 | 1.9 | 11.2 | 11.6 | 0.5 | 0.7 | 0.7 | trace | 0.6 | 2 | 35 | 5.5 |
| | 1 cup (250 mL) | 251.6 | 167 | 1390 | 1430 | 14 | 4.8 | 57.3 | 4.8 | 28.1 | 29.2 | 1.1 | 1.8 | 1.7 | trace | 1.6 | 6 | 87 | 14 |
| D1066 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with water | 100 | 72.9 | 439 | 455 | 2.7 | 2 | 18.8 | 1.9 | 7.4 | 11.4 | 0.3 | 0.7 | 0.7 | trace | 0.6 | 0 | 4.8 | 1.1 |
| | 1 cup (250 mL) | 251.1 | 183 | 1100 | 1140 | 6.7 | 5 | 47.3 | 4.8 | 18.7 | 28.7 | 0.9 | 1.8 | 1.7 | trace | 1.6 | 0 | 12 | 2.8 |
| D1058 | Porridge, oats, prepared with standard milk (3.3% fat), unsweetened, no salt added | 100 | 69.1 | 538 | 556 | 5.6 | 4.3 | 16.7 | 2.3 | 4.1 | 12.6 | 2 | 1.2 | 0.7 | trace | 0.7 | 9 | 33 | 4.8 |
| | 1 cup (250 mL) | 264.6 | 183 | 1420 | 1470 | 14.8 | 11.4 | 44.2 | 6 | 10.9 | 33.2 | 5.2 | 3.1 | 1.9 | 0.1 | 1.8 | 25 | 86 | 13 |
| D1059 | Porridge, oats, prepared with trim milk (0.5% fat), unsweetened, no salt added | 100 | 71.6 | 459 | 478 | 6 | 1.8 | 17.1 | 2.3 | 4.5 | 12.6 | 0.4 | 0.5 | 0.6 | trace | 0.6 | 3 | 34 | 5 |
| | 1 cup (250 mL) | 259.4 | 186 | 1190 | 1240 | 15.7 | 4.6 | 44.4 | 5.9 | 11.7 | 32.6 | 1.1 | 1.4 | 1.6 | 0.1 | 1.6 | 7 | 87 | 13 |
| 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 (250 mL) | 260 | 227 | 535 | 571 | 4 | 2.9 | 21.3 | 4.4 | 0 | 21.3 | 0.4 | 1 | 1.1 | | | 0 | 420 | 0.4 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| D1060 | Porridge, oats, prepared with water, unsweetened, no salt added | 100 | 79 | 88 | 14 | 0.8 | 0.5 | 2 | 0 | 0 | 0.11 | 0.02 | 0.84 | 0.05 | 0 | 0 | 0 | 0 | 0.07 |
| | 1 cup (250 mL) | 261 | 210 | 230 | 36 | 2.1 | 1.4 | 5.2 | 0 | 0 | 0.29 | 0.05 | 2.2 | 0.13 | 0 | 0 | 0 | 0 | 0.18 |
| D1067 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with standard milk (3.3% fat) | 100 | 220 | 160 | 120 | 0.8 | 0.7 | 2.3 | 26 | 21 | 0.09 | 0.25 | 1.4 | 0.09 | 0.22 | 13 | 0.2 | 0.4 | 0.13 |
| | 1 cup (250 mL) | 250.6 | 550 | 400 | 300 | 2 | 1.7 | 5.9 | 65 | 52 | 0.23 | 0.63 | 3.5 | 0.23 | 0.55 | 33 | 0.6 | 1 | 0.33 |
| D1068 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with trim milk (0.5% fat) | 100 | 220 | 170 | 130 | 0.8 | 0.7 | 2.3 | 2 | 0 | 0.09 | 0.24 | 1.3 | 0.09 | 0.23 | 11 | trace | 0.3 | 0.11 |
| | 1 cup (250 mL) | 251.5 | 560 | 430 | 330 | 2 | 1.9 | 5.8 | 5 | 0 | 0.23 | 0.6 | 3.3 | 0.23 | 0.58 | 29 | 0.1 | 0.7 | 0.28 |
| D1069 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with water | 100 | 100 | 89 | 24 | 0.8 | 0.4 | 1.6 | 0 | 0 | 0.08 | 0.03 | 0.75 | 0.07 | 0 | 0 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 251.6 | 260 | 220 | 61 | 2 | 1.1 | 4.1 | 0 | 0 | 0.2 | 0.08 | 1.9 | 0.18 | 0 | 0 | 0 | 0 | 0.2 |
| D1064 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with standard milk (3.3% fat) | 100 | 200 | 150 | 120 | 0.8 | 0.7 | 2.3 | 26 | 20 | 0.09 | 0.25 | 1.4 | 0.09 | 0.22 | 13 | 0.2 | 0.4 | 0.13 |
| | 1 cup (250 mL) | 251.1 | 510 | 380 | 290 | 1.9 | 1.7 | 5.9 | 65 | 51 | 0.23 | 0.63 | 3.5 | 0.23 | 0.55 | 33 | 0.6 | 1 | 0.33 |
| D1065 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with trim milk (0.5% fat) | 100 | 200 | 160 | 130 | 0.8 | 0.7 | 2.3 | 2 | 0 | 0.09 | 0.24 | 1.3 | 0.09 | 0.23 | 11 | trace | 0.3 | 0.11 |
| | 1 cup (250 mL) | 251.6 | 510 | 400 | 330 | 1.9 | 1.8 | 5.8 | 5 | 0 | 0.23 | 0.6 | 3.3 | 0.23 | 0.58 | 29 | 0.1 | 0.7 | 0.28 |
| D1066 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with water | 100 | 85 | 78 | 23 | 0.8 | 0.4 | 1.6 | 0 | 0 | 0.08 | 0.04 | 0.75 | 0.07 | 0 | 0 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 251.1 | 210 | 200 | 57 | 1.9 | 1.1 | 4.1 | 0 | 0 | 0.2 | 0.1 | 1.9 | 0.18 | 0 | 0 | 0 | 0 | 0.2 |
| D1058 | Porridge, oats, prepared with standard milk (3.3% fat), unsweetened, no salt added | 100 | 210 | 170 | 120 | 0.9 | 0.8 | 2.8 | 28 | 22 | 0.12 | 0.25 | 1.6 | 0.07 | 0.23 | 13 | 0.3 | 0.4 | 0.12 |
| | 1 cup (250 mL) | 264.6 | 550 | 450 | 300 | 2.2 | 2.2 | 7.5 | 73 | 58 | 0.32 | 0.66 | 4.2 | 0.19 | 0.61 | 33 | 0.7 | 1.1 | 0.32 |
| D1059 | Porridge, oats, prepared with trim milk (0.5% fat), unsweetened, no salt added | 100 | 210 | 180 | 130 | 0.8 | 0.9 | 2.7 | 2 | 0 | 0.12 | 0.24 | 1.5 | 0.07 | 0.25 | 11 | trace | 0.3 | 0.1 |
| | 1 cup (250 mL) | 259.4 | 540 | 460 | 340 | 2.1 | 2.3 | 7.1 | 6 | 0 | 0.31 | 0.62 | 3.8 | 0.18 | 0.65 | 28 | 0.1 | 0.7 | 0.26 |
| 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 (250 mL) | 260 | 120 | 120 | 18 | 1.3 | 1 | 0 | 0 | 0 | 0.16 | 0.03 | 1.2 | 0.03 | 0 | 10 | 0 | 0 | 0.55 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|-------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|----------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|-------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 1.8 cm) | 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 1.9 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 (250 mL) | 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 1.8 cm) | 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 1.9 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 | |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (15 mL) | 8.6 | 1.1 | 125 | 126 | trace | 0.1 | 7.2 | trace | 0 | 7.2 | trace | trace | trace | | | 0 | 28 | 0.1 |
| E1085 | Flour, almond, white, dry | 100 | 4.1 | 2500 | 2560 | 21.7 | 55.6 | 4.1 | 8.1 | 4.1 | 0 | 3.9 | 37.7 | 14.9 | trace | 14.9 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 6 | 0.2 | 150 | 154 | 1.3 | 3.3 | 0.2 | 0.5 | 0.2 | 0 | 0.2 | 2.3 | 0.9 | trace | 0.9 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 100.6 | 4.1 | 2510 | 2580 | 21.8 | 55.9 | 4.1 | 8.2 | 4.1 | 0 | 3.9 | 38 | 15 | trace | 15 | 0 | 0 | 0 |
| E1086 | Flour, chickpea or channa (besan), yellow | 100 | 5.3 | 1380 | 1450 | 21.4 | 6.3 | 45.9 | 9.6 | 4.4 | 41.5 | 0.9 | 1.4 | 4.8 | 0.2 | 4.5 | 0 | 9 | 0 |
| | 1 tablespoon (15 mL) | 7.9 | 0.4 | 109 | 115 | 1.7 | 0.5 | 3.6 | 0.8 | 0.3 | 3.3 | 0.1 | 0.1 | 0.4 | trace | 0.4 | 0 | 0.7 | 0 |
| | 1 cup (250 mL) | 131.5 | 7 | 1810 | 1910 | 28.2 | 8.3 | 60.3 | 12.6 | 5.8 | 54.5 | 1.2 | 1.9 | 6.3 | 0.3 | 5.9 | 0 | 12 | 0 |
| E1087 | Flour, coconut | 100 | 6.5 | 1130 | 1410 | 16.6 | 14 | 19.5 | 35.5 | 19.4 | 0.1 | 13.1 | 0.8 | 0.1 | 0 | 0.1 | 0 | 40 | 2.4 |
| | 1 tablespoon (15 mL) | 8.1 | 0.5 | 91 | 114 | 1.3 | 1.1 | 1.6 | 2.9 | 1.6 | trace | 1.1 | 0.1 | trace | 0 | trace | 0 | 3.2 | 0.2 |
| | 1 cup (250 mL) | 134.1 | 8.7 | 1510 | 1890 | 22.2 | 18.7 | 26.1 | 47.6 | 26 | 0.1 | 17.5 | 1 | 0.1 | 0 | 0.1 | 0 | 54 | 3.2 |
| 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 (15 mL) | 7.5 | 0.9 | 109 | 110 | trace | trace | 6.3 | 0.1 | 0 | 6.3 | trace | trace | trace | | | 0 | 3.9 | trace |
| E1083 | Flour, pea, yellow, dry | 100 | 5.4 | 1180 | 1260 | 23.4 | 2.7 | 40.3 | 10.1 | 3 | 37.3 | 0.5 | 0.8 | 1.9 | 0.3 | 1.6 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 9 | 0.5 | 106 | 114 | 2.1 | 0.2 | 3.6 | 0.9 | 0.3 | 3.4 | trace | 0.1 | 0.2 | trace | 0.1 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 150.3 | 8.1 | 1780 | 1900 | 35.1 | 4.1 | 60.6 | 15.2 | 4.5 | 56 | 0.8 | 1.1 | 2.9 | 0.5 | 2.4 | 0 | 0 | 0 |
| E1082 | Flour, rice, brown, dry | 100 | 11.7 | 1380 | 1410 | 7.4 | 2.8 | 67.7 | 3.6 | 1 | 66.7 | 0.7 | 0.8 | 1 | trace | 0.9 | 0 | 0 | 1.2 |
| | 1 tablespoon (15 mL) | 10.4 | 1.2 | 143 | 146 | 0.8 | 0.3 | 7 | 0.4 | 0.1 | 6.9 | 0.1 | 0.1 | 0.1 | trace | 0.1 | 0 | 0 | 0.1 |
| | 1 cup (250 mL) | 169.3 | 19.8 | 2330 | 2380 | 12.5 | 4.7 | 115 | 6 | 1.7 | 113 | 1.1 | 1.4 | 1.6 | trace | 1.6 | 0 | 0 | 2 |
| E1081 | Flour, rice, white, dry | 100 | 12 | 1420 | 1430 | 7 | 1.1 | 74.3 | 0.5 | 0.2 | 74.1 | 0.4 | 0.2 | 0.4 | trace | 0.4 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 10.4 | 1.2 | 148 | 148 | 0.7 | 0.1 | 7.7 | 0.1 | trace | 7.7 | trace | trace | trace | trace | trace | 0 | 0 | 0 |
| | 1 cup (250 mL) | 171.3 | 20.6 | 2440 | 2440 | 12 | 1.9 | 127 | 0.9 | 0.3 | 127 | 0.7 | 0.4 | 0.8 | trace | 0.7 | 0 | 0 | 0 |
| 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (15 mL) | 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 |
| E1085 | Flour, almond, white, dry | 100 | 740 | 520 | 260 | 3.2 | 3.2 | 0 | 0 | 0 | 0.14 | 0.88 | 3.6 | 0.24 | 0 | 21 | 0 | 0 | 16 |
| | 1 tablespoon (15 mL) | 6 | 44 | 31 | 16 | 0.2 | 0.2 | 0 | 0 | 0 | 0.01 | 0.05 | 0.22 | 0.01 | 0 | 1.2 | 0 | 0 | 0.98 |
| | 1 cup (250 mL) | 100.6 | 740 | 520 | 260 | 3.2 | 3.2 | 0 | 0 | 0 | 0.14 | 0.89 | 3.6 | 0.24 | 0 | 21 | 0 | 0 | 16 |
| E1086 | Flour, chickpea or channa (besan), yellow | 100 | 1100 | 450 | 40 | 4.7 | 3.7 | 30 | 11 | 64 | 0.39 | 0.14 | 2.8 | 0.64 | 0 | 180 | 0 | 0 | 1.9 |
| | 1 tablespoon (15 mL) | 7.9 | 84 | 36 | 3.2 | 0.4 | 0.3 | 2.4 | 1 | 5 | 0.03 | 0.01 | 0.22 | 0.05 | 0 | 14 | 0 | 0 | 0.15 |
| | 1 cup (250 mL) | 131.5 | 1400 | 590 | 53 | 6.2 | 4.9 | 39 | 14 | 85 | 0.51 | 0.18 | 3.6 | 0.84 | 0 | 230 | 0 | 0 | 2.5 |
| E1087 | Flour, coconut | 100 | 2000 | 510 | 34 | 7.5 | 3.6 | 29 | 0 | 0 | 0.09 | 0.02 | 6.4 | 0.25 | 0 | 7.1 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 8.1 | 160 | 41 | 2.8 | 0.6 | 0.3 | 2.3 | 0 | 0 | 0.01 | trace | 0.52 | 0.02 | 0 | 0.6 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 134.1 | 2700 | 680 | 46 | 10 | 4.8 | 39 | 0 | 0 | 0.12 | 0.03 | 8.6 | 0.34 | 0 | 9.5 | 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 (15 mL) | 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 |
| E1083 | Flour, pea, yellow, dry | 100 | 1000 | 390 | 44 | 4.4 | 3.1 | 4 | 1 | 9 | 0.83 | 0.17 | 2.1 | 0.25 | 0 | 4.8 | 0 | 0 | 0.13 |
| | 1 tablespoon (15 mL) | 9 | 92 | 35 | 4 | 0.4 | 0.3 | 0.4 | trace | 1 | 0.08 | 0.02 | 0.19 | 0.02 | 0 | 0.4 | 0 | 0 | 0.01 |
| | 1 cup (250 mL) | 150.3 | 1500 | 590 | 66 | 6.6 | 4.7 | 6 | 2 | 13 | 1.2 | 0.26 | 3.2 | 0.38 | 0 | 7.2 | 0 | 0 | 0.2 |
| E1082 | Flour, rice, brown, dry | 100 | 240 | 290 | 7.9 | 0.9 | 1.7 | 6 | 0 | 0 | 0.33 | 0.06 | 3.9 | 0.46 | 0 | 7.5 | 0 | 0 | 0.13 |
| | 1 tablespoon (15 mL) | 10.4 | 25 | 30 | 0.8 | 0.1 | 0.2 | 0.6 | 0 | 0 | 0.03 | 0.01 | 0.41 | 0.05 | 0 | 0.8 | 0 | 0 | 0.01 |
| | 1 cup (250 mL) | 169.3 | 410 | 490 | 13 | 1.5 | 2.9 | 10 | 0 | 0 | 0.56 | 0.1 | 6.6 | 0.78 | 0 | 13 | 0 | 0 | 0.22 |
| E1081 | Flour, rice, white, dry | 100 | 89 | 93 | 7.6 | 0 | 1.3 | 6 | 0 | 0 | 0.07 | 0.04 | 1.9 | 0.17 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 10.4 | 9.3 | 9.7 | 0.8 | 0 | 0.1 | 0.6 | 0 | 0 | 0.01 | trace | 0.2 | 0.02 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 171.3 | 150 | 160 | 13 | 0 | 2.2 | 10 | 0 | 0 | 0.12 | 0.07 | 3.3 | 0.29 | 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 (250 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| E1074 | Noodle, chow mein style, fried, as purchased | 100 | 1.7 | 1720 | 1750 | 9.9 | 14.2 | 60.4 | 3.9 | 3.3 | 57.1 | 6.7 | 4.2 | 1.7 | 0.1 | 1.6 | 5 | 1100 | 0 |
| | 1 cup (250 mL) | 66.4 | 1.1 | 1140 | 1160 | 6.5 | 9.4 | 40.1 | 2.6 | 2.2 | 37.9 | 4.4 | 2.8 | 1.1 | trace | 1.1 | 4 | 750 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 169 | 142 | 436 | 460 | 3.9 | 0.8 | 19.9 | 3 | 0.3 | 19.6 | 0.1 | 0.2 | 0.2 | | | 10 | 25 | 11 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| E1074 | Noodle, chow mein style, fried, as purchased | 100 | 170 | 130 | 21 | 1.3 | 0.7 | 18 | 0 | 0 | 0.22 | 0.04 | 2 | 0 | 0 | 6.4 | 0 | 0 | 0.32 |
| | 1 cup (250 mL) | 66.4 | 110 | 84 | 14 | 0.9 | 0.5 | 12 | 0 | 0 | 0.15 | 0.03 | 1.3 | 0 | 0 | 4.2 | 0 | 0 | 0.21 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 2.6 cm) | 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 (250 mL) | 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 2.6 cm) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| E1075 | Oats, rolled, raw, New Zealand | 100 | 9.6 | 1440 | 1510 | 12.2 | 7.2 | 56.7 | 8.4 | 1 | 55.7 | 1.3 | 2.3 | 2.9 | 0.1 | 2.8 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 130.2 | 12.5 | 1870 | 1960 | 15.9 | 9.4 | 73.8 | 10.9 | 1.3 | 72.5 | 1.7 | 3 | 3.7 | 0.1 | 3.6 | 0 | 0 | 0 |
| 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 (250 mL) | 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 |
| E1076 | Oats, wholegrain, raw, New Zealand | 100 | 9.2 | 1420 | 1500 | 12.8 | 6.7 | 56.1 | 9.4 | 1 | 55.1 | 1.3 | 2.1 | 2.8 | 0.1 | 2.7 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 129.8 | 11.9 | 1840 | 1940 | 16.7 | 8.7 | 72.8 | 12.2 | 1.3 | 71.5 | 1.7 | 2.8 | 3.6 | 0.1 | 3.5 | 0 | 0 | 0 |
| E1061 | Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled | 100 | 69.7 | 532 | 541 | 4.5 | 3.2 | 20.7 | 1.2 | 3.2 | 16.7 | 1.4 | 0.5 | 0.4 | trace | 0.3 | 7 | 140 | 11 |
| | 1 cup (250 mL) | 181.2 | 126 | 963 | 980 | 8.2 | 5.7 | 37.6 | 2.1 | 5.7 | 30.3 | 2.5 | 0.9 | 0.7 | 0.1 | 0.5 | 14 | 260 | 19 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 2.6 cm) | 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 (250 mL) | 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 2.6 cm) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| E1075 | Oats, rolled, raw, New Zealand | 100 | 350 | 400 | 56 | 3.7 | 2.4 | 9 | 0 | 0 | 0.48 | 0.08 | 3.8 | 0.22 | 0 | 24 | 0 | 0 | 0.32 |
| | 1 cup (250 mL) | 130.2 | 460 | 520 | 73 | 4.8 | 3.1 | 12 | 0 | 0 | 0.63 | 0.1 | 5 | 0.29 | 0 | 31 | 0 | 0 | 0.42 |
| 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 (250 mL) | 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 |
| E1076 | Oats, wholegrain, raw, New Zealand | 100 | 390 | 450 | 76 | 4.3 | 2.5 | 2 | 0 | 0 | 0.53 | 0.08 | 4.1 | 0.22 | 0 | 29 | 0 | 0 | 0.23 |
| | 1 cup (250 mL) | 129.8 | 510 | 580 | 99 | 5.6 | 3.2 | 2.6 | 0 | 0 | 0.69 | 0.1 | 5.3 | 0.29 | 0 | 38 | 0 | 0 | 0.3 |
| 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 (250 mL) | 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 |

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| 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| E1080 | Rice, brown, assorted grains, cooked in unsalted water | 100 | 65.7 | 593 | 603 | 3.2 | 1.2 | 29.2 | 1.2 | 0.5 | 28.7 | 0.3 | 0.3 | 0.4 | trace | 0.4 | 0 | 1.6 | 0.6 |
| | 1 cup (250 mL) | 148.7 | 97.7 | 882 | 896 | 4.8 | 1.7 | 43.4 | 1.8 | 0.7 | 42.6 | 0.4 | 0.5 | 0.6 | trace | 0.6 | 0 | 2.4 | 0.9 |
| 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 (250 mL) | 257.8 | 192 | 1100 | 1120 | 7.6 | 4.4 | 47.8 | 1.9 | 30.2 | 17.7 | 2.5 | 0.9 | 0.2 | trace | 0.1 | 77 | 110 | 19 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| E1080 | Rice, brown, assorted grains, cooked in unsalted water | 100 | 100 | 130 | 4.5 | 0.4 | 0.7 | 2.4 | 0 | 0 | 0.15 | 0.03 | 1.7 | 0.18 | 0 | 2.2 | 0 | 0 | 0.16 |
| | 1 cup (250 mL) | 148.7 | 150 | 190 | 6.7 | 0.6 | 1.1 | 3.6 | 0 | 0 | 0.22 | 0.05 | 2.5 | 0.27 | 0 | 3.2 | 0 | 0 | 0.24 |
| 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 (250 mL) | 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 |

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| 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 |
| 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 (250 mL) | 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 |
| E1078 | Rice, white, assorted grains, cooked in unsalted water | 100 | 66.4 | 549 | 554 | 2.8 | 0.4 | 28.7 | 0.6 | 0.1 | 28.6 | 0.1 | 0.1 | 0.1 | trace | 0.1 | 0 | 1.3 | 0.2 |
| | 1 cup (250 mL) | 157.5 | 105 | 865 | 873 | 4.4 | 0.6 | 45.2 | 0.9 | 0.2 | 45 | 0.2 | 0.1 | 0.2 | trace | 0.2 | 0 | 2 | 0.3 |
| 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 (250 mL) | 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 (250 mL) | 245 | 224 | 313 | 316 | 2.4 | 0.2 | 15.4 | 0.5 | 1.5 | 14 | 0 | 0 | 0.1 | | | 0 | 25 | 2.7 |
| 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 (250 mL) | 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 (13.2 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| E1078 | Rice, white, assorted grains, cooked in unsalted water | 100 | 28 | 31 | 2.9 | 0 | 0.5 | 2.3 | 0 | 0 | 0.03 | 0.04 | 0.61 | 0.06 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 157.5 | 44 | 49 | 4.6 | 0 | 0.7 | 3.6 | 0 | 0 | 0.05 | 0.06 | 0.96 | 0.09 | 0 | 0 | 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 (250 mL) | 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 (250 mL) | 245 | 29 | 27 | 9.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.2 | 0.15 | 0 | 9.8 | 0 | 0 | 0.27 |
| 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 (250 mL) | 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 (13.2 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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 | |
| 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 9.9 cm 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 9.9 cm 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 (250 mL) | 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 (250 mL) | 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 | |
| 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 (5 mL) | 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 (15 mL) | 13.8 | 2.1 | 421 | 421 | 0.1 | 11.3 | 0.1 | 0 | 0.1 | 0 | 7.3 | 2.8 | 0.4 | 0.1 | 0.3 | 29 | 75 | 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 (5 mL) | 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 (15 mL) | 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 (5 mL) | 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 (15 mL) | 13.8 | 2.1 | 429 | 429 | trace | 11.5 | 0.1 | 0 | 0.1 | 0 | 7.5 | 2.9 | 0.4 | 0.1 | 0.3 | 30 | 1 | 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 (15 mL) | 18.6 | 13.6 | 116 | 116 | 1.8 | 2.3 | 0 | 0 | 0 | 0 | 1.5 | 0.6 | 0.1 | | | 11 | 45 | 2 | |
| 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 (2 cm) | 3.5 | 1.5 | 52 | 52 | 0.8 | 1 | 0 | 0 | 0 | 0 | 0.7 | 0.2 | trace | | | 4 | 37 | 0.1 | |
| | 1 wedge (9.0 x 5.5 x 1.0 cm) | 22 | 9.3 | 325 | 327 | 4.8 | 6.6 | 0 | 0 | 0 | 0 | 4.4 | 1.4 | 0.1 | | | 23 | 230 | 0.9 | |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 9.9 cm 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 9.9 cm 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 (250 mL) | 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 (250 mL) | 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 | |
| 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 (5 mL) | 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 (15 mL) | 13.8 | 3.3 | 2.5 | 2.9 | trace | trace | 0.1 | 125 | 79 | 0 | 0.01 | 0.03 | trace | 0.09 | 0 | trace | 0.7 | 0.32 | |
| 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 (5 mL) | 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 (15 mL) | 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 (5 mL) | 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 (15 mL) | 13.8 | 2.8 | 2.2 | 2.2 | trace | trace | 0.1 | 111 | 68 | 0 | 0.01 | 0.03 | trace | 0.09 | 0 | 0 | 0.7 | 0.3 | |
| 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 (15 mL) | 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 | |
| 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 (2 cm) | 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 (9.0 x 5.5 x 1.0 cm) | 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 | |

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| 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) |
|--------|----------------------------------|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (2 cm) | 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 8.8 cm 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 (2 cm) | 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 (250 mL) | 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 |
| 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 (2 cm) | 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 (250 mL) | 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 (2 cm) | 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 (250 mL) 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 (2 cm) | 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (2 cm) | 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 8.8 cm 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 (2 cm) | 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 (250 mL) | 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 |
| 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 (2 cm) | 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 (250 mL) | 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 (2 cm) | 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 (250 mL) 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 (2 cm) | 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 |

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| 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 |
| 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 (250 mL) | 254 | 141 | 2700 | 2700 | 26.7 | 42.4 | 39.9 | 0 | 39.9 | 0 | 24.5 | 12.7 | 1.5 | | 1 | 115 | 1600 | 24 |
| 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 (2 cm) | 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 (250 mL) | 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 | 1.4 | 0.5 | 0.1 | trace | trace | 24 | 1300 | 3.8 |
| | 1 cube (2.5 cm) | 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 cup crumbled (250 mL) | 250.3 | 176 | 1100 | 1100 | 48.2 | 6 | 3.3 | 0 | 3.3 | 0 | 3.4 | 1.2 | 0.2 | trace | 0.1 | 60 | 3200 | 9.5 |
| F1088 | Cheese, feta, from cows' milk, traditional | 100 | 54.4 | 1170 | 1170 | 16.9 | 23.4 | 1.1 | 0 | 1.1 | 0 | 13.2 | 4.6 | 0.4 | 0.2 | 0.2 | 65 | 970 | 5.8 |
| | 1 cube (2.5 cm) | 17.8 | 9.7 | 209 | 209 | 3 | 4.2 | 0.2 | 0 | 0.2 | 0 | 2.4 | 0.8 | 0.1 | trace | trace | 12 | 170 | 1 |
| | 1 cup crumbled (250 mL) | 190.3 | 104 | 2230 | 2230 | 32.1 | 44.5 | 2.1 | 0 | 2.1 | 0 | 25.2 | 8.7 | 0.8 | 0.3 | 0.3 | 124 | 1800 | 11 |
| 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 (2.5 cm) | 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 (250 mL) | 182.3 | 105 | 1840 | 1840 | 26.6 | 36.6 | 1.6 | 0 | 1.6 | 0 | 21.8 | 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 | 15 | 5.6 | 0.6 | 0.2 | 0.3 | 84 | 960 | 5.1 |
| | 1 cube (2.5 cm) | 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 (250 mL) | 177.7 | 86 | 2390 | 2390 | 35.6 | 47.1 | 2.7 | 0 | 2.7 | 0 | 26.6 | 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 (2 cm) | 8 | 4.1 | 90 | 90 | 2.2 | 1.4 | trace | 0 | trace | 0 | 1 | 0.3 | trace | | | 5 | 42 | 1.4 |
| | 1 cup grated (250 mL) | 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 | 15.6 | 4.6 | 0.5 | 0.2 | 0.2 | 78 | 690 | 9.6 |
| | 1 cup grated or shaved (250 mL) | 82.4 | 28.1 | 1250 | 1250 | 26.9 | 21.3 | 0 | 0 | 0 | 0 | 12.9 | 3.8 | 0.4 | 0.1 | 0.2 | 64 | 570 | 7.9 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| 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 (2 cm) | 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 (250 mL) | 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 (2.5 cm) | 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 cup crumbled (250 mL) | 250.3 | 360 | 630 | 900 | 0 | 3.2 | 8.5 | 48 | 33 | 0.08 | 0.63 | 9.5 | 0.13 | 3.8 | 22 | 0 | 0 | 0 |
| 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 (2.5 cm) | 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 cup crumbled (250 mL) | 190.3 | 210 | 590 | 840 | 0 | 3.7 | 9.9 | 474 | 220 | 0.1 | 0.74 | 6.9 | 0.13 | 1.7 | 17 | 0 | 0 | 0.72 |
| 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 (2.5 cm) | 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 (250 mL) | 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 (2.5 cm) | 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 (250 mL) | 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 (2 cm) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (15 mL) | 6 | 0.9 | 111 | 111 | 2.7 | 1.8 | trace | 0 | trace | 0 | 1.1 | 0.5 | trace | | | 7 | 78 | 2.3 |
| | 1 cup (250 mL) | 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 0.3 cm) | 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 0.3 cm) | 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 (15 mL) | 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 |
| | 100 mL | 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 |
| 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (15 mL) | 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 (250 mL) | 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 0.3 cm) | 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 0.3 cm) | 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 (15 mL) | 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 |
| | 100 mL | 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 |
| 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 |

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| 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 |
| F1098 | Custard, from milk, vanilla flavour, sugar-sweetened, regular | 100 | 76.6 | 375 | 380 | 3.3 | 2.7 | 12.9 | 0.6 | 10.2 | 2.7 | 1.4 | 0.6 | 0.1 | trace | trace | 8 | 44 | 5 |
| | 1 cup (250 mL) | 269.3 | 206 | 1010 | 1020 | 8.8 | 7.3 | 34.7 | 1.6 | 27.5 | 7.3 | 3.9 | 1.5 | 0.2 | 0.1 | 0.1 | 21 | 120 | 13 |
| F1099 | Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy | 100 | 70 | 618 | 622 | 3.4 | 8.2 | 15.1 | 0.5 | 12.4 | 2.7 | 4.3 | 1.7 | 0.3 | 0.1 | 0.1 | 18 | 51 | 5.3 |
| | 1 cup (250 mL) | 269.5 | 189 | 1660 | 1680 | 9.1 | 22.1 | 40.7 | 1.3 | 33.4 | 7.3 | 11.7 | 4.7 | 0.7 | 0.2 | 0.2 | 49 | 140 | 14 |
| 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 (250 mL) | 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 |
| | 100 mL | 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 |
| | 100 mL | 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 |
| 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 (250 mL) | 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 |
| 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 | 5.7 | 1.7 | 0.2 | 0.1 | 0.1 | 31 | 35 | 4.5 |
| | 1 scoop (22 mL) | 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 (64 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| F1098 | Custard, from milk, vanilla flavour, sugar-sweetened, regular | 100 | 140 | 91 | 110 | 0 | 0.4 | 0.9 | 29 | 21 | 0.05 | 0.23 | 0.76 | 0.04 | 0.15 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 269.3 | 390 | 250 | 290 | 0 | 1.1 | 2.4 | 77 | 58 | 0.14 | 0.62 | 2 | 0.11 | 0.4 | 0 | 0 | 0 | 0 |
| F1099 | Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy | 100 | 160 | 100 | 110 | 0 | 0.4 | 1.1 | 98 | 85 | 0.05 | 0.26 | 0.72 | 0.05 | 0 | 0 | 0 | 0 | 0.14 |
| | 1 cup (250 mL) | 269.5 | 420 | 270 | 310 | 0 | 1.1 | 3 | 263 | 228 | 0.14 | 0.7 | 1.9 | 0.14 | 0 | 0 | 0 | 0 | 0.38 |
| 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 (250 mL) | 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 |
| | 100 mL | 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 |
| | 100 mL | 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 |
| 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 (250 mL) | 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 |
| 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 (22 mL) | 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 (64 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| F1104 | Milk, coffee flavour, high fat, sugar-sweetened | 100 | 77 | 556 | 556 | 3 | 9.8 | 8.5 | 0 | 8.5 | 0 | 5.3 | 2 | 0.3 | 0.1 | 0.1 | 23 | 25 | 4.7 |
| | 100 mL | 105.3 | 81.1 | 586 | 586 | 3.1 | 10.3 | 9 | 0 | 9 | 0 | 5.5 | 2.1 | 0.3 | 0.1 | 0.1 | 24 | 26 | 4.9 |
| F1103 | Milk, coffee flavour, reduced fat, high protein, sugar-sweetened | 100 | 83 | 296 | 296 | 7.1 | 1.6 | 6.9 | 0 | 6.9 | 0 | 0.8 | 0.3 | trace | trace | trace | 6 | 39 | 5 |
| | 100 mL | 104.5 | 86.8 | 310 | 310 | 7.4 | 1.7 | 7.2 | 0 | 7.2 | 0 | 0.9 | 0.3 | trace | trace | trace | 6 | 41 | 5.2 |
| F1102 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 | 100 | 84.8 | 257 | 257 | 2.8 | 1.8 | 8.5 | 0 | 8.5 | 0 | 0.9 | 0.4 | trace | trace | trace | 6 | 57 | 8 |
| | 100 mL | 105.7 | 89.7 | 272 | 272 | 3 | 1.9 | 9 | 0 | 9 | 0 | 1 | 0.4 | 0.1 | trace | trace | 6 | 60 | 8.5 |
| F1101 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins A & D | 100 | 87.1 | 242 | 242 | 2.8 | 1.8 | 7.6 | 0 | 7.6 | 0 | 0.9 | 0.4 | trace | trace | trace | 6 | 57 | 8 |
| | 100 mL | 105.3 | 91.7 | 255 | 255 | 3 | 1.9 | 8 | 0 | 8 | 0 | 1 | 0.4 | 0.1 | trace | trace | 6 | 60 | 8.4 |
| F1105 | Milk, coffee flavour, regular fat, sugar-sweetened | 100 | 85.6 | 291 | 291 | 3.1 | 3.5 | 6.4 | 0 | 6.4 | 0 | 1.9 | 0.8 | 0.1 | trace | trace | 10 | 26 | 4.7 |
| | 100 mL | 105.4 | 90.2 | 307 | 307 | 3.3 | 3.7 | 6.7 | 0 | 6.7 | 0 | 2 | 0.8 | 0.1 | trace | trace | 11 | 27 | 5 |
| 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 (15 mL) | 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 (15 mL) | 19 | 4.9 | 264 | 264 | 1.7 | 1.6 | 10.4 | 0 | 10.4 | 0 | 1 | 0.4 | trace | | | 6 | 16 | 4.7 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| F1104 | Milk, coffee flavour, high fat, sugar-sweetened | 100 | 190 | 82 | 94 | 0 | 0.3 | 0.7 | 84 | 60 | 0.05 | 0.23 | 1.2 | 0.45 | 0.38 | 0 | 0 | 0.3 | 0.22 |
| | 100 mL | 105.3 | 190 | 86 | 99 | 0 | 0.3 | 0.7 | 88 | 63 | 0.05 | 0.24 | 1.2 | 0.47 | 0.4 | 0 | 0 | 0.3 | 0.23 |
| F1103 | Milk, coffee flavour, reduced fat, high protein, sugar-sweetened | 100 | 200 | 150 | 200 | 0.2 | 0.9 | 2 | 21 | 13 | 0.05 | 0.26 | 1.8 | 0.32 | 0.2 | 0 | 0 | 0 | 0 |
| | 100 mL | 104.5 | 210 | 160 | 210 | 0.3 | 0.9 | 2.1 | 22 | 14 | 0.05 | 0.27 | 1.9 | 0.33 | 0.21 | 0 | 0 | 0 | 0 |
| F1102 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 | 100 | 160 | 84 | 100 | 0 | 0.4 | 0.9 | 24 | 13 | 0.03 | 0.82 | 4.4 | 1 | 0.71 | 0 | 0 | 0 | 0.03 |
| | 100 mL | 105.7 | 160 | 89 | 110 | 0 | 0.4 | 1 | 25 | 14 | 0.03 | 0.87 | 4.7 | 1.1 | 0.75 | 0 | 0 | 0 | 0.03 |
| F1101 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins A & D | 100 | 160 | 84 | 100 | 0 | 0.4 | 0.9 | 60 | 13 | 0.05 | 0.26 | 0.84 | 0.32 | 0.2 | 0 | 0 | 0 | 0.03 |
| | 100 mL | 105.3 | 160 | 88 | 110 | 0 | 0.4 | 0.9 | 63 | 14 | 0.05 | 0.27 | 0.89 | 0.34 | 0.21 | 0 | 0 | 0 | 0.03 |
| F1105 | Milk, coffee flavour, regular fat, sugar-sweetened | 100 | 240 | 86 | 100 | 0 | 0.4 | 1.5 | 40 | 25 | 0.05 | 0.25 | 1.6 | 0.68 | 0.48 | 0 | 0 | 0 | 0.08 |
| | 100 mL | 105.4 | 250 | 91 | 110 | 0 | 0.4 | 1.6 | 42 | 26 | 0.05 | 0.26 | 1.6 | 0.72 | 0.51 | 0 | 0 | 0 | 0.08 |
| 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 (15 mL) | 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 (15 mL) | 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 |

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| 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 |
| F1097 | Milk, cow, fresh or UHT milk with coffee flavour, fluid, sugar-sweetened | 100 | 85.8 | 251 | 251 | 2.8 | 1.8 | 8.1 | 0 | 8.1 | 0 | 0.9 | 0.4 | trace | trace | trace | 6 | 57 | 8 |
| | 100 mL | 105.8 | 90.8 | 265 | 265 | 3 | 1.9 | 8.6 | 0 | 8.6 | 0 | 1 | 0.4 | 0.1 | trace | trace | 6 | 60 | 8.5 |
| F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar sweetened, premium | 100 | 76.3 | 527 | 527 | 3.8 | 7.5 | 10.9 | 0 | 10.9 | 0 | 4.1 | 1.8 | 0.3 | trace | 0.1 | 12 | 54 | 9 |
| | 100 mL | 107.1 | 81.7 | 565 | 565 | 4.1 | 8 | 11.7 | 0 | 11.7 | 0 | 4.4 | 1.9 | 0.3 | trace | 0.1 | 13 | 58 | 9.6 |
| 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 (250 mL) | 259 | 230 | 459 | 459 | 13.8 | 0.2 | 12.6 | 0 | 12.6 | 0 | 0.1 | 0.1 | trace | trace | trace | 13 | 110 | 14 |
| 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 (250 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 266 | 196 | 1640 | 1640 | 22.4 | 22.3 | 25.3 | 0 | 25.3 | 0 | 13.8 | 6 | 0.7 | | | 69 | 230 | 23 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| F1097 | Milk, cow, fresh or UHT milk with coffee flavour, fluid, sugar-sweetened | 100 | 160 | 84 | 100 | 0 | 0.4 | 0.9 | 19 | 13 | 0.05 | 0.26 | 0.84 | 0.32 | 0.2 | 0 | 0 | 0 | 0.03 |
| | 100 mL | 105.8 | 170 | 89 | 110 | 0 | 0.4 | 1 | 21 | 14 | 0.05 | 0.28 | 0.89 | 0.34 | 0.21 | 0 | 0 | 0 | 0.03 |
| F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar sweetened, premium | 100 | 190 | 110 | 120 | 0.3 | 0.5 | 1.1 | 50 | 34 | 0.06 | 0.25 | 1 | 0.1 | 0 | 0 | 0 | 0.8 | 0.19 |
| | 100 mL | 107.1 | 200 | 110 | 130 | 0.3 | 0.5 | 1.2 | 53 | 37 | 0.06 | 0.27 | 1.1 | 0.11 | 0 | 0 | 0 | 0.8 | 0.2 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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%, 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 260 | 227 | 713 | 713 | 3.8 | 9.6 | 17.2 | 0 | 17.2 | 0 | 4.6 | 3.7 | 0.7 | | | 62 | 78 | 11 |
| F1100 | Milk, sheep, whole, fresh, fluid | 100 | 83.1 | 414 | 414 | 5.5 | 6.5 | 4.8 | 0 | 4.8 | 0 | 3 | 1.1 | 0.3 | 0.1 | 0.1 | 19 | 39 | 170 |
| | 100 mL | 104.5 | 86.8 | 433 | 433 | 5.8 | 6.7 | 5 | 0 | 5 | 0 | 3.1 | 1.1 | 0.3 | 0.1 | 0.1 | 20 | 41 | 170 |
| 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| F1100 | Milk, sheep, whole, fresh, fluid | 100 | 130 | 150 | 180 | 0 | 0.6 | 2.7 | 61 | 0 | 0.11 | 0.41 | 1.6 | 0.06 | 0.48 | 0 | 0 | 2.8 | 0.12 |
| | 100 mL | 104.5 | 140 | 160 | 190 | 0 | 0.6 | 2.8 | 64 | 0 | 0.12 | 0.43 | 1.7 | 0.06 | 0.5 | 0 | 0 | 2.9 | 0.13 |
| 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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 | |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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 | |

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| 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 |
| 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, 51.3 g) | 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, 66.0 g) | 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, 59.7 g) | 44.2 | 29.7 | 387 | 387 | 6.6 | 7.4 | trace | 0 | trace | 0 | 2.6 | 2.5 | 0.7 | | | 190 | 140 | 24 |
| 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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 (250 mL) | 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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 (250 mL) | 222.5 | 196 | 458 | 458 | 25.2 | 0.4 | 0.9 | 0 | 0.9 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 400 | 8.7 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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, 51.3 g) | 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, 66.0 g) | 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, 59.7 g) | 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 |
| 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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 (250 mL) | 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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 (250 mL) | 222.5 | 330 | 29 | 12 | trace | 0 | 19 | 0 | 0 | 0.02 | 1.1 | 6.5 | 0.02 | 0 | 42 | 0 | 0 | 0 |

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| 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 |
| 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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 (250 mL) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 | |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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, 51.3 g) | 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, 59.7 g) | 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, 66.0 g) | 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 (250 mL) | 233.9 | 73 | 350 | 94 | 2 | 2.1 | 130 | 1440 | 302 | 0.35 | 1.5 | 11 | 0.37 | 13 | 920 | 0 | 11 | 6.3 | |
| 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 (250 mL) | 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 (250 mL) | 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 | |

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| 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 253 | 185 | 1520 | 1580 | 14.2 | 27.6 | 15.4 | 7.1 | 1 | 14.4 | 10.2 | 11 | 4.1 | | | 66 | 830 | 11 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 7 cm 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 7 cm 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 1.3 cm) | 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 |
| 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 1.3 cm) | 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 (250 mL) | 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 | 89 | 48.6 | 816 | 846 | 3.6 | 9.5 | 23.7 | 3.7 | 0.2 | 23.5 | 4.6 | 3.9 | 0.6 | | 0.5 | 5 | 170 | 7.6 |
| 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 1.3 cm) | 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 |
| 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 1.3 cm) | 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 (250 mL) | 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 | 89 | 490 | 89 | 7.7 | 0.7 | 0.5 | 0.4 | 0 | 0 | 0.11 | 0.05 | 3.3 | 0.11 | 0 | 14 | 0.1 | 0 | 0.22 |
| 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| H1061 | Patty, shredded potato, hash brown, pre-cooked, frozen, baked without oil | 100 | 52.8 | 852 | 878 | 2.8 | 10.2 | 25.3 | 3.3 | 0.5 | 24.8 | 0.9 | 6.9 | 3.9 | 1.1 | 2.7 | 0 | 520 | 0.4 |
| | 1 mini cylinder shaped patty (3.7 x 2.6 cm diameter) | 10.3 | 5.4 | 88 | 90 | 0.3 | 1 | 2.6 | 0.3 | trace | 2.5 | 0.1 | 0.7 | 0.4 | 0.1 | 0.3 | 0 | 54 | trace |
| | 1 round shaped patty (1.6 x 5.9 cm diameter) | 30.4 | 16.1 | 259 | 267 | 0.8 | 3.1 | 7.7 | 1 | 0.2 | 7.5 | 0.3 | 2.1 | 1.2 | 0.3 | 0.8 | 0 | 160 | 0.1 |
| | 1 triangular shaped patty (9.1 x 6.0 x 1.2 cm) | 37.9 | 20 | 323 | 333 | 1 | 3.8 | 9.6 | 1.2 | 0.2 | 9.4 | 0.4 | 2.6 | 1.5 | 0.4 | 1 | 0 | 200 | 0.1 |
| | 1 rectangular shaped patty (10.0 x 6.9 x 1.1 cm) | 49 | 25.9 | 418 | 430 | 1.4 | 5 | 12.4 | 1.6 | 0.3 | 12.1 | 0.5 | 3.4 | 1.9 | 0.5 | 1.3 | 0 | 250 | 0.2 |
| | 1 oval shaped patty (11.7 x 5.5 x 1.4 cm) | 59.9 | 31.6 | 510 | 526 | 1.7 | 6.1 | 15.1 | 2 | 0.3 | 14.8 | 0.6 | 4.1 | 2.3 | 0.7 | 1.6 | 0 | 310 | 0.2 |
| H1060 | Patty, shredded potato, hash brown, pre-cooked, frozen, pan-fried with oil | 100 | 59.5 | 752 | 775 | 2.4 | 10.3 | 19.4 | 2.8 | 0.4 | 19 | 0.8 | 5.9 | 3.3 | 0.9 | 2.3 | 0 | 420 | 0.3 |
| | 1 mini cylinder shaped patty (3.5 x 2.4 cm diameter) | 14 | 8.3 | 105 | 108 | 0.3 | 1.4 | 2.7 | 0.4 | 0.1 | 2.7 | 0.1 | 0.8 | 0.5 | 0.1 | 0.3 | 0 | 59 | trace |
| | 1 round patty (1.4 x 5.5 cm diameter) | 33.3 | 19.8 | 250 | 258 | 0.8 | 3.4 | 6.5 | 0.9 | 0.1 | 6.3 | 0.3 | 2 | 1.1 | 0.3 | 0.8 | 0 | 140 | 0.1 |
| | 1 triangular shaped patty (9.0 x 6.0 x 1.4 cm) | 43.5 | 25.9 | 327 | 337 | 1 | 4.5 | 8.4 | 1.2 | 0.2 | 8.2 | 0.3 | 2.6 | 1.4 | 0.4 | 1 | 0 | 180 | 0.1 |
| | 1 rectangular shaped patty (9.9 x 7.1 x 0.9 cm) | 53.5 | 31.8 | 402 | 414 | 1.3 | 5.5 | 10.4 | 1.5 | 0.2 | 10.1 | 0.4 | 3.2 | 1.8 | 0.5 | 1.3 | 0 | 220 | 0.2 |
| | 1 oval shaped patty (12.5 x 5.2 x 1.4 cm) | 67.7 | 40.3 | 509 | 524 | 1.6 | 7 | 13.1 | 1.9 | 0.3 | 12.8 | 0.5 | 4 | 2.2 | 0.6 | 1.6 | 0 | 280 | 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 18.5 cm 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 11.3 cm 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 |
| 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 11.0 cm 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 11.1 cm 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 28.3 cm diameter) | 742 | 348 | 7150 | 7320 | 82.6 | 40.6 | 250 | 21.5 | 33 | 217 | 19.5 | 10.4 | 4.2 | | | 138 | 3700 | 28 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| H1061 | Patty, shredded potato, hash brown, pre-cooked, frozen, baked without oil | 100 | 420 | 110 | 12 | 0.6 | 0.3 | 0 | 0 | 0 | 0 | 0.02 | 1.6 | 0.15 | 0 | 12 | 0 | 0 | 1.6 |
| | 1 mini cylinder shaped patty (3.7 x 2.6 cm diameter) | 10.3 | 44 | 11 | 1.3 | 0.1 | trace | 0 | 0 | 0 | 0 | trace | 0.16 | 0.02 | 0 | 1.3 | 0 | 0 | 0.16 |
| | 1 round shaped patty (1.6 x 5.9 cm diameter) | 30.4 | 130 | 32 | 3.8 | 0.2 | 0.1 | 0 | 0 | 0 | 0 | 0.01 | 0.48 | 0.05 | 0 | 3.8 | 0 | 0 | 0.48 |
| | 1 triangular shaped patty (9.1 x 6.0 x 1.2 cm) | 37.9 | 160 | 40 | 4.7 | 0.2 | 0.1 | 0 | 0 | 0 | 0 | 0.01 | 0.6 | 0.06 | 0 | 4.7 | 0 | 0 | 0.6 |
| | 1 rectangular shaped patty (10.0 x 6.9 x 1.1 cm) | 49 | 210 | 52 | 6.1 | 0.3 | 0.2 | 0 | 0 | 0 | 0 | 0.01 | 0.77 | 0.07 | 0 | 6.1 | 0 | 0 | 0.77 |
| | 1 oval shaped patty (11.7 x 5.5 x 1.4 cm) | 59.9 | 250 | 64 | 7.5 | 0.4 | 0.2 | 0 | 0 | 0 | 0 | 0.01 | 0.94 | 0.09 | 0 | 7.4 | 0 | 0 | 0.95 |
| H1060 | Patty, shredded potato, hash brown, pre-cooked, frozen, pan-fried with oil | 100 | 360 | 90 | 11 | 0.5 | 0.3 | 0 | 0 | 0 | 0 | 0.02 | 1.3 | 0.12 | 0 | 10 | 0 | 0 | 1.4 |
| | 1 mini cylinder shaped patty (3.5 x 2.4 cm diameter) | 14 | 50 | 13 | 1.5 | 0.1 | trace | 0 | 0 | 0 | 0 | trace | 0.19 | 0.02 | 0 | 1.5 | 0 | 0 | 0.19 |
| | 1 round patty (1.4 x 5.5 cm diameter) | 33.3 | 120 | 30 | 3.5 | 0.2 | 0.1 | 0 | 0 | 0 | 0 | 0.01 | 0.44 | 0.04 | 0 | 3.5 | 0 | 0 | 0.45 |
| | 1 triangular shaped patty (9.0 x 6.0 x 1.4 cm) | 43.5 | 160 | 39 | 4.6 | 0.2 | 0.1 | 0 | 0 | 0 | 0 | 0.01 | 0.58 | 0.05 | 0 | 4.6 | 0 | 0 | 0.59 |
| | 1 rectangular shaped patty (9.9 x 7.1 x 0.9 cm) | 53.5 | 190 | 48 | 5.6 | 0.3 | 0.2 | 0 | 0 | 0 | 0 | 0.01 | 0.71 | 0.06 | 0 | 5.6 | 0 | 0 | 0.73 |
| | 1 oval shaped patty (12.5 x 5.2 x 1.4 cm) | 67.7 | 240 | 61 | 7.1 | 0.3 | 0.2 | 0 | 0 | 0 | 0 | 0.01 | 0.9 | 0.08 | 0 | 7.1 | 0 | 0 | 0.92 |
| 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 18.5 cm 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 11.3 cm 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 |
| 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 11.0 cm 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 11.1 cm 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 28.3 cm 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 |

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| 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 |
| 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 28.2 cm 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 12.2 cm 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 24.6 cm 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 24.6 cm 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 27.8 cm 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 (250 mL) | 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 |
| H1058 | Salad, coleslaw with dressing, fresh, from deli | 100 | 85.2 | 277 | 303 | 1.2 | 3.6 | 7.2 | 3.3 | 7.1 | 0.1 | 0.3 | 1.4 | 1 | 0.3 | 0.7 | 3 | 170 | 0 |
| | 1 cup (250 mL) | 206 | 176 | 571 | 625 | 2.6 | 7.4 | 14.9 | 6.7 | 14.6 | 0.3 | 0.5 | 2.9 | 2.2 | 0.6 | 1.5 | 7 | 360 | 0 |
| 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 2.9 cm) | 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 3.3 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 28.2 cm 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 12.2 cm 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 24.6 cm 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 24.6 cm 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 27.8 cm 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 (250 mL) | 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 |
| H1058 | Salad, coleslaw with dressing, fresh, from deli | 100 | 160 | 26 | 36 | 0.2 | 0.1 | 2 | 20 | 121 | 0.04 | 0.03 | 0.37 | 0.08 | 0 | 0 | 16 | 0 | 0.34 |
| | 1 cup (250 mL) | 206 | 330 | 54 | 74 | 0.5 | 0.3 | 4.1 | 42 | 249 | 0.08 | 0.06 | 0.76 | 0.17 | 0 | 0 | 33 | 0 | 0.7 |
| 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 2.9 cm) | 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 3.3 cm) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 3.6 cm) | 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 5.3 cm 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 5.1 cm 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 5.6 cm 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 5.6 cm 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 (250 mL) | 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 (250 mL) | 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 2.5 cm) | 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 3 cm) | 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 |
| 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 2.5 cm) | 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 3 cm) | 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 2.8 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 3.6 cm) | 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 5.3 cm 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 5.1 cm 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 5.6 cm 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 5.6 cm 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 (250 mL) | 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 (250 mL) | 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 2.5 cm) | 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 3 cm) | 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 |
| 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 2.5 cm) | 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 3 cm) | 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 2.8 cm) | 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 |

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| 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) |
|----------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| J | FATS AND OILS | | | | | | | | | | | | | | | | | | |
| J1039 | Coconut oil | 100 | 0.8 | 3690 | 3690 | 0 | 99.7 | 0 | 0 | 0 | 0 | 91 | 4.4 | 0.8 | 0 | 0.8 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 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 (5 mL) | 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 (15 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 |
| 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 (15 mL) | 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 (5 mL) | 3.5 | 0 | 0 | trace | trace | 0 | 0 | 37 | 2 | 0 | 0 | 0 | 0 | 0.01 | 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 | 1 | |
| | 1 tablespoon (15 mL) | 12 | 0.1 | 0.4 | 0.1 | trace | trace | 0.2 | 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 | 11 | |
| | 1 teaspoon (5 mL) | 4.7 | 1 | 0.2 | trace | trace | trace | trace | 3 | 20 | 0 | 0 | 0 | 0 | 0.08 | 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 (5 mL) | 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 (5 mL) | 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 | 8.3 | |
| | 1 teaspoon (5 mL) | 4.8 | 0.2 | 0.1 | trace | trace | trace | trace | trace | 3 | 0 | 0 | 0 | 0 | 0.01 | 0 | 0 | 0 | 0.4 | |
| 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 4.7 | 1.1 | 0.1 | trace | trace | trace | trace | 4 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.82 | |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 4.8 | 2 | 103 | 103 | trace | 2.8 | 0 | 0 | 0 | 0 | 0.5 | 1 | 1.1 | trace | 1.1 | 0 | 15 | trace |
| 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 14 | trace | 517 | 517 | trace | 14 | 0 | 0 | 0 | 0 | 1.1 | 1.5 | 10.5 | 8.2 | 2.3 | 0 | 0 | 0.1 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 4.8 | 1.1 | 0.1 | trace | trace | trace | trace | 4 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.4 |
| J60 | Oil, avocado | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5.1 |
| | 1 tablespoon (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.5 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (5 mL) | 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 |
| 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 (15 mL) | 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 (5 mL) | 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 (5 mL) | 4.2 | trace | 155 | 155 | 0 | 4.2 | 0 | 0 | 0 | 0 | 3.9 | trace | trace | 0 | trace | 0 | 0 | 0 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| J10 | Oil, olive | 100 | 0 | 1 | 0.2 | 0.4 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5.1 |
| | 1 tablespoon (15 mL) | 14 | 0 | 0.1 | trace | trace | trace | 0 | 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 | 0 | 6.7 |
| | 1 tablespoon (15 mL) | 14 | 0 | 0 | 0 | trace | 0 | 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 | 0 | 39 |
| | 1 tablespoon (15 mL) | 14 | 0 | 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 | 0 | 1.4 |
| | 1 tablespoon (15 mL) | 14.3 | 0 | 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 | 0 | 11 |
| | 1 tablespoon (15 mL) | 14.2 | 0 | 0 | 0 | trace | trace | 0 | 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 | 0 | 48 |
| | 1 tablespoon (15 mL) | 13.9 | 0 | 0 | 0 | 0 | trace | 0 | 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 | 0 | 15 |
| | 1 tablespoon (15 mL) | 14 | 0 | 0 | 0 | trace | trace | 0 | 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 (5 mL) | 4.8 | 1.2 | 0.8 | 1 | trace | trace | trace | 24 | 33 | 0 | 0 | 0.01 | 0 | trace | 0 | 0 | 0.1 | 0.74 | |
| J39 | Shortening, Chefade | 100 | 5 | 11 | 6 | 0.2 | 2 | 2 | 23 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 12 | 0.6 | 1.3 | 0.7 | trace | 0.2 | 0.2 | 3 | 3 | 0 | 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 (5 mL) | 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 | 0 |
| | 1 teaspoon (5 mL) | 4.2 | 0 | 0 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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| 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 |
| 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 1.0 cm) | 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 (250 mL) | 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 (250 mL) | 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 1.6 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| K1026 | Mackerel, canned in oil, drained | 100 | 63 | 821 | 821 | 21.7 | 12.2 | 0 | 0 | 0 | 0 | 3.7 | 2.6 | 3.5 | 0.1 | 0.2 | 87 | 320 | 30 |
| | 1 cup (250 mL) | 182.1 | 115 | 1500 | 1500 | 39.5 | 22.3 | 0 | 0 | 0 | 0 | 6.7 | 4.7 | 6.3 | 0.2 | 0.4 | 158 | 580 | 55 |
| K1027 | Mackerel, canned in oil, undrained | 100 | 72 | 633 | 633 | 16.5 | 9.5 | 0 | 0 | 0 | 0 | 2.5 | 1.8 | 2.9 | 0.1 | 0.4 | 63 | 340 | 30 |
| | 1 cup (250 mL) | 257.1 | 185 | 1630 | 1630 | 42.5 | 24.5 | 0 | 0 | 0 | 0 | 6.4 | 4.6 | 7.5 | 0.3 | 1 | 162 | 870 | 77 |
| K1028 | Mackerel, canned in tomato sauce, undrained | 100 | 70.4 | 698 | 706 | 15 | 10.8 | 2.6 | 1 | 1.9 | 0.7 | 2.2 | 1.6 | 2.8 | 0.2 | 0.2 | 59 | 420 | 19 |
| | 1 cup (250 mL) | 241.6 | 170 | 1690 | 1700 | 36.3 | 26 | 6.3 | 2.4 | 4.6 | 1.7 | 5.2 | 4 | 6.8 | 0.4 | 0.5 | 143 | 1000 | 46 |
| K78 | Orange roughy, 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 | 0.25 |
| | 1 fillet (19.6 x 8.2 x 1.0 cm) | 159.3 | 470 | 520 | 12 | 0 | 0.4 | 16 | 0 | 0 | 0.1 | 0.08 | 3.4 | 0.26 | 0 | 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 (250 mL) | 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 (250 mL) | 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 1.6 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 | |
| K1026 | Mackerel, canned in oil, drained | 100 | 240 | 340 | 320 | 1.5 | 1.1 | 82 | 10 | 0 | 0 | 0.21 | 14 | 0.68 | 6.6 | 0 | 0 | 9.9 | 1.1 | |
| | 1 cup (250 mL) | 182.1 | 440 | 620 | 580 | 2.8 | 2 | 150 | 18 | 0 | 0 | 0.38 | 25 | 1.2 | 12 | 0 | 0 | 18 | 2.1 | |
| K1027 | Mackerel, canned in oil, undrained | 100 | 250 | 290 | 240 | 1.3 | 0.9 | 69 | 0 | 0 | 0 | 7.7 | 11 | 0.52 | 5 | 8.8 | 0 | 2.7 | 0.71 | |
| | 1 cup (250 mL) | 257.1 | 640 | 750 | 620 | 3.3 | 2.3 | 180 | 0 | 0 | 0 | 20 | 27 | 1.3 | 13 | 23 | 0 | 7 | 1.8 | |
| K1028 | Mackerel, canned in tomato sauce, undrained | 100 | 260 | 290 | 280 | 1.4 | 0.9 | 59 | 31 | 100 | 0 | 0.24 | 11 | 0.76 | 7.6 | 11 | 0 | 2.2 | 1.1 | |
| | 1 cup (250 mL) | 241.6 | 630 | 700 | 680 | 3.5 | 2.3 | 140 | 74 | 242 | 0 | 0.58 | 27 | 1.8 | 18 | 26 | 0 | 5.4 | 2.6 | |
| K78 | Orange roughy, 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 (250 mL) | 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 | |

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| 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 |
| 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 (250 mL) | 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 (250 mL) | 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 | 3.7 | 9.1 | 4.4 | 0.6 | 2.3 | 59 | 680 | 4.9 |
| | 1 cup pieces (250 mL) | 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 | 8.4 |
| | 1 cup flaked (250 mL) | 196.3 | 111 | 2060 | 2060 | 42.9 | 36 | 0 | 0 | 0 | 0 | 7.2 | 18 | 8.6 | 1.1 | 4.5 | 116 | 1300 | 9.6 |
| | 1 fillet (15.8 x 6.1 x 2.1 cm) | 163.5 | 92.5 | 1720 | 1720 | 35.8 | 30 | 0 | 0 | 0 | 0 | 6 | 15 | 7.1 | 0.9 | 3.7 | 96 | 1100 | 8 |
| 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 | 2.9 |
| | 1 fillet (14.7 x 6.6 x 2.8 cm) | 199.2 | 110 | 2480 | 2480 | 41.3 | 48.1 | 0 | 0 | 0 | 0 | 9.9 | 22.1 | 10.2 | 1 | 5.1 | 134 | 110 | 5.8 |
| 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 | 2.8 |
| | 1 fillet (15.1 x 5.0 x 2.7 cm) | 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 | 4.9 |
| 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 | 2.7 |
| | 1 fillet (18.2 x 7.0 x 2.8 cm) | 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 | 5.1 |
| 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 | 2.3 |
| | 1 fillet (15.2 x 5.1 x 2.9 cm) | 144.7 | 79.3 | 1860 | 1860 | 27.9 | 37.5 | 0 | 0 | 0 | 0 | 7 | 17.1 | 6.9 | 0.8 | 4 | 90 | 69 | 3.3 |
| 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 (250 mL) | 250.6 | 175 | 1540 | 1540 | 58 | 15 | 0 | 0 | 0 | 0 | 2.5 | 3 | 3.7 | 0.1 | 0.4 | 203 | 700 | 55 |
| K1030 | Sardines, canned in oil, drained | 100 | 63.5 | 861 | 861 | 21.3 | 13.5 | 0 | 0 | 0 | 0 | 2.5 | 3.8 | 3.5 | 0.3 | 1.5 | 89 | 260 | 19 |
| | 1 cup (250 mL) | 170.1 | 108 | 1460 | 1460 | 36.3 | 22.9 | 0 | 0 | 0 | 0 | 4.2 | 6.4 | 6 | 0.5 | 2.6 | 151 | 440 | 32 |
| K1029 | Sardines, canned in oil, undrained | 100 | 56.9 | 1130 | 1130 | 18 | 22.4 | 0 | 0 | 0 | 0 | 3.8 | 7 | 7.7 | 0.8 | 5.2 | 87 | 280 | 20 |
| | 1 cup (250 mL) | 255.3 | 145 | 2890 | 2890 | 46 | 57.1 | 0 | 0 | 0 | 0 | 9.7 | 18 | 19.7 | 1.9 | 13.2 | 222 | 710 | 51 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 | 27 | 33 | 0 | 0.13 | 0.12 | 9.3 | 0.62 | 1.3 | 0 | 0 | 27 | 3.2 |
| | 1 cup pieces (250 mL) | 170.4 | 690 | 450 | 17 | 0.4 | 0.7 | 46 | 57 | 0 | 0.22 | 0.2 | 16 | 1.1 | 2.3 | 0 | 0 | 46 | 5.5 |
| | 1 cup flaked (250 mL) | 196.3 | 800 | 520 | 20 | 0.5 | 0.8 | 53 | 65 | 0 | 0.26 | 0.24 | 18 | 1.2 | 2.6 | 0 | 0 | 53 | 6.3 |
| | 1 fillet (15.8 x 6.1 x 2.1 cm) | 163.5 | 660 | 430 | 16 | 0.4 | 0.6 | 44 | 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 | 15 | 51 | 0 | 0.16 | 0.11 | 10 | 0.71 | 1.8 | 0 | 0 | 27 | 4.4 |
| | 1 fillet (14.7 x 6.6 x 2.8 cm) | 199.2 | 720 | 460 | 14 | 0.4 | 0.7 | 30 | 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 | 15 | 46 | 0 | 0.13 | 0.11 | 10 | 0.65 | 1.7 | 0 | 0 | 26 | 4.3 |
| | 1 fillet (15.1 x 5.0 x 2.7 cm) | 172.2 | 710 | 450 | 13 | 0.3 | 0.6 | 25 | 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 | 13 | 50 | 0 | 0.14 | 0.1 | 9.2 | 0.66 | 2 | 0 | 0 | 24 | 3.8 |
| | 1 fillet (18.2 x 7.0 x 2.8 cm) | 188.2 | 660 | 430 | 15 | 0.3 | 0.6 | 25 | 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 | 14 | 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 2.9 cm) | 144.7 | 450 | 290 | 9.4 | 0.2 | 0.5 | 20 | 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 (250 mL) | 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 |
| K1030 | Sardines, canned in oil, drained | 100 | 350 | 390 | 320 | 1.8 | 2 | 33 | 38 | 0 | 0 | 0.22 | 7.4 | 0.29 | 7.4 | 0 | 0 | 5 | 0.63 |
| | 1 cup (250 mL) | 170.1 | 600 | 660 | 540 | 3 | 3.4 | 56 | 64 | 0 | 0 | 0.37 | 13 | 0.49 | 13 | 0 | 0 | 8.4 | 1.1 |
| K1029 | Sardines, canned in oil, undrained | 100 | 280 | 320 | 250 | 1.5 | 1.4 | 30 | 46 | 0 | 0 | 0.17 | 6 | 0.23 | 5.8 | 0 | 0 | 8.2 | 1.7 |
| | 1 cup (250 mL) | 255.3 | 710 | 820 | 640 | 3.8 | 3.6 | 77 | 117 | 0 | 0 | 0.43 | 15 | 0.59 | 15 | 0 | 0 | 21 | 4.4 |

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| 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 |
| K1031 | Sardines, canned in tomato sauce, undrained | 100 | 71.7 | 590 | 600 | 16.3 | 7.4 | 2.2 | 1.1 | 1.8 | 0.4 | 1.5 | 1.6 | 1.9 | 0.1 | 0.6 | 79 | 430 | 24 |
| | 1 cup (250 mL) | 255.1 | 183 | 1510 | 1530 | 41.6 | 19 | 5.7 | 2.9 | 4.6 | 1.1 | 3.8 | 4 | 4.8 | 0.3 | 1.5 | 202 | 1100 | 61 |
| K1032 | Sardines, canned in water, drained | 100 | 68.9 | 653 | 653 | 20.5 | 8.2 | 0 | 0 | 0 | 0 | 1.8 | 1.7 | 1.2 | 0.1 | 0.2 | 109 | 200 | 25 |
| | 1 cup (250 mL) | 162.8 | 112 | 1060 | 1060 | 33.4 | 13.4 | 0 | 0 | 0 | 0 | 2.9 | 2.7 | 1.9 | 0.1 | 0.2 | 177 | 330 | 41 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 154.9 | 112 | 758 | 758 | 41.3 | 1.5 | 0 | 0 | 0 | 0 | 0.4 | 0.2 | 0.5 | trace | trace | 70 | 480 | 20 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| K1031 | Sardines, canned in tomato sauce, undrained | 100 | 300 | 310 | 290 | 1.7 | 1.5 | 37 | 48 | 113 | 0 | 0.18 | 6.6 | 0.45 | 5.9 | 3.5 | 0 | 6.5 | 1.3 |
| | 1 cup (250 mL) | 255.1 | 770 | 790 | 740 | 4.4 | 3.7 | 94 | 123 | 289 | 0 | 0.46 | 17 | 1.1 | 15 | 8.9 | 0 | 17 | 3.3 |
| K1032 | Sardines, canned in water, drained | 100 | 270 | 380 | 340 | 2 | 1.7 | 40 | 13 | 0 | 0 | 0.22 | 8.9 | 0.29 | 7.4 | 0 | 0 | 6.3 | 0.43 |
| | 1 cup (250 mL) | 162.8 | 440 | 620 | 550 | 3.2 | 2.8 | 65 | 22 | 0 | 0 | 0.36 | 14 | 0.47 | 12 | 0 | 0 | 10 | 0.7 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|----------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (7.0 cm 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 (7.0 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 (7.0 cm 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 (7.0 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 229.1 | 2700 | 170 | 140 | 2.8 | 0.8 | 0 | 134 | 805 | 0 | 0.25 | 6 | 1.3 | 0 | 0 | 0 | 0 | 0 | |

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| 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) |
|--------|---------------------------------------|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| L1168 | Apricot, flesh & skin, raw, fresh | 100 | 86.9 | 130 | 145 | 0.9 | 0.2 | 6.3 | 1.9 | 6.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 175.8 | 153 | 228 | 255 | 1.6 | 0.4 | 11.1 | 3.3 | 11.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 fruit (5.2 cm diameter) | 71.9 | 62.5 | 93 | 104 | 0.6 | 0.1 | 4.5 | 1.4 | 4.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 (250 mL) | 260 | 229 | 264 | 297 | 1.1 | 0.2 | 14 | 4.2 | 14 | 0 | trace | 0.1 | trace | | | 0 | 7.8 | 3.9 |
| 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 5.7 cm 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 | 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 (250 mL) | 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 |
| 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 (19-20 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| L1168 | Apricot, flesh & skin, raw, fresh | 100 | 270 | 26 | 17 | 0.2 | 0.2 | 0 | 182 | 1090 | 0.01 | 0.07 | 0.57 | 0.05 | 0 | 0 | 3.6 | 0 | 0.27 |
| | 1 cup cubed (250 mL) | 175.8 | 470 | 46 | 30 | 0.4 | 0.4 | 0 | 321 | 1920 | 0.02 | 0.12 | 1 | 0.09 | 0 | 0 | 6.2 | 0 | 0.48 |
| | 1 fruit (5.2 cm diameter) | 71.9 | 190 | 19 | 12 | 0.2 | 0.1 | 0 | 131 | 785 | 0.01 | 0.05 | 0.41 | 0.04 | 0 | 0 | 2.6 | 0 | 0.19 |
| 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 (250 mL) | 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 |
| 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 5.7 cm 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 | 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 (250 mL) | 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 |
| 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 (19-20 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--------------------------------------|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 154 | 33.9 | 1840 | 1910 | 3.6 | 0.8 | 103 | 9.2 | 100 | 2.8 | 0.3 | trace | 0.3 | | | 0 | 31 | 3.9 |
| L1161 | Date, pitted, flesh, dried | 100 | 13 | 1160 | 1220 | 2.3 | 0.5 | 64.7 | 7.8 | 64.6 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 3.3 |
| | 10 dates pitted | 52.8 | 6.9 | 611 | 644 | 1.2 | 0.3 | 34.2 | 4.1 | 34.1 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 3.2 | 1.7 |
| 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 4.4 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 174 | 31.1 | 2130 | 2210 | 4 | 1.6 | 118 | 9.7 | 118 | 0 | 0.5 | 0 | 0.5 | | | 0 | 140 | 3 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| L1161 | Date, pitted, flesh, dried | 100 | 720 | 60 | 84 | 1.9 | 0.7 | 0 | 4 | 23 | 0.04 | 0.22 | 1.9 | 2.3 | 0 | 0 | 0 | 0 | 0.25 |
| | 10 dates pitted | 52.8 | 380 | 32 | 44 | 1 | 0.4 | 0 | 2 | 12 | 0.02 | 0.12 | 1 | 1.2 | 0 | 0 | 0 | 0 | 0.13 |
| 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 4.4 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 174 | 920 | 130 | 110 | 3.1 | 0.7 | 0 | 2 | 14 | 0.17 | 0 | 1.2 | 0.38 | 0 | 26 | 0 | 0 | 0.19 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |
| 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 |
| 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 |
| 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 (6.8 cm 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 (15 mL) | 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 (250 mL) | 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 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 | 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 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 | 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 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, 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 | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |
| 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 |
| 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 |
| 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 (6.8 cm 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 (15 mL) | 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 (250 mL) | 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 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 | 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 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 | 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 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, 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 | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| L1078 | Kiwifruit, Zespri Sweet Green Kiwifruit, 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 | 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 |
| 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 cup sections (250 mL) | 224 | 207 | 129 | 179 | 1.4 | 0.7 | 4.7 | 6.3 | 4.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6.7 | 0.5 |
| | 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 (250 mL) | 267 | 212 | 820 | 833 | 1 | 0 | 47.3 | 1.6 | 47.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5.3 | 3.8 |
| L1183 | Mandarin, flesh, fresh, raw | 100 | 86.4 | 161 | 172 | 0.9 | 0.2 | 8.1 | 1.4 | 8.1 | trace | trace | 0.1 | 0.1 | trace | 0.1 | 0 | 0.7 | 0 |
| | 1 cup sections (250 mL) | 184.1 | 159 | 296 | 316 | 1.7 | 0.4 | 14.9 | 2.5 | 14.9 | trace | 0.1 | 0.2 | 0.2 | 0.1 | 0.1 | 0 | 1.3 | 0 |
| | 1 fruit (4.2 cm diameter) | 60.9 | 52.6 | 98 | 104 | 0.6 | 0.1 | 4.9 | 0.8 | 4.9 | trace | trace | 0.1 | 0.1 | trace | trace | 0 | 0.4 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| L1166 | Nectarine, yellow, flesh & skin, fresh, raw | 100 | 85 | 176 | 191 | 0.9 | 0.2 | 9 | 1.9 | 9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 fruit (5.8 cm diameter) | 118.6 | 101 | 209 | 227 | 1.1 | 0.2 | 10.7 | 2.3 | 10.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| L1078 | Kiwifruit, Zespri Sweet Green Kiwifruit, 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 | 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 |
| 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 cup sections (250 mL) | 224 | 300 | 34 | 58 | 0.9 | 0.2 | 2.2 | 3 | 16 | 0.11 | 0.05 | 0.67 | 0.18 | 0 | 25 | 116 | 0 | 0.34 |
| | 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 (250 mL) | 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 |
| L1183 | Mandarin, flesh, fresh, raw | 100 | 170 | 22 | 41 | 0.1 | 0.1 | 0 | 55 | 327 | 0.04 | 0.1 | 0.46 | 0.25 | 0 | 34 | 21 | 0 | 0.45 |
| | 1 cup sections (250 mL) | 184.1 | 310 | 41 | 75 | 0.2 | 0.1 | 0 | 101 | 602 | 0.07 | 0.18 | 0.85 | 0.46 | 0 | 62 | 38.7 | 0 | 0.83 |
| | 1 fruit (4.2 cm diameter) | 60.9 | 100 | 13 | 25 | 0.1 | trace | 0 | 33 | 199 | 0.02 | 0.06 | 0.28 | 0.15 | 0 | 21 | 12.8 | 0 | 0.27 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| L1166 | Nectarine, yellow, flesh & skin, fresh, raw | 100 | 210 | 23 | 6 | 0.1 | 0.1 | 0 | 4 | 21 | 0.01 | 0.07 | 0.85 | 0.02 | 0 | 0 | 6.7 | 0 | 0.85 |
| | 1 fruit (5.8 cm diameter) | 118.6 | 250 | 27 | 7.1 | 0.2 | 0.1 | 0 | 4 | 25 | 0.01 | 0.08 | 1 | 0.02 | 0 | 0 | 8 | 0 | 1 |
| 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (7.3 cm 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 |
| L1182 | Orange, peeled, seeded, fresh, raw | 100 | 86 | 159 | 173 | 1.1 | trace | 8.2 | 1.8 | 8.2 | trace | trace | trace | trace | trace | trace | 0 | 0 | 0 |
| | 1 fruit (6.7 cm diameter) | 141 | 121 | 224 | 245 | 1.5 | 0.1 | 11.5 | 2.6 | 11.5 | trace | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| L1167 | Peach, yellow, flesh and skin, fresh, raw | 100 | 86.9 | 147 | 161 | 0.8 | 0.2 | 7.4 | 1.8 | 7.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 176.6 | 153 | 259 | 284 | 1.4 | 0.4 | 13.1 | 3.2 | 13.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 fruit (6.4 cm diameter) | 160.3 | 139 | 235 | 258 | 1.3 | 0.3 | 11.9 | 2.9 | 11.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 (250 mL) | 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 cup sliced (250 mL) | 174.3 | 148 | 327 | 372 | 0.6 | 0.5 | 17.4 | 5.6 | 17.3 | 0.1 | trace | trace | trace | | | 0 | 0.9 | 0.2 |
| | 1 fruit | 122 | 103 | 229 | 260 | 0.5 | 0.4 | 12.2 | 3.9 | 12.1 | 0.1 | trace | trace | trace | | | 0 | 0.6 | 0.2 |
| L1185 | Pear, golden russet coloured skin, flesh & skin, fresh, raw | 100 | 84.1 | 144 | 170 | 0.3 | 0.2 | 7.8 | 3.2 | 7.3 | 0.5 | trace | trace | trace | trace | trace | 0 | 0 | 0.2 |
| | 1 cup cubed (250 mL) | 176.8 | 149 | 255 | 300 | 0.5 | 0.4 | 13.7 | 5.6 | 12.8 | 0.9 | trace | trace | 0.1 | trace | trace | 0 | 0 | 0.3 |
| | 1 fruit (10.3 cm length) | 190.4 | 160 | 275 | 323 | 0.6 | 0.4 | 14.8 | 6 | 13.8 | 1 | trace | trace | 0.1 | trace | trace | 0 | 0 | 0.3 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (7.3 cm 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 |
| L1182 | Orange, peeled, seeded, fresh, raw | 100 | 180 | 25 | 30 | 0.1 | 0.1 | 0 | 15 | 90 | 0.06 | 0.06 | 0.64 | 0.31 | 0 | 39 | 52.1 | 0 | 0.2 |
| | 1 fruit (6.7 cm diameter) | 141 | 260 | 35 | 42 | 0.1 | 0.1 | 0 | 21 | 126 | 0.09 | 0.09 | 0.9 | 0.44 | 0 | 55 | 73.4 | 0 | 0.28 |
| 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| L1167 | Peach, yellow, flesh and skin, fresh, raw | 100 | 200 | 21 | 5.4 | 0.2 | 0.1 | 0 | 19 | 111 | 0.01 | 0.07 | 1.1 | 0.01 | 0 | 0 | 6.3 | 0 | 0.79 |
| | 1 cup cubed (250 mL) | 176.6 | 350 | 37 | 9.5 | 0.4 | 0.2 | 0 | 33 | 196 | 0.02 | 0.12 | 1.9 | 0.02 | 0 | 0 | 11.2 | 0 | 1.4 |
| | 1 fruit (6.4 cm diameter) | 160.3 | 320 | 34 | 8.7 | 0.3 | 0.2 | 0 | 30 | 178 | 0.02 | 0.11 | 1.7 | 0.02 | 0 | 0 | 10.1 | 0 | 1.3 |
| 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 (250 mL) | 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 cup sliced (250 mL) | 174.3 | 210 | 21 | 15 | 0.3 | 0.2 | 0.3 | 3 | 17 | 0.02 | 0.02 | 0.59 | 0.05 | 0 | 12 | 5.2 | 0 | 0.4 |
| | 1 fruit | 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 |
| L1185 | Pear, golden russet coloured skin, flesh & skin, fresh, raw | 100 | 120 | 12 | 8.7 | 0.1 | 0.1 | 0 | 4 | 24 | 0.02 | 0.02 | 0.06 | 0 | 0 | 0 | 4.2 | 0 | 0.19 |
| | 1 cup cubed (250 mL) | 176.8 | 210 | 22 | 15 | 0.1 | 0.2 | 0 | 7 | 42 | 0.04 | 0.04 | 0.11 | 0 | 0 | 0 | 7.4 | 0 | 0.34 |
| | 1 fruit (10.3 cm length) | 190.4 | 220 | 23 | 16 | 0.1 | 0.2 | 0 | 8 | 46 | 0.04 | 0.04 | 0.11 | 0 | 0 | 0 | 7.9 | 0 | 0.36 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| L1184 | Pear, green to yellow skin, flesh & skin, fresh, raw | 100 | 84.9 | 145 | 164 | 0.4 | 0.2 | 7.8 | 2.3 | 7.5 | 0.3 | trace | trace | trace | trace | trace | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 174.4 | 148 | 253 | 285 | 0.6 | 0.3 | 13.5 | 4 | 13 | 0.5 | trace | trace | 0.1 | trace | trace | 0 | 0 | 0 |
| | 1 fruit (8.2 cm length) | 172 | 146 | 250 | 281 | 0.6 | 0.3 | 13.3 | 4 | 12.8 | 0.5 | trace | trace | 0.1 | trace | trace | 0 | 0 | 0 |
| L1165 | Pear, nashi, gold colour skin, flesh & skin, fresh, raw | 100 | 86.7 | 138 | 162 | 0.3 | 0.2 | 7.4 | 3 | 7.4 | 0 | trace | trace | trace | trace | trace | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 173.2 | 150 | 239 | 281 | 0.5 | 0.3 | 12.8 | 5.2 | 12.8 | 0 | trace | trace | 0.1 | trace | 0.1 | 0 | 0 | 0 |
| | 1 fruit (7.1 cm diameter) | 214 | 186 | 295 | 347 | 0.6 | 0.4 | 15.8 | 6.4 | 15.8 | 0 | trace | trace | 0.1 | trace | 0.1 | 0 | 0 | 0 |
| L1160 | Persimmon, flesh, fresh, raw, New Zealand | 100 | 83.9 | 266 | 278 | 2.5 | 0.1 | 12.9 | 1.6 | 12.8 | 0.1 | trace | trace | trace | trace | trace | 0 | 1.5 | 0 |
| | 1 fruit (8.1 cm diameter) | 82.8 | 69.5 | 220 | 230 | 2.1 | 0.1 | 10.7 | 1.3 | 10.6 | 0.1 | trace | trace | trace | trace | trace | 0 | 1.2 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 7.4 cm 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 (250 mL) | 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 |
| 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 (250 mL) | 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 9.0 cm 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 (250 mL) | 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 | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| L1184 | Pear, green to yellow skin, flesh & skin, fresh, raw | 100 | 110 | 10 | 7.3 | 0 | 0.1 | 0 | 4 | 21 | 0.01 | 0.02 | 0.04 | 0 | 0 | 0 | 5.4 | 0 | 0.25 |
| | 1 cup cubed (250 mL) | 174.4 | 190 | 17 | 13 | 0 | 0.2 | 0 | 6 | 37 | 0.02 | 0.04 | 0.07 | 0 | 0 | 0 | 9.4 | 0 | 0.44 |
| | 1 fruit (8.2 cm length) | 172 | 190 | 17 | 13 | 0 | 0.2 | 0 | 6 | 36 | 0.02 | 0.03 | 0.07 | 0 | 0 | 0 | 9.3 | 0 | 0.43 |
| L1165 | Pear, nashi, gold colour skin, flesh & skin, fresh, raw | 100 | 92 | 7.5 | 3.8 | 0 | 0.1 | 0 | 0 | 0 | 0.02 | 0 | 0.05 | 0 | 0 | 0 | 2.1 | 0 | 0.12 |
| | 1 cup cubed (250 mL) | 173.2 | 160 | 13 | 6.6 | 0 | 0.1 | 0 | 0 | 0 | 0.04 | 0 | 0.09 | 0 | 0 | 0 | 3.7 | 0 | 0.21 |
| | 1 fruit (7.1 cm diameter) | 214 | 200 | 16 | 8.1 | 0 | 0.2 | 0 | 0 | 0 | 0.04 | 0 | 0.11 | 0 | 0 | 0 | 4.6 | 0 | 0.26 |
| L1160 | Persimmon, flesh, fresh, raw, New Zealand | 100 | 170 | 19 | 6.9 | 0.1 | 0.1 | 0 | 12 | 70 | 0.05 | 0.11 | 0.17 | 0.05 | 0 | 12 | 50.8 | 0 | 0 |
| | 1 fruit (8.1 cm diameter) | 82.8 | 140 | 16 | 5.7 | 0.1 | 0.1 | 0 | 10 | 58 | 0.04 | 0.09 | 0.14 | 0.04 | 0 | 9.8 | 42.1 | 0 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 7.4 cm 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 (250 mL) | 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 |
| 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 (250 mL) | 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 9.0 cm 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 (250 mL) | 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 | 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 |

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| 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) |
|--------|--------------------------------|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| | 1 cup (250 mL) | 170 | 63.1 | 1050 | 1160 | 4.8 | 0.7 | 55.3 | 13.3 | 52.7 | 2.6 | trace | 0.4 | 0.1 | | | 0 | 12 | 1.3 |
| | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 265 | 251 | 72 | 123 | 1.5 | trace | 2.7 | 6.4 | 2.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5.3 | 1.8 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| | 1 cup (250 mL) | 170 | 1200 | 99 | 88 | 1.9 | 0.9 | 1.7 | 124 | 740 | 0.14 | 0.27 | 2.2 | 0.32 | 0 | 6.8 | 3.4 | 0 | 2.5 |
| | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|----------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 | 92.7 | 84.6 | 127 | 140 | 0.7 | 0.3 | 6.1 | 1.7 | 6 | trace | trace | trace | 0.2 | | | 0 | 0.5 | 0.2 |
| | 1 cup (250 mL) | 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 (250 mL) | 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 | 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 | 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 | 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 (250 mL) | 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 | | | | | | | | | | | | | | | | | | |
| M1232 | Beef mince, prime, 5-10% fat, raw | 100 | 66.5 | 759 | 759 | 19.4 | 11.6 | 0 | 0 | 0 | 0 | 4.6 | 4.7 | 0.5 | 0.1 | 0.2 | 10 | 62 | 1.1 |
| | 1 cup (250 mL) | 207.2 | 138 | 1570 | 1570 | 40.3 | 24 | 0 | 0 | 0 | 0 | 9.5 | 9.7 | 1 | 0.3 | 0.3 | 20 | 130 | 2.3 |
| M1233 | Beef mince, standard, 10-20% fat, raw | 100 | 63.8 | 951 | 951 | 19.3 | 16.8 | 0 | 0 | 0 | 0 | 6.3 | 6.4 | 0.5 | 0.1 | 0.2 | 9 | 64 | 0.9 |
| | 1 cup (250 mL) | 205.1 | 131 | 1950 | 1950 | 39.6 | 34.5 | 0 | 0 | 0 | 0 | 13 | 13.2 | 1.1 | 0.3 | 0.4 | 19 | 130 | 1.8 |
| 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 (250 mL) | 222.3 | 142 | 1890 | 1890 | 50 | 28 | 0 | 0 | 0 | 0 | 11.9 | 12 | 1 | 0.2 | 0.5 | 153 | 1400 | 3.8 |
| 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 | 92.7 | 160 | 20 | 16 | 0.1 | 0.1 | 0.2 | 1 | 6 | 0.01 | 0 | 0.69 | 0.05 | 0 | 19 | 42.3 | 0 | 0.38 |
| | 1 cup (250 mL) | 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 (250 mL) | 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 | 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 | 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 | 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 (250 mL) | 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 | | | | | | | | | | | | | | | | | | |
| M1232 | Beef mince, prime, 5-10% fat, raw | 100 | 320 | 180 | 5 | 2.1 | 5 | 5.7 | 18 | 21 | 0 | 0.2 | 7.2 | 0.53 | 1.8 | 0 | 0 | 0 | 0.31 |
| | 1 cup (250 mL) | 207.2 | 660 | 360 | 10 | 4.4 | 10 | 12 | 36 | 44 | 0 | 0.41 | 15 | 1.1 | 3.8 | 0 | 0 | 0 | 0.64 |
| M1233 | Beef mince, standard, 10-20% fat, raw | 100 | 320 | 170 | 6.1 | 2 | 4.4 | 5 | 31 | 21 | 0 | 0.17 | 6.9 | 0.44 | 1.5 | 0 | 0 | 0 | 0.23 |
| | 1 cup (250 mL) | 205.1 | 660 | 360 | 13 | 4 | 9 | 10 | 63 | 43 | 0 | 0.35 | 14 | 0.9 | 3.2 | 0 | 0 | 0 | 0.47 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 218.5 | 320 | 240 | 17 | 4 | 10 | 14 | 39 | 107 | 0 | 0.24 | 22 | 0.33 | 8.3 | 11 | 0 | 0.4 | 1.4 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 2.8 cm) | 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 (250 mL) | 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 |
| 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 2.8 cm) | 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 (250 mL) | 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 |
| 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 (250 mL) | 170 | 118 | 1070 | 1070 | 40.6 | 10.2 | 0 | 0 | 0 | 0 | 4.4 | 4.3 | 0.5 | | | 114 | 63 | 1.7 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 |
| 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 (250 mL) | 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 |

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| 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |

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| 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| | 1 cup diced (250 mL) | 143 | 95.1 | 1090 | 1090 | 32.8 | 14.5 | 0 | 0 | 0 | 0 | 4.7 | 7.4 | 1.6 | 0.1 | 1.4 | 172 | 140 | 1.1 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| | 1 cup diced (250 mL) | 143 | 340 | 280 | 19 | 1.5 | 3.2 | 25 | 72 | 0 | 0.07 | 0.37 | 15 | 0.53 | 1.9 | 33 | 0 | 0.3 | 1.3 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 |
| 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 |

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| 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 190 | 350 | 500 | 11 | 13 | 5.3 | 32 | 27 | 0 | 0.46 | 1.9 | 22 | 0.23 | 13 | 8.2 | 0 | 0.3 | 4 |
| 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 (8.0 x 4.0 x 0.5 cm) | 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 (250 mL) | 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 0.5 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 148 | 74.9 | 1280 | 1280 | 41.5 | 15.5 | 0 | 0 | 0 | 0 | 6.6 | 6.3 | 1.1 | | | 139 | 140 | 1.4 |
| 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 (250 mL) | 142 | 91.7 | 963 | 963 | 44.7 | 5.5 | 0 | 0 | 0 | 0 | 2.3 | 2.1 | 0.4 | | | 142 | 100 | 1.3 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (8.0 x 4.0 x 0.5 cm) | 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 (250 mL) | 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 0.5 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 0.5 cm) | 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 0.5 cm) | 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 1.9 cm) | 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 (250 mL) | 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 1.9 cm) | 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 (250 mL) | 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 5.0 x 2.0 cm) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| 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 0.5 cm) | 45 | 29.7 | 297 | 297 | 12 | 2.5 | 0 | 0 | 0 | 0 | 1.3 | 0.8 | 0.3 | | | 33 | 28 | 0.2 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 0.5 cm) | 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 0.5 cm) | 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 1.9 cm) | 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 (250 mL) | 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 1.9 cm) | 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 (250 mL) | 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 5.0 x 2.0 cm) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| 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 0.5 cm) | 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 |

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| 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 |
| 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 1.5 cm) | 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 0.3 cm) | 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 |
| 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 (15 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 | 0.3 |
| | 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 | 0.07 |
| 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 1.5 cm) | 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 0.3 cm) | 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 |
| 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 (15 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (15 mL) | 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 |
| N1053 | Patty, burger, beef, not crumbed, frozen, pan-fried without oil | 100 | 57.9 | 928 | 944 | 16.4 | 15.3 | 4.9 | 2 | 1.4 | 3.5 | 5.9 | 6 | 0.8 | 0.1 | 0.5 | 9 | 590 | 7.2 |
| | 1 patty (8.2 x 6.9 x 0.9 cm) | 37 | 21.4 | 344 | 349 | 6.1 | 5.7 | 1.8 | 0.7 | 0.5 | 1.3 | 2.2 | 2.2 | 0.3 | trace | 0.2 | 3 | 220 | 2.7 |
| | 1 patty (8.9 x 8.6 x 1.8 cm) | 103.1 | 59.7 | 957 | 973 | 16.9 | 15.8 | 5 | 2 | 1.5 | 3.6 | 6.1 | 6.2 | 0.8 | 0.1 | 0.5 | 9 | 610 | 7.4 |
| N1055 | Patty, burger, chicken, crumbed, frozen, pan-fried with oil | 100 | 52.4 | 1030 | 1050 | 11.1 | 14.1 | 19 | 2 | 3.5 | 15.5 | 2.3 | 6.4 | 4.3 | 0.4 | 3.8 | 6 | 480 | 4.3 |
| | 1 patty (9.1 x 7.9 x 1.3 cm) | 61.7 | 32.3 | 638 | 648 | 6.8 | 8.7 | 11.7 | 1.2 | 2.2 | 9.6 | 1.4 | 3.9 | 2.6 | 0.2 | 2.4 | 4 | 300 | 2.6 |
| | 1 patty (9.6 x 7.7 x 2.3 cm) | 109.4 | 57.3 | 1130 | 1150 | 12.1 | 15.4 | 20.8 | 2.2 | 3.8 | 17 | 2.5 | 7 | 4.7 | 0.4 | 4.2 | 6 | 520 | 4.7 |
| N4 | Pie, cornish pastie | 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 pastie | 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 10 cm 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 3.0 cm) | 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 2.2 cm 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 2.8 cm 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 1.9 cm 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 3.1 cm 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (15 mL) | 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 |
| N1053 | Patty, burger, beef, not crumbed, frozen, pan-fried without oil | 100 | 370 | 250 | 46 | 2.2 | 2.8 | 9.9 | 23 | 22 | 0 | 0.14 | 5.2 | 0.32 | 1.1 | 14 | 0 | 0 | 0.36 |
| | 1 patty (8.2 x 6.9 x 0.9 cm) | 37 | 140 | 92 | 17 | 0.8 | 1 | 3.7 | 8 | 8 | 0 | 0.05 | 1.9 | 0.12 | 0.42 | 5 | 0 | 0 | 0.13 |
| | 1 patty (8.9 x 8.6 x 1.8 cm) | 103.1 | 380 | 260 | 47 | 2.3 | 2.9 | 10 | 23 | 23 | 0 | 0.14 | 5.3 | 0.33 | 1.2 | 14 | 0 | 0 | 0.37 |
| N1055 | Patty, burger, chicken, crumbed, frozen, pan-fried with oil | 100 | 220 | 190 | 16 | 0.7 | 0.7 | 12 | 12 | 0 | 0 | 0.09 | 5.6 | 0.15 | 0 | 13 | 0 | 0 | 2.3 |
| | 1 patty (9.1 x 7.9 x 1.3 cm) | 61.7 | 140 | 120 | 9.7 | 0.5 | 0.4 | 7.7 | 7 | 0 | 0 | 0.06 | 3.4 | 0.09 | 0 | 8.2 | 0 | 0 | 1.4 |
| | 1 patty (9.6 x 7.7 x 2.3 cm) | 109.4 | 240 | 210 | 17 | 0.8 | 0.7 | 14 | 13 | 0 | 0 | 0.1 | 6.1 | 0.16 | 0 | 15 | 0 | 0 | 2.5 |
| N4 | Pie, cornish pastie | 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 pastie | 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 10 cm 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 3.0 cm) | 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 2.2 cm 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 2.8 cm 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 1.9 cm 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 3.1 cm 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 |

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| 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 |
| 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 2.2 cm 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 2.8 cm 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 |
| 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 2.2 cm 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 2.8 cm 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 (4.0 x 2.0 cm 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 1.7 cm 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 2.6 cm 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 1.9 cm 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 2.7 cm 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 1.7 cm 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 2.6 cm 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 1.7 cm 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 2.6 cm 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 2.5 cm 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 2.8 cm 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 2.2 cm 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 2.8 cm 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 |
| 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 2.2 cm 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 2.8 cm 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 (4.0 x 2.0 cm 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 1.7 cm 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 2.6 cm 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 1.9 cm 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 2.7 cm 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 1.7 cm 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 2.6 cm 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 1.7 cm 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 2.6 cm 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 2.5 cm 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 2.8 cm 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 |

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| 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 |
| 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 3.0 cm 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 |
| 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 2.8 cm 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 2.8 cm 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 2.8 cm 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 3.0 cm 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 2.8 cm 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 2.8 cm 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 7.4 cm 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 7.8 cm 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 (15 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 3.0 cm 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 | |
| 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 2.8 cm 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 2.8 cm 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 2.8 cm 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 3.0 cm 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 2.8 cm 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 2.8 cm 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 7.4 cm 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 7.8 cm 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 (15 mL) | 8.1 | 66 | 34 | 1.8 | 0.1 | trace | 0 | 0 | 0 | 0 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| P1010 | Coriander, leaves & stem, fresh, raw | 100 | 91.8 | 78 | 99 | 3 | 0.4 | 0.7 | 2.7 | 0.7 | 0 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 6.9 | 6.7 |
| | 1 cup chopped (250 mL) | 86.9 | 79.8 | 68 | 86 | 2.6 | 0.3 | 0.6 | 2.3 | 0.6 | 0 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 6 | 5.8 |
| P81 | Salt, table, iodised | 100 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 38000 | 4900 |
| | 1 teaspoon (5 mL) | 5.4 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2100 | 270 |
| 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (2 cm) | 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 (15 mL) | 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 (15 mL) | 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 (5 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| P1010 | Coriander, leaves & stem, fresh, raw | 100 | 580 | 39 | 80 | 2.3 | 0.3 | 1.3 | 9 | 55 | 0.09 | 0.22 | 6.6 | 0.21 | 0 | 130 | 31.2 | 0 | 1.4 |
| | 1 cup chopped (250 mL) | 86.9 | 500 | 34 | 70 | 2 | 0.2 | 1.1 | 8 | 48 | 0.08 | 0.19 | 5.8 | 0.18 | 0 | 110 | 27.1 | 0 | 1.2 |
| 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 (5 mL) | 5.4 | 4.5 | trace | 1.5 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (5 mL) | 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 (2 cm) | 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 (15 mL) | 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 (15 mL) | 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 (5 mL) | 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 |

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| 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 | |
| Q | NUTS AND SEEDS | | | | | | | | | | | | | | | | | | | |
| Q1034 | Coconut yoghurt, from coconut cream, assorted fruit flavours, sugar-sweetened | 100 | 72 | 824 | 826 | 1.7 | 19.1 | 5.3 | 0.3 | 4.4 | 0.9 | 18.8 | 1 | 0.2 | trace | 0.2 | 0 | 16 | 1.1 | |
| | 1 cup (250 mL) | 257.1 | 185 | 2120 | 2120 | 4.2 | 49.1 | 13.6 | 0.7 | 11.3 | 2.3 | 48.4 | 2.5 | 0.5 | 0.1 | 0.5 | 0 | 40 | 2.8 | |
| Q1033 | Coconut yoghurt, from coconut cream, plain, unsweetened | 100 | 68.7 | 950 | 952 | 2 | 23.8 | 2.2 | 0.3 | 2.2 | 0 | 22.7 | 1.2 | 0.2 | 0 | 0.2 | 0 | 14 | 1 | |
| | 1 cup (250 mL) | 250 | 172 | 2370 | 2380 | 5 | 59.4 | 5.5 | 0.7 | 5.5 | 0 | 56.8 | 2.9 | 0.5 | 0 | 0.5 | 0 | 34 | 2.5 | |
| Q1036 | Coconut yoghurt, from coconut milk, assorted fruit flavours, sugar-sweetened | 100 | 77.4 | 488 | 489 | 0.8 | 8.7 | 9 | 0.2 | 6.2 | 2.8 | 8.3 | 0.4 | 0.2 | 0.1 | 0.1 | 0 | 36 | 1.5 | |
| | 1 cup (250 mL) | 255.3 | 198 | 1250 | 1250 | 2 | 22.2 | 23 | 0.4 | 15.8 | 7.1 | 21.3 | 1.1 | 0.5 | 0.2 | 0.3 | 0 | 92 | 3.8 | |
| Q1035 | Coconut yoghurt, from coconut milk, plain, unsweetened | 100 | 81.1 | 507 | 508 | 0.8 | 10.9 | 5.3 | 0.2 | 2 | 3.3 | 10.3 | 0.5 | 0.1 | 0 | 0.1 | 0 | 38 | 0.3 | |
| | 1 cup (250 mL) | 245.7 | 199 | 1250 | 1250 | 2 | 26.7 | 13 | 0.4 | 4.9 | 8.1 | 25.4 | 1.2 | 0.2 | 0 | 0.2 | 0 | 93 | 0.7 | |
| 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 | |
| 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 (250 mL) 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 (250 mL) | 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 | |
| Q1039 | Linseed (45%), sunflower seed (22.5%), almond (10%) and pumpkin seed (22.5%) (LSA+P), ground | 100 | 7.1 | 2070 | 2200 | 21.9 | 45.1 | 2 | 16.1 | 1.9 | 0.1 | 5.2 | 15.5 | 28.5 | 12.6 | 15.8 | 0 | 38 | 0.3 | |
| | 1 tablespoon (15 mL) | 5.8 | 0.4 | 120 | 128 | 1.3 | 2.6 | 0.1 | 0.9 | 0.1 | trace | 0.3 | 0.9 | 1.7 | 0.7 | 0.9 | 0 | 2.2 | trace | |
| Q1041 | Nut, almond, dried, blanched | 100 | 4.4 | 2510 | 2590 | 21.8 | 55.7 | 4.4 | 10.4 | 4.4 | 0 | 4 | 38.4 | 14.4 | trace | 14.3 | 0 | 0 | 1.5 | |
| | 10 almonds | 9.9 | 0.4 | 248 | 256 | 2.2 | 5.5 | 0.4 | 1 | 0.4 | 0 | 0.4 | 3.8 | 1.4 | trace | 1.4 | 0 | 0 | 0.1 | |

The Concise New Zealand Food Composition Tables, 13th Edition 2018

| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| Q | NUTS AND SEEDS | | | | | | | | | | | | | | | | | | |
| Q1034 | Coconut yoghurt, from coconut cream, assorted fruit flavours, sugar-sweetened | 100 | 240 | 56 | 9.9 | 1 | 0.4 | 1.8 | 0 | 0 | 0 | 0 | 0.51 | 0.04 | 0 | 3.4 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 257.1 | 620 | 140 | 25 | 2.5 | 1 | 4.6 | 0 | 0 | 0 | 0 | 1.3 | 0.1 | 0 | 8.8 | 0 | 0 | 0 |
| Q1033 | Coconut yoghurt, from coconut cream, plain, unsweetened | 100 | 240 | 61 | 4.5 | 1.1 | 0.4 | 1.3 | 0 | 0 | 0 | 0 | 0.56 | 0.04 | 0 | 3.4 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250 | 600 | 150 | 11 | 2.7 | 1.1 | 3.3 | 0 | 0 | 0 | 0 | 1.4 | 0.1 | 0 | 8.5 | 0 | 0 | 0 |
| Q1036 | Coconut yoghurt, from coconut milk, assorted fruit flavours, sugar-sweetened | 100 | 230 | 42 | 9.9 | 0.5 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.27 | 0.03 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 255.3 | 590 | 110 | 25 | 1.2 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0.69 | 0.08 | 0 | 0 | 0 | 0 | 0 |
| Q1035 | Coconut yoghurt, from coconut milk, plain, unsweetened | 100 | 210 | 51 | 6.4 | 0.4 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.28 | 0.03 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 245.7 | 520 | 130 | 16 | 1.1 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0.69 | 0.07 | 0 | 0 | 0 | 0 | 0 |
| 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) 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 (250 mL) | 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 |
| Q1039 | Linseed (45%), sunflower seed (22.5%), almond (10%) and pumpkin seed (22.5%) (LSA+P), ground | 100 | 740 | 740 | 160 | 6 | 4.8 | 6.5 | 5 | 31 | 0.78 | 0.26 | 6.5 | 0.44 | 0 | 63 | 0 | 0 | 5.7 |
| | 1 tablespoon (15 mL) | 5.8 | 43 | 43 | 9.5 | 0.3 | 0.3 | 0.4 | trace | 2 | 0.05 | 0.02 | 0.38 | 0.03 | 0 | 3.7 | 0 | 0 | 0.33 |
| Q1041 | Nut, almond, dried, blanched | 100 | 670 | 490 | 230 | 3.1 | 3.1 | 0 | 0 | 0 | 0.15 | 0.69 | 4.1 | 0.18 | 0 | 9.9 | 0 | 0 | 15 |
| | 10 almonds | 9.9 | 66 | 49 | 23 | 0.3 | 0.3 | 0 | 0 | 0 | 0.02 | 0.07 | 0.4 | 0.02 | 0 | 1 | 0 | 0 | 1.5 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Q4 | Nut, brazil nut, 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 brazil nuts | 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 |
| 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 |
| 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 |
| Q4 | Nut, brazil nut, 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 brazil nuts | 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 |
| 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 (250 mL) | 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 |

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| 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 |
| 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 | 8.4 | 31.8 | 9.8 | trace | 9.8 | 0 | 5 | 2 |
| | 1 teaspoon (5 mL) | 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 (15 mL) | 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 | 8.1 | 30.7 | 9.5 | trace | 9.5 | 0 | 430 | 3 |
| | 1 teaspoon (5 mL) | 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 (15 mL) | 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 |
| 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 | 8.4 | 31.8 | 9.8 | trace | 9.8 | 0 | 230 | 2.2 |
| | 1 teaspoon (5 mL) | 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 (15 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 133.6 | 630 | 510 | 100 | 3.6 | 4 | 0 | 2 | 12 | 0.47 | 0.23 | 6 | 0.8 | 0 | 110 | 0 | 0 | 1.3 |
| 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 (5 mL) | 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 (15 mL) | 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 (5 mL) | 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 (15 mL) | 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 |
| 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 (5 mL) | 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 (15 mL) | 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 |

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| 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 |
| Q1037 | Seed and nut mix, linseed (50%), sunflower seed (33%) and almond (17%) (LSA), ground | 100 | 6.9 | 2060 | 2200 | 19.4 | 45.7 | 2.5 | 16.9 | 2.4 | 0.1 | 4.4 | 16.8 | 29.2 | 14 | 15.1 | 0 | 42 | 0 |
| | 1 tablespoon (15 mL) | 6.8 | 0.5 | 140 | 150 | 1.3 | 3.1 | 0.2 | 1.1 | 0.2 | trace | 0.3 | 1.1 | 2 | 1 | 1 | 0 | 2.9 | 0 |
| Q1038 | Seed and nut mix, linseed, sunflower seed, almond and chia seed (LSA + chia), ground | 100 | 6.8 | 2010 | 2160 | 19.4 | 44.4 | 2.3 | 18.5 | 2.1 | 0.1 | 4.3 | 15.4 | 29.4 | 15.1 | 14.3 | 0 | 38 | 0 |
| | 1 tablespoon (15 mL) | 6.8 | 0.5 | 137 | 147 | 1.3 | 3 | 0.2 | 1.3 | 0.1 | trace | 0.3 | 1 | 2 | 1 | 1 | 0 | 2.6 | 0 |
| Q1026 | Seed, chia, black or white, whole, dried, raw | 100 | 6.4 | 1530 | 1800 | 19.9 | 32.2 | 0.2 | 32.9 | 0.1 | 0.1 | 3.5 | 2.2 | 31.7 | 25 | 6.7 | 0 | 0 | 0 |
| | 1 tablespoon whole (15 mL) | 11.9 | 0.8 | 182 | 214 | 2.4 | 3.8 | trace | 3.9 | trace | trace | 0.4 | 0.3 | 3.8 | 3 | 0.8 | 0 | 0 | 0 |
| Q1027 | Seed, linseed or flaxseed, brown or golden, whole, dried, raw | 100 | 9.2 | 1690 | 1890 | 18.4 | 37 | 0.7 | 24.8 | 0.6 | 0.1 | 3.7 | 6.6 | 34.9 | 27.9 | 6.9 | 0 | 84 | 0 |
| | 1 tablespoon whole (15 mL) | 10.9 | 1 | 185 | 206 | 2 | 4 | 0.1 | 2.7 | 0.1 | trace | 0.4 | 0.7 | 3.8 | 3 | 0.7 | 0 | 9.2 | 0 |
| Q1029 | Seed, pumpkin, kernel, shelled, green, dried, raw | 100 | 6.8 | 2310 | 2380 | 31.2 | 47.5 | 1.4 | 9.1 | 1.4 | 0 | 8.2 | 16.7 | 22.5 | 0.1 | 22.4 | 0 | 0 | 1.3 |
| | 1 tablespoon whole (15 mL) | 10.6 | 0.7 | 245 | 253 | 3.3 | 5 | 0.1 | 1 | 0.1 | 0 | 0.9 | 1.8 | 2.4 | trace | 2.4 | 0 | 0 | 0.1 |
| 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 (15 mL) | 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 |
| Q1031 | Seed, sesame, kernel, shelled, white, dried, raw | 100 | 4 | 2510 | 2600 | 23.6 | 56.5 | 1.4 | 10.8 | 1.3 | 0.1 | 9.2 | 23.5 | 26.6 | 0.2 | 26.3 | 0 | 24 | 1.5 |
| | 1 teaspoon (5 mL) | 3.2 | 0.1 | 80 | 83 | 0.8 | 1.8 | trace | 0.3 | trace | trace | 0.3 | 0.8 | 0.9 | trace | 0.8 | 0 | 0.8 | trace |
| Q1028 | Seed, sunflower, kernel, shelled, dried, raw | 100 | 4.2 | 2450 | 2510 | 20.5 | 55.2 | 3.6 | 7.7 | 3.6 | 0 | 5.8 | 24.1 | 27.6 | 0.1 | 27.4 | 0 | 0 | 0 |
| | 1 tablespoon whole (15 mL) | 9.8 | 0.4 | 240 | 246 | 2 | 5.4 | 0.4 | 0.8 | 0.4 | 0 | 0.6 | 2.4 | 2.7 | trace | 2.7 | 0 | 0 | 0 |
| R | RECIPES | | | | | | | | | | | | | | | | | | |
| R5740 | Bolognaise, prepared with beef mince, cooked, no salt added | 100 | 76.6 | 433 | 442 | 11.8 | 5.1 | 2.5 | 1.1 | 2.5 | 0.1 | 1.1 | 2 | 0.5 | 0.1 | 0.3 | 31 | 50 | 0.6 |
| | 1 cup (250 mL) | 268.6 | 206 | 1160 | 1190 | 31.8 | 13.7 | 6.8 | 3 | 6.6 | 0.2 | 2.9 | 5.4 | 1.5 | 0.4 | 0.9 | 83 | 140 | 1.6 |
| R5747 | Cake, banana, baked, iced with butter icing | 100 | 24.6 | 1530 | 1540 | 3.2 | 13.8 | 55.8 | 0.9 | 39.6 | 16.2 | 9.1 | 3.7 | 0.7 | 0.1 | 0.4 | 59 | 240 | 3.8 |
| R5746 | Cake, banana, baked, uniced | 100 | 32 | 1350 | 1370 | 4.8 | 11.8 | 47.6 | 1.4 | 23.3 | 24.3 | 7.9 | 3.3 | 0.7 | 0.1 | 0.4 | 66 | 290 | 5.4 |
| | 1 slice (2.4 x 3.2 x 4.6 cm) | 21.5 | 6.9 | 291 | 294 | 1 | 2.5 | 10.2 | 0.3 | 5 | 5.2 | 1.7 | 0.7 | 0.1 | trace | 0.1 | 14 | 63 | 1.2 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| Q1037 | Seed and nut mix, linseed (50%), sunflower seed (33%) and almond (17%) (LSA), ground | 100 | 740 | 610 | 200 | 5.1 | 4.3 | 5.7 | 5 | 31 | 0.92 | 0.31 | 5.9 | 0.56 | 0 | 64 | 0 | 0 | 8.5 |
| | 1 tablespoon (15 mL) | 6.8 | 50 | 41 | 13 | 0.3 | 0.3 | 0.4 | trace | 2 | 0.06 | 0.02 | 0.4 | 0.04 | 0 | 4.4 | 0 | 0 | 0.58 |
| Q1038 | Seed and nut mix, linseed, sunflower seed, almond and chia seed (LSA + chia), ground | 100 | 740 | 630 | 240 | 5.3 | 4.4 | 7.6 | 5 | 27 | 0.93 | 0.3 | 6.5 | 0.53 | 0 | 67 | 0 | 0 | 7.7 |
| | 1 tablespoon (15 mL) | 6.8 | 50 | 43 | 16 | 0.4 | 0.3 | 0.5 | trace | 2 | 0.06 | 0.02 | 0.44 | 0.04 | 0 | 4.5 | 0 | 0 | 0.52 |
| Q1026 | Seed, chia, black or white, whole, dried, raw | 100 | 740 | 850 | 610 | 7.1 | 5.7 | 25 | 0 | 0 | 1 | 0.23 | 12 | 0.32 | 0 | 92 | 0 | 0 | 0.28 |
| | 1 tablespoon whole (15 mL) | 11.9 | 88 | 100 | 73 | 0.8 | 0.7 | 3 | 0 | 0 | 0.12 | 0.03 | 1.4 | 0.04 | 0 | 11 | 0 | 0 | 0.03 |
| Q1027 | Seed, linseed or flaxseed, brown or golden, whole, dried, raw | 100 | 690 | 510 | 230 | 5.9 | 3.4 | 0 | 9 | 55 | 0.65 | 0.18 | 4.7 | 0.23 | 0 | 33 | 0 | 0 | 0.16 |
| | 1 tablespoon whole (15 mL) | 10.9 | 75 | 56 | 25 | 0.6 | 0.4 | 0 | 1 | 6 | 0.07 | 0.02 | 0.51 | 0.03 | 0 | 3.6 | 0 | 0 | 0.02 |
| Q1029 | Seed, pumpkin, kernel, shelled, green, dried, raw | 100 | 770 | 1200 | 40 | 8.5 | 7 | 12 | 3 | 19 | 0.38 | 0.17 | 9.1 | 0.2 | 0 | 73 | 0 | 0 | 0.91 |
| | 1 tablespoon whole (15 mL) | 10.6 | 82 | 130 | 4.2 | 0.9 | 0.7 | 1.3 | trace | 2 | 0.04 | 0.02 | 0.96 | 0.02 | 0 | 7.8 | 0 | 0 | 0.1 |
| 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 (15 mL) | 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 |
| Q1031 | Seed, sesame, kernel, shelled, white, dried, raw | 100 | 500 | 720 | 44 | 6 | 6.6 | 50 | 1 | 8 | 1.4 | 0.16 | 12 | 0.49 | 0 | 94 | 0 | 0 | 0.06 |
| | 1 teaspoon (5 mL) | 3.2 | 16 | 23 | 1.4 | 0.2 | 0.2 | 1.6 | trace | trace | 0.04 | trace | 0.38 | 0.02 | 0 | 3 | 0 | 0 | trace |
| Q1028 | Seed, sunflower, kernel, shelled, dried, raw | 100 | 810 | 810 | 110 | 4.6 | 6.3 | 17 | 1 | 7 | 1.7 | 0.21 | 7.8 | 1.2 | 0 | 130 | 0 | 0 | 17 |
| | 1 tablespoon whole (15 mL) | 9.8 | 79 | 79 | 10 | 0.5 | 0.6 | 1.7 | trace | 1 | 0.17 | 0.02 | 0.76 | 0.12 | 0 | 12 | 0 | 0 | 1.6 |
| R | RECIPES | | | | | | | | | | | | | | | | | | |
| R5740 | Bolognese, prepared with beef mince, cooked, no salt added | 100 | 320 | 80 | 14 | 1.4 | 2.3 | 0.7 | 27 | 138 | 0 | 0.17 | 2.2 | 0.25 | 2.2 | 4.2 | 4.5 | 0.1 | 0.92 |
| | 1 cup (250 mL) | 268.6 | 860 | 210 | 39 | 3.7 | 6.2 | 1.9 | 72 | 372 | 0 | 0.46 | 6 | 0.67 | 5.9 | 11 | 12 | 0.2 | 2.5 |
| R5747 | Cake, banana, baked, iced with butter icing | 100 | 120 | 71 | 19 | 0.7 | 0.3 | 2.9 | 169 | 102 | 0 | 0.08 | 0.76 | 0.08 | 0.21 | 9.5 | 0.9 | 1 | 0.47 |
| R5746 | Cake, banana, baked, uniced | 100 | 170 | 100 | 25 | 0.9 | 0.4 | 4 | 156 | 91 | 0 | 0.11 | 1.1 | 0.12 | 0.24 | 14 | 1.4 | 0.9 | 0.46 |
| | 1 slice (2.4 x 3.2 x 4.6 cm) | 21.5 | 37 | 22 | 5.4 | 0.2 | 0.1 | 0.9 | 34 | 20 | 0 | 0.02 | 0.24 | 0.03 | 0.05 | 3.1 | 0.3 | 0.2 | 0.1 |

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| 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 |
| 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 |
| R5749 | Chilli con carne and corn chips | 100 | 61.4 | 699 | 723 | 10.1 | 8.6 | 12.4 | 3 | 3.1 | 9.3 | 2.9 | 3.5 | 1.2 | 0.2 | 1 | 16 | 180 | 1.8 |
| R5748 | Chilli con carne, with beef mince and red kidney beans, no salt added | 100 | 73.7 | 384 | 406 | 11 | 2.8 | 5.6 | 2.8 | 3.6 | 1.9 | 0.7 | 1.1 | 0.5 | 0.2 | 0.3 | 20 | 110 | 0.9 |
| | 1 cup (250 mL) | 270.3 | 199 | 1040 | 1100 | 29.6 | 7.6 | 15 | 7.4 | 9.8 | 5.2 | 1.9 | 3 | 1.4 | 0.5 | 0.8 | 54 | 290 | 2.4 |
| 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 (15 mL) | 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 (250 mL) | 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 (7.5 cm diameter) | 30 | 7.6 | 381 | 381 | 1.5 | trace | 20.9 | 0 | 20.9 | 0 | 0 | 0 | 0 | | | trace | 24 | 0.5 |
| 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 (250 mL) | 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 |
| R5743 | Pancake, plain, pan-fried without oil | 100 | 57 | 779 | 788 | 7.3 | 3.6 | 30.7 | 1.1 | 2.9 | 27.8 | 1.5 | 1.1 | 0.6 | trace | 0.5 | 41 | 120 | 20 |
| 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 |
| R5742 | Pikelet, plain, pan-fried without oil | 100 | 45.3 | 967 | 975 | 6.7 | 3.5 | 43.4 | 1 | 16.9 | 26.5 | 1.4 | 1 | 0.5 | trace | 0.5 | 55 | 250 | 20 |
| | 1 pikelet (1.2 x 8.9 cm diameter) | 40.8 | 18.5 | 394 | 398 | 2.7 | 1.4 | 17.7 | 0.4 | 6.9 | 10.8 | 0.6 | 0.4 | 0.2 | trace | 0.2 | 22 | 100 | 8.2 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 | 0.56 |
| 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 |
| R5749 | Chilli con carne and corn chips | 100 | 350 | 130 | 73 | 1.2 | 1.8 | 4.6 | 56 | 211 | 0.03 | 0.16 | 2.3 | 0.55 | 0.28 | 14 | 7.7 | trace | 1 |
| R5748 | Chilli con carne, with beef mince and red kidney beans, no salt added | 100 | 380 | 92 | 25 | 1.4 | 2 | 1.2 | 44 | 244 | 0 | 0.15 | 2.3 | 0.59 | 0.32 | 7 | 10.5 | trace | 0.99 |
| | 1 cup (250 mL) | 270.3 | 1000 | 250 | 68 | 3.6 | 5.3 | 3.2 | 118 | 660 | 0 | 0.41 | 6.2 | 1.6 | 0.87 | 19 | 28.5 | 0.1 | 2.7 |
| 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 (15 mL) | 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 (250 mL) | 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 (7.5 cm 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 |
| 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 (250 mL) | 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 |
| R5743 | Pancake, plain, pan-fried without oil | 100 | 170 | 130 | 85 | 1 | 0.7 | 5 | 49 | 15 | 0.07 | 0.23 | 1.9 | 0.04 | 0.31 | 23 | 0.2 | 0.5 | 0.19 |
| 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 |
| R5742 | Pikelet, plain, pan-fried without oil | 100 | 150 | 200 | 88 | 1 | 0.6 | 4.6 | 44 | 13 | 0.07 | 0.2 | 1.7 | 0.04 | 0.28 | 21 | 0.1 | 0.4 | 0.17 |
| | 1 pikelet (1.2 x 8.9 cm diameter) | 40.8 | 63 | 82 | 36 | 0.4 | 0.2 | 1.9 | 18 | 5 | 0.03 | 0.08 | 0.7 | 0.02 | 0.11 | 8.6 | trace | 0.2 | 0.07 |

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| 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 | |
| R5744 | Pudding, custard, prepared with standard milk, (3.3% fat), simmered | 100 | 75.5 | 400 | 401 | 3.3 | 2.5 | 15.5 | trace | 10.5 | 5 | 1.5 | 0.6 | 0.1 | trace | trace | 11 | 57 | 5.6 | |
| | 1 cup (250 mL) | 266.6 | 201 | 1070 | 1070 | 8.8 | 6.7 | 41.3 | 0.1 | 27.9 | 13.4 | 3.9 | 1.5 | 0.2 | 0.1 | 0.1 | 29 | 150 | 15 | |
| R5745 | Pudding, custard, prepared with whole milk (4% fat), simmered | 100 | 75.2 | 441 | 441 | 3.5 | 3.5 | 15.2 | trace | 10.2 | 5 | 1.6 | 0.7 | 0.1 | trace | trace | 13 | 61 | 9.1 | |
| | 1 cup (250 mL) | 265.3 | 200 | 1170 | 1170 | 9.3 | 9.3 | 40.2 | 0.1 | 26.9 | 13.3 | 4.3 | 1.7 | 0.2 | 0.1 | 0.1 | 34 | 160 | 24 | |
| 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 | |
| R5750 | Ratatouille, with assorted vegetables, no salt added | 100 | 87.9 | 210 | 228 | 1.4 | 3.3 | 3.8 | 2.2 | 3.6 | 0.2 | 0.7 | 2.8 | 0.6 | trace | 0.5 | 0 | 1 | 0.3 | |
| | 1 cup (250 mL) | 253 | 222 | 532 | 576 | 3.6 | 8.3 | 9.5 | 5.5 | 9.1 | 0.4 | 1.8 | 7.1 | 1.6 | 0.1 | 1.2 | 0 | 2.5 | 0.8 | |
| 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 | |
| R5741 | Spaghetti bolognaise, meat base, with spaghetti, no salt added | 100 | 72.8 | 472 | 484 | 9.5 | 3.7 | 10.3 | 1.5 | 1.6 | 8.6 | 0.8 | 1.4 | 0.5 | 0.1 | 0.4 | 21 | 35 | 1.3 | |
| 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 AND 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 (15 mL) | 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 (15 mL) | 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 | |
| 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 (15 mL) | 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 | |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| R5744 | Pudding, custard, prepared with standard milk, (3.3% fat), simmered | 100 | 150 | 92 | 120 | 0.1 | 0.4 | 1 | 32 | 25 | 0.01 | 0.27 | 0.84 | 0.03 | 0.22 | 7.4 | 0.3 | 0.5 | 0.05 | |
| | 1 cup (250 mL) | 266.6 | 400 | 250 | 310 | 0.3 | 0.9 | 2.7 | 84 | 67 | 0.03 | 0.72 | 2.2 | 0.08 | 0.59 | 20 | 0.7 | 1.3 | 0.13 | |
| R5745 | Pudding, custard, prepared with whole milk (4% fat), simmered | 100 | 170 | 89 | 110 | 0.1 | 0.3 | 1.2 | 41 | 30 | 0.03 | 0.18 | 0.79 | 0.02 | 0 | 0 | 0.3 | 0 | 0.08 | |
| | 1 cup (250 mL) | 265.3 | 450 | 240 | 300 | 0.3 | 0.9 | 3.2 | 108 | 79 | 0.08 | 0.48 | 2.1 | 0.05 | 0 | 0 | 0.8 | 0 | 0.21 | |
| 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 | 0.42 | |
| R5750 | Ratatouille, with assorted vegetables, no salt added | 100 | 310 | 37 | 15 | 0.4 | 0.3 | 0.2 | 56 | 335 | 0 | 0.05 | 0.79 | 0.14 | 0 | 6.1 | 10.7 | 0 | 0.79 | |
| | 1 cup (250 mL) | 253 | 800 | 95 | 38 | 1 | 0.7 | 0.6 | 141 | 847 | 0 | 0.13 | 2 | 0.35 | 0 | 15 | 27 | 0 | 2 | |
| 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 | |
| R5741 | Spaghetti bolognaise, meat base, with spaghetti, no salt added | 100 | 220 | 75 | 13 | 1.1 | 1.7 | 1.9 | 18 | 95 | 0.02 | 0.12 | 1.9 | 0.19 | 1.5 | 4.9 | 3 | trace | 0.64 | |
| 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 AND 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 (15 mL) | 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 (15 mL) | 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 | |
| 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 (15 mL) | 15 | 2 | 0.9 | 1.2 | 0.1 | trace | 0 | 0 | 0 | 0.01 | trace | 0 | 0 | 0 | 0 | 0.1 | 0 | 0.54 | |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (15 mL) | 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 |
| 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 (15 mL) | 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 |
| 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 | 6.8 | 0.2 | 0.4 | 3.6 | 0.3 | 0.2 | trace | trace | trace | 0 | 330 | 1 |
| | 1 cup (250 mL) | 251.4 | 228 | 248 | 253 | 1 | 1.6 | 17.1 | 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 (15 mL) | 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 (15 mL) | 17 | 10 | 102 | 103 | 0.1 | trace | 5.8 | 0.2 | 5.5 | 0.3 | trace | trace | trace | | | 0 | 290 | 0.5 |
| 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 (15 mL) | 18 | 13.2 | 59 | 60 | 0.2 | trace | 3.2 | 0.1 | 3 | 0.1 | 0 | 0 | 0 | 0 | 0 | trace | 190 | 0.3 |
| 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 (15 mL) | 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 (15 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (15 mL) | 14.7 | 4.9 | 12 | 1.1 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0 | 0.06 |
| 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 (15 mL) | 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 |
| 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 17 | 19 | 1.9 | 3.2 | 0.3 | 0.2 | trace | 2 | 10 | trace | trace | 0.05 | 0.01 | 0 | 0 | 0 | 0 | 0 |
| 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 (15 mL) | 18 | 160 | 4.1 | 29 | 0.7 | 0.1 | trace | trace | 1 | trace | 0.01 | 0.11 | trace | 0 | 1.4 | 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 (15 mL) | 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 (15 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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, tartare, 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 (15 mL) | 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 (15 mL) | 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 (5 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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, tartare, 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 (15 mL) | 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 (15 mL) | 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 (5 mL) | 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 |

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| 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 (250 mL) | 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 flavours, 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 flavours, 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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 (250 mL) | 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 |
| 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 |
| 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 |
| 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 cup (250 mL) | 113 | 53.9 | 1240 | 1240 | 9.1 | 14.9 | 31.1 | 1 | 15 | 16 | 8.1 | 4.5 | 0.7 | | | 57 | 530 | 190 |
| | 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 (250 mL) | 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 (250 mL) | 135 | 101 | 538 | 538 | 28.1 | 1.6 | 0 | 0 | 0 | 0 | 0.2 | 0.3 | 0.5 | | | 213 | 1300 | 40 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 (250 mL) | 285 | 500 | 680 | 140 | 17 | 4.5 | 150 | 165 | 474 | 0 | 1 | 28 | 0.83 | 6.8 | 410 | 0 | 3.1 | 9.7 |
| 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 |
| 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 |
| 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 cup (250 mL) | 113 | 180 | 180 | 58 | 6.9 | 0.9 | 23 | 6 | 8 | 0.06 | 0.25 | 6.5 | 0.05 | 4.3 | 39 | 2.3 | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|----------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 1.8 cm) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 (250 mL) | 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 1.8 cm) | 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 | |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 1.8 cm) | 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 1.4 cm) | 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 (250 mL) | 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 (250 mL) | 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 | 10.5 | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 (250 mL) | 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 1.8 cm) | 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 1.4 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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 (250 mL) | 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 | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 | |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| 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 (250 mL) | 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 | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 | |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-----|------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 257 | 150 | 16 | 9.7 | 0.2 | 0.1 | 0.3 | 0 | 0 | 0 | 0 | 0.18 | 0 | 0 | 14 | 0 | 0 | 0.15 |
| 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 (250 mL) | 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 |

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| 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 1.6 cm) | 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 1.9 cm) | 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 1.2 cm) | 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 1.0 cm) | 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 0.9 cm) | 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 1.0 cm) | 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 1.1 cm) | 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 0.9 cm) | 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 2.2 cm) | 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 | |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| W SUGARS, CONFECTIONARIES & 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 1.6 cm) | 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 1.9 cm) | 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 1.2 cm) | 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 1.0 cm) | 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 0.9 cm) | 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 1.0 cm) | 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 1.1 cm) | 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 0.9 cm) | 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 2.2 cm) | 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 |

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| 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 1.7 cm) | 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 1.1 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| W1018 | Honey, manuka | 100 | 17.2 | 1230 | 1230 | 0.2 | 0.6 | 70.6 | 0 | 70.6 | 0 | trace | trace | trace | trace | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 7.9 | 1.4 | 97 | 97 | trace | trace | 5.6 | 0 | 5.6 | 0 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 23.6 | 4.1 | 289 | 289 | trace | 0.1 | 16.7 | 0 | 16.7 | 0 | trace | trace | trace | 0 | 0 | 0 | 0 | 0 |
| W1019 | Honey, multifloral | 100 | 16.4 | 1220 | 1220 | 0.3 | 0.4 | 70.5 | 0 | 70.5 | 0 | trace | trace | trace | trace | 0 | 0 | 6 | 0 |
| | 1 teaspoon (5 mL) | 7.9 | 1.3 | 96 | 96 | trace | trace | 5.6 | 0 | 5.6 | 0 | trace | trace | 0 | 0 | 0 | 0 | 0.5 | 0 |
| | 1 tablespoon (15 mL) | 23.8 | 3.9 | 290 | 290 | 0.1 | 0.1 | 16.8 | 0 | 16.8 | 0 | trace | trace | 0 | 0 | 0 | 0 | 1.4 | 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 (250 mL) | 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 (15 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 1.7 cm) | 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 1.1 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| W1018 | Honey, manuka | 100 | 120 | 6 | 5.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0.41 | 0.04 | 0.14 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 7.9 | 9.8 | 0.5 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0.03 | trace | 0.01 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 23.6 | 29 | 1.4 | 1.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0.1 | 0.01 | 0.03 | 0 | 0 | 0 | 0 | 0 |
| W1019 | Honey, multifloral | 100 | 130 | 6 | 5.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.28 | 0.05 | 0.11 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 7.9 | 10 | 0.5 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | trace | 0.01 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 23.8 | 30 | 1.4 | 1.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0.07 | 0.01 | 0.03 | 0 | 0 | 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 (250 mL) | 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 (15 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (15 mL) | 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 |
| 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 1.6 cm 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 (5 mL) | 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 (250 mL) | 185.5 | 4.3 | 3000 | 3000 | 0.4 | 0 | 176 | 0 | 176 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 37 | 0 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (15 mL) | 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 |
| 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 1.6 cm 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 (5 mL) | 3.7 | 11 | 0 | 5.5 | trace | trace | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 185.5 | 550 | 0 | 280 | 2.2 | 0.4 | 3.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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| 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) |
|----------|---|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (5 mL) | 3.9 | trace | 66 | 66 | 0 | 0 | 3.9 | 0 | 3.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0 |
| | 1 cup (250 mL) | 193.5 | 0.6 | 3260 | 3260 | 0 | 0 | 192 | 0 | 192 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.9 | 0 |
| W24 | Sugar, white | 100 | trace | 1700 | 1700 | 0 | 0 | 100 | 0 | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 |
| | 1 teaspoon (5 mL) | 4.9 | trace | 83 | 83 | 0 | 0 | 4.9 | 0 | 4.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.2 | 0 |
| | 1 cup (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 | |
| W23 | Sugar, raw | 100 | 21 | 0 | 7 | 0.3 | trace | 0.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 3.9 | 0.8 | 0 | 0.3 | trace | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 193.5 | 41 | 0 | 14 | 0.6 | 0.1 | 1.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W24 | Sugar, white | 100 | 2 | 0.3 | 2 | 0.3 | trace | 0.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 4.9 | 0.1 | trace | 0.1 | trace | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 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 | 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 | 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 | 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 | 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 | 0 |
| W25 | Syrup, golden | 100 | 420 | 21 | 230 | 2.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 20 | 85 | 4.1 | 45 | 0.5 | 0 | 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 | 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 | 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 (250 mL) | 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 (250 mL) | 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 | |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 2.5 cm long (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 268.4 | 187 | 833 | 945 | 13.4 | 1.6 | 32.1 | 14 | 9.9 | 22.1 | 0 | 0 | 0 | | | 0 | 1200 | 7.8 |
| X1193 | Banana, green, cooking, deep fried in oil | 100 | 51.3 | 782 | 815 | 1.8 | 7.2 | 28.4 | 4.1 | 1.1 | 27.3 | 0.7 | 5.1 | 2.4 | 0.7 | 1.6 | 0 | 0 | 0 |
| | 5 slices (0.4 x 3.1cm diameter) | 13.7 | 7 | 107 | 112 | 0.2 | 1 | 3.9 | 0.6 | 0.1 | 3.7 | 0.1 | 0.7 | 0.3 | 0.1 | 0.2 | 0 | 0 | 0 |
| X1192 | Banana, green, cooking, peeled, boiled, drained | 100 | 76.7 | 284 | 304 | 0.9 | 0.3 | 15.5 | 2.6 | 0.6 | 14.9 | trace | trace | 0.1 | trace | trace | 0 | 0 | 0 |
| | 5 slices (0.6 x 2.9 cm diameter) | 23.4 | 17.9 | 66 | 71 | 0.2 | 0.1 | 3.6 | 0.6 | 0.1 | 3.5 | trace | trace | trace | trace | trace | 0 | 0 | 0 |
| | 1 fruit (18-20 cm long) | 177.1 | 136 | 502 | 539 | 1.6 | 0.5 | 27.4 | 4.6 | 1 | 26.4 | 0.1 | trace | 0.1 | trace | trace | 0 | 0 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| X1225 | Bean, butter bean, frozen, boiled, drained, no salt added | 100 | 90.3 | 96 | 125 | 1.7 | 0.2 | 3.6 | 3.6 | 2.2 | 1.3 | trace | trace | 0.1 | 0.1 | trace | 0 | 2.2 | 0.3 |
| | 1 cup sliced (250 mL) | 123.3 | 111 | 119 | 154 | 2.1 | 0.2 | 4.4 | 4.4 | 2.7 | 1.7 | trace | trace | 0.1 | 0.1 | trace | 0 | 2.7 | 0.4 |
| X1226 | Bean, butter bean, frozen, steamed or microwaved, no salt added | 100 | 87.8 | 124 | 157 | 2.2 | 0.5 | 4 | 4.1 | 2.5 | 1.5 | trace | trace | 0.1 | 0.1 | trace | 0 | 2.6 | 0.3 |
| | 1 cup sliced (250 mL) | 122.2 | 107 | 152 | 192 | 2.7 | 0.6 | 4.9 | 5 | 3.1 | 1.9 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 3.2 | 0.4 |
| 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 2.5 cm long (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| X1193 | Banana, green, cooking, deep fried in oil | 100 | 720 | 38 | 7.5 | 0.4 | 0.3 | 0.7 | 23 | 137 | 0.07 | 0.03 | 0.39 | 0.28 | 0 | 4.3 | 9.4 | 0 | 1.8 |
| | 5 slices (0.4 x 3.1cm diameter) | 13.7 | 98 | 5.3 | 1 | 0.1 | trace | 0.1 | 3 | 19 | 0.01 | trace | 0.05 | 0.04 | 0 | 0.6 | 1.3 | 0 | 0.25 |
| X1192 | Banana, green, cooking, peeled, boiled, drained | 100 | 340 | 18 | 3.8 | 0.2 | 0.2 | 0.4 | 13 | 77 | 0.04 | 0.02 | 0.19 | 0.14 | 0 | 2.1 | 4.4 | 0 | 0.42 |
| | 5 slices (0.6 x 2.9 cm diameter) | 23.4 | 80 | 4.3 | 0.9 | trace | trace | 0.1 | 3 | 18 | 0.01 | trace | 0.04 | 0.03 | 0 | 0.5 | 1 | 0 | 0.1 |
| | 1 fruit (18-20 cm long) | 177.1 | 600 | 32 | 6.7 | 0.4 | 0.3 | 0.7 | 23 | 136 | 0.07 | 0.04 | 0.34 | 0.25 | 0 | 3.8 | 7.8 | 0 | 0.74 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| X1225 | Bean, butter bean, frozen, boiled, drained, no salt added | 100 | 200 | 31 | 57 | 0.6 | 0.2 | 0.6 | 5 | 31 | 0.05 | 0.09 | 0.42 | 0.16 | 0 | 68 | 11.3 | 0 | 0.14 |
| | 1 cup sliced (250 mL) | 123.3 | 250 | 38 | 71 | 0.7 | 0.3 | 0.7 | 6 | 38 | 0.06 | 0.11 | 0.52 | 0.2 | 0 | 84 | 14 | 0 | 0.17 |
| X1226 | Bean, butter bean, frozen, steamed or microwaved, no salt added | 100 | 250 | 39 | 68 | 0.7 | 0.3 | 0.7 | 14 | 81 | 0.06 | 0.1 | 0.51 | 0.18 | 0 | 73 | 14.4 | 0 | 0.15 |
| | 1 cup sliced (250 mL) | 122.2 | 310 | 47 | 84 | 0.9 | 0.3 | 0.8 | 17 | 99 | 0.07 | 0.12 | 0.62 | 0.22 | 0 | 89 | 17.6 | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 2 cm long (250 mL) | 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 (250 mL) | 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 |
| X1223 | Bean, green, frozen, boiled, drained, no salt added | 100 | 90.3 | 103 | 130 | 1.9 | 0.2 | 3.7 | 3.4 | 1.7 | 2 | 0.1 | trace | 0.1 | trace | trace | 0 | 1.8 | 0.3 |
| | 1 cup sliced (250 mL) | 123 | 111 | 127 | 160 | 2.4 | 0.2 | 4.5 | 4.1 | 2 | 2.5 | 0.1 | trace | 0.1 | trace | 0.1 | 0 | 2.2 | 0.4 |
| X1247 | Bean, green, frozen, steamed or microwaved, no salt added | 100 | 87.4 | 125 | 154 | 2.3 | 0.4 | 4.2 | 3.7 | 1.9 | 2.3 | 0.1 | trace | 0.1 | trace | 0.1 | 0 | 2 | 0.3 |
| | 1 cup sliced (250 mL) | 122.5 | 107 | 153 | 189 | 2.8 | 0.5 | 5.2 | 4.5 | 2.3 | 2.9 | 0.1 | 0.1 | 0.1 | trace | 0.1 | 0 | 2.5 | 0.4 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| X1250 | Bean, soy, (edamame), green, immature, shelled, frozen, boiled, drained, no salt added | 100 | 71.3 | 491 | 535 | 11.6 | 6.4 | 3.4 | 5.6 | 1.9 | 1.5 | 1 | 2.8 | 3.1 | 0.4 | 2.6 | 0 | 9.4 | 0.9 |
| | 1 cup (250 mL) | 171 | 122 | 839 | 915 | 19.8 | 10.9 | 5.7 | 9.5 | 3.2 | 2.6 | 1.6 | 4.7 | 5.2 | 0.8 | 4.5 | 0 | 16 | 1.5 |
| X1251 | Bean, soy, (edamame), green, immature, shelled, frozen, steamed or microwaved, no salt added | 100 | 68.5 | 554 | 607 | 12.2 | 7.7 | 3.7 | 6.6 | 2 | 1.6 | 1 | 3 | 3.3 | 0.5 | 2.9 | 0 | 11 | 1.3 |
| | 1 cup (250 mL) | 166.2 | 114 | 920 | 1010 | 20.2 | 12.8 | 6.1 | 11 | 3.4 | 2.7 | 1.7 | 5 | 5.5 | 0.8 | 4.7 | 0 | 19 | 2.2 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 2 cm long (250 mL) | 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 (250 mL) | 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 |
| X1223 | Bean, green, frozen, boiled, drained, no salt added | 100 | 270 | 47 | 65 | 0.8 | 0.4 | 0 | 39 | 232 | 0.07 | 0.1 | 0.9 | 0.2 | 0 | 53 | 9.4 | 0 | 0.12 |
| | 1 cup sliced (250 mL) | 123 | 340 | 58 | 80 | 1 | 0.4 | 0 | 48 | 286 | 0.09 | 0.12 | 1.1 | 0.25 | 0 | 65 | 11.5 | 0 | 0.15 |
| X1247 | Bean, green, frozen, steamed or microwaved, no salt added | 100 | 310 | 53 | 75 | 1 | 0.4 | 0 | 36 | 215 | 0.07 | 0.11 | 1 | 0.21 | 0 | 80 | 11.9 | 0 | 0.14 |
| | 1 cup sliced (250 mL) | 122.5 | 380 | 66 | 91 | 1.2 | 0.5 | 0 | 44 | 264 | 0.09 | 0.14 | 1.2 | 0.26 | 0 | 98 | 14.6 | 0 | 0.17 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 180 | 520 | 230 | 61 | 3.1 | 1.8 | 0 | 0 | 0 | 0.13 | 0 | 3.6 | 0.13 | 0 | 230 | 0 | 0 | 0.18 |
| X1250 | Bean, soy, (edamame), green, immature, shelled, frozen, boiled, drained, no salt added | 100 | 370 | 170 | 81 | 1.9 | 1.2 | 1.5 | 25 | 149 | 0.15 | 0.1 | 3.6 | 0.24 | 0 | 210 | 12.7 | 0 | 1.2 |
| | 1 cup (250 mL) | 171 | 640 | 290 | 140 | 3.3 | 2 | 2.5 | 43 | 255 | 0.26 | 0.17 | 6.2 | 0.41 | 0 | 360 | 21.6 | 0 | 2.1 |
| X1251 | Bean, soy, (edamame), green, immature, shelled, frozen, steamed or microwaved, no salt added | 100 | 540 | 210 | 100 | 2.5 | 1.5 | 1.6 | 29 | 171 | 0.23 | 0.13 | 4.3 | 0.35 | 0 | 260 | 18.4 | 0 | 1.3 |
| | 1 cup (250 mL) | 166.2 | 900 | 350 | 170 | 4.1 | 2.5 | 2.7 | 48 | 285 | 0.38 | 0.22 | 7.1 | 0.58 | 0 | 430 | 30.6 | 0 | 2.1 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 4.6 cm 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 (250 mL) | 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 beetroot (7.4 cm) | 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 |
| | 1 cup grated (250 mL) | 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 (250 mL) | 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 |
| 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 (7.4 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 164 | 151 | 164 | 208 | 5 | 0.8 | 2.9 | 5.6 | 2.9 | 0 | 0.2 | 0.1 | 0.3 | | | 0 | 8 | 0.2 |
| X1220 | Broccoli, floret, frozen, boiled, drained, no salt added | 100 | 93 | 89 | 114 | 2.3 | 0.6 | 1.6 | 3.1 | 1.5 | 0.1 | 0.1 | trace | 0.2 | 0.2 | 0.1 | 0 | 12 | 0.4 |
| | 1 cup florets (250 mL) | 113.6 | 106 | 101 | 129 | 2.6 | 0.7 | 1.8 | 3.5 | 1.7 | 0.1 | 0.1 | trace | 0.3 | 0.2 | 0.1 | 0 | 14 | 0.4 |
| X1221 | Broccoli, floret, frozen, steamed or microwaved, no salt added | 100 | 89.7 | 115 | 144 | 3.4 | 0.7 | 1.8 | 3.6 | 1.7 | 0.1 | 0.1 | trace | 0.3 | 0.2 | 0.1 | 0 | 14 | 0.4 |
| | 1 cup florets (250 mL) | 105.9 | 95 | 122 | 153 | 3.6 | 0.7 | 1.9 | 3.9 | 1.8 | 0.1 | 0.1 | trace | 0.3 | 0.2 | 0.1 | 0 | 15 | 0.4 |
| 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 (250 mL) | 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 | 163 | 196 | 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 (250 mL) | 130.2 | 111 | 212 | 256 | 4.4 | 0.6 | 7.7 | 5.5 | 6.7 | 0.9 | 0.1 | 0.1 | 0.1 | trace | trace | 0 | 8.5 | 0 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 4.6 cm 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 (250 mL) | 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 beetroot (7.4 cm) | 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 |
| | 1 cup grated (250 mL) | 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 (250 mL) | 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 |
| 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 (7.4 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| X1220 | Broccoli, floret, frozen, boiled, drained, no salt added | 100 | 160 | 48 | 34 | 0.5 | 0.3 | 0.7 | 45 | 270 | 0.05 | 0.11 | 0.58 | 0.3 | 0 | 74 | 20.6 | 0 | 0.96 |
| | 1 cup florets (250 mL) | 113.6 | 180 | 55 | 39 | 0.5 | 0.3 | 0.8 | 51 | 307 | 0.06 | 0.13 | 0.66 | 0.34 | 0 | 84 | 23.4 | 0 | 1.1 |
| X1221 | Broccoli, floret, frozen, steamed or microwaved, no salt added | 100 | 200 | 60 | 41 | 0.6 | 0.3 | 0.8 | 42 | 252 | 0.06 | 0.12 | 0.8 | 0.34 | 0 | 130 | 37.5 | 0 | 1.1 |
| | 1 cup florets (250 mL) | 105.9 | 210 | 64 | 43 | 0.6 | 0.3 | 0.8 | 45 | 267 | 0.06 | 0.13 | 0.85 | 0.36 | 0 | 140 | 39.8 | 0 | 1.1 |
| 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| X1095 | Brussels sprout, steamed | 100 | 84.5 | 185 | 221 | 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 (250 mL) | 127.5 | 108 | 236 | 282 | 4.4 | 0.6 | 7.7 | 5.7 | 6.7 | 0.9 | 0.1 | 0.1 | 0.1 | trace | trace | 0 | 8.9 | 0 |
| 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 (250 mL) | 145 | 139 | 92 | 105 | 3.3 | 0.1 | 1.7 | 1.6 | 1.7 | 0 | trace | trace | 0.1 | | | 0 | 4.4 | 0.1 |
| 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 (250 mL) | 77.4 | 72.1 | 54 | 65 | 1.5 | 0.2 | 1.3 | 1.4 | 1.3 | 0 | trace | trace | 0.1 | | | 0 | 12 | 2 |
| 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 (250 mL) | 72 | 68 | 30 | 40 | 1.4 | 0.1 | 0.1 | 1.2 | 0 | 0.1 | trace | trace | 0.1 | | | 0 | 9.1 | 3.2 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 |
| X1230 | Capsicum, red, sliced, frozen, pan-fried with olive oil, no salt added | 100 | 85.8 | 240 | 262 | 1.4 | 3.9 | 4.2 | 2.8 | 4.1 | 0.1 | 0.6 | 3.1 | 0.4 | 0.1 | 0.3 | 0 | 10 | 3.5 |
| | 1 cup sliced (250 mL) | 168.2 | 144 | 404 | 441 | 2.4 | 6.6 | 7.1 | 4.6 | 6.9 | 0.2 | 1 | 5.3 | 0.6 | 0.2 | 0.5 | 0 | 17 | 5.9 |
| X1228 | Carrot, cubed or sliced, frozen, boiled, drained, no salt added | 100 | 93.2 | 97 | 120 | 0.5 | 0.3 | 4.6 | 2.9 | 4.5 | 0.1 | trace | trace | 0.1 | trace | 0.1 | 0 | 42 | 0 |
| | 1 cup diced or sliced (250 mL) | 145.9 | 136 | 141 | 175 | 0.7 | 0.4 | 6.7 | 4.2 | 6.6 | 0.1 | trace | trace | 0.1 | trace | 0.1 | 0 | 61 | 0 |
| 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 5 cm thick (250 mL) | 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 |
| 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 1 cm thick (250 mL) | 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 (250 mL) | 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 (15 cm 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 slices 1 cm thick (250 mL) | 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 |
| | 1 cup stick 7cm long (250 mL) | 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 |
| 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 0.5 cm thick (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| X1230 | Capsicum, red, sliced, frozen, pan-fried with olive oil, no salt added | 100 | 290 | 35 | 13 | 0.5 | 0.2 | 1.8 | 76 | 457 | 0.05 | 0.19 | 1.2 | 0.52 | 0 | 45 | 60.1 | 0 | 4.1 |
| | 1 cup sliced (250 mL) | 168.2 | 490 | 59 | 22 | 0.8 | 0.4 | 3.1 | 128 | 768 | 0.08 | 0.32 | 2 | 0.88 | 0 | 75 | 101 | 0 | 6.9 |
| X1228 | Carrot, cubed or sliced, frozen, boiled, drained, no salt added | 100 | 160 | 20 | 32 | 0.2 | 0.2 | 0 | 891 | 5340 | 0.03 | 0.03 | 0.25 | 0.13 | 0 | 0 | 0 | 0 | 0.63 |
| | 1 cup diced or sliced (250 mL) | 145.9 | 240 | 28 | 47 | 0.3 | 0.2 | 0 | 1300 | 7790 | 0.04 | 0.04 | 0.37 | 0.19 | 0 | 0 | 0 | 0 | 0.92 |
| 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 5 cm thick (250 mL) | 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 |
| 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 1 cm thick (250 mL) | 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 (250 mL) | 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 (15 cm 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 slices 1 cm thick (250 mL) | 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 |
| | 1 cup stick 7cm long (250 mL) | 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 |
| 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 0.5 cm thick (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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 |
| 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 (7.9 cm 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 chopped (250 mL) | 152.7 | 142 | 74 | 100 | 1.2 | 0.2 | 2.8 | 3.2 | 2.6 | 0.2 | 0.1 | 0.1 | 0.2 | 0.1 | trace | 0 | 10 | 0.5 |
| | 1 cup florets (250 mL) | 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 |
| X1217 | Cauliflower, floret, frozen, boiled, drained, no salt added | 100 | 94.1 | 73 | 92 | 1.5 | 0.4 | 1.9 | 2.3 | 1.6 | 0.3 | 0.1 | 0.1 | 0.1 | 0.1 | trace | 0 | 14 | 0.3 |
| | 1 cup florets (250 mL) | 111.1 | 105 | 81 | 102 | 1.7 | 0.4 | 2.1 | 2.6 | 1.8 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | trace | 0 | 15 | 0.3 |
| X1218 | Cauliflower, floret, frozen, steamed or microwaved, no salt added | 100 | 92.2 | 86 | 107 | 2 | 0.5 | 2 | 2.7 | 1.7 | 0.3 | 0.1 | 0.1 | 0.1 | 0.1 | trace | 0 | 15 | 0.3 |
| | 1 cup florets (250 mL) | 108.4 | 99.9 | 93 | 116 | 2.1 | 0.5 | 2.2 | 2.9 | 1.8 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | trace | 0 | 16 | 0.3 |
| 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 cup florets (250 mL) | 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 (24-32 cm 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 |
| 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 (250 mL) | 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 |
| X1256 | Chickpea (channa dhal), split, seed coat removed, raw, dry | 100 | 5.8 | 1220 | 1340 | 22.4 | 5 | 38.7 | 14.7 | 1.7 | 37 | 0.7 | 1.1 | 3.8 | 0.2 | 3.6 | 0 | 9 | 0 |
| | 1 cup (250 mL) | 224.3 | 13 | 2750 | 3010 | 50.3 | 11.2 | 86.9 | 33 | 3.8 | 83.1 | 1.7 | 2.6 | 8.5 | 0.4 | 8 | 0 | 20 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (7.9 cm 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 chopped (250 mL) | 152.7 | 410 | 55 | 26 | 0.5 | 0.3 | 0.9 | 0 | 0 | 0.05 | 0.09 | 0.53 | 0.2 | 0 | 31 | 59.9 | 0 | 0 |
| | 1 cup florets (250 mL) | 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 |
| X1217 | Cauliflower, floret, frozen, boiled, drained, no salt added | 100 | 160 | 32 | 19 | 0.3 | 0.2 | 0.5 | 0 | 0 | 0.04 | 0.06 | 0.48 | 0.22 | 0 | 49 | 15.1 | 0 | 0 |
| | 1 cup florets (250 mL) | 111.1 | 170 | 36 | 22 | 0.3 | 0.2 | 0.6 | 0 | 0 | 0.04 | 0.07 | 0.53 | 0.24 | 0 | 54 | 16.7 | 0 | 0 |
| X1218 | Cauliflower, floret, frozen, steamed or microwaved, no salt added | 100 | 180 | 37 | 21 | 0.3 | 0.2 | 0.5 | 0 | 0 | 0.04 | 0.06 | 0.58 | 0.23 | 0 | 82 | 16.6 | 0 | 0 |
| | 1 cup florets (250 mL) | 108.4 | 200 | 40 | 23 | 0.4 | 0.2 | 0.6 | 0 | 0 | 0.04 | 0.07 | 0.63 | 0.25 | 0 | 89 | 18 | 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 cup florets (250 mL) | 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 (24-32 cm 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 |
| 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 (250 mL) | 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 |
| X1256 | Chickpea (channa dhal), split, seed coat removed, raw, dry | 100 | 1100 | 450 | 40 | 4.7 | 3.7 | 30 | 11 | 64 | 0.39 | 0.14 | 2.8 | 0.64 | 0 | 160 | 0 | 0 | 1.9 |
| | 1 cup (250 mL) | 224.3 | 2400 | 1000 | 90 | 11 | 8.3 | 67 | 24 | 144 | 0.88 | 0.31 | 6.3 | 1.4 | 0 | 360 | 0 | 0 | 4.3 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 3.2 cm 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 (250 mL) | 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 4.5 cm 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 (250 mL) | 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 6.4 cm 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 (250 mL) | 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 | 43 | 60 | 0.7 | 0.1 | 2.7 | 2.1 | 2.6 | 0.1 | trace | trace | trace | trace | trace | 0 | 0 | 0 |
| | 1 cup sliced (250 mL) | 188.3 | 177 | 81 | 113 | 1.3 | 0.2 | 5.1 | 4 | 4.9 | 0.2 | 0.1 | trace | trace | trace | trace | 0 | 0 | 0 |
| 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 6.4 cm 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 (250 mL) | 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 | 74 | 94 | 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 6.3 cm 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 (250 mL) | 173.4 | 160 | 128 | 162 | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 3.2 cm 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 (250 mL) | 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 4.5 cm 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 (250 mL) | 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 6.4 cm 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 (250 mL) | 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 (250 mL) | 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 |
| 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 6.4 cm 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 (250 mL) | 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 6.3 cm 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 (250 mL) | 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 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 6 cm) | 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 (250 mL) | 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 |
| X1241 | Kale, chopped, frozen, steamed, no salt added | 100 | 89.4 | 90 | 125 | 3.4 | 0.6 | 0.6 | 4.3 | 0.4 | 0.2 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 21 | 0.4 |
| | 1 cup chopped (250 mL) | 201.3 | 180 | 181 | 251 | 6.9 | 1.2 | 1.1 | 8.7 | 0.8 | 0.3 | 0.2 | 0.1 | 0.4 | 0.3 | 0.1 | 0 | 43 | 0.8 |
| 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 (250 mL) | 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, sautéed with oil, no salt added | 100 | 66.1 | 513 | 600 | 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 (250 mL) | 54.9 | 36.3 | 281 | 330 | 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 (250 mL) | 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 | 159 | 197 | 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 (250 mL) | 121.3 | 101 | 192 | 239 | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 6 cm) | 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 (250 mL) | 101.4 | 0 | 0 | 46 | 0.3 | 0.1 | 67 | 1 | 7 | 0 | 0 | 0.91 | 0.16 | 0 | 11 | 0 | 0 | 0 |
| X1241 | Kale, chopped, frozen, steamed, no salt added | 100 | 200 | 48 | 170 | 1 | 0.4 | 0.9 | 487 | 2920 | 0.05 | 0.12 | 1.5 | 0.28 | 0 | 72 | 18.3 | 0 | 3.8 |
| | 1 cup chopped (250 mL) | 201.3 | 410 | 96 | 330 | 2 | 0.9 | 1.9 | 980 | 5870 | 0.1 | 0.24 | 3.1 | 0.56 | 0 | 140 | 36.9 | 0 | 7.6 |
| 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 (250 mL) | 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, sautéed 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 220 | 215 | 69 | 79 | 0.8 | 0.1 | 3.1 | 1.3 | 2.9 | 0.2 | trace | trace | trace | | | 0 | 2.2 | 1 |
| X1198 | Mixed vegetables, beans, carrots, corn & peas, frozen, boiled, drained, no salt added | 100 | 87.3 | 174 | 204 | 2.4 | 0.4 | 7 | 3.6 | 4.1 | 2.9 | 0.1 | 0.1 | 0.3 | trace | 0.2 | 0 | 21 | 0.3 |
| | 1 cup (250 mL) | 165 | 144 | 288 | 336 | 4 | 0.7 | 11.5 | 6 | 6.8 | 4.7 | 0.2 | 0.1 | 0.5 | 0.1 | 0.4 | 0 | 35 | 0.4 |
| X1243 | Mixed vegetables, broccoli (50%) & cauliflower (50%), frozen, steam or microwaved, no salt added | 100 | 91 | 100 | 126 | 2.7 | 0.6 | 1.9 | 3.2 | 1.7 | 0.2 | 0.1 | 0.1 | 0.2 | 0.2 | trace | 0 | 15 | 0.3 |
| | 1 cup (250 mL) | 112.4 | 102 | 113 | 141 | 3 | 0.7 | 2.1 | 3.5 | 1.9 | 0.2 | 0.1 | 0.1 | 0.2 | 0.2 | 0.1 | 0 | 16 | 0.4 |
| X1246 | Mixed vegetables, broccoli, carrots & cauliflower, frozen, boiled, drained, no salt added | 100 | 93.4 | 87 | 109 | 1.4 | 0.4 | 2.8 | 2.8 | 2.6 | 0.2 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 23 | 0.2 |
| | 1 cup (250 mL) | 123.5 | 115 | 107 | 134 | 1.7 | 0.5 | 3.4 | 3.4 | 3.3 | 0.2 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 29 | 0.3 |
| X1200 | Mixed vegetables, carrots, corn & peas, frozen, boiled and drained, no salt added | 100 | 82.5 | 239 | 274 | 3 | 1.1 | 8.7 | 4.4 | 5.7 | 3 | 0.2 | 0.3 | 0.6 | trace | 0.5 | 0 | 33 | 0.3 |
| | 1 cup (250 mL) | 164.5 | 136 | 393 | 450 | 4.9 | 1.8 | 14.3 | 7.2 | 9.4 | 4.9 | 0.3 | 0.4 | 1 | 0.1 | 0.9 | 0 | 54 | 0.4 |
| X1202 | Mixed vegetables, corn & peas, frozen, boiled and drained, no salt added | 100 | 79.9 | 260 | 300 | 4.7 | 0.9 | 8.6 | 4.9 | 5.8 | 2.8 | 0.3 | 0.3 | 0.7 | 0.1 | 0.6 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 166.7 | 133 | 434 | 500 | 7.9 | 1.5 | 14.4 | 8.2 | 9.7 | 4.7 | 0.5 | 0.6 | 1.2 | 0.1 | 1 | 0 | 0 | 0 |
| 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 7.3 cm 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 -10.2 cm 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 (250 mL) | 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 |
| X1189 | Mushroom, button, white or brown, fresh, boiled, drained, no salt added | 100 | 91.5 | 95 | 112 | 4.4 | 0.5 | 0.1 | 2.1 | 0 | 0.1 | trace | trace | 0.2 | 0 | 0.2 | 0 | 4.7 | 0.3 |
| | 1 cup sliced (250 mL) | 176 | 161 | 167 | 198 | 7.7 | 0.9 | 0.2 | 3.8 | 0 | 0.2 | 0.1 | trace | 0.3 | 0 | 0.3 | 0 | 8.2 | 0.6 |
| X1190 | Mushroom, button, white or brown, fresh, baked, no added fat | 100 | 86.3 | 140 | 162 | 5.5 | 1.2 | 0.2 | 2.7 | 0 | 0.2 | 0.1 | trace | 0.2 | 0 | 0.2 | 0 | 6.2 | 0.5 |
| | 1 cup quartered (250 mL) | 174.4 | 151 | 245 | 282 | 9.6 | 2.1 | 0.3 | 4.7 | 0 | 0.3 | 0.1 | trace | 0.4 | 0 | 0.4 | 0 | 11 | 0.8 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| X1198 | Mixed vegetables, beans, carrots, corn & peas, frozen, boiled, drained, no salt added | 100 | 190 | 46 | 32 | 0.6 | 0.4 | 0 | 492 | 2940 | 0.08 | 0.08 | 1.2 | 0.22 | 0 | 33 | 1.7 | 0 | 0.31 |
| | 1 cup (250 mL) | 165 | 310 | 76 | 52 | 1 | 0.6 | 0 | 811 | 4860 | 0.13 | 0.13 | 1.9 | 0.36 | 0 | 54 | 2.7 | 0 | 0.51 |
| X1243 | Mixed vegetables, broccoli (50%) & cauliflower (50%), frozen, steam or microwaved, no salt added | 100 | 190 | 49 | 31 | 0.5 | 0.3 | 0.7 | 21 | 126 | 0.05 | 0.09 | 0.69 | 0.29 | 0 | 110 | 27.1 | 0 | 0.54 |
| | 1 cup (250 mL) | 112.4 | 210 | 55 | 35 | 0.5 | 0.3 | 0.7 | 24 | 142 | 0.06 | 0.1 | 0.78 | 0.33 | 0 | 120 | 30.4 | 0 | 0.61 |
| X1246 | Mixed vegetables, broccoli, carrots & cauliflower, frozen, boiled, drained, no salt added | 100 | 160 | 33 | 29 | 0.3 | 0.2 | 0.4 | 335 | 2010 | 0.04 | 0.06 | 0.43 | 0.22 | 0 | 39 | 11.4 | 0 | 0.54 |
| | 1 cup (250 mL) | 123.5 | 200 | 40 | 36 | 0.4 | 0.3 | 0.5 | 414 | 2480 | 0.05 | 0.07 | 0.53 | 0.27 | 0 | 49 | 14.1 | 0 | 0.67 |
| X1200 | Mixed vegetables, carrots, corn & peas, frozen, boiled and drained, no salt added | 100 | 180 | 60 | 23 | 0.8 | 0.5 | 0 | 202 | 1210 | 0.11 | 0.09 | 1.8 | 0.22 | 0 | 31 | 1.7 | 0 | 0.38 |
| | 1 cup (250 mL) | 164.5 | 300 | 98 | 38 | 1.3 | 0.9 | 0 | 333 | 1990 | 0.18 | 0.15 | 2.9 | 0.36 | 0 | 50 | 2.7 | 0 | 0.63 |
| X1202 | Mixed vegetables, corn & peas, frozen, boiled and drained, no salt added | 100 | 200 | 84 | 16 | 1.2 | 0.8 | 1.6 | 29 | 175 | 0.22 | 0.11 | 2.8 | 0.23 | 0 | 43 | 1.2 | 0 | 0.02 |
| | 1 cup (250 mL) | 166.7 | 330 | 140 | 27 | 1.9 | 1.3 | 2.6 | 49 | 292 | 0.37 | 0.18 | 4.6 | 0.38 | 0 | 72 | 2 | 0 | 0.03 |
| 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 7.3 cm 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 -10.2 cm 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 (250 mL) | 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 |
| X1189 | Mushroom, button, white or brown, fresh, boiled, drained, no salt added | 100 | 360 | 110 | 2 | 0.3 | 0.6 | 16 | 0 | 0 | 0.11 | 0.63 | 6.3 | 0.29 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup sliced (250 mL) | 176 | 640 | 190 | 3.6 | 0.6 | 1 | 28 | 0 | 0 | 0.19 | 1.1 | 11 | 0.51 | 0 | 0 | 0 | 0 | 0 |
| X1190 | Mushroom, button, white or brown, fresh, baked, no added fat | 100 | 500 | 150 | 2.7 | 0.4 | 0.8 | 20 | 0 | 0 | 0.16 | 0.84 | 8.8 | 0.4 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup quartered (250 mL) | 174.4 | 880 | 260 | 4.7 | 0.8 | 1.3 | 35 | 0 | 0 | 0.28 | 1.5 | 15 | 0.7 | 0 | 0 | 0 | 0 | 0 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| X1188 | Mushroom, button, white or brown, fresh, pan-fried with oil | 100 | 83 | 287 | 305 | 4.6 | 5.6 | 0.1 | 2.2 | trace | 0.1 | 1 | 3.7 | 1 | trace | 1 | 0 | 5.1 | 0.4 |
| | 1 cup sliced (250 mL) | 203.5 | 169 | 584 | 621 | 9.3 | 11.4 | 0.3 | 4.5 | trace | 0.3 | 2 | 7.5 | 2.1 | 0.1 | 2 | 0 | 10 | 0.8 |
| X1187 | Mushroom, button, white or brown, fresh, raw | 100 | 92 | 76 | 89 | 3.5 | 0.4 | 0.1 | 1.7 | 0 | 0.1 | trace | trace | 0.2 | 0 | 0.2 | 0 | 3.9 | 0.3 |
| | 1 cup sliced (250 mL) | 103.9 | 95.6 | 79 | 93 | 3.6 | 0.4 | 0.1 | 1.8 | 0 | 0.1 | trace | trace | 0.2 | 0 | 0.2 | 0 | 4.1 | 0.3 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |
| X1237 | Onion, sliced or diced, frozen, pan-fried with olive oil, no salt added | 100 | 81.1 | 400 | 418 | 1.3 | 6.7 | 7.6 | 2.2 | 7.6 | 0 | 0.8 | 4.8 | 0.4 | trace | 0.3 | 0 | 5.3 | 0.5 |
| | 1 cup sliced or cubed (250 mL) | 196.4 | 159 | 786 | 820 | 2.6 | 13.2 | 14.9 | 4.3 | 14.9 | 0 | 1.7 | 9.4 | 0.7 | 0.1 | 0.6 | 0 | 10 | 0.9 |
| 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 (15 mL) | 3.7 | 2.9 | 4 | 6 | 0.2 | trace | trace | 0.2 | trace | 0 | trace | trace | trace | | | 0 | 1.2 | trace |
| | 1 cup chopped (250 mL) | 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 | 194 | 226 | 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 (250 mL) | 198.9 | 163 | 386 | 450 | 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 | 278 | 322 | 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 (250 mL) | 144.9 | 109 | 402 | 466 | 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 | 227 | 260 | 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 (250 mL) | 177.2 | 144 | 403 | 461 | 1.9 | 0.6 | 20.1 | 7.3 | 11 | 9 | 0.1 | 0.1 | 0.3 | trace | 0.2 | 0 | 4.5 | 0 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| X1188 | Mushroom, button, white or brown, fresh, pan-fried with oil | 100 | 420 | 120 | 2.2 | 0.4 | 0.6 | 17 | 0 | 0 | 0.13 | 0.7 | 7.3 | 0.34 | 0 | 0 | 0 | 0 | 0.26 |
| | 1 cup sliced (250 mL) | 203.5 | 850 | 250 | 4.6 | 0.8 | 1.3 | 34 | 0 | 0 | 0.27 | 1.4 | 15 | 0.69 | 0 | 0 | 0 | 0 | 0.53 |
| X1187 | Mushroom, button, white or brown, fresh, raw | 100 | 320 | 93 | 1.7 | 0.3 | 0.5 | 13 | 0 | 0 | 0.11 | 0.56 | 5.9 | 0.27 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup sliced (250 mL) | 103.9 | 330 | 97 | 1.8 | 0.3 | 0.5 | 13 | 0 | 0 | 0.11 | 0.58 | 6.1 | 0.28 | 0 | 0 | 0 | 0 | 0 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| 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 |
| X1237 | Onion, sliced or diced, frozen, pan-fried with olive oil, no salt added | 100 | 160 | 32 | 20 | 0.2 | 0.1 | 0 | 0 | 0 | 0.04 | 0.03 | 0.25 | 0.2 | 0 | 0 | 1.7 | 0 | 0.95 |
| | 1 cup sliced or cubed (250 mL) | 196.4 | 310 | 62 | 38 | 0.4 | 0.2 | 0 | 0 | 0 | 0.08 | 0.06 | 0.49 | 0.39 | 0 | 0 | 3.4 | 0 | 1.9 |
| 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 (15 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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 |
| X1135 | Pea, green, frozen, boiled, drained, no salt added | 100 | 76.8 | 267 | 313 | 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 (250 mL) | 180.6 | 139 | 482 | 565 | 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 |
| X1255 | Pea, green, split, dry, boiled, drained, no salt added | 100 | 61.3 | 450 | 559 | 8.9 | 0.8 | 15.9 | 13.6 | 0.4 | 15.5 | 0.2 | 0.2 | 0.5 | 0.1 | 0.4 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 171.8 | 105 | 773 | 960 | 15.3 | 1.4 | 27.2 | 23.4 | 0.7 | 26.5 | 0.3 | 0.4 | 0.9 | 0.1 | 0.7 | 0 | 0 | 0 |
| X1253 | Pea, yellow, split, dry, boiled, drained, no salt added | 100 | 61.6 | 446 | 547 | 8.7 | 0.8 | 15.8 | 12.6 | 0.4 | 15.4 | 0.1 | 0.2 | 0.5 | 0.1 | 0.4 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 176.1 | 108 | 786 | 963 | 15.4 | 1.4 | 27.8 | 22.1 | 0.7 | 27.1 | 0.2 | 0.4 | 0.9 | 0.2 | 0.8 | 0 | 0 | 0 |
| X1177 | Potato, flesh & skin, floury, baked without oil, no added salt | 100 | 68.5 | 394 | 417 | 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 4.4 cm diameter) | 77.1 | 52.8 | 303 | 321 | 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 4.8 cm diameter) | 162.8 | 112 | 641 | 678 | 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 5.7 cm diameter) | 258.2 | 177 | 1020 | 1080 | 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 | 219 | 232 | 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 4.4 cm diameter) | 83.5 | 69.3 | 183 | 193 | 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 4.7 cm diameter) | 128.6 | 107 | 282 | 298 | 2.2 | 0.1 | 14.1 | 2 | 1.1 | 13 | trace | trace | trace | trace | trace | 0 | 0 | 0.3 |
| | 1 large (9.7 x 5.4 cm diameter) | 229.5 | 191 | 503 | 531 | 3.9 | 0.2 | 25.2 | 3.5 | 2 | 23.2 | trace | trace | 0.1 | trace | trace | 0 | 0 | 0.5 |
| 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 (250 mL) | 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 | 497 | 516 | 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 (250 mL) | 197.2 | 135 | 980 | 1020 | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| X1255 | Pea, green, split, dry, boiled, drained, no salt added | 100 | 340 | 150 | 13 | 1.6 | 1 | 3.2 | 7 | 42 | 0.18 | 0.05 | 1.5 | 0.11 | 0 | 0 | 0 | 0 | 0.05 |
| | 1 cup (250 mL) | 171.8 | 590 | 260 | 21 | 2.7 | 1.7 | 5.5 | 12 | 72 | 0.31 | 0.09 | 2.6 | 0.19 | 0 | 0 | 0 | 0 | 0.09 |
| X1253 | Pea, yellow, split, dry, boiled, drained, no salt added | 100 | 170 | 120 | 23 | 1.8 | 1 | 0 | 2 | 10 | 0.18 | 0.05 | 0.78 | 0.11 | 0 | 0 | 0 | 0 | 0.06 |
| | 1 cup (250 mL) | 176.1 | 310 | 220 | 41 | 3.2 | 1.7 | 0 | 3 | 17 | 0.32 | 0.09 | 1.4 | 0.19 | 0 | 0 | 0 | 0 | 0.11 |
| 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 4.4 cm 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 4.8 cm 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 5.7 cm 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 4.4 cm 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 4.7 cm 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 5.4 cm 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|-------|-------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 2 cm (250 mL) | 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 2 cm (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 2 cm (250 mL) | 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 2 cm (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 2 cm (250 mL) | 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 2 cm (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 2 cm (250 mL) | 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 2 cm (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (250 mL) | 65 | 59.4 | 47 | 62 | 1.5 | 0.1 | 1 | 1.9 | 1 | 0 | trace | trace | trace | trace | trace | 0 | 73 | 1.4 |
| X1196 | Snow peas, fresh, stir-fried | 100 | 85.4 | 236 | 252 | 2.6 | 2.5 | 5.4 | 2 | 4.5 | 0.9 | 0.4 | 1.8 | 0.3 | 0.1 | 0.3 | 0 | 0 | 1.6 |
| | 10 pods | 50.7 | 43.3 | 120 | 128 | 1.3 | 1.3 | 2.7 | 1 | 2.3 | 0.5 | 0.2 | 0.9 | 0.2 | trace | 0.1 | 0 | 0 | 0.8 |
| | 1 cup sliced (250 mL) | 166.5 | 142 | 393 | 420 | 4.3 | 4.2 | 9 | 3.4 | 7.5 | 1.5 | 0.7 | 3 | 0.6 | 0.1 | 0.4 | 0 | 0 | 2.6 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| X1239 | Spinach, chopped, frozen, boiled, undrained, no salt added | 100 | 91 | 97 | 123 | 3 | 0.8 | 1.1 | 3.2 | 0.8 | 0.3 | 0.1 | trace | 0.4 | 0.3 | 0.1 | 0 | 47 | 2.1 |
| | 1 cup chopped (250 mL) | 175.5 | 160 | 170 | 216 | 5.2 | 1.4 | 1.8 | 5.7 | 1.4 | 0.5 | 0.2 | 0.1 | 0.6 | 0.5 | 0.1 | 0 | 82 | 3.7 |
| 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 |
| | 1 cup (250 mL) | 35 | 32.3 | 31 | 37 | 1.3 | 0.2 | 0 | 0.8 | 0 | 0 | trace | trace | 0.1 | | | 0 | 2.1 | 0.2 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (250 mL) | 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 |
| X1196 | Snow peas, fresh, stir-fried | 100 | 190 | 49 | 43 | 1 | 0.4 | 3.7 | 41 | 246 | 0.1 | 0.08 | 0.59 | 0.14 | 0 | 22 | 27 | 0 | 0.18 |
| | 10 pods | 50.7 | 98 | 25 | 22 | 0.5 | 0.2 | 1.9 | 21 | 125 | 0.05 | 0.04 | 0.3 | 0.07 | 0 | 11 | 13.7 | 0 | 0.09 |
| | 1 cup sliced (250 mL) | 166.5 | 320 | 81 | 71 | 1.7 | 0.7 | 6.1 | 68 | 409 | 0.17 | 0.13 | 0.98 | 0.23 | 0 | 36 | 44.9 | 0 | 0.3 |
| 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 (250 mL) | 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 (250 mL) | 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 |
| X1239 | Spinach, chopped, frozen, boiled, undrained, no salt added | 100 | 310 | 48 | 220 | 1.4 | 1.4 | 0 | 243 | 1460 | 0.06 | 0.15 | 1.2 | 0.21 | 0 | 100 | 6.3 | 0 | 2.4 |
| | 1 cup chopped (250 mL) | 175.5 | 550 | 84 | 390 | 2.5 | 2.4 | 0 | 427 | 2560 | 0.11 | 0.26 | 2.1 | 0.37 | 0 | 180 | 11 | 0 | 4.2 |
| 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 (15 mL) | 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 (250 mL) | 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 (15 mL) | 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 (250 mL) | 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 |
| | 1 cup (250 mL) | 35 | 29 | 24 | 4.4 | 0.2 | trace | 0.8 | 6 | 34 | 0.05 | 0.05 | 0.39 | 0.05 | 0 | 13 | 0 | 0 | 0.01 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |

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| 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 |
| X1234 | Sugar snap pea, frozen, boiled, drained, no salt added | 100 | 90 | 132 | 151 | 2.4 | 0.4 | 4.5 | 2.4 | 2.7 | 1.8 | trace | trace | 0.2 | 0.1 | 0.1 | 0 | 0 | 0 |
| | 10 pods | 44.8 | 40.3 | 59 | 68 | 1.1 | 0.2 | 2 | 1.1 | 1.2 | 0.8 | trace | trace | 0.1 | trace | trace | 0 | 0 | 0 |
| | 1 cup whole (250 mL) | 112.5 | 101 | 148 | 170 | 2.7 | 0.5 | 5.1 | 2.7 | 3 | 2 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 0 | 0 |
| X1235 | Sugar snap pea, frozen, steamed or microwaved, no salt added | 100 | 85.2 | 168 | 191 | 3 | 0.5 | 5.9 | 2.9 | 3.9 | 2 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 0 | 0 |
| | 10 pods | 44 | 37.5 | 74 | 84 | 1.3 | 0.2 | 2.6 | 1.3 | 1.7 | 0.9 | trace | trace | 0.1 | trace | trace | 0 | 0 | 0 |
| | 1 cup whole (250 mL) | 105.5 | 89.8 | 177 | 201 | 3.1 | 0.5 | 6.2 | 3 | 4.1 | 2.1 | 0.1 | trace | 0.2 | 0.1 | 0.1 | 0 | 0 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 5.4 cm 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 (250 mL) | 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 5.1 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| X1234 | Sugar snap pea, frozen, boiled, drained, no salt added | 100 | 110 | 47 | 53 | 0.6 | 0.4 | 0.6 | 33 | 197 | 0.1 | 0.08 | 1 | 0.15 | 0 | 58 | 10.6 | 0 | 0 |
| | 10 pods | 44.8 | 49 | 21 | 24 | 0.3 | 0.2 | 0.3 | 15 | 88 | 0.05 | 0.04 | 0.45 | 0.07 | 0 | 26 | 4.7 | 0 | 0 |
| | 1 cup whole (250 mL) | 112.5 | 120 | 53 | 59 | 0.7 | 0.4 | 0.7 | 37 | 221 | 0.11 | 0.09 | 1.1 | 0.17 | 0 | 66 | 11.9 | 0 | 0 |
| X1235 | Sugar snap pea, frozen, steamed or microwaved, no salt added | 100 | 140 | 59 | 63 | 0.7 | 0.5 | 0.7 | 48 | 288 | 0.12 | 0.1 | 1.3 | 0.18 | 0 | 86 | 15.4 | 0 | 0 |
| | 10 pods | 44 | 60 | 26 | 28 | 0.3 | 0.2 | 0.3 | 21 | 127 | 0.05 | 0.04 | 0.55 | 0.08 | 0 | 38 | 6.8 | 0 | 0 |
| | 1 cup whole (250 mL) | 105.5 | 140 | 62 | 66 | 0.7 | 0.5 | 0.7 | 51 | 303 | 0.13 | 0.11 | 1.3 | 0.19 | 0 | 91 | 16.3 | 0 | 0 |
| 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 5.4 cm 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 (250 mL) | 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 5.1 cm 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 |

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| 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) |
|--------|--|---------|-------|--------|--------------|---------|-------|-------------------------|---------------|--------|--------|-------|-------|-------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| 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 (3 cm) | 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 |
| | 1 taro | 465 | 303 | 2120 | 2240 | 6.1 | 1.4 | 116 | 14.4 | 10.2 | 106 | 0.4 | 0.1 | 0.6 | 0.1 | 0.5 | 0 | 0 | 3.3 |
| 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 |
| 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 2.6 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 |
| X1215 | Tomato, red, bite-sized cherry, fresh, ripe, raw | 100 | 91.6 | 111 | 126 | 1 | 0.5 | 4.4 | 1.8 | 4 | 0.4 | 0.1 | 0.1 | 0.3 | trace | 0.3 | 0 | 2.5 | 0 |
| | 5 fruits mixed shapes | 58.1 | 53.2 | 65 | 73 | 0.6 | 0.3 | 2.6 | 1 | 2.3 | 0.2 | 0.1 | trace | 0.2 | trace | 0.2 | 0 | 1.5 | 0 |
| | 1 cup halves (250 mL) | 173.6 | 159 | 193 | 218 | 1.7 | 0.9 | 7.7 | 3.1 | 6.9 | 0.7 | 0.2 | 0.1 | 0.5 | trace | 0.5 | 0 | 4.3 | 0 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| 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 (3 cm) | 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 |
| | 1 taro | 465 | 1900 | 190 | 79 | 2.7 | 11 | 0 | 9 | 51 | 0.47 | 0.6 | 6.7 | 1 | 0 | 290 | 18.1 | 0 | 7.5 |
| 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 |
| 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 2.6 cm) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (250 mL) | 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 (15 mL) | 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 (15 mL) | 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 (250 mL) | 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 |
| X1215 | Tomato, red, bite-sized cherry, fresh, ripe, raw | 100 | 310 | 42 | 10 | 0.7 | 0.2 | 0 | 65 | 391 | 0.07 | 0.05 | 0.32 | 0.16 | 0 | 15 | 27.3 | 0 | 0.63 |
| | 5 fruits mixed shapes | 58.1 | 180 | 24 | 6 | 0.4 | 0.1 | 0 | 38 | 227 | 0.04 | 0.03 | 0.19 | 0.09 | 0 | 8.5 | 15.9 | 0 | 0.37 |
| | 1 cup halves (250 mL) | 173.6 | 540 | 73 | 18 | 1.2 | 0.4 | 0 | 113 | 679 | 0.12 | 0.09 | 0.56 | 0.28 | 0 | 26 | 47.4 | 0 | 1.1 |

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| 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) |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-------|-------|------|----------------------|---------------|-------------|-------------|------------|
| | | | | | | | | | | | | | | | | | | | |
| X1213 | Tomato, red, medium to large size, fresh, ripe, raw, all year round | 100 | 95.9 | 51 | 62 | 0.4 | 0.2 | 2.3 | 1.4 | 1.9 | 0.4 | trace | trace | 0.1 | trace | 0.1 | 0 | 1.8 | 0.3 |
| | 1 fruit (6.0 cm diameter) | 128.2 | 123 | 65 | 79 | 0.5 | 0.2 | 2.9 | 1.8 | 2.4 | 0.5 | 0.1 | 0.1 | 0.2 | trace | 0.2 | 0 | 2.2 | 0.4 |
| X1214 | Tomato, red, small, cocktail, fresh, ripe, raw, NZ grown | 100 | 93.9 | 76 | 86 | 0.8 | 0.2 | 3.2 | 1.3 | 2.8 | 0.4 | trace | trace | 0.1 | trace | 0.1 | 0 | 1.3 | 0 |
| | 1 fruit (4.5 cm diameter) | 74.7 | 70.1 | 56 | 64 | 0.6 | 0.1 | 2.4 | 1 | 2.1 | 0.3 | trace | trace | 0.1 | trace | 0.1 | 0 | 1 | 0 |
| | 1 cup chopped or diced (250 mL) | 191.8 | 180 | 145 | 165 | 1.5 | 0.4 | 6.2 | 2.5 | 5.4 | 0.8 | 0.1 | 0.1 | 0.3 | trace | 0.2 | 0 | 2.5 | 0 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 122 | 115 | 76 | 106 | 0.8 | 0.4 | 2.8 | 3.8 | 2.7 | 0.1 | trace | trace | 0.2 | | | 0 | 34 | 0.5 |
| 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 (250 mL) | 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 |

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| FoodID | Short Food Name | Measure | Potassium (K) | Phosphorus (P) | Calcium (Ca) | Iron (Fe) | Zinc (Zn) | Selenium (Se) | Vitamin A | Beta-carotene | Thiamin (B1) | Riboflavin (B2) | Niacin (B3) | 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 |
| X1213 | Tomato, red, medium to large size, fresh, ripe, raw, all year round | 100 | 260 | 27 | 13 | 0.3 | 0.1 | 0 | 40 | 242 | 0.03 | 0.02 | 0.17 | 0.12 | 0 | 2.6 | 11.8 | 0 | 0.38 |
| | 1 fruit (6.0 cm diameter) | 128.2 | 330 | 35 | 17 | 0.3 | 0.2 | 0 | 52 | 310 | 0.04 | 0.03 | 0.22 | 0.15 | 0 | 3.3 | 15.2 | 0 | 0.49 |
| X1214 | Tomato, red, small, cocktail, fresh, ripe, raw, NZ grown | 100 | 270 | 31 | 15 | 0.5 | 0.2 | 0 | 51 | 308 | 0.07 | 0.04 | 0.36 | 0.2 | 0 | 23 | 16.9 | 0 | 0.69 |
| | 1 fruit (4.5 cm diameter) | 74.7 | 200 | 23 | 11 | 0.4 | 0.1 | 0 | 38 | 230 | 0.05 | 0.03 | 0.27 | 0.15 | 0 | 17 | 12.6 | 0 | 0.52 |
| | 1 cup chopped or diced (250 mL) | 191.8 | 520 | 59 | 28 | 0.9 | 0.3 | 0 | 99 | 591 | 0.13 | 0.08 | 0.69 | 0.38 | 0 | 44 | 32.3 | 0 | 1.3 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 |
| 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 (250 mL) | 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 per 100 gram of edible portion and followed by per gram weight of measure for each food.

| FoodID | Short Food Name | Measure g | Alcohol g |
|-----------------------------|--|--------------|--------------|
| BEVERAGES, ALCOHOLIC | | | |
| B1016 | Beer, full-strength (5% alcohol by volume) | 100 | 3.7 |
| | 1 small glass (280 mL, 1.0 standard drinks) | 281.4 | 10.3 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 331.7 | 12.2 |
| | 1 large can (440 mL, 1.6 standard drinks) | 442.2 | 16.2 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 452.3 | 16.6 |
| | 1 large bottle (500 mL, 1.8 standard drinks) | 502.5 | 18.4 |
| B1015 | Beer, high-strength (> 5% alcohol by volume) | 100 | 4.5 |
| | 1 small glass (280 mL, 1.3 standard drinks) | 282.5 | 12.8 |
| | 1 regular bottle or can (330 mL, 1.5 standard drinks) | 333 | 15.1 |
| | 1 large can (440 mL, 2.0 standard drinks) | 444 | 20.1 |
| | 1 large glass (450 mL, 2.1 standard drinks) | 454.1 | 20.6 |
| | 1 large bottle (500 mL, 2.3 standard drinks) | 504.5 | 22.9 |
| B35 | Beer, low alcohol | 100 | 1 |
| | 1 small glass (280 mL, 0.3 standard drinks) | 268.8 | 2.7 |
| | 1 regular bottle or can (330 mL, 0.3 standard drinks) | 316.8 | 3.2 |
| | 1 large can (440 mL, 0.4 standard drinks) | 422.4 | 4.2 |
| | 1 large glass (450 mL, 0.4 standard drinks) | 432 | 4.3 |
| | 1 large bottle (500 mL, 0.5 standard drinks) | 480 | 4.8 |
| B1018 | Beer, low-strength (2.5% alcohol by volume) | 100 | 2.1 |
| | 1 small glass (280 mL, 0.6 standard drinks) | 282.2 | 5.8 |
| | 1 regular bottle or can (330 mL, 0.7 standard drinks) | 332.6 | 6.9 |
| | 1 large can (440 mL, 0.9 standard drinks) | 443.5 | 9.2 |
| | 1 large glass (450 mL, 0.9 standard drinks) | 453.6 | 9.4 |
| | 1 large bottle (500 mL, 1.0 standard drink) | 504 | 10.4 |
| B1017 | Beer, mid-strength (4% alcohol by volume) | 100 | 3 |
| | 1 small glass (280 mL, 0.9 standard drinks) | 282.7 | 8.5 |
| | 1 regular bottle or can (330 mL, 1.0 standard drink) | 332 | 10 |
| | 1 large can (440 mL, 1.3 standard drinks) | 442.6 | 13.3 |
| | 1 large glass (450 mL, 1.4 standard drinks) | 452.7 | 13.6 |
| | 1 large bottle (500 mL, 1.5 standard drinks) | 503 | 15.1 |

| FoodID | Short Food Name | Measure g | Alcohol g |
|--------|--|--------------|--------------|
| B1032 | Bourbon & regular cola, 5% alcohol by volume, pre-mixed | 100 | 3.5 |
| | 100 mL (0.4 standard drinks) | 102.7 | 3.6 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 338.8 | 11.9 |
| | 1 large can (440 mL, 1.6 standard drinks) | 451.7 | 15.8 |
| B1031 | Bourbon & regular cola, 7% alcohol by volume, pre-mixed | 100 | 5.3 |
| | 100 mL (0.5 standard drinks) | 102.4 | 5.4 |
| | 1 small can (250 mL, 1.4 standard drinks) | 256 | 13.6 |
| B1030 | Cider, apple, (5% alcohol by volume) | 100 | 3.9 |
| | 1 small glass (280 mL, 1.1 standard drinks) | 283.6 | 11.1 |
| | 1 regular bottle (330 mL, 1.3 standard drinks) | 334.3 | 13.1 |
| | 1 large glass (450 mL, 1.8 standard drinks) | 455.9 | 17.8 |
| B12 | Cider, sweet | 100 | 3.7 |
| | 1 small glass (280 mL, 1.0 standard drinks) | 282.8 | 10.5 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 333.3 | 12.3 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 454.5 | 16.8 |
| B1042 | Gin & tonic water, 9% alcohol by volume, pub or home-mixed | 100 | 7 |
| | 1 short glass (150 mL, 1.1 standard drink) | 151.8 | 10.7 |
| | 1 large bottle (500 mL, 1.9 standard drinks) | 505 | 18.7 |
| B17 | Port, wine, fortified | 100 | 15.9 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 103 | 16.4 |
| | 1 average glass (150 mL, 2.5 standard drinks) | 154.5 | 24.6 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 7.8 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252.1 | 19.6 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 6.5 |
| | 1 short glass (150 mL, 1.0 standard drink) | 151.8 | 9.8 |
| B18 | Sherry, dry | 100 | 15.7 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 99 | 15.5 |
| | 1 average glass (150 mL, 2.3 standard drinks) | 148.5 | 23.3 |
| B20 | Sherry, sweet | 100 | 15.6 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 101 | 15.8 |
| | 1 average glass (150 mL, 2.4 standard drinks) | 151.5 | 23.6 |
| B21 | Spirit, 70 proof | 100 | 31.7 |
| | 1 shot (30 mL, 0.9 standard drinks) | 28.5 | 9 |
| | Double shot (60 mL, 1.8 standard drinks) | 57 | 18.1 |

| FoodID | Short Food Name | Measure g | Alcohol g |
|--------|--|--------------|--------------|
| B1010 | Spirit, gin, 90 proof | 100 | 37.9 |
| | 1 shot (30 mL, 1.1 standard drinks) | 28.2 | 10.7 |
| | Double shot (60 mL, 2.1 standard drinks) | 56.4 | 21.4 |
| B1012 | Spirit, rum, 80 proof | 100 | 33.4 |
| | 1 shot (30 mL, 0.9 standard drinks) | 28.2 | 9.4 |
| | Double shot (60 mL, 1.9 standard drinks) | 56.4 | 18.8 |
| B1011 | Spirit, vodka, 80 proof | 100 | 33.4 |
| | 1 shot (30 mL, 0.9 standard drinks) | 28.2 | 9.4 |
| | Double shot (60 mL, 1.9 standard drinks) | 56.4 | 18.8 |
| B1009 | Spirit, whiskey, 86 proof | 100 | 36 |
| | 1 shot (30 mL, 1.0 standard drink) | 28.2 | 10.2 |
| | Double shot (60 mL, 2.0 standard drinks) | 56.4 | 20.3 |
| B1035 | Vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 2.9 |
| | 100 mL (0.3 standard drinks) | 105.1 | 3 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 283.8 | 8.2 |
| B1041 | Vodka & energy drink V, 10% alcohol by volume, pub or home-mixed | 100 | 7.5 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 18.8 |
| B1039 | Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | 100 | 7.5 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 18.8 |
| B1036 | Vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 2.8 |
| | 100 mL (0.3 standard drinks) | 105.2 | 2.9 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 8 |
| B1034 | Vodka & non-cola flavoured soft drink, 5% alcohol by volume, pre-mixed | 100 | 3.5 |
| | 100 mL (0.4 standard drinks) | 102.7 | 3.6 |
| | 1 small can (270 mL, 1.0 standard drink) | 277.3 | 9.7 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 338.9 | 11.9 |
| B1033 | Vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed | 100 | 5.1 |
| | 100 mL (0.5 standard drinks) | 101.6 | 5.2 |
| | 1 small can (250 mL, 1.3 standard drinks) | 254 | 13 |
| | 1 regular bottle (330 mL, 1.7 standard drinks) | 335.3 | 17.1 |
| B1040 | Vodka & orange juice, 10% alcohol by volume, pub or home-mixed | 100 | 7.5 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 18.8 |
| B1028 | Wine, red, (13.5% alcohol by volume), Pinot Noir | 100 | 10.7 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 10.7 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149.1 | 16 |

| FoodID | Short Food Name | Measure g | Alcohol g |
|---------------|---|--------------|--------------|
| B1026 | Wine, red, (14% alcohol by volume), Cabernet Sauvignon | 100 | 11 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 11 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149.3 | 16.5 |
| B1027 | Wine, red, (14% alcohol by volume), Merlot | 100 | 11 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 10.9 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149.3 | 16.3 |
| B1025 | Wine, red, (14% alcohol by volume), Shiraz | 100 | 11.5 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 11.4 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149.1 | 17.1 |
| B1029 | Wine, rose, (12% alcohol by volume) | 100 | 9.4 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.5 | 9.3 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149.3 | 14 |
| B1020 | Wine, white, dry, (11% alcohol by volume), Semillon | 100 | 9 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.3 | 8.9 |
| | 1 average glass (150 mL, 1.3 standard drinks) | 149 | 13.4 |
| B1021 | Wine, white, dry, (12% alcohol by volume), Sauvignon Blanc | 100 | 9.9 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 9.8 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 148.8 | 14.7 |
| B1019 | Wine, white, dry, (13% alcohol by volume), Chardonnay | 100 | 10.3 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 10.2 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 148.8 | 15.3 |
| B1022 | Wine, white, medium dry, (12% alcohol by volume), Riesling | 100 | 9.6 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.3 | 9.5 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149 | 14.3 |
| B1023 | Wine, white, sparkling, (12% alcohol by volume) | 100 | 9.7 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.5 | 9.7 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149.3 | 14.5 |
| B1024 | Wine, white, sweet, dessert, (11.5% alcohol by volume) | 100 | 8.5 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 106.6 | 9 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 159.9 | 13.5 |
| Sauces | | | |
| S1014 | Sauce, soy, commercial | 100 | 1.1 |
| | 1 tablespoon (15 mL) | 17.6 | 0.2 |
| S1015 | Sauce, soy, reduced salt, commercial | 100 | 1.4 |
| | 1 tablespoon (15 mL) | 17.2 | 0.2 |

Appendix II – Caffeine values per 100g of edible portion and followed by gram weight of measure for each food

| FoodID | 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 5.8 cm diameter) | 12.7 | 0.48 |
| A1061 | Biscuit, Chocolate Chip, Cookie Time | 100 | 7.7 |
| | 1 biscuit (1.7 x 11.0 cm diameter) | 96.1 | 7.4 |
| A1076 | Biscuit, Classic Dark, Tim Tam, Arnott's | 100 | 19 |
| | 1 biscuit (6.2 x 3.2 x 1.3 cm) | 19 | 3.7 |
| A1069 | Biscuit, Dark Chocolate, Digestive, Arnott's | 100 | 12 |
| | 1 biscuit (0.7 x 7.5 cm diameter) | 18 | 2.2 |
| A1070 | Biscuit, Dark Chocolate, Wheaten, Griffin's | 100 | 12 |
| | 1 biscuit (0.5 x 5.4 cm 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 1.3 cm) | 19.1 | 1.6 |
| A71 | Biscuit, MallowPuffs, Griffin's | 100 | 7.5 |
| | 1 biscuit (2.7 x 4.5 cm diameter) | 21.5 | 1.6 |
| A1074 | Biscuit, Milk Chocolate, Digestives, Arnott's | 100 | 4.9 |
| | 1 biscuit (0.7 x 7.5 cm diameter) | 17.6 | 0.85 |
| A1066 | Biscuit, White & Dark Chocolate, Farmbake, Arnott's | 100 | 3.8 |
| | 1 biscuit (1.0 x 5.2 cm diameter) | 12.6 | 0.48 |
| A1067 | Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams | 100 | 8.6 |
| | 1 biscuit (1.3 x 5.3 cm 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 1.5 cm) | 22.8 | 1.6 |
| A1071 | Biscuit, milk chocolate, Original, Tim Tam, Arnott's | 100 | 8.3 |
| | 1 biscuit (6.2 x 3.2 x 1.3 cm) | 18.5 | 1.5 |
| A1075 | Biscuit, milk chocolate, Wheaten, Griffin's | 100 | 4.9 |
| | 1 biscuit (0.8 x 5.5 cm diameter) | 10.8 | 0.52 |
| A66 | Biscuit, peanut brownie | 100 | 4.4 |
| | 1 biscuit (1.2 x 5.4 cm diameter) | 12 | 0.53 |
| | 1 biscuit (1.6 x 5.5 cm diameter) | 22 | 0.97 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|---------------------------------|--|--------------|----------------|
| A1136 | Cake, chocolate, iced | 100 | 12 |
| | 1 piece (5.1 x 4.4 x 3.5 cm) | 44.8 | 5.3 |
| | 1 wedge (11.0 x 7.0 x 5.6 cm) | 139.5 | 17 |
| A1143 | Doughnut, chocolate iced | 100 | 4.1 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.6 | 0.84 |
| | 1 doughnut regular (3.4 x 8.9 cm diameter) | 63.1 | 2.6 |
| A128 | Muffin, chocolate | 100 | 3.3 |
| | 1 muffin (6.0 cm top diameter x 4.0 cm height) | 60 | 2 |
| BEVERAGES, ALCOHOLIC | | | |
| B1032 | Bourbon & regular cola, 5% alcohol by volume, pre-mixed | 100 | 8.5 |
| | 100 mL (0.4 standard drinks) | 102.7 | 8.8 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 338.8 | 29 |
| | 1 large can (440 mL, 1.6 standard drinks) | 451.7 | 38 |
| B1031 | Bourbon & regular cola, 7% alcohol by volume, pre-mixed | 100 | 7.5 |
| | 100 mL (0.5 standard drinks) | 102.4 | 7.7 |
| | 1 small can (250 mL, 1.4 standard drinks) | 256 | 19 |
| | 1 regular bottle or can (330 mL, 1.8 standard drinks) | 337.9 | 25 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 6.5 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252.1 | 16 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 6.8 |
| | 1 short glass (150 mL, 1.0 standard drink) | 151.8 | 10 |
| B1041 | Vodka & energy drink V, 10% alcohol by volume, pub or home-mixed | 100 | 22 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 55 |
| BEVERAGES, NON-ALCOHOLIC | | | |
| C1036 | Baking cocoa, powder, Bournville, Cadbury | 100 | 110 |
| | 1 teaspoon (5 mL) | 1.9 | 2 |
| C1047 | Coffee beverage, brewed from grounds, dripped prepared | 100 | 39 |
| | 1 cup (250 mL) | 255 | 99 |
| C1046 | Coffee beverage, brewed from grounds, plunger prepared | 100 | 39 |
| | 1 cup (250 mL) | 255 | 100 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--------|--|--------------|----------------|
| C1045 | Coffee beverage, espresso, cafe variety | 100 | 390 |
| | 1 shot (30 mL) | 30 | 120 |
| | 2 shot (55 ml) | 55 | 210 |
| | 1 cup short black cafe size (70 mL) | 70 | 270 |
| | 1 cup short black takeaway size (90 mL) | 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 (285 mL) | 244.9 | 210 |
| C1048 | Coffee beverage, instant, dry powder with water | 100 | 33 |
| | 1 cup (250 mL) | 250 | 83 |
| C1049 | Coffee beverage, instant, dry powder with water & milk standard 3.3% fat | 100 | 33 |
| | 1 cup (250 mL) | 250 | 83 |
| C1052 | Coffee beverage, instant, dry powder with water & milk trim 0.5% fat | 100 | 33 |
| | 1 cup (250 mL) | 250 | 83 |
| C1064 | Coffee beverage, latte, double shot & milk standard 3.3% fat, 300 mL, cafe variety | 100 | 97 |
| | 1 cup large cafe size (300 mL) | 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 (300 mL) | 219.4 | 210 |
| C1092 | Coffee beverage, long black, double shot, 150 mL, cafe variety | 100 | 140 |
| | 1 cup small cafe size (150 mL) | 150 | 210 |
| C1055 | Coffee beverage, long black, double shot, 285 mL, cafe variety | 100 | 75 |
| | 1 cup regular takeaway size (285 mL) | 285 | 210 |
| C1082 | Coffee beverage, mochaccino, double shot & milk standard 3.3% fat, 300 mL, cafe variety | 100 | 97 |
| | 1 cup large cafe size (300 mL) | 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 (300 mL) | 223.9 | 220 |
| C1044 | Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe | 100 | 480 |
| | 1 teaspoon (5 mL) | 2.3 | 11 |
| C1043 | Coffee, instant, decaffeinated, dry powder | 100 | 110 |
| | 1 teaspoon (5 mL) | 1.7 | 1.9 |
| C1042 | Coffee, instant, dry powder | 100 | 4600 |
| | 1 teaspoon (5 mL) | 1.8 | 83 |
| C1030 | Energy drink, assorted flavours, V, Frucor, fortified | 100 | 28 |
| | 1 cup (250 mL) | 258.2 | 73 |
| C1031 | Energy drink, sugar free, V, Frucor, fortified | 100 | 30 |
| | 1 cup (250 mL) | 265 | 79 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--------------------------|---|--------------|----------------|
| C74 | Energy food drink, dry powder, Chocolate, Nesquik, Nestle 1 teaspoon (5 mL) | 100 2.7 | 10 0.27 |
| C1038 | Energy food drink, dry powder, Chocolatte Frothy Classic & Extreme Choc, Jarrah 1 teaspoon (5 mL) | 100 2 | 22 0.44 |
| C1037 | Energy food drink, dry powder, Drinking Chocolate, Cadbury 1 teaspoon (5 mL) | 100 3.1 | 30 0.93 |
| C1094 | Liquid breakfast, assorted flavours, Up&Go, Sanitarium, fortified 1 cup (250 mL) | 100 266.9 | 0.4 1.1 |
| C1124 | Milo powder, fortified vitamins B3, B6, B12, C & D, Ca, Fe and P 1 teaspoon (5 mL) | 100 2.3 | 24 0.55 |
| C1123 | Soft drink, assorted tea flavours, artificially-sweetened 1 cup (250 mL) | 100 251.8 | 3.5 8.8 |
| C1122 | Soft drink, assorted tea flavours, reduced sugar 1 cup (250 mL) | 100 252.8 | 3.5 8.8 |
| C1121 | Soft drink, assorted tea flavours, sugar-sweetened 1 cup (250 mL) | 100 257 | 5.3 13 |
| C1115 | Soft drink, carbonated, cola flavour, artificially-sweetened, caffeinated 1 cup (250 mL) | 100 251.8 | 9.5 24 |
| C1114 | Soft drink, cola flavour, reduced sugar, caffeinated 1 cup (250 mL) | 100 257.3 | 8 21 |
| C1112 | Soft drink, cola flavour, sugar-sweetened, caffeinated 1 cup (250 mL) | 100 253.5 | 8.3 21 |
| C1040 | Tea beverage, black 1 cup (250 mL) | 100 255 | 23 57 |
| C1041 | Tea beverage, black, decaffeinated 1 cup (250 mL) | 100 255 | 1.9 4.7 |
| C1039 | Tea beverage, green 1 cup (250 mL) | 100 252.7 | 12 31 |
| BREAKFAST CEREALS | | | |
| D1041 | Breakfast cereals, rice puffed, cocoa coated, ready to eat, fortified 1 cup (250 mL) | 100 62.9 | 7.2 4.5 |
| D1038 | Coco Pops, Kellogg's, fortified 1 cup (250 mL) | 100 52.4 | 4.4 2.3 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--------------------|--|--------------|----------------|
| DAIRY | | | |
| F110 | Ice cream, Jelly Tip, Tip Top 1 cup (250 mL) | 100 200.6 | 2.1 4.2 |
| F113 | Ice cream, Paddle Pop, chocolate 1 ice-block | 100 90.6 | 4.2 3.8 |
| F1070 | Ice cream, chocolate, standard 1 cup (250 mL) | 100 152 | 5.9 9 |
| F1104 | Milk, coffee flavour, high fat, sugar-sweetened 100 mL | 100 105.3 | 42 44 |
| F1103 | Milk, coffee flavour, reduced fat, high protein, sugar-sweetened 100 mL | 100 104.5 | 24 25 |
| F1102 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 100 mL | 100 105.7 | 27 29 |
| F1101 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins A & D 100 mL | 100 105.3 | 13 14 |
| F1105 | Milk, coffee flavour, regular fat, sugar-sweetened 100 mL | 100 105.4 | 75 79 |
| F1097 | Milk, cow, fresh or UHT milk with coffee flavour, fluid, sugar-sweetened 100 mL | 100 105.8 | 22 23 |
| F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar sweetened, premium 100 mL | 100 107.1 | 0.15 0.16 |
| F1080 | Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium 1 cup (250 mL) | 100 260.9 | 2.3 6 |
| 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 1 bar | 100 32 | 2.4 0.77 |
| U27 | Muesli bar, chocolate coated, Snacker 1 bar | 100 33 | 2.4 0.79 |
| U1011 | Nut bar, peanut & chocolate, Choc Peanut, Tasti 1 bar (9.0 x 3.1 x 1.8 cm) | 100 38.3 | 4.5 1.7 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--|--|--------------|----------------|
| U1010 | Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural | 100 | 4.5 |
| | 1 bar (8.8 x 3.3 x 1.4 cm) | 32.6 | 1.5 |
| SUGARS, CONFECTIONARIES AND SWEET SPREADS | | | |
| W1010 | Chocolate bar & block, Dairy Milk Fruit & Nut, Cadbury | 100 | 16 |
| | 1 bar (12.8 x 3.4 x 1.2 cm) | 51.5 | 8.2 |
| | 1 block (20.5 x 9.5 x 1.0 cm) | 205.7 | 33 |
| W1013 | Chocolate bar & block, Dairy Milk with Crunchie, Cadbury | 100 | 16 |
| | 1 block (20.4 x 9.5 x 0.9 cm) | 198.1 | 32 |
| | 1 block (20.1 x 16.2 x 1.0 cm) | 354.7 | 57 |
| W1012 | Chocolate bar & block, Energy, Cadbury | 100 | 39 |
| | 1 bar (12.5 x 3.1 x 1.1 cm) | 51.2 | 20 |
| | 1 block (20.3 x 9.4 x 0.9 cm) | 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 2.2 cm) | 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 1.7 cm) | 52 | 7.3 |
| | 1 block (19.9 x 10.6 x 1.1 cm) | 259.4 | 36 |
| W1015 | Chocolate, compound | 100 | 19 |
| | 1 cup (250 mL) | 215.5 | 41 |
| W56 | Chocolate, dark | 100 | 59 |
| | 1 cup grated (250 mL) | 88 | 52 |
| W7 | Chocolate, fancy & filled | 100 | 16 |
| | 1 chocolate | 5 | 0.8 |
| W55 | Chocolate, white | 100 | 5 |
| | 1 cup grated (250 mL) | 88 | 4.4 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|---------------|---|----------------------|------------------------|
| W46 | Sauce, chocolate 1 tablespoon (15 mL) | 100 15 | 9.5 1.4 |
| W1016 | Spread, hazelnut, Nutella, Ferrero 1 tablespoon (15 mL) | 100 14 | 11 1.5 |

Appendix III – Added and free sugars values per 100g of edible portion and followed by gram weight of measure for each food

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|------------------------|--|----------------|--------------------|--------------------|
| BAKERY PRODUCTS | | | | |
| A148 | Biscuit, Afghan 1 biscuit (1.3 x 5.5 cm diameter) | 100 17.6 | 30.3 5.3 | 30.3 5.3 |
| A146 | Biscuit, Arrowroot 1 biscuit | 100 8 | 23.9 1.9 | 23.9 1.9 |
| A1060 | Biscuit, Chocolate Chip Fudge, Farmbake, Arnott's 1 biscuit (1.0 x 5.8 cm diameter) | 100 12.7 | 38.5 4.9 | 38.5 4.9 |
| A1061 | Biscuit, Chocolate Chip, Cookie Time 1 biscuit (1.7 x 11.0 cm diameter) | 100 96.1 | 38.5 37 | 38.5 37 |
| A1076 | Biscuit, Classic Dark, Tim Tam, Arnott's 1 biscuit (6.2 x 3.2 x 1.3 cm) | 100 19 | 44.7 8.5 | 44.7 8.5 |
| A1069 | Biscuit, Dark Chocolate, Digestive, Arnott's 1 biscuit (0.7 x 7.5 cm diameter) | 100 18 | 31.8 5.7 | 31.8 5.7 |
| A1070 | Biscuit, Dark Chocolate, Wheaten, Griffin's 1 biscuit (0.5 x 5.4 cm diameter) | 100 10.3 | 32.8 3.4 | 32.8 3.4 |
| A1072 | Biscuit, Double Deck Dark Chocolate Delight, Chit Chat, Griffin's 1 biscuit (6.5 x 2.9 x 1.3 cm) | 100 19.1 | 38.7 7.4 | 38.7 7.4 |
| A5 | Biscuit, Gingernuts 1 biscuit (0.8 x 5.2 cm diameter) 1 biscuit (0.9 x 5.4 cm diameter) | 100 9 13 | 37.5 3.4 4.9 | 37.5 3.4 4.9 |
| A71 | Biscuit, MallowPuffs, Griffin's 1 biscuit (2.7 x 4.5 cm diameter) | 100 21.5 | 44.6 9.6 | 44.6 9.6 |
| A64 | Biscuit, Malt 1 biscuit (6.6 x 4.4 x 0.6 cm) | 100 7.5 | 18.4 1.4 | 18.4 1.4 |
| A1074 | Biscuit, Milk Chocolate, Digestives, Arnott's 1 biscuit (0.7 x 7.5 cm diameter) | 100 17.6 | 34.2 6 | 34.2 6 |
| A1066 | Biscuit, White & Dark Chocolate, Farmbake, Arnott's 1 biscuit (1.0 x 5.2 cm diameter) | 100 12.6 | 39.2 4.9 | 39.2 4.9 |
| A1067 | Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams 1 biscuit (1.3 x 5.3 cm diameter) | 100 13.3 | 35.3 4.7 | 35.3 4.7 |
| A1064 | Biscuit, milk chocolate, Double Coat, Tim Tam, Arnott's 1 biscuit (6.2 x 3.3 x 1.5 cm) | 100 22.8 | 46.1 10.5 | 46.1 10.5 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------|---|--------------|-----------------|------------------|
| A1071 | Biscuit, milk chocolate, Original, Tim Tam, Arnott's | 100 | 45.9 | 45.9 |
| | 1 biscuit (6.2 x 3.2 x 1.3 cm) | 18.5 | 8.5 | 8.5 |
| A1075 | Biscuit, milk chocolate, Wheaten, Griffin's | 100 | 34 | 34 |
| | 1 biscuit (0.8 x 5.5 cm diameter) | 10.8 | 3.7 | 3.7 |
| A66 | Biscuit, peanut brownie | 100 | 28.7 | 28.7 |
| | 1 biscuit (1.2 x 5.4 cm diameter) | 12 | 3.4 | 3.4 |
| | 1 biscuit (1.6 x 5.5 cm diameter) | 22 | 6.3 | 6.3 |
| A63 | Biscuit, shortbread | 100 | 12.9 | 12.9 |
| | 1 biscuit (1.1 x 5.0 cm diameter) | 12.5 | 1.6 | 1.6 |
| | 1 biscuit (1.6 x 5.3 cm diameter) | 20.5 | 2.6 | 2.6 |
| A12 | Biscuit, wafer, raspberry, cream filled | 100 | 38.4 | 38.4 |
| | 1 biscuit (2.6 x 8.0 x 1.0 cm) | 9 | 3.5 | 3.5 |
| A62 | Biscuit, with coconut, Krispie, Griffin's | 100 | 26.4 | 26.4 |
| | 1 biscuit (0.6 x 6.0 cm diameter) | 8.8 | 2.3 | 2.3 |
| A9 | Biscuit, with cream filling | 100 | 30.4 | 30.4 |
| | 1 biscuit | 15 | 4.6 | 4.6 |
| A1100 | Bread, Gluten Free Ancient Grain & Seeds, Burgen | 100 | 5.6 | 5.6 |
| | 1 slice (8.7 x 8.6 x 1.1 cm) | 44.8 | 2.5 | 2.5 |
| A1101 | Bread, Gluten free 6 Seed, Vogel's | 100 | 4.1 | 4.1 |
| | 1 slice (9.8 x 9.7 x 1.3 cm) | 35.7 | 1.5 | 1.5 |
| A130 | Bun, iced | 100 | 32.5 | 32.5 |
| | 1 bun | 80 | 26 | 26 |
| A1153 | Cake, assorted fruits, light, uniced | 100 | 9.5 | 9.5 |
| | 1 piece (5.4 x 4.5 x 3.1 cm) | 55.2 | 5.2 | 5.2 |
| A1152 | Cake, assorted fruits, rich or dark, uniced | 100 | 10.3 | 10.3 |
| | 1 piece (4.8 x 4.2 x 3.7 cm) | 55.2 | 5.7 | 5.7 |
| A1154 | Cake, carrot, iced | 100 | 36.7 | 36.7 |
| | 1 piece (5.2 x 4.5 x 4.1 cm) | 54.7 | 20.1 | 20.1 |
| A1136 | Cake, chocolate, iced | 100 | 33.2 | 33.2 |
| | 1 piece (5.1 x 4.4 x 3.5 cm) | 44.8 | 14.9 | 14.9 |
| | 1 wedge (11.0 x 7.0 x 5.6 cm) | 139.5 | 46.3 | 46.3 |
| A1148 | Cake, sponge, plain | 100 | 33.3 | 33.3 |
| | 1 piece (7.7 x 6.3 x 3.2 cm) | 38.8 | 12.9 | 12.9 |
| A1029 | Cracker, corn, Cruskits, Arnott's | 100 | 0.2 | 0.2 |
| | 1 biscuit (12 x 5.6 x 0.5 cm) | 6.4 | trace | trace |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------|---|---------------------|---------------------|---------------------|
| A1031 | Cracker, mixed grain, Cruskits, Light, Arnott's 1 biscuit (11.8 x 5.7 x 0.4 cm) | 100 6 | 1.7 0.1 | 1.7 0.1 |
| A1032 | Cracker, mixed grain, Litebread, Original Crisp bread, Huntley & Palmers 1 biscuit (12 x 5.9 x 0.4 cm) | 100 6.7 | 4.3 0.3 | 4.3 0.3 |
| A233 | Cracker, rice, barbecue flavoured 1 biscuit (4.7 cm diameter) | 100 1.9 | 1.2 trace | 1.2 trace |
| A1034 | Cracker, rice, plain 1 biscuit (4.7 cm diameter) | 100 2.1 | 2 trace | 2 trace |
| A1035 | Cracker, rice, seaweed flavoured, Sakata 1 biscuit (5.0 cm diameter) | 100 2 | 4 0.1 | 4 0.1 |
| A141 | Cracker, rye, Crispbread, Ryvita 1 cracker | 100 10 | 1.7 0.2 | 1.7 0.2 |
| A1033 | Cracker, wheat, Cream Crackers, Reduced Fat, Huntley & Palmers 1 biscuit (6.4 x 6.0 x 0.3 cm) | 100 7.9 | 2.2 0.2 | 2.2 0.2 |
| A119 | Cracker, wheat, Meal Mates, Griffin's 1 biscuit (0.4 x 6.3 cm diameter) | 100 5.8 | 1.1 0.1 | 1.1 0.1 |
| A1030 | Cracker, wheat, Salada, Light, Original, Arnott's 1 biscuit (10 x 8.7 x 0.4 cm) | 100 14.8 | 1.4 0.2 | 1.4 0.2 |
| A137 | Cracker, wheat, Snax, Griffin's 1 biscuit (0.5 x 5.0 cm diameter) | 100 3.6 | 2.3 0.1 | 2.3 0.1 |
| A140 | Cracker, wheat, Water Cracker, Arnott's 1 biscuit (0.4 x 5.5 cm diameter) | 100 3.2 | 0.4 trace | 0.4 trace |
| A134 | Cracker, wheat, cheese flavoured 1 biscuit Cheddar (4.4 x 2.6 x 0.4 cm) 1 biscuit Cheds (6.9 x 5.3 x 0.5 cm) | 100 2.3 8.3 | 2.3 trace 0.2 | 2.3 trace 0.2 |
| A135 | Cracker, wheat, sesame 1 biscuit Sesame Wheat (6.0 x 5.9 x 0.5 cm) | 100 6.7 | 2.1 0.1 | 2.1 0.1 |
| A101 | Croissant, plain 1 small (7-12 cm long) 1 large (>15 cm long) | 100 50 75 | 3.4 1.7 2.5 | 3.4 1.7 2.5 |
| A1143 | Doughnut, chocolate iced 1 doughnut mini (2.8 x 5.1 cm diameter) 1 doughnut regular (3.4 x 8.9 cm diameter) | 100 20.6 63.1 | 17.6 3.6 11.1 | 17.6 3.6 11.1 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|-----------------------------|--|--------------|-----------------|------------------|
| A1142 | Doughnut, cinnamon & sugar dusted | 100 | 23.3 | 23.3 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.9 | 4.9 | 4.9 |
| | 1 doughnut regular (3.1 x 8.0 cm diameter) | 59.6 | 13.9 | 13.9 |
| A1145 | Doughnut, cream & jam filled | 100 | 10.6 | 10.6 |
| | 1 doughnut (14.0 cm long) | 123.2 | 13.1 | 13.1 |
| A1144 | Doughnut, non-chocolate iced | 100 | 23.4 | 23.4 |
| | 1 doughnut mini (2.5 x 6.0 cm diameter) | 21.2 | 5 | 5 |
| | 1 doughnut regular (3.4 x 8.6 cm diameter) | 66.2 | 15.5 | 15.5 |
| A127 | Muffin, blueberry | 100 | 24.8 | 24.8 |
| | 1 muffin (6.0 cm top diameter x 4.0 cm height) | 60 | 14.9 | 14.9 |
| A129 | Muffin, bran | 100 | 22.4 | 22.4 |
| | 1 medium muffin (7.5 cm top diameter x 6.0 cm height) | 105 | 23.5 | 23.5 |
| A128 | Muffin, chocolate | 100 | 33.2 | 33.2 |
| | 1 muffin (6.0 cm top diameter x 4.0 cm height) | 60 | 19.9 | 19.9 |
| BEVERAGES, ALCOHOLIC | | | | |
| B1032 | Bourbon & regular cola, 5% alcohol by volume, pre-mixed | 100 | 5.7 | 5.7 |
| | 100 mL (0.4 standard drinks) | 102.7 | 5.9 | 5.9 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 338.8 | 19.3 | 19.3 |
| | 1 large can (440 mL, 1.6 standard drinks) | 451.7 | 25.7 | 25.7 |
| B1031 | Bourbon & regular cola, 7% alcohol by volume, pre-mixed | 100 | 8 | 8 |
| | 100 mL (0.5 standard drinks) | 102.4 | 8.2 | 8.2 |
| | 1 small can (250 mL, 1.4 standard drinks) | 256 | 20.5 | 20.5 |
| B1030 | Cider, apple, (5% alcohol by volume) | 100 | 0 | 5.6 |
| | 1 small glass (280 mL, 1.1 standard drinks) | 283.6 | 0 | 15.9 |
| | 1 regular bottle (330 mL, 1.3 standard drinks) | 334.3 | 0 | 18.7 |
| B12 | Cider, sweet | 100 | 0 | 2.6 |
| | 1 small glass (280 mL, 1.0 standard drinks) | 282.8 | 0 | 7.4 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 333.3 | 0 | 8.7 |
| B1030 | Cider, apple, (5% alcohol by volume) | 100 | 0 | 5.6 |
| | 1 large glass (450 mL, 1.8 standard drinks) | 455.9 | 0 | 25.5 |
| | 1 large bottle (500 mL, 2.0 standard drinks) | 506.5 | 0 | 28.4 |
| B12 | Cider, sweet | 100 | 0 | 2.6 |
| | 1 small glass (280 mL, 1.0 standard drinks) | 282.8 | 0 | 7.4 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 333.3 | 0 | 8.7 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 454.5 | 0 | 11.8 |
| B12 | Cider, sweet | 100 | 0 | 2.6 |
| | 1 large bottle (500 mL, 1.9 standard drinks) | 505 | 0 | 13.1 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------|--|--------------|-----------------|------------------|
| B1042 | Gin & tonic water, 9% alcohol by volume, pub or home-mixed | 100 | 7.2 | 7.2 |
| | 1 short glass (150 mL, 1.1 standard drink) | 151.8 | 10.9 | 10.9 |
| B17 | Port, wine, fortified | 100 | 0 | 12.3 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 103 | 0 | 12.7 |
| | 1 average glass (150 mL, 2.5 standard drinks) | 154.5 | 0 | 19 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 6.1 | 6.1 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252.1 | 15.5 | 15.5 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 6.4 | 6.4 |
| | 1 short glass (150 mL, 1.0 standard drink) | 151.8 | 9.8 | 9.8 |
| B18 | Sherry, dry | 100 | 0 | 1.3 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 99 | 0 | 1.3 |
| | 1 average glass (150 mL, 2.3 standard drinks) | 148.5 | 0 | 2 |
| B20 | Sherry, sweet | 100 | 0 | 10.3 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 101 | 0 | 10.4 |
| | 1 average glass (150 mL, 2.4 standard drinks) | 151.5 | 0 | 15.7 |
| B1009 | Spirit, whiskey, 86 proof | 100 | 0 | 0.1 |
| | 1 shot (30 mL, 1.0 standard drink) | 28.2 | 0 | trace |
| | Double shot (60 mL, 2.0 standard drinks) | 56.4 | 0 | 0.1 |
| B1035 | Vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 9.3 | 9.3 |
| | 100 mL (0.3 standard drinks) | 105.1 | 9.8 | 9.8 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 283.8 | 26.4 | 26.4 |
| B1041 | Vodka & energy drink V, 10% alcohol by volume, pub or home-mixed | 100 | 8 | 8 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 20.2 | 20.2 |
| B1039 | Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | 100 | 7.7 | 7.7 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 19.4 | 19.4 |
| B1036 | Vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 8.9 | 8.9 |
| | 100 mL (0.3 standard drinks) | 105.2 | 9.4 | 9.4 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 25.3 | 25.3 |
| B1034 | Vodka & non-cola flavoured soft drink, 5% alcohol by volume, pre-mixed | 100 | 7.3 | 7.3 |
| | 100 mL (0.4 standard drinks) | 102.7 | 7.5 | 7.5 |
| | 1 small can (270 mL, 1.0 standard drink) | 277.3 | 20.2 | 20.2 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 338.9 | 24.7 | 24.7 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------|---|--------------|-----------------|------------------|
| B1033 | Vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed | 100 | 6.1 | 6.1 |
| | 100 mL (0.5 standard drinks) | 101.6 | 6.2 | 6.2 |
| | 1 small can (250 mL, 1.3 standard drinks) | 254 | 15.5 | 15.5 |
| | 1 regular bottle (330 mL, 1.7 standard drinks) | 335.3 | 20.5 | 20.5 |
| B1040 | Vodka & orange juice, 10% alcohol by volume, pub or home-mixed | 100 | 0.7 | 6.1 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252.1 | 1.7 | 15.3 |
| B1028 | Wine, red, (13.5% alcohol by volume), Pinot Noir | 100 | 0 | 0.2 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 0 | 0.2 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149.1 | 0 | 0.2 |
| B1026 | Wine, red, (14% alcohol by volume), Cabernet Sauvignon | 100 | 0 | 0.2 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 0 | 0.2 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149.3 | 0 | 0.3 |
| B1027 | Wine, red, (14% alcohol by volume), Merlot | 100 | 0 | 0.4 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 0 | 0.4 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149.3 | 0 | 0.5 |
| B1025 | Wine, red, (14% alcohol by volume), Shiraz | 100 | 0 | 0.2 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 0 | 0.1 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149.1 | 0 | 0.2 |
| B1029 | Wine, rose, (12% alcohol by volume) | 100 | 0 | 0.7 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.5 | 0 | 0.7 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149.3 | 0 | 1.1 |
| B1020 | Wine, white, dry, (11% alcohol by volume), Semillon | 100 | 0 | 0.2 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.3 | 0 | 0.2 |
| | 1 average glass (150 mL, 1.3 standard drinks) | 149 | 0 | 0.3 |
| B1021 | Wine, white, dry, (12% alcohol by volume), Sauvignon Blanc | 100 | 0 | 0.3 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 0 | 0.3 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 148.8 | 0 | 0.4 |
| B1019 | Wine, white, dry, (13% alcohol by volume), Chardonnay | 100 | 0 | 0.3 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 0 | 0.3 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 148.8 | 0 | 0.4 |
| B1022 | Wine, white, medium dry, (12% alcohol by volume), Riesling | 100 | 0 | 0.4 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.3 | 0 | 0.4 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149 | 0 | 0.6 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------------------------|---|----------------------|-------------------------|--------------------------|
| B1023 | Wine, white, sparkling, (12% alcohol by volume) | 100 | 0 | 1 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.5 | 0 | 1 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149.3 | 0 | 1.4 |
| B1024 | Wine, white, sweet, dessert, (11.5% alcohol by volume) | 100 | 0 | 14.7 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 106.6 | 0 | 15.7 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 159.9 | 0 | 23.5 |
| BEVERAGES, NON-ALCOHOLIC | | | | |
| C1128 | Almond and coconut milk blend, sugar-sweetened, fortified Ca and vitamins B1, B2 & B12 | 100 | 2.4 | 2.4 |
| | 100 mL | 101.7 | 2.4 | 2.4 |
| C1126 | Almond milk, sugar-sweetened | 100 | 2.6 | 2.6 |
| | 100 mL | 102.2 | 2.7 | 2.7 |
| C1137 | Coconut milk, sugar-sweetened, ready to drink | 100 | 1.5 | 1.5 |
| | 100 mL | 102.3 | 1.5 | 1.5 |
| C1136 | Coconut milk, unsweetened | 100 | 0 | 0.2 |
| | 100 mL | 101.8 | 0 | 0.2 |
| C1130 | Coconut water, unsweetened | 100 | 0 | 2.9 |
| | 100 mL | 101.7 | 0 | 2.9 |
| C1044 | Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe | 100 | 4.4 | 4.4 |
| | 1 teaspoon (5 mL) | 2.3 | 0.1 | 0.1 |
| C1030 | Energy drink, assorted flavours, V, Frucor, fortified | 100 | 10.3 | 10.3 |
| | 1 cup (250 mL) | 258.2 | 26.6 | 26.6 |
| C74 | Energy food drink, dry powder, Chocolate, Nesquik, Nestle | 100 | 82.3 | 82.3 |
| | 1 teaspoon (5 mL) | 2.7 | 2.2 | 2.2 |
| C1038 | Energy food drink, dry powder, Chocolatte Frothy Classic & Extreme Choc, Jarrah | 100 | 2.1 | 2.1 |
| | 1 teaspoon (5 mL) | 2 | trace | trace |
| C1037 | Energy food drink, dry powder, Drinking Chocolate, Cadbury | 100 | 80.4 | 80.4 |
| | 1 teaspoon (5 mL) | 3.1 | 2.5 | 2.5 |
| C138 | Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansells, fortified | 100 | 92.8 | 92.8 |
| | 1 tablespoon (15 mL) | 20 | 18.6 | 18.6 |
| C99 | Flavoured drink, dry powder, assorted flavours, Raro | 100 | 92.8 | 92.8 |
| | 1 tablespoon (15 mL) | 13.5 | 12.5 | 12.5 |
| C58 | Flavoured drink, lemon & barley, dry powder with water | 100 | 8.8 | 8.8 |
| | 1 cup (250 mL) | 259 | 22.8 | 22.8 |
| C47 | Flavoured drink, orange | 100 | 11.5 | 11.5 |
| | 1 cup (250 mL) | 260 | 29.9 | 29.9 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|---|----------------------|-------------------------|--------------------------|
| C1103 | Fruit drink orange, sweetened, fortified vitamin C | 100 | 3.6 | 6.5 |
| | 100 mL | 102.6 | 3.7 | 6.7 |
| | 1 cup (250 mL) | 256.5 | 9.3 | 16.7 |
| C1108 | Fruit drink, blackcurrant, sweetened, fortified vitamin C | 100 | 8.6 | 8.6 |
| | 100 mL | 103 | 8.9 | 8.9 |
| | 1 cup (250 mL) | 257.4 | 22.1 | 22.1 |
| C1105 | Fruit drink, cranberry, sweetened, fortified vitamin C | 100 | 8.9 | 9.4 |
| | 1 cup (250 mL) | 257.7 | 22.8 | 24.2 |
| C1106 | Fruit drink, cranberry, unsweetened | 100 | 0 | 0.6 |
| | 1 cup (250 mL) | 248 | 0 | 1.5 |
| C1102 | Fruit drink, orange, unsweetened, fortified vitamin C | 100 | 0 | 3 |
| | 1 cup (250 mL) | 253.9 | 0 | 7.6 |
| C1028 | Juice concentrate, blackcurrant, frozen | 100 | 0 | 33 |
| | 1 tablespoon (15 mL) | 19.2 | 0 | 6.3 |
| C1140 | Juice concentrate, blackcurrant, reduced sugar, fortified vitamin C | 100 | 18.3 | 27.2 |
| | 1 tablespoon (15 mL) | 17.2 | 3.1 | 4.7 |
| C1132 | Juice concentrate, blackcurrant, sugar-sweetened, fortified vitamin C | 100 | 36.9 | 49.1 |
| | 1 tablespoon (15 mL) | 18.8 | 6.9 | 9.2 |
| C1141 | Juice concentrate, lemon or lime, reduced sugar, fortified vitamin C | 100 | 21 | 21.9 |
| | 1 tablespoon (15 mL) | 17.3 | 3.6 | 3.8 |
| C1133 | Juice concentrate, lemon or lime, sugar-sweetened, fortified vitamin C | 100 | 44.9 | 45.8 |
| | 1 tablespoon (15 mL) | 16.4 | 7.4 | 7.5 |
| C55 | Juice concentrate, orange | 100 | 0 | 34.1 |
| | 1 tablespoon (15 mL) | 16.9 | 0 | 5.8 |
| C46 | Juice, apple, Fresh Up | 100 | 0 | 9.6 |
| | 1 cup (250 mL) | 261 | 0 | 25.1 |
| C26 | Juice, grape | 100 | 0 | 11.8 |
| | 1 cup (250 mL) | 266 | 0 | 31.4 |
| C12 | Juice, grapefruit, unsweetened | 100 | 0 | 7.9 |
| | 1 cup (250 mL) | 256 | 0 | 20.2 |
| C38 | Juice, orange with apple base, Just Juice, fortified | 100 | 0 | 10.4 |
| | 1 cup (250 mL) | 262 | 0 | 27.2 |
| C1100 | Juice, orange, sweetened, ready to drink, composite, fortified vitamin C | 100 | 0.9 | 7.8 |
| | 1 cup (250 mL) | 257.7 | 2.2 | 20.1 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|---|----------------------|-------------------------|--------------------------|
| C1099 | Juice, orange, unsweetened, fortified vitamin C 1 cup (250 mL) | 100 255.3 | 0 0 | 7 17.9 |
| C1098 | Juice, orange, unsweetened, shelf stable or refrigerated, Arano 1 cup (250 mL) | 100 256.7 | 0 0 | 5.8 14.9 |
| C16 | Juice, tomato, McCoy 1 cup (250 mL) | 100 257 | 0 0 | 4.4 11.3 |
| C1097 | Liquid breakfast, assorted flavours, Fast Start, Anchor, fortified 1 cup (250 mL) | 100 268 | 3.3 8.8 | 3.3 8.8 |
| C1094 | Liquid breakfast, assorted flavours, Up&Go, Sanitarium, fortified 1 cup (250 mL) | 100 266.9 | 4.7 12.5 | 4.7 12.5 |
| C1124 | Milo powder, fortified vitamins B2, B3, B6, B12, C & D, Ca, Fe and P 1 teaspoon (5 mL) | 100 2.3 | 35.9 0.8 | 47.9 1.1 |
| C1125 | Oat milk, unsweetened 1 cup whole (250 mL) | 100 260.6 | 0 0 | 1.5 3.9 |
| C1017 | Probiotic drink, assorted flavours, Activate Body Boost Shots, Meadow Fresh, fortified 100 mL | 100 103 | 4.5 4.6 | 4.5 4.6 |
| C1006 | Rice milk, Get Natural, fortified 1 cup (250 mL) | 100 275 | 3 8.3 | 3 8.3 |
| C1007 | Rice milk, Organic Rice Lactose Free Drink Original, Signature Range 1 cup (250 mL) | 100 267.5 | 4.9 13 | 4.9 13 |
| C1002 | Rice milk, Original Calcium Enriched, Vitasoy, fortified 1 cup (250 mL) | 100 270 | 5.5 14.7 | 5.5 14.7 |
| C1001 | Rice milk, Original Lactose Free Beverage Low Fat & Natural, Rice Dream 1 cup (250 mL) | 100 262 | 4.3 11.1 | 4.3 11.1 |
| C1003 | Rice milk, Protein & Calcium Enriched, Vitasoy, fortified 1 cup (250 mL) | 100 267.5 | 5.8 15.5 | 5.8 15.5 |
| C1004 | Rice milk, Rice Drink Original, Rice Dream, fortified 1 cup (250 mL) | 100 270 | 4.3 11.5 | 4.3 11.5 |
| C1005 | Rice milk, Rice Drink Vanilla, Rice Dream, fortified 1 cup (250 mL) | 100 270 | 4.3 11.5 | 4.3 11.5 |
| C1023 | Smoothie, Feijoa Smoothie, Simply Squeezed, fortified 1 cup (250 mL) | 100 272.5 | 9.2 24.9 | 11.2 30.6 |
| C1022 | Smoothie, berry, fortified 1 cup (250 mL) | 100 275 | 0 0 | 10.4 28.6 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------|---|--------------|-----------------|------------------|
| C1120 | Soft drink, assorted fruit flavours, reduced sugar 1 cup (250 mL) | 100 258.8 | 6.1 15.8 | 6.1 15.8 |
| C1122 | Soft drink, assorted tea flavours, reduced sugar 1 cup (250 mL) | 100 252.8 | 4.4 11.1 | 4.4 11.1 |
| C1121 | Soft drink, assorted tea flavours, sugar-sweetened 1 cup (250 mL) | 100 257 | 7.1 18.2 | 7.1 18.2 |
| C1119 | Soft drink, carbonated, assorted fruit flavours, sugar-sweetened 1 cup (250 mL) | 100 258.8 | 9.8 25.4 | 9.8 25.4 |
| C1116 | Soft drink, carbonated, lemon flavour, sugar-sweetened 1 cup (250 mL) | 100 256.8 | 9.9 25.4 | 9.9 25.4 |
| C1114 | Soft drink, cola flavour, reduced sugar, caffeinated 1 cup (250 mL) | 100 257.3 | 6.4 16.5 | 6.4 16.5 |
| C1112 | Soft drink, cola flavour, sugar-sweetened, caffeinated 1 cup (250 mL) | 100 253.5 | 7.9 20 | 7.9 20 |
| C1135 | Soft drink, ginger beer, artificially-sweetened, diet 1 cup (250 mL) | 100 250.9 | 0.6 1.5 | 0.6 1.5 |
| C1158 | Soft drink, ginger beer, reduced sugar 1 cup (250 mL) | 100 250.9 | 5.2 13 | 5.2 13 |
| C1134 | Soft drink, ginger beer, sugar-sweetened 1 cup (250 mL) | 100 257.5 | 9.6 24.7 | 9.6 24.7 |
| C1117 | Soft drink, lemon flavour, reduced sugar 1 cup (250 mL) | 100 256 | 7 17.9 | 7 17.9 |
| C79 | Soft drink, tonic water 1 cup (250 mL) | 100 258 | 8.8 22.7 | 8.8 22.7 |
| C166 | Soy drink, soy milk, So Good Essential, Sanitarium, fortified 1 cup (250 mL) | 100 260 | 2 5.1 | 2 5.1 |
| C30 | Soy milk, So Good Lite Soy Milk, Sanitarium, fortified 1 cup (250 mL) | 100 260 | 1.8 4.8 | 1.8 4.8 |
| C29 | Soy milk, So Good Regular Soy Milk, Sanitarium, fortified 1 cup (250 mL) | 100 255 | 1.8 4.7 | 1.8 4.7 |
| C92 | Soy milk, So Good, Vanilla Flavoured, Sanitarium, fortified 1 cup (250 mL) | 100 255 | 4.6 11.7 | 4.6 11.7 |
| C1034 | Sports drink, assorted flavours, Isopower, Low Carb, Mizone, fortified 1 cup (250 mL) | 100 255 | 3.4 8.7 | 3.4 8.7 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------------------------|---|----------------------|-------------------------|--------------------------|
| C1033 | Sports drink, assorted flavours, Isopower, Mizone, Frucor, fortified 1 cup (250 mL) | 100 256.6 | 6 15.4 | 6 15.4 |
| C18 | Sports drink, flavoured, Lucozade 1 cup (250 mL) | 100 265 | 14 37.1 | 14 37.1 |
| C86 | Sports drink, ready to drink, Gatorade 1 cup (250 mL) | 100 256 | 6.4 16.3 | 6.4 16.3 |
| C84 | Sports drink, ready to drink, Powerade 1 cup (250 mL) | 100 255.4 | 8.8 22.4 | 8.8 22.4 |
| C1032 | Sports water, assorted flavours, Mizone, Frucor, fortified 1 cup (250 mL) | 100 260 | 2.5 6.5 | 2.5 6.5 |
| BREAKFAST CEREALS | | | | |
| D1046 | All Bran Original, Kellogg's, fortified 1 cup (250 mL) | 100 78.9 | 18.2 14.4 | 18.2 14.4 |
| D1041 | Breakfast cereals, rice puffed, cocoa coated, ready to eat, fortified 1 cup (250 mL) | 100 62.9 | 34.5 21.7 | 34.5 21.7 |
| D1053 | Cluster Crisp, Manuka Honey with Roasted Cashew, Sanitarium, fortified 1 cup (250 mL) | 100 92.6 | 21 19.4 | 21 19.4 |
| D1045 | Cluster Crisp, Sanitarium, fortified 1 cup (250 mL) | 100 92.8 | 21 19.5 | 21 19.5 |
| D1052 | Cluster Crisp, Vanilla Almond, Sanitarium, fortified 1 cup (250 mL) | 100 92.9 | 21 19.5 | 21 19.5 |
| D1038 | Coco Pops, Kellogg's, fortified 1 cup (250 mL) | 100 52.4 | 38.8 20.3 | 38.8 20.3 |
| D1032 | Crunchy Nut Corn Flakes, Kellogg's, fortified 1 cup (250 mL) | 100 44 | 31.7 13.9 | 31.7 13.9 |
| D1036 | Fruitful Breakfast, Hubbards 1 cup (250 mL) | 100 147.5 | 28.4 41.9 | 28.4 41.9 |
| D1043 | Just Right, Original Kellogg's, fortified 1 cup (250 mL) | 100 53.1 | 26.2 13.9 | 26.2 13.9 |
| D1049 | Light 'n' Tasty, Apricot, Sanitarium, fortified 1 cup (250 mL) | 100 77.5 | 22.8 17.6 | 23.3 18 |
| D1050 | Light 'n' Tasty, Berry, Sanitarium, fortified 1 cup (250 mL) | 100 82.4 | 18 14.8 | 18 14.8 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|---|----------------------|-------------------------|--------------------------|
| D1051 | Light 'n' Tasty, Peach & Raspberry, Sanitarium, fortified | 100 | 22.9 | 22.9 |
| | 1 cup (250 mL) | 75.7 | 17.3 | 17.3 |
| D1037 | Nutri-Grain, Kellogg's, fortified | 100 | 35.1 | 35.1 |
| | 1 cup (250 mL) | 36.8 | 12.9 | 12.9 |
| D1067 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with standard milk (3.3% fat) | 100 | 5.6 | 5.6 |
| | 1 cup (250 mL) | 250.6 | 13.9 | 13.9 |
| D1068 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with trim milk (0.5% fat) | 100 | 5.6 | 5.6 |
| | 1 cup (250 mL) | 251.5 | 14 | 14 |
| D1069 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with water | 100 | 5.7 | 5.7 |
| | 1 cup (250 mL) | 251.6 | 14.3 | 14.3 |
| D1064 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with standard milk (3.3% fat) | 100 | 6.8 | 6.8 |
| | 1 cup (250 mL) | 251.1 | 17.1 | 17.1 |
| D1065 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with trim milk (0.5% fat) | 100 | 6.8 | 6.8 |
| | 1 cup (250 mL) | 251.6 | 17.1 | 17.1 |
| D1066 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with water | 100 | 7 | 7 |
| | 1 cup (250 mL) | 251.1 | 17.5 | 17.5 |
| D1017 | Puffed Wheat, Sanitarium | 100 | 6.7 | 6.7 |
| | 1 cup (250 mL) | 30 | 2 | 2 |
| D42 | Rice Bubbles, Kellogg's, fortified | 100 | 10.2 | 10.2 |
| | 1 cup (250 mL) | 30 | 3.1 | 3.1 |
| D1029 | Ricies, Sanitarium, fortified | 100 | 8 | 8 |
| | 1 cup (250 mL) | 32 | 2.6 | 2.6 |
| D1018 | San Bran, Sanitarium | 100 | 19.5 | 19.5 |
| D1048 | Simply Toasted Muesli Apricot, Hubbards | 100 | 17.9 | 22.7 |
| | 1 cup (250 mL) | 142.7 | 25.6 | 32.4 |
| D1057 | Skippy Cornflakes, Sanitarium, fortified | 100 | 7.3 | 7.3 |
| | 1 cup (250 mL) | 33.4 | 2.4 | 2.4 |
| D1016 | Special K, Forest Berries, Kellogg's, fortified | 100 | 25.7 | 25.7 |
| | 1 cup (250 mL) | 40 | 10.3 | 10.3 |
| D1042 | Special K, Original, Kellogg's, fortified | 100 | 14.2 | 14.2 |
| | 1 cup (250 mL) | 41.5 | 5.9 | 5.9 |
| D43 | Sultana Bran, Kellogg's, fortified | 100 | 13.2 | 13.2 |
| | 1 cup (250 mL) | 45 | 5.9 | 5.9 |
| D44 | Sustain, Kellogg's, fortified | 100 | 6.9 | 6.9 |
| | 1 cup (250 mL) | 60 | 4.1 | 4.1 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|-----------------------------------|--|----------------------|-------------------------|--------------------------|
| D1047 | Toasted Muesli Golden Oats & Fruit, Sanitarium | 100 | 16 | 16 |
| | 1 cup (250 mL) | 128.8 | 20.6 | 20.6 |
| D1055 | Toasted Muesli Super Fruity, Sanitarium, fortified | 100 | 17.4 | 17.4 |
| | 1 cup (250 mL) | 133.4 | 23.1 | 23.1 |
| D1054 | Toasted Strawberry and Rhubarb, Sanitarium | 100 | 19.5 | 20.2 |
| | 1 cup (250 mL) | 125.8 | 24.5 | 25.4 |
| D1012 | Weet-Bix Oat Bran, Sanitarium, fortified | 100 | 6.8 | 6.8 |
| | 1 biscuit (8.6 x 4.3 x 1.8 cm) | 22.2 | 1.5 | 1.5 |
| D1056 | Weet-Bix, Sanitarium, fortified | 100 | 1.7 | 1.7 |
| | 1 biscuit (8.4 x 4.2 x 1.9 cm) | 16.8 | 0.3 | 0.3 |
| D1035 | Weeties, Sanitarium | 100 | 0.6 | 0.6 |
| | 1 cup (250 mL) | 51.5 | 0.3 | 0.3 |
| CEREALS AND PSEUDO-CEREALS | | | | |
| E1050 | Noodle, wheat flour, assorted flavours, boiled, undrained, 2 Minutes, Maggi | 100 | 0.6 | 0.6 |
| | 1 cup (250 mL) | 285 | 1.8 | 1.8 |
| | 1 cake (11.5 x 8.0 x 2.6 cm) | 396.3 | 2.5 | 2.5 |
| E1049 | Noodle, wheat, Shin Ramyun Noodle Soup Hot & Spicy, Nong Shim, boiled, undrained | 100 | 0.3 | 0.3 |
| | 1 cup (250 mL) | 284 | 0.9 | 0.9 |
| | 1 cake (11.5 x 8.0 x 2.6 cm) | 732 | 2.2 | 2.2 |
| E1061 | Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled | 100 | 1.3 | 1.3 |
| | 1 cup (250 mL) | 181.2 | 2.4 | 2.4 |
| E1069 | Rice, creamed, canned | 100 | 8.4 | 8.4 |
| | 1 cup (250 mL) | 257.8 | 21.7 | 21.7 |
| E1005 | Spaghetti, canned in tomato sauce | 100 | 3 | 4.7 |
| | 1 cup (250 mL) | 295 | 9 | 13.9 |
| E1054 | Taco shell, corn flour, baked, commercial | 100 | 1.2 | 1.2 |
| | 1 shell small (13.2 cm diameter) | 11 | 0.1 | 0.1 |
| | 1 shell standard | 14 | 0.2 | 0.2 |
| | 1 shell jumbo | 19 | 0.2 | 0.2 |
| E126 | Topper, lasagne, baked | 100 | 4.2 | 4.2 |
| | 1 cup (250 mL) | 202.5 | 8.5 | 8.5 |
| E43 | Yoghurt, soy | 100 | 3.8 | 3.8 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|---|----------------------|-------------------------|--------------------------|
| DAIRY | | | | |
| F69 | Cheese, cream, reduced fat 16%, Country Goodness | 100 | 1.6 | 1.6 |
| | 1 cup (250 mL) | 254 | 4.1 | 4.1 |
| F79 | Cheese, processed, sliced, reduced fat | 100 | 0.4 | 0.4 |
| | 1 slice (8.4 x 8.4 x 0.3 cm) | 20.7 | 0.1 | 0.1 |
| F1098 | Custard, from milk, vanilla flavour, sugar-sweetened, regular | 100 | 6.2 | 6.2 |
| | 1 cup (250 mL) | 269.3 | 16.7 | 16.7 |
| F1099 | Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy | 100 | 8 | 8 |
| | 1 cup (250 mL) | 269.5 | 21.6 | 21.6 |
| F76 | Dessert, vanilla, 99% fat free, frozen, Weight Watchers | 100 | 12.1 | 12.1 |
| | 1 cup (250 mL) | 138 | 16.7 | 16.7 |
| F1064 | Fromage frais, assorted fruits & flavours, Fruche | 100 | 9 | 11 |
| | 100 mL | 104 | 9.4 | 11.4 |
| F1063 | Fromage frais, vanilla, Fruche | 100 | 10.7 | 10.7 |
| | 100 mL | 105 | 11.3 | 11.3 |
| F110 | Ice cream, Jelly Tip, Tip Top | 100 | 22.1 | 22.1 |
| | 1 cup (250 mL) | 200.6 | 44.3 | 44.3 |
| F113 | Ice cream, Paddle Pop, chocolate | 100 | 16.8 | 16.8 |
| | 1 ice-block | 90.6 | 15.2 | 15.2 |
| F1095 | Ice cream, assorted berry flavours, standard | 100 | 22.8 | 23.1 |
| | 1 scoop (22 mL) | 21.6 | 4.9 | 5 |
| | 1 scoop (64 mL) | 56.3 | 12.8 | 13 |
| | 1 cup (250 mL) | 192.5 | 43.8 | 44.5 |
| F1070 | Ice cream, chocolate, standard | 100 | 16.6 | 16.6 |
| | 1 cup (250 mL) | 152 | 25.2 | 25.2 |
| F118 | Ice cream, creamy, fruit ripple | 100 | 17.6 | 18 |
| | 1 cup (250 mL) | 169 | 29.8 | 30.4 |
| F111 | Ice cream, hokey pokey | 100 | 18.2 | 18.2 |
| | 1 cup (250 mL) | 157 | 28.6 | 28.6 |
| F78 | Ice cream, soft serve | 100 | 12.6 | 12.6 |
| | 1 cup (250 mL) | 140 | 17.6 | 17.6 |
| F122 | Ice cream, vanilla, low fat | 100 | 11.8 | 11.8 |
| | 1 cup (250 mL) | 133 | 15.7 | 15.7 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|--|----------------------|-------------------------|--------------------------|
| F29 | Ice cream, vanilla, premium 1 cup (250 mL) | 100 141 | 13.4 18.8 | 13.4 18.8 |
| F28 | Ice cream, vanilla, standard 1 cup (250 mL) | 100 143 | 14.6 20.9 | 14.6 20.9 |
| F1104 | Milk, coffee flavour, high fat, sugar-sweetened 100 mL | 100 105.3 | 5.5 5.8 | 5.5 5.8 |
| F1103 | Milk, coffee flavour, reduced fat, high protein, sugar-sweetened 100 mL | 100 104.5 | 3.6 3.7 | 3.6 3.7 |
| F1102 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 100 mL | 100 105.7 | 5.3 5.6 | 5.3 5.6 |
| F1101 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins A & D 100 mL | 100 105.3 | 3.7 3.9 | 3.7 3.9 |
| F1105 | Milk, coffee flavour, regular fat, sugar-sweetened 100 mL | 100 105.4 | 2.8 3 | 2.8 3 |
| F30 | Milk, condensed, sweetened, skim 1 tablespoon (15 mL) | 100 20 | 44.5 8.9 | 44.5 8.9 |
| F31 | Milk, condensed, sweetened, whole 1 tablespoon (15 mL) | 100 19 | 43.9 8.3 | 43.9 8.3 |
| F1097 | Milk, cow, fresh or UHT milk with coffee flavour, fluid, sugar-sweetened 100 mL | 100 105.8 | 4.3 4.5 | 4.3 4.5 |
| F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar sweetened, premium 100 mL | 100 107.1 | 6.3 6.7 | 6.3 6.7 |
| F1080 | Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium 1 cup (250 mL) | 100 260.9 | 7 18.3 | 7 18.3 |
| F1083 | Yoghurt smoothie, assorted fruits, sweetened 1 cup (250 mL) | 100 271.6 | 2.6 7.1 | 7.9 21.5 |
| F1077 | Yoghurt, Fresh 'n Fruity, assorted fruits, regular fat, fortified 1 cup (250 mL) | 100 260.7 | 9.5 24.7 | 9.5 24.7 |
| F1081 | Yoghurt, Greek style, low fat, Cyclops 1 cup (250 mL) | 100 260.3 | 1 2.6 | 1 2.6 |
| F1073 | Yoghurt, Meadow Fresh, Live lite, assorted fruits, non-fat, fortified 1 cup (250 mL) | 100 259.5 | 4.2 10.8 | 4.2 10.8 |
| F1075 | Yoghurt, Meadow Fresh, low fat, assorted fruits, fortified 1 cup (250 mL) | 100 259.6 | 8.9 23 | 8.9 23 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|-------------------|--|----------------------|-------------------------|--------------------------|
| F1076 | Yoghurt, Symbio Probalance, assorted fruits, low fat, fortified 1 cup (250 mL) | 100 258.6 | 7.1 18.3 | 7.1 18.3 |
| F1074 | Yoghurt, Yoplait, Delite, assorted fruits, low fat 1 cup (250 mL) | 100 259.8 | 7.4 19.1 | 7.4 19.1 |
| F1078 | Yoghurt, Yoplait, assorted fruits, regular fat 1 cup (250 mL) | 100 261 | 7.4 19.2 | 7.4 19.2 |
| F77 | Yoghurt, apricot, frozen, Tip Top 1 cup (250 mL) | 100 204 | 13.2 26.8 | 13.8 28.1 |
| F1079 | Yoghurt, premium, assorted fruits 1 cup (250 mL) | 100 261.1 | 8.4 21.8 | 8.4 21.8 |
| FAST FOODS | | | | |
| H1020 | Beef salad, Thai, takeaway 1 cup (250 mL) | 100 214 | 6.6 14 | 6.6 14 |
| H1015 | Beef, black bean, stir fry, Chinese 1 cup (250 mL) | 100 247 | 1 2.5 | 1 2.5 |
| H8 | Burger, Big Mac, McDonald's 1 burger | 100 204 | 1.6 3.2 | 1.6 3.2 |
| H24 | Burger, Filet-o-Fish, McDonald's 1 burger | 100 136 | 1.6 2.1 | 1.6 2.1 |
| H10 | Burger, Quarter Pounder with cheese, McDonald's 1 burger | 100 185 | 1.6 3 | 1.6 3 |
| H3 | Burger, cheeseburger 1 burger | 100 255 | 2.1 5.2 | 2.1 5.2 |
| H4 | Burger, cheeseburger, McDonald's 1 burger | 100 137 | 1.8 2.5 | 1.8 2.5 |
| H6 | Burger, hamburger 1 burger | 100 172 | 2 3.4 | 2 3.4 |
| H7 | Burger, hamburger, McDonald's 1 burger | 100 98 | 2.5 2.4 | 2.5 2.4 |
| H17 | Chicken, crumbed, breast, deep fried, Kentucky Fried Chicken 1 piece | 100 89 | 0.1 0.1 | 0.1 0.1 |
| H16 | Chicken, crumbed, wing, deep fried, Kentucky Fried Chicken 1 piece | 100 37 | 0.1 trace | 0.1 trace |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------|---|--------------|-----------------|------------------|
| H20 | Coleslaw, Kentucky Fried Chicken | 100 | 8.6 | 8.6 |
| | 1 cup (250 mL) | 200 | 17.3 | 17.3 |
| H1026 | Curry, beef korma, Indian, takeaway | 100 | 4.2 | 4.2 |
| | 1 cup (250 mL) | 247.9 | 10.5 | 10.5 |
| H1027 | Curry, beef madras, Indian, takeaway | 100 | 3.7 | 3.7 |
| | 1 cup (250 mL) | 252.1 | 9.3 | 9.3 |
| H1023 | Curry, butter chicken, Indian, takeaway | 100 | 4.2 | 4.2 |
| | 1 cup (250 mL) | 258.2 | 10.8 | 10.8 |
| H1024 | Curry, chicken masala, Indian, takeaway | 100 | 3.3 | 3.3 |
| | 1 cup (250 mL) | 248.8 | 8.2 | 8.2 |
| H1021 | Curry, chicken, green, Thai, takeaway | 100 | 2.6 | 2.6 |
| | 1 cup (250 mL) | 249 | 6.4 | 6.4 |
| H1025 | Curry, rogan josh, Indian, takeaway | 100 | 3.1 | 3.1 |
| | 1 cup (250 mL) | 266.9 | 8.2 | 8.2 |
| H57 | Fish, cake, baked | 100 | 3.7 | 3.7 |
| | 1 cake | 76 | 2.8 | 2.8 |
| H23 | Fish, cake, deep fried in peanut oil | 100 | 2.1 | 2.1 |
| | 1 cake (1.5 x 7 cm diameter) | 80 | 1.7 | 1.7 |
| H61 | Fish, fingers, baked | 100 | 1 | 1 |
| | 1 finger (8.3 x 2.2 x 1.3 cm) | 25 | 0.3 | 0.3 |
| H65 | Fish, fingers, deep fried in peanut oil | 100 | 1.2 | 1.2 |
| | 1 finger (8.3 x 2.2 x 1.3 cm) | 25 | 0.3 | 0.3 |
| H1022 | Noodle, pad thai with chicken & egg, Thai, takeaway | 100 | 3.8 | 3.8 |
| | 1 cup (250 mL) | 132 | 5.1 | 5.1 |
| H151 | Pancake, McDonald's | 100 | 2.9 | 2.9 |
| | 1 pancake | 49 | 1.4 | 1.4 |
| H27 | Pie, apple, McDonald's | 100 | 7.4 | 11.4 |
| | 1 pie | 85 | 6.3 | 9.6 |
| H29 | Pie, mince, family size | 100 | 0.9 | 0.9 |
| | 1 pie (4 x 18.5 cm diameter) | 635 | 5.7 | 5.7 |
| H1056 | Pie, savoury, chicken, individual size, ready to eat | 100 | 1.2 | 1.2 |
| | 1 pie (3.7 x bottom 9.2 x top 11.3 cm diameters) | 229 | 2.7 | 2.7 |
| H1055 | Pie, savoury, egg & bacon, individual size, ready to eat | 100 | 0.8 | 0.8 |
| | 1 pie (3.9 x bottom 8.9 x top 11.0 cm diameters) | 195.4 | 1.6 | 1.6 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|--|----------------------|-------------------------|--------------------------|
| H1054 | Pie, savoury, mince & cheese, individual size, ready to eat 1 pie (3.6 x bottom 8.9 x top 11.1 cm diameters) | 100 220.8 | 0.8 1.8 | 0.8 1.8 |
| H191 | Pizza, Hawaiian, thick crust 1 pizza (2.25 x 28.3 cm diameter) | 100 742 | 2.2 16.5 | 2.2 16.5 |
| H190 | Pizza, barbeque chicken, thick crust 1 pizza (2.35 x 28.2 cm diameter) | 100 715 | 2 14.2 | 2 14.2 |
| H177 | Pizza, frozen, Hawaiian & House special, premium, baked 1 pizza (2.5 x 24.6 cm diameter) | 100 654 | 1.3 8.5 | 1.3 8.5 |
| H176 | Pizza, frozen, meat lovers, premium, baked 1 pizza (2.5 x 24.6 cm diameter) | 100 675 | 0.6 3.7 | 0.6 3.7 |
| H189 | Pizza, meat, thick crust 1 pizza (2.35 x 27.8 cm diameter) | 100 700 | 1.7 12.1 | 1.7 12.1 |
| H41 | Pizza, supreme, thin crust, Pizza Hut 1 pizza | 100 384 | 0.5 1.7 | 0.5 1.7 |
| H1014 | Pork, sweet & sour, Chinese, takeaway 1 cup (250 mL) | 100 195 | 13.3 25.8 | 13.3 25.8 |
| H1058 | Salad, coleslaw with dressing, fresh, from deli 1 cup (250 mL) | 100 206 | 3.6 7.3 | 3.6 7.3 |
| H1043 | Sausage roll, individual size, microwaved 1 sausage roll (9.5 x 4.5 x 2.9 cm) | 100 109.6 | 2.8 3.1 | 2.8 3.1 |
| H1044 | Sausage roll, party size, baked 1 sausage roll (5.2 x 3.9 x 3.3 cm) | 100 40.8 | 2.8 1.1 | 2.8 1.1 |
| H1002 | Sausage roll, with cheese, baked 1 sausage roll (5.1 x 4 x 3.6 cm) | 100 36.8 | 2.2 0.8 | 2.2 0.8 |
| H52 | Saveloy, battered, fried, Independent Shops 1 sausage | 100 138 | 3.3 4.6 | 3.3 4.6 |
| H1003 | Savoury, bacon & egg, baked 1 savoury (2.3 x 5.3 cm diameter) | 100 44.9 | 0.5 0.2 | 0.5 0.2 |
| H1005 | Savoury, mince & cheese, heated 1 savoury (2.7 x 5.1 cm diameter) | 100 59.4 | 0.5 0.3 | 0.5 0.3 |
| H1004 | Savoury, mince, heated 1 savoury (2.6 x 5.6 cm diameter) | 100 53.2 | 0.5 0.3 | 0.5 0.3 |
| H1006 | Savoury, potato top, heated 1 savoury (2.8 x 5.6 cm diameter) | 100 59.2 | 0.5 0.3 | 0.5 0.3 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|-------------------|---|----------------------|-------------------------|--------------------------|
| H1019 | Soup, tom yam gai, chicken, Thai, takeaway 1 cup (250 mL) | 100 235 | 1.1 2.5 | 1.1 2.5 |
| H208 | Spring roll, traditional with meat, baked, Highmark 1 roll (8.5 x 3 x 2.5 cm) 1 roll (12.2 x 4.5 x 3 cm) | 100 42.9 121.4 | 2.1 0.9 2.5 | 2.1 0.9 2.5 |
| H212 | Spring roll, traditional, with meat, deep fried, Highmark 1 roll (8.4 x 3.1 x 2.5 cm) 1 roll (12.2 x 4.5 x 3 cm) | 100 43.1 121 | 2.1 0.9 2.6 | 2.1 0.9 2.6 |
| H211 | Spring roll, vegetarian, baked, Highmark 1 roll (11.8 x 6 x 2.8 cm) | 100 108.4 | 2.5 2.7 | 2.5 2.7 |
| FIN FISHES | | | | |
| K1028 | Mackerel, canned in tomato sauce, undrained 1 cup (250 mL) | 100 241.6 | 1 2.3 | 1.9 4.6 |
| K1031 | Sardines, canned in tomato sauce, undrained 1 cup (250 mL) | 100 255.1 | 0.9 2.3 | 1.8 4.6 |
| K1008 | Tuna, canned in oil, assorted flavours, undrained 1 cup (250 mL) | 100 254.2 | 0.4 1.1 | 1.8 4.6 |
| K1009 | Tuna, canned in water, assorted flavours, undrained 1 cup (250 mL) | 100 253.2 | 2.6 6.6 | 4 10.1 |
| FRUITS | | | | |
| L1137 | Apricot, canned in juice, undrained 1 cup halves (250 mL) | 100 261.3 | 0 0 | 4.1 10.8 |
| L1140 | Apricot, canned in syrup, drained 1 half 1 cup halves (250 mL) | 100 12.3 254.7 | 5.5 0.7 13.9 | 5.5 0.7 13.9 |
| L1141 | Apricot, canned in syrup, undrained 1 cup halves (250 mL) | 100 263.5 | 10.1 26.5 | 10.1 26.5 |
| L1052 | Blackcurrant, puree, frozen 1 cup (250 mL) | 100 282.1 | 0 0 | 7.1 20 |
| L1046 | Boysenberry, puree, seedless, frozen 1 cup (250 mL) | 100 264.7 | 0 0 | 6.9 18.3 |
| L1023 | Cranberry, dried, sweetened 1 cup (250 mL) | 100 128.1 | 38.5 49.4 | 38.5 49.4 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|----------------------|--|--------------|-----------------|------------------|
| L1147 | Fruit salad, canned in syrup, undrained | 100 | 11.3 | 11.3 |
| | 1 cup (250 mL) | 270.7 | 30.6 | 30.6 |
| L91 | Juice, lemon, raw | 100 | 0 | 1.6 |
| | 1 tablespoon (15 mL) | 16 | 0 | 0.3 |
| L113 | Juice, orange, raw | 100 | 0 | 9.2 |
| | 1 cup (250 mL) | 258 | 0 | 23.7 |
| L97 | Lychee, canned in syrup, undrained | 100 | 11.3 | 11.3 |
| | 1 cup (250 mL) | 267 | 30.2 | 30.2 |
| L100 | Mango, canned in syrup, undrained | 100 | 2.6 | 8.7 |
| | 1 cup (250 mL) | 260 | 6.7 | 22.6 |
| L1123 | Peach, canned in juice, undrained | 100 | 0 | 5.3 |
| | 1 cup sliced (250 mL) | 283.4 | 0 | 15 |
| L1126 | Peach, canned in syrup, drained | 100 | 9.1 | 9.1 |
| | 1 half | 52.8 | 4.8 | 4.8 |
| | 5 slices | 66.3 | 6 | 6 |
| | 1 cup diced or sliced (250 mL) | 261.2 | 23.8 | 23.8 |
| L204 | Pear, canned in juice, undrained | 100 | 0 | 2 |
| | 1 cup (250 mL) | 258 | 0 | 5.2 |
| L1134 | Pineapple, canned in syrup, drained | 100 | 4.9 | 4.9 |
| | 1 cup chunk or pieces (250 mL) | 217.6 | 10.6 | 10.6 |
| | 1 slice (0.8 x 7.4 cm diameter) | 34.9 | 1.7 | 1.7 |
| | 1 cup crushed (250 mL) | 251.4 | 12.2 | 12.3 |
| L1135 | Pineapple, canned in syrup, undrained | 100 | 8.8 | 8.8 |
| | 1 cup (250 mL) | 276.7 | 24.4 | 24.4 |
| L148 | Plum, canned in syrup, drained | 100 | 18.6 | 18.6 |
| | 1 plum | 49 | 9.1 | 9.1 |
| | 1 cup (250 mL) | 169 | 31.4 | 31.4 |
| L168 | Rhubarb, stewed with sugar | 100 | 10 | 10 |
| | 1 cup (250 mL) | 270 | 27 | 27 |
| MEAT PRODUCTS | | | | |
| N58 | Chicken, nugget, crumbed, baked | 100 | 0.8 | 0.8 |
| | 1 piece | 20.6 | 0.2 | 0.2 |
| N22 | Pate, chicken liver | 100 | 1 | 1 |
| | 1 tablespoon (15 mL) | 14 | 0.1 | 0.1 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|-----------------------|--|----------------------|-------------------------|--------------------------|
| N23 | Pate, pork liver | 100 | 0.2 | 0.2 |
| | 1 tablespoon (15 mL) | 14 | trace | trace |
| N1053 | Patty, burger, beef, not crumbed, frozen, pan-fried without oil | 100 | 1.4 | 1.4 |
| | 1 patty (8.2 x 6.9 x 0.9 cm) | 37 | 0.5 | 0.5 |
| | 1 patty (8.9 x 8.6 x 1.8 cm) | 103.1 | 1.5 | 1.5 |
| N1055 | Patty, burger, chicken, crumbed, frozen, pan-fried with oil | 100 | 3.5 | 3.5 |
| | 1 patty (9.1 x 7.9 x 1.3 cm) | 61.7 | 2.2 | 2.2 |
| | 1 patty (9.6 x 7.7 x 2.3 cm) | 109.4 | 3.8 | 3.8 |
| N12 | Pie, pork | 100 | 1.6 | 1.6 |
| | 1 pie (3 x 10 cm diameter) | 190 | 3 | 3 |
| N61 | Sausage, assorted meats & flavours, precooked, grilled | 100 | 1.3 | 1.3 |
| | 1 sausage | 70 | 0.9 | 0.9 |
| N2 | Sausage, black pudding, fried | 100 | 0.8 | 0.8 |
| | 1 slice (4.0 x 2.0 cm diameter) | 30 | 0.2 | 0.2 |
| N1039 | Sausage, salami assorted meats & flavours | 100 | 0.3 | 0.3 |
| | 1 slice (0.2 x 7.4 cm diameter) | 7.9 | trace | trace |
| N1038 | Sausage, salami assorted meats & flavours, acidulated, heat treated | 100 | 0.5 | 0.5 |
| | 1 slice (0.2 x 7.8 cm diameter) | 8.3 | trace | trace |
| MISCELLANEOUS | | | | |
| P68 | Coffee whitener, powder | 100 | 54.9 | 54.9 |
| | 1 tablespoon (15 mL) | 8.1 | 4.4 | 4.4 |
| P1004 | Spread, yeast extract, Marmite, Sanitarium, fortified | 100 | 11.6 | 11.6 |
| | 1 teaspoon (5 mL) | 5.8 | 0.7 | 0.7 |
| P16 | Stock, Oxo cubes | 100 | 2.2 | 2.2 |
| | 1 cube (2 cm) | 6.3 | 0.1 | 0.1 |
| P11 | Vinegar | 100 | 0 | 0.6 |
| | 1 tablespoon (15 mL) | 15.3 | 0 | 0.1 |
| P59 | Vinegar, cider | 100 | 0 | 0.6 |
| | 1 tablespoon (15 mL) | 15 | 0 | 0.1 |
| NUTS AND SEEDS | | | | |
| Q1034 | Coconut yoghurt, from coconut cream, assorted fruit flavours, sugar-sweetened | 100 | 1.7 | 4.4 |
| | 1 cup (250 mL) | 257.1 | 4.3 | 11.3 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|----------------|---|----------------------|-------------------------|--------------------------|
| Q1033 | Coconut yoghurt, from coconut cream, plain, unsweetened | 100 | 0 | 2.2 |
| | 1 cup (250 mL) | 250 | 0 | 5.5 |
| Q1036 | Coconut yoghurt, from coconut milk, assorted fruit flavours, sugar-sweetened | 100 | 3.7 | 6.2 |
| | 1 cup (250 mL) | 255.3 | 9.4 | 15.8 |
| Q1035 | Coconut yoghurt, from coconut milk, plain, unsweetened | 100 | 0 | 2 |
| | 1 cup (250 mL) | 245.7 | 0 | 4.9 |
| Q1021 | Peanut butter, smooth & crunchy, salt & sugar added | 100 | 6.1 | 6.1 |
| | 1 teaspoon (5 mL) | 6.2 | 0.4 | 0.4 |
| | 1 tablespoon (15 mL) | 18.6 | 1.1 | 1.1 |
| RECIPES | | | | |
| R5740 | Bolognese, prepared with beef mince, cooked, no salt added | 100 | 0 | 0.9 |
| | 1 cup (250 mL) | 268.6 | 0 | 2.5 |
| R5747 | Cake, banana, baked, iced with butter icing | 100 | 36.1 | 36.1 |
| R5746 | Cake, banana, baked, uniced | 100 | 18.1 | 18.1 |
| | 1 slice (2.4 x 3.2 x 4.6 cm) | 21.5 | 3.9 | 3.9 |
| R5435 | Cake, chocolate, baked, iced with butter icing | 100 | 41.3 | 41.3 |
| R21 | Cake, sponge, fat added, baked | 100 | 26.4 | 26.4 |
| R22 | Cake, sponge, no fat added, baked | 100 | 28 | 28 |
| R5749 | Chilli con carne and corn chips | 100 | 0.3 | 2 |
| R5748 | Chilli con carne, with beef mince and red kidney beans, no salt added | 100 | 0 | 2.3 |
| | 1 cup (250 mL) | 270.3 | 0 | 6.3 |
| R5428 | Custard square, baked | 100 | 3.2 | 3.2 |
| R5507 | Dip, guacamole | 100 | 0 | trace |
| | 1 tablespoon (15 mL) | 14.7 | 0 | trace |
| | 1 cup (250 mL) | 245 | 0 | 0.1 |
| R5416 | Lemon curd, cooked | 100 | 28.6 | 29.1 |
| R59 | Meringue, baked | 100 | 69.5 | 69.5 |
| | 1 cup (250 mL) | 20 | 13.9 | 13.9 |
| | 1 meringue (7.5 cm diameter) | 30 | 20.8 | 20.8 |
| R5442 | Pie, lemon meringue, baked | 100 | 23.2 | 23.4 |
| R5742 | Pikelet, plain, pan-fried without oil | 100 | 14.2 | 14.2 |
| | 1 pikelet (1.2 x 8.9 cm diameter) | 40.8 | 5.8 | 5.8 |
| R5744 | Pudding, custard, prepared with standard milk, (3.3% fat), simmered | 100 | 6 | 6 |
| | 1 cup (250 mL) | 266.6 | 16 | 16 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|------------------------------|--|----------------------|-------------------------|--------------------------|
| R5745 | Pudding, custard, prepared with whole milk (4% fat), simmered | 100 | 6 | 6 |
| | 1 cup (250 mL) | 265.3 | 15.8 | 15.8 |
| R5424 | Pudding, rice, cocoa & coconut, cooked | 100 | 11.6 | 11.6 |
| R109 | Pudding, sponge, fruit, steamed | 100 | 16.1 | 16.1 |
| R5750 | Ratatouille, with assorted vegetables, no salt added | 100 | 0.1 | 0.1 |
| | 1 cup (250 mL) | 253 | 0.3 | 0.3 |
| R125 | Scone, wholemeal, baked | 100 | 2.6 | 2.6 |
| | whole | 50 | 1.3 | 1.3 |
| R166 | Shortbread, homemade, baked | 100 | 17.8 | 17.8 |
| | 1 piece | 13 | 2.3 | 2.3 |
| R5741 | Spaghetti bolognese, meat base, with spaghetti, no salt added | 100 | 0 | 0.6 |
| R5414 | Tart, jam, baked | 100 | 14.4 | 26.6 |
| SAUCES AND CONDIMENTS | | | | |
| S77 | Dip, sour cream, assorted flavours, 30% fat, La Bonne | 100 | 3.3 | 3.3 |
| | 1 tablespoon (15 mL) | 14.2 | 0.5 | 0.5 |
| S79 | Dip, sour cream, lite, assorted flavours, 7% fat | 100 | 2.7 | 2.7 |
| | 1 tablespoon (15 mL) | 15.8 | 0.4 | 0.4 |
| S28 | Dressing, French, Kraft | 100 | 5.9 | 5.9 |
| | 1 tablespoon (15 mL) | 15 | 0.9 | 0.9 |
| S31 | Dressing, Italian, Kraft | 100 | 5.9 | 5.9 |
| | 1 tablespoon (15 mL) | 14.7 | 0.9 | 0.9 |
| S29 | Dressing, coleslaw, Lite, Eta | 100 | 8.2 | 8.2 |
| | 1 tablespoon (15 mL) | 15.2 | 1.3 | 1.3 |
| S45 | Dressing, mayonnaise, commercial | 100 | 14.8 | 14.8 |
| | 1 tablespoon (15 mL) | 14.7 | 2.2 | 2.2 |
| S64 | Dressing, mayonnaise, reduced fat, commercial | 100 | 18.6 | 18.6 |
| | 1 tablespoon (15 mL) | 13.8 | 2.6 | 2.6 |
| S50 | Dressing, thousand island, Eta | 100 | 15.4 | 15.4 |
| | 1 tablespoon (15 mL) | 15.6 | 2.4 | 2.4 |
| S7 | Dressing, vinaigrette | 100 | 9.5 | 9.5 |
| | 1 tablespoon (15 mL) | 16 | 1.5 | 1.5 |
| S1018 | Gravy, dry powder mix, assorted flavours, prepared with water | 100 | 0.4 | 0.4 |
| | 1 cup (250 mL) | 251.4 | 1 | 1 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------------------|--|----------------------|-------------------------|--------------------------|
| S2 | Pickle, sweet | 100 | 30.8 | 30.8 |
| | 1 tablespoon (15 mL) | 17 | 5.2 | 5.2 |
| S14 | Sauce, Worcestershire | 100 | 16.9 | 16.9 |
| | 1 tablespoon (15 mL) | 18 | 3 | 3 |
| S22 | Sauce, chilli | 100 | 17.3 | 17.3 |
| | 1 tablespoon (15 mL) | 17 | 2.9 | 2.9 |
| S1016 | Sauce, chilli, sweet, commercial | 100 | 44.5 | 44.5 |
| | 1 tablespoon (15 mL) | 18.4 | 8.2 | 8.2 |
| S1007 | Sauce, fish | 100 | 4.4 | 4.4 |
| | 1 tablespoon (15 mL) | 18.2 | 0.8 | 0.8 |
| S68 | Sauce, pasta, chunky vegetable, tomato based, heated | 100 | 7.4 | 7.4 |
| | 1 cup (250 mL) | 273.4 | 20.3 | 20.3 |
| S70 | Sauce, simmer, butter chicken, heated | 100 | 5.8 | 5.8 |
| | 1 cup (250 mL) | 267.6 | 15.5 | 15.5 |
| S1019 | Sauce, simmer, korma, cream & coconut base | 100 | 4.4 | 4.5 |
| | 1 cup (250 mL) | 266.2 | 11.6 | 12 |
| S71 | Sauce, simmer, satay, heated | 100 | 8.7 | 8.7 |
| | 1 cup (250 mL) | 271 | 23.6 | 23.6 |
| S69 | Sauce, simmer, sweet & sour, heated | 100 | 23.6 | 23.6 |
| | 1 cup (250 mL) | 282.7 | 66.6 | 66.6 |
| S1014 | Sauce, soy, commercial | 100 | 3.9 | 3.9 |
| | 1 tablespoon (15 mL) | 17.6 | 0.7 | 0.7 |
| S1015 | Sauce, soy, reduced salt, commercial | 100 | 2.9 | 2.9 |
| | 1 tablespoon (15 mL) | 17.2 | 0.5 | 0.5 |
| S46 | Sauce, tartare, Eta | 100 | 7 | 7 |
| | 1 tablespoon (15 mL) | 14.6 | 1 | 1 |
| S44 | Sauce, tomato | 100 | 22.7 | 24.4 |
| | 1 tablespoon (15 mL) | 16.5 | 3.8 | 4 |
| S1008 | Sauce, tomato, ketchup | 100 | 22.6 | 24.2 |
| | 1 teaspoon (5 mL) | 6.3 | 1.4 | 1.5 |
| SHELLFISHES | | | | |
| T1015 | Mussel, green, meat, marinated, assorted flavours, drained, ready to eat, Sealord | 100 | 6.6 | 6.6 |
| | 1 mussel | 16 | 1.1 | 1.1 |
| | 1 cup (250 mL) | 281.2 | 18.6 | 18.6 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--------------------|--|--------------|-----------------|------------------|
| T1005 | Mussel, green, meat, marinated, drained, ready to eat, Talley's | 100 | 4.8 | 4.8 |
| | 1 mussel | 16 | 0.8 | 0.8 |
| | 1 cup (250 mL) | 250 | 12 | 12 |
| T17 | Oyster, battered, deep fried in peanut oil | 100 | 2.8 | 2.8 |
| | 1 oyster | 23 | 0.6 | 0.6 |
| T20 | Scallop, battered, deep fried | 100 | 2.8 | 2.8 |
| | 1 scallop | 24 | 0.7 | 0.7 |
| | 1 cup (250 mL) | 142 | 4 | 4 |
| T23 | Squid, in flour, fried | 100 | 1 | 1 |
| | 1 squid ring | 20 | 0.2 | 0.2 |
| | 1 cup (250 mL) | 158 | 1.6 | 1.6 |
| SNACK FOODS | | | | |
| U1016 | Corn chip, assorted flavours, salted, fried in assorted oils | 100 | 2.4 | 2.4 |
| | 10 chips or crisps | 25.2 | 0.6 | 0.6 |
| U1017 | Corn snack, extruded, assorted shapes, cheese flavour, salted | 100 | 7.7 | 7.7 |
| | 10 chips or crisps | 14.4 | 1.1 | 1.1 |
| U21 | Fruit bar, wholemeal, assorted flavours, Mother Earth | 100 | 33 | 46.5 |
| | 1 bar | 50 | 16.5 | 23.3 |
| U34 | Fruit leather, apricot | 100 | 0 | 57.3 |
| | 1 leather | 40 | 0 | 22.9 |
| U23 | Fruit roll, strawberry, Uncle Tobys | 100 | 40.2 | 41.8 |
| | 1 roll | 21 | 8.5 | 8.8 |
| U30 | Muesli bar, chocolate chip | 100 | 18 | 18 |
| | 1 bar | 32 | 5.8 | 5.8 |
| U27 | Muesli bar, chocolate coated, Snacker | 100 | 30.9 | 30.9 |
| | 1 bar | 33 | 10.2 | 10.2 |
| U28 | Muesli bar, fruit & nut | 100 | 39 | 39 |
| | 1 bar | 45 | 17.6 | 17.6 |
| U67 | Muesli bar, fruit filled, twisted, assorted flavours | 100 | 10.7 | 24.2 |
| | 1 bar (9.3 x 3.5 x 1.8 cm) | 40 | 4.3 | 9.7 |
| U70 | Muesli bar, fruit filled, wholemeal, assorted flavours | 100 | 16.2 | 29.7 |
| | 1 bar | 50 | 8.1 | 14.8 |
| U24 | Muesli bar, yoghurt coated | 100 | 19.3 | 19.3 |
| | 1 bar | 33 | 6.4 | 6.4 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|--|----------------------|-------------------------|--------------------------|
| U57 | Multigrain chip, assorted flavours, Grainwaves, Bluebird | 100 | 7.7 | 7.7 |
| | 1 cup (250 mL) | 35 | 2.7 | 2.7 |
| U1011 | Nut bar, peanut & chocolate, Choc Peanut, Tasti | 100 | 17.1 | 17.1 |
| | 1 bar (9.0 x 3.1 x 1.8 cm) | 38.3 | 6.5 | 6.5 |
| U1010 | Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural | 100 | 20 | 20 |
| | 1 bar (8.8 x 3.3 x 1.4 cm) | 32.6 | 6.5 | 6.5 |
| U1004 | Pretzels, wheat flour, salted, baked | 100 | 0.4 | 0.4 |
| | 1 cup (250 mL) | 52.4 | 0.2 | 0.2 |
| U1023 | Snack, cassava crisps, plain or assorted flavours, salt added | 100 | 9 | 9 |
| | 10 chips or crisps | 11.5 | 1 | 1 |
| U1024 | Snack, kumara chips, plain or assorted flavours | 100 | 1.5 | 1.5 |
| | 10 chips or crisps | 25.1 | 0.4 | 0.4 |
| U18 | Snack, popcorn, candied | 100 | 44 | 44 |
| | 1 cup (250 mL) | 21.6 | 9.5 | 9.5 |
| SOUPS | | | | |
| V1006 | Soup, Tuscan tomato, heated, Wattie's | 100 | 0.5 | 0.5 |
| | 1 cup (250 mL) | 260.1 | 1.2 | 1.2 |
| V57 | Soup, beef, instant dry mix, prepared with water, Continental | 100 | trace | trace |
| | 1 cup (250 mL) | 250 | 0.1 | 0.1 |
| V1003 | Soup, chicken & vegetable, heated, Wattie's | 100 | 0.5 | 0.5 |
| | 1 cup (250 mL) | 270.6 | 1.2 | 1.2 |
| V59 | Soup, chicken noodle, instant dry mix, prepared with water, Continental | 100 | 0.1 | 0.1 |
| | 1 cup (250 mL) | 275 | 0.2 | 0.2 |
| V68 | Soup, chicken noodle, instant dry mix, prepared with water, Maggi | 100 | trace | trace |
| | 1 cup (250 mL) | 275 | trace | trace |
| V4 | Soup, cream of chicken, canned | 100 | 0.6 | 0.6 |
| | 1 cup (250 mL) | 259 | 1.4 | 1.4 |
| V9 | Soup, cream of mushroom, canned | 100 | 0.4 | 0.4 |
| | 1 cup (250 mL) | 261 | 1 | 1 |
| V15 | Soup, cream of tomato, canned | 100 | 0.3 | 0.3 |
| | 1 cup (250 mL) | 260 | 0.7 | 0.7 |
| V65 | Soup, creme of vegetable, instant dry mix, prepared with water, Maggi | 100 | 0.1 | 0.1 |
| | 1 cup (250 mL) | 250 | 0.2 | 0.2 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|--|--|--------------|-----------------|------------------|
| V1004 | Soup, lentil & vegetables, heated, Wattie's | 100 | 0.7 | 0.7 |
| | 1 cup (250 mL) | 270.4 | 1.9 | 1.9 |
| V8 | Soup, minestrone, instant dry mix, prepared with water | 100 | 0.1 | 0.1 |
| | 1 cup (250 mL) | 268 | 0.2 | 0.2 |
| V66 | Soup, mushroom, instant dry mix, prepared with water, Maggi | 100 | trace | trace |
| | 1 cup (250 mL) | 250 | 0.1 | 0.1 |
| V1001 | Soup, pumpkin, heated | 100 | 0.4 | 0.4 |
| | 1 cup (250 mL) | 275 | 1 | 1 |
| V1007 | Soup, pumpkin, heated, Wattie's | 100 | 0.1 | 0.1 |
| | 1 cup (250 mL) | 248.7 | 0.3 | 0.3 |
| V55 | Soup, tomato, instant dry mix, prepared with water, Continental | 100 | trace | trace |
| | 1 cup (250 mL) | 257 | 0.1 | 0.1 |
| V18 | Soup, vegetable, canned | 100 | 1.2 | 1.2 |
| | 1 cup (250 mL) | 257 | 3.1 | 3.1 |
| SUGARS, CONFECTIONARIES AND SWEET SPREADS | | | | |
| W1009 | Chocolate bar & bite size, Moro, Cadbury | 100 | 51.2 | 51.2 |
| | 1 treat size bar (4.5 x 2.2 x 1.6 cm) | 18.1 | 9.3 | 9.3 |
| | 1 bar (11.4 x 3.1 x 1.9 cm) | 65.1 | 33.3 | 33.3 |
| W1010 | Chocolate bar & block, Dairy Milk Fruit & Nut, Cadbury | 100 | 44.2 | 44.2 |
| | 1 bar (12.8 x 3.4 x 1.2 cm) | 51.5 | 22.7 | 22.7 |
| | 1 block (20.5 x 9.5 x 1.0 cm) | 205.7 | 90.8 | 90.8 |
| W1013 | Chocolate bar & block, Dairy Milk with Crunchie, Cadbury | 100 | 51 | 51 |
| | 1 block (20.4 x 9.5 x 0.9 cm) | 198.1 | 101 | 101 |
| | 1 block (20.1 x 16.2 x 1.0 cm) | 354.7 | 181 | 181 |
| W1012 | Chocolate bar & block, Energy, Cadbury | 100 | 48.1 | 48.1 |
| | 1 bar (12.5 x 3.1 x 1.1 cm) | 51.2 | 24.6 | 24.6 |
| | 1 block (20.3 x 9.4 x 0.9 cm) | 204.8 | 98.4 | 98.4 |
| W5 | Chocolate bar, Bounty, Mars | 100 | 47.7 | 47.7 |
| | 1 bar | 50 | 23.9 | 23.9 |
| W1014 | Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury | 100 | 35.1 | 35.1 |
| | 1 bar (10.9 x 2.7 x 2.2 cm) | 62.8 | 22 | 22 |
| W6 | Chocolate bar, Mars | 100 | 50.7 | 50.7 |
| | 1 bar | 60 | 30.4 | 30.4 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|--|----------------------|-------------------------|--------------------------|
| W3 | Chocolate bar, milk | 100 | 45 | 45 |
| | 1 small bar | 50 | 22.5 | 22.5 |
| | 1 large bar | 120 | 54 | 54 |
| W1011 | Chocolate block & slab, Peanut, Whittaker's | 100 | 37 | 37 |
| | 1 slab (7.4 x 3.6 x 1.7 cm) | 52 | 19.2 | 19.2 |
| | 1 block (19.9 x 10.6 x 1.1 cm) | 259.4 | 95.8 | 95.8 |
| W1015 | Chocolate, compound | 100 | 62.7 | 62.7 |
| | 1 cup (250 mL) | 215.5 | 135 | 135 |
| W56 | Chocolate, dark | 100 | 52 | 52 |
| | 1 cup grated (250 mL) | 88 | 45.8 | 45.8 |
| W7 | Chocolate, fancy & filled | 100 | 61.7 | 61.7 |
| | 1 chocolate | 5 | 3.1 | 3.1 |
| W55 | Chocolate, white | 100 | 45.3 | 45.3 |
| | 1 cup grated (250 mL) | 88 | 39.9 | 39.9 |
| W8 | Fruit gum | 100 | 56.2 | 56.2 |
| | 1 fruit gum | 2 | 1.1 | 1.1 |
| W1018 | Honey, manuka | 100 | 70.6 | 70.6 |
| | 1 teaspoon (5 mL) | 7.9 | 5.6 | 5.6 |
| | 1 tablespoon (15 mL) | 23.6 | 16.7 | 16.7 |
| W1019 | Honey, multifloral | 100 | 70.5 | 70.5 |
| | 1 teaspoon (5 mL) | 7.9 | 5.6 | 5.6 |
| | 1 tablespoon (15 mL) | 23.8 | 16.8 | 16.8 |
| W31 | Ice block, frozen | 100 | 17.1 | 17.1 |
| | 1 ice-block | 80 | 13.7 | 13.7 |
| | 1 cup (250 mL) | 193 | 33 | 33 |
| W14 | Jam, berry fruit | 100 | 33.9 | 67.8 |
| | 1 tablespoon (15 mL) | 15.6 | 5.3 | 10.6 |
| W15 | Jam, stone fruit | 100 | 32.3 | 64.5 |
| | 1 tablespoon (15 mL) | 16.3 | 5.3 | 10.5 |
| W45 | Jellybeans, Jaybees, Pascall | 100 | 71.5 | 71.5 |
| | 1 jellybean | 2 | 1.4 | 1.4 |
| W29 | Liquorice, allsorts | 100 | 65 | 65 |
| | 1 stick (1.5 x 1.6 cm diameter) | 3.8 | 2.5 | 2.5 |
| W43 | Liquorice, black | 100 | 44.6 | 44.6 |
| | 1 piece | 2 | 0.9 | 0.9 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|------------------------------|--|----------------------|-------------------------|--------------------------|
| W44 | Lollies, Minties, Pascall | 100 | 54.3 | 54.3 |
| | 1 mintie | 7 | 3.8 | 3.8 |
| W57 | Lollipop, assorted flavours, Chupa Chup | 100 | 75.9 | 75.9 |
| | 1 lollipop | 13.1 | 9.9 | 9.9 |
| W17 | Marmalade | 100 | 33.8 | 67.5 |
| | 1 tablespoon (15 mL) | 20 | 6.8 | 13.5 |
| W40 | Marshmallow, pink & white | 100 | 71.3 | 71.3 |
| | 1 marshmallow | 4 | 2.9 | 2.9 |
| | 1 cup chopped (250 mL) | 82 | 58.5 | 58.5 |
| W46 | Sauce, chocolate | 100 | 50.5 | 50.5 |
| | 1 tablespoon (15 mL) | 15 | 7.6 | 7.6 |
| W1016 | Spread, hazelnut, Nutella, Ferrero | 100 | 51.3 | 51.3 |
| | 1 tablespoon (15 mL) | 14 | 7.2 | 7.2 |
| W19 | Sugar, brown | 100 | 95.1 | 95.1 |
| | 1 teaspoon (5 mL) | 3.7 | 3.5 | 3.5 |
| | 1 cup (250 mL) | 185.5 | 176 | 176 |
| W23 | Sugar, raw | 100 | 99.2 | 99.2 |
| | 1 teaspoon (5 mL) | 3.9 | 3.9 | 3.9 |
| | 1 cup (250 mL) | 193.5 | 192 | 192 |
| W24 | Sugar, white | 100 | 100 | 100 |
| | 1 teaspoon (5 mL) | 4.9 | 4.9 | 4.9 |
| | 1 cup (250 mL) | 246.8 | 247 | 247 |
| W1 | Sweet, hard, boiled | 100 | 83.3 | 83.3 |
| | 1 boiled sweet | 5 | 4.2 | 4.2 |
| W18 | Sweet, peppermint | 100 | 91.9 | 91.9 |
| | 1 peppermint | 2 | 1.8 | 1.8 |
| W25 | Syrup, golden | 100 | 76.6 | 76.6 |
| | 1 tablespoon (15 mL) | 20 | 15.3 | 15.3 |
| W26 | Toffees, mixed | 100 | 47.4 | 47.4 |
| | 1 toffee | 5 | 2.4 | 2.4 |
| VEGETABLES AND PULSES | | | | |
| X1004 | Baked beans, canned in tomato sauce | 100 | 2.4 | 2.4 |
| | 1 cup (250 mL) | 268.4 | 6.3 | 6.3 |

| FoodID | Short Food Name | Measure g | Sugar, add g | Sugar, free g |
|---------------|---|----------------------|-------------------------|--------------------------|
| X1150 | Chilli bean, canned in chilli sauce, undrained | 100 | 6.2 | 6.2 |
| | 1 cup (250 mL) | 274 | 17 | 17 |
| X143 | Gherkin, pickled, in sweetened brine, drained | 100 | 22.8 | 22.8 |
| | 1 gherkin (2 x 6 cm) | 19 | 4.3 | 4.3 |
| X1030 | Ginger, preserved | 100 | 17.7 | 17.7 |
| | 1 cup sliced (250 mL) | 101.4 | 17.9 | 17.9 |
| X146 | Onion, pickled | 100 | 8.2 | 8.2 |
| | 1 onion | 25 | 2.1 | 2.1 |
| X1126 | Tomato, canned in tomato juice, assorted flavours, canned, undrained, salt added | 100 | 0 | 0.8 |
| X1126 | 1 cup (250 mL) | 278.7 | 0 | 2.3 |
| X1125 | Tomato, canned in tomato juice, plain, undrained, no salt added | 100 | 0 | 0.8 |
| | 1 cup (250 mL) | 280.5 | 0 | 2.3 |
| X1124 | Tomato, canned in tomato juice, plain, undrained, salt added | 100 | 0 | 0.8 |
| | 1 cup (250 mL) | 274.9 | 0 | 2.3 |
| X1079 | Tomato, paste, canned | 100 | 0 | 9.9 |
| X1079 | 1 tablespoon (15 mL) | 15.1 | 0 | 1.5 |
| X1078 | Tomato, puree, canned, Wattie's | 100 | 3.3 | 6.5 |
| | 1 tablespoon (15 mL) | 15.3 | 0.5 | 1 |
| | 1 cup (250 mL) | 254.3 | 8.3 | 16.5 |

Appendix IV – Nutrient trace and significant digits ¹

| 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 (Na, I, K, P, Ca, Fe, Zn, Se) | mg | 2 | 10-99 | ±1 | 0.6 |
| | 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 V – Food index

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-------------------------|-----------------------------|-------------|
| 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 | 47 |
| Almond and coconut milk blend, sugar-sweetened, fortified Ca and vitamins B1, B2 & B12 | C1128 | Drink, almond and coconut milk blend, sugar-sweetened, ready to drink, composite, fortified Ca and vitamins B1, B2 & B12 | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Almond and coconut milk blend, unsweetened, fortified Ca and vitamins B1, B2 & B12 | C1129 | Drink, almond and coconut milk blend, unsweetened, ready to drink, fortified Ca and vitamins B1, B2 & B12 | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Almond milk, sugar-sweetened | C1126 | Drink, almond milk, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Almond milk, unsweetened | C1127 | Drink, almond milk, unsweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Apple, cooking, flesh, stewed | L16 | Apple, cooking, flesh, stewed | FRUITS | ab | 113 |
| Apple, flesh & skin, raw, combined varieties | L1153 | Apple, flesh & skin, raw, combined varieties | FRUITS | z | 113 |
| Apple, flesh, raw, combined varieties | L1154 | Apple, flesh, raw, combined varieties | FRUITS | z | 113 |
| Apricot, canned in juice, undrained | L1137 | Apricot, in juice, no sugar added, canned, undrained, composite | FRUITS | z | 113 |
| Apricot, canned in syrup, drained | L1140 | Apricot, in syrup, sugar-sweetened, canned, drained, composite | FRUITS | z | 113 |
| Apricot, canned in syrup, undrained | L1141 | Apricot, in syrup, sugar-sweetened, canned, undrained, composite | FRUITS | z | 113 |
| Apricot, dried, composite | L1156 | Apricot, dried, composite | FRUITS | z | 113 |
| Apricot, flesh & skin, raw, fresh | L1168 | Apricot, flesh & skin, raw, fresh, raw, composite | FRUITS | z | 115 |
| Apricot, flesh & skin, stewed | L25 | Apricot, flesh & skin, stewed | FRUITS | b | 115 |
| Artichoke, globe, boiled, drained, no salt added | X2 | Artichoke, inflorescent vegetable, boiled, drained, no salt added, globe | VEGETABLES AND PULSES | b | 191 |
| Asparagus, canned, drained | X134 | Asparagus, stem vegetable, stalk, canned, drained | VEGETABLES AND PULSES | z | 191 |
| 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 | 191 |
| Asparagus, stalk, fresh, raw | X1105 | Asparagus, stem vegetable, stalk, fresh, raw, combined cultivar | VEGETABLES AND PULSES | z | 193 |
| Asparagus, stalk, fresh, steamed | X1107 | Asparagus, stem vegetable, stalk, fresh, steamed, combined cultivar | VEGETABLES AND PULSES | z | 193 |
| Avocado, Hass, New Zealand | L1159 | Avocado, flesh, fresh, raw, Hass, New Zealand | FRUITS | z | 115 |
| 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 | 147 |
| 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 | 193 |
| Baking cocoa, powder, Bournville, Cadbury | C1036 | Baking cocoa, cocoa, powder, Cocoa, Bournville, Cadbury | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Banana, green, cooking, deep fried in oil | X1193 | Banana, fruit vegetable, green, cooking, deep fried in oil | VEGETABLES AND PULSES | z | 193 |
| Banana, green, cooking, peeled, boiled, drained | X1192 | Banana, fruit vegetable, green, cooking, peeled, boiled, drained | VEGETABLES AND PULSES | z | 193 |

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| Banana, yellow, ripened, raw | L1101 | Banana, flesh & seed, raw, ripened, yellow, composite | FRUITS | z | 115 |
| Barley, pearl, boiled | E3 | Barley, pearl, boiled | CEREALS AND PSEUDO-CEREALS | b | 55 |
| 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 | 107 |
| Bean, black, boiled, drained, no salt added | X137 | Bean, seed vegetable, boiled, drained, no salt added, black | VEGETABLES AND PULSES | u | 193 |
| Bean, broad, boiled, drained, no salt added | X138 | Bean, seed vegetable, boiled, drained, no salt added, broad | VEGETABLES AND PULSES | u | 193 |
| Bean, butter bean, frozen, boiled, drained, no salt added | X1225 | Bean, butter bean, fruit vegetable, seeds with pod, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 193 |
| Bean, butter bean, frozen, steamed or microwaved, no salt added | X1226 | Bean, butter bean, fruit vegetable, frozen, seeds with pod, steamed or microwaved, no salt added | VEGETABLES AND PULSES | z | 193 |
| 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 | 193 |
| 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 | 195 |
| 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 | 195 |
| 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 | 195 |
| Bean, green, frozen, boiled, drained, no salt added | X1223 | Bean, green, fruit vegetable, seeds with pod, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 195 |
| Bean, green, frozen, steamed or microwaved, no salt added | X1247 | Bean, green, fruit vegetable, seeds with pod, frozen, steamed or microwaved, no salt added | VEGETABLES AND PULSES | z | 195 |
| Bean, haricot, boiled, drained | X10 | Bean, seed vegetable, boiled, drained, haricot | VEGETABLES AND PULSES | b | 195 |
| Bean, mixed beans, canned in brine, drained | X1148 | Bean, mixed beans, seed, in brine, canned, drained, composite | VEGETABLES AND PULSES | z | 195 |
| Bean, red kidney, boiled, drained | X1060 | Bean, seed vegetable, dried, boiled, drained, red kidney | VEGETABLES AND PULSES | a | 195 |
| Bean, soy, (edamame), green, immature, shelled, frozen, boiled, drained, no salt added | X1250 | Bean, soy, (edamame), seed vegetable, green, immature, shelled, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 195 |
| Bean, soy, (edamame), green, immature, shelled, frozen, steamed or microwaved, no salt added | X1251 | Bean, soy, (edamame), seed vegetable, green, immature, shelled, frozen, steamed or microwaved, no salt added | VEGETABLES AND PULSES | z | 195 |
| Beef mince, prime, 5-10% fat, raw | M1232 | Beef, mince, prime, 5-10% fat, raw, composite | MEATS | z | 129 |
| Beef mince, standard, 10-20% fat, raw | M1233 | Beef, mince, standard, 10-20% fat, raw, composite | MEATS | z | 129 |
| Beef salad, Thai, takeaway | H1020 | Salad, beef, ready to eat, Thai, takeaway | FAST FOODS | z | 87 |
| Beef, black bean, stir fry, Chinese | H1015 | Beef, black bean, stir fry, Chinese, takeaway | FAST FOODS | z | 87 |
| Beef, canned, Corned Beef, Salisbury | M1034 | Beef, corned, canned, Corned Beef, Salisbury | MEATS | z | 129 |
| Beef, canned, Lite Corned Beef, Salisbury | M1036 | Beef, corned, canned, Lite Corned Beef, Salisbury | MEATS | z | 129 |

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| Beef, corned silverside, raw | M1039 | Beef, corned silverside, raw, composite | MEATS | z | 131 |
| Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked | M1221 | Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked, composite | MEATS | z | 131 |
| Beef, forequarter & hindquarter assorted cuts, separable lean, cooked | M1149 | Beef, forequarter & hindquarter assorted cuts, separable lean, cooked, composite | MEATS | z | 131 |
| Beef, forequarter brisket navel end, separable lean, braised | M1070 | Beef, forequarter brisket navel end, separable lean, braised | MEATS | z | 131 |
| Beef, forequarter brisket point end, separable lean, braised | M1071 | Beef, forequarter brisket point end, separable lean, braised | MEATS | z | 131 |
| Beef, forequarter chuck steak, separable lean & fat, braised | M1173 | Beef, forequarter chuck steak, separable lean & fat, braised | MEATS | z | 131 |
| Beef, forequarter chuck steak, separable lean, braised | M1072 | Beef, forequarter chuck steak, separable lean, braised | MEATS | z | 131 |
| Beef, forequarter oyster blade, separable lean & fat, braised | M1175 | Beef, forequarter oyster blade, separable lean & fat, braised | MEATS | z | 131 |
| Beef, forequarter oyster blade, separable lean, braised | M1074 | Beef, forequarter oyster blade, separable lean, braised | MEATS | z | 131 |
| Beef, forequarter ribs prepared, separable lean & fat, fast-roasted | M1176 | Beef, forequarter ribs prepared, separable lean & fat, fast-roasted | MEATS | z | 131 |
| Beef, forequarter ribs prepared, separable lean, fast-roasted | M1075 | Beef, forequarter ribs prepared, separable lean, fast-roasted | MEATS | z | 131 |
| Beef, forequarter scotch fillet, separable lean & fat, fast-roasted | M1174 | Beef, forequarter scotch fillet, separable lean & fat, fast-roasted | MEATS | z | 131 |
| Beef, forequarter scotch fillet, separable lean, fast-roasted | M1073 | Beef, forequarter scotch fillet, separable lean, fast-roasted | MEATS | z | 131 |
| Beef, hindquarter fillet, separable lean & fat, fast-fried | M1185 | Beef, hindquarter fillet, separable lean & fat, fast-fried | MEATS | z | 131 |
| Beef, hindquarter fillet, separable lean, fast-fried | M1085 | Beef, hindquarter fillet, separable lean, fast-fried | MEATS | z | 131 |
| Beef, hindquarter rump steak, separable lean & fat, fast-fried | M1183 | Beef, hindquarter rump steak, separable lean & fat, fast-fried | MEATS | z | 131 |
| Beef, hindquarter rump steak, separable lean, fast-fried | M1083 | Beef, hindquarter rump steak, separable lean, fast-fried | MEATS | z | 133 |
| Beef, hindquarter shank, separable lean & fat, braised | M1180 | Beef, hindquarter shank, separable lean & fat, braised | MEATS | z | 133 |
| Beef, hindquarter shank, separable lean, braised | M1080 | Beef, hindquarter shank, separable lean, braised | MEATS | z | 133 |

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| Beef, hindquarter silverside excluding the eye, separable lean, braised | M1079 | Beef, hindquarter silverside excluding the eye, separable lean, braised | MEATS | z | 133 |
| Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised | M1179 | Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised | MEATS | z | 133 |
| Beef, hindquarter silverside, separable lean & fat, slow-roasted | M1177 | Beef, hindquarter silverside, separable lean & fat, slow-roasted | MEATS | z | 133 |
| Beef, hindquarter silverside, separable lean, slow-roasted | M1077 | Beef, hindquarter silverside, separable lean, slow-roasted | MEATS | z | 133 |
| Beef, hindquarter sirloin, separable lean & fat, fast-fried | M1184 | Beef, hindquarter sirloin, separable lean & fat, fast-fried | MEATS | z | 133 |
| Beef, hindquarter sirloin, separable lean, fast-fried | M1084 | Beef, hindquarter sirloin, separable lean, fast-fried | MEATS | z | 133 |
| Beef, hindquarter skirt steak, separable lean & fat, braised | M1178 | Beef, hindquarter skirt steak, separable lean & fat, braised | MEATS | z | 133 |
| Beef, hindquarter skirt steak, separable lean, braised | M1078 | Beef, hindquarter skirt steak, separable lean, braised | MEATS | z | 133 |
| Beef, hindquarter thick flank, separable lean & fat, fast-fried | M1182 | Beef, hindquarter thick flank, separable lean & fat, fast-fried | MEATS | z | 133 |
| Beef, hindquarter thick flank, separable lean, fast-fried | M1082 | Beef, hindquarter thick flank, separable lean, fast-fried | MEATS | z | 133 |
| Beef, hindquarter topside cap off, separable lean & fat, braised | M1181 | Beef, hindquarter topside cap off, separable lean & fat, braised | MEATS | z | 133 |
| Beef, hindquarter topside cap off, separable lean, braised | M1081 | Beef, hindquarter topside cap off, separable lean, braised | MEATS | z | 133 |
| Beef, mince, lean, stewed | M20 | Beef, mince, lean, stewed | MEATS | z | 133 |
| Beef, mince, premium, simmered | M1076 | Beef, mince, premium, simmered | MEATS | z | 135 |
| Beef, offal, sweetbreads, simmered | M1089 | Beef, offal, sweetbreads, simmered | MEATS | z | 135 |
| Beef, pastrami | N31 | Beef, pastrami | MEAT PRODUCTS | u | 147 |
| Beer, full-strength (5% alcohol by volume) | B1016 | Beer, full-strength (5% alcohol by volume), composite | BEVERAGES, ALCOHOLIC | a | 19 |
| Beer, high-strength (> 5% alcohol by volume) | B1015 | Beer, high-strength (> 5% alcohol by volume), composite | BEVERAGES, ALCOHOLIC | a | 19 |
| Beer, low alcohol | B35 | Beer, low alcohol, composite | BEVERAGES, ALCOHOLIC | z | 19 |
| Beer, low-strength (2.5% alcohol by volume) | B1018 | Beer, low-strength (2.5% alcohol by volume), composite | BEVERAGES, ALCOHOLIC | a | 21 |
| Beer, mid-strength (4% alcohol by volume) | B1017 | Beer, mid-strength (4% alcohol by volume), composite | BEVERAGES, ALCOHOLIC | a | 21 |
| Beetroot, canned in water, sliced, drained | X1096 | Beetroot, root vegetable, taproot, canned in water, sliced, drained, composite | VEGETABLES AND PULSES | z | 197 |
| Beetroot, peeled, fresh, raw | X1165 | Beetroot, root vegetable, peeled, fresh, raw | VEGETABLES AND PULSES | z | 197 |
| Beetroot, peeled, fresh, roasted, no salt added | X1166 | Beetroot, root vegetable, peeled, fresh, roasted, no salt added, composite | VEGETABLES AND PULSES | z | 197 |

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| 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 |
| 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 | 115 |
| Blackcurrant, Ben Ard, frozen | L1047 | Blackcurrant, frozen, Ben Ard | FRUITS | z | 115 |
| Blackcurrant, puree, frozen | L1052 | Blackcurrant, puree, frozen, commercial | FRUITS | z | 115 |
| Blackcurrant, raw | L50 | Blackcurrant, raw | FRUITS | u | 115 |
| Blueberry, frozen | L1051 | Blueberry, frozen | FRUITS | z | 115 |
| Blueberry, raw | L1050 | Blueberry, raw, composite | FRUITS | z | 115 |

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| Bolognaise, prepared with beef mince, cooked, no salt added | R5740 | Sauce, bolognaise, prepared with beef mince, cooked, no salt added, home-made | RECIPES | z | 163 |
| Bourbon & regular cola, 5% alcohol by volume, pre-mixed | B1032 | Mixed drink, bourbon whiskey & regular cola, 5% alcohol by volume, ready-to-drink (RTD), pre-mixed, commercial, composite | BEVERAGES, ALCOHOLIC | z | 21 |
| Bourbon & regular cola, 7% alcohol by volume, pre-mixed | B1031 | Mixed drink, bourbon whiskey & regular cola, 7% alcohol by volume, ready-to-drink (RTD), pre-mixed, commercial, composite | BEVERAGES, ALCOHOLIC | z | 21 |
| Boysenberry, frozen | L1045 | Boysenberry, frozen | FRUITS | z | 117 |
| Boysenberry, puree, seedless, frozen | L1046 | Boysenberry, puree, seedless, frozen | FRUITS | z | 117 |
| Boysenberry, raw | L40 | Boysenberry, raw | FRUITS | z | 117 |
| 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 | A1021 | Bread, mixed grain & seed, sliced, prepacked, 9 Grain & Seed Toast, Tip Top, fortified vitamin E, folate & Fe | BAKERY PRODUCTS | z | 5 |
| Bread, chapatti or roti, wholemeal, restaurant | A1123 | Bread, chapatti or roti, wholemeal, ready to eat, restaurant | BAKERY PRODUCTS | z | 5 |
| Bread, ciabatta, loaf, plain, as purchased | A1138 | Bread, ciabatta, Italian style, loaf, from white wheat flour, plain, as purchased, commercial, composite | BAKERY PRODUCTS | z | 5 |
| Bread, French, stick or loaf, plain, as purchased | A1140 | Bread, French, stick or loaf, from white wheat flour, plain, as purchased, commercial, composite | BAKERY PRODUCTS | z | 5 |
| 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 | 5 |
| Bread, gluten free, white, sliced & unsliced, prepacked | A1014 | Bread, gluten free, white, sliced & unsliced, prepacked, composite | BAKERY PRODUCTS | z | 5 |
| 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 |
| Bread, mixed grain, Ancient Grains, Vogel's | A1024 | Bread, mixed grain, sliced, prepacked, Ancient Grains, Vogel's | BAKERY PRODUCTS | z | 9 |
| Bread, mixed grain, heavy, sliced, prepacked | A1010 | Bread, mixed grain, heavy, sliced, prepacked, composite | BAKERY PRODUCTS | z | 9 |
| 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 | 7 |
| Bread, pita, white | A1097 | Bread, pita, white, composite | BAKERY PRODUCTS | z | 9 |

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| 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 | 11 |
| 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 | 49 |
| Broccoli, frozen, boiled, drained, no salt added | X1019 | Broccoli, inflorescent vegetable, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 197 |
| Broccoli, frozen, raw | X1016 | Broccoli, inflorescent vegetable, frozen, raw | VEGETABLES AND PULSES | z | 197 |
| Broccoli, boiled, drained, no salt added | X1022 | Broccoli, inflorescent vegetable, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 197 |
| Broccoli, floret, frozen, boiled, drained, no salt added | X1220 | Broccoli, inflorescent vegetable, floret, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 197 |
| Broccoli, floret, frozen, steamed or microwaved, no salt added | X1221 | Broccoli, inflorescent vegetable, floret, frozen, steamed or microwaved, no salt added | VEGETABLES AND PULSES | z | 197 |
| Broccoli, raw | X1020 | Broccoli, inflorescent vegetable, raw | VEGETABLES AND PULSES | z | 197 |
| Brussels sprout, boiled, drained, no salt added | X1094 | Brussels sprout, leafy vegetable, inner leaves, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 197 |
| Brussels sprout, steamed | X1095 | Brussels sprout, leafy vegetable, inner leaves, steamed, combined varieties | VEGETABLES AND PULSES | z | 199 |
| Bulgur, boiled | E68 | Bulgur, wheat, boiled | CEREALS AND PSEUDO-CEREALS | a | 55 |
| Bun, currant | A25 | Bun, currant, composite | BAKERY PRODUCTS | abu | 11 |
| Bun, iced | A130 | Bun, iced | BAKERY PRODUCTS | z | 11 |
| Burger, Big Mac, McDonald's | H8 | Burger, Big Mac, McDonald's | FAST FOODS | z | 87 |
| Burger, cheeseburger | H3 | Burger, cheeseburger, composite | FAST FOODS | a | 87 |
| Burger, cheeseburger, McDonald's | H4 | Burger, cheeseburger, McDonald's | FAST FOODS | z | 87 |
| Burger, Filet-o-Fish, McDonald's | H24 | Burger, Filet-o-Fish, McDonald's | FAST FOODS | z | 87 |
| Burger, hamburger | H6 | Burger, hamburger, composite | FAST FOODS | a | 87 |
| Burger, hamburger, McDonald's | H7 | Burger, hamburger, McDonald's | FAST FOODS | z | 89 |

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| Burger, Quarter Pounder with cheese, McDonald's | H10 | Burger, Quarter Pounder with cheese, McDonald's | FAST FOODS | z | 89 |
| Butter, salted | F1046 | Butter, salted, composite | DAIRY | z | 67 |
| Butter, semisoft | F1051 | Butter, semisoft | DAIRY | z | 67 |
| Butter, unsalted | F1050 | Butter, unsalted | DAIRY | z | 67 |
| Cabbage, bok choy, raw | X1038 | Cabbage, leafy vegetable, leaves & stem, raw, bok choy | VEGETABLES AND PULSES | z | 199 |
| Cabbage, Chinese, cooked | X250 | Cabbage, leafy vegetable, cooked, Chinese | VEGETABLES AND PULSES | bh | 199 |
| Cabbage, choy sum, raw | X1040 | Cabbage, leafy vegetable, raw, choy sum | VEGETABLES AND PULSES | z | 199 |
| 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 | 199 |
| Cabbage, green drumhead, leaves, raw | X1102 | Cabbage, leafy vegetable, leaves, raw, green drumhead | VEGETABLES AND PULSES | z | 199 |
| Cabbage, green drumhead, leaves, steamed | X1104 | Cabbage, leafy vegetable, leaves, steamed, green drumhead | VEGETABLES AND PULSES | z | 199 |
| Cabbage, red | X23 | Cabbage, leafy vegetable, red | VEGETABLES AND PULSES | a | 199 |
| Cabbage, tat soi, raw | X1039 | Cabbage, leafy vegetable, raw, tat soi | VEGETABLES AND PULSES | z | 199 |
| Cake, assorted fruits, light, uniced | A1153 | Cake, assorted fruits, light, uniced, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Cake, assorted fruits, rich or dark, uniced | A1152 | Cake, assorted fruits, rich or dark, uniced, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Cake, banana, baked, iced with butter icing | R5747 | Cake, banana, baked, iced with butter icing | RECIPES | z | 163 |
| Cake, banana, baked, uniced | R5746 | Cake, banana, baked, home-made, uniced | RECIPES | z | 163 |
| Cake, carrot, iced | A1154 | Cake, carrot, with icing, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Cake, chocolate, baked, iced with butter icing | R5435 | Cake, chocolate, baked, iced with butter icing | RECIPES | abuz | 165 |
| Cake, chocolate, iced | A1136 | Cake, chocolate, iced, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Cake, sponge, fat added, baked | R21 | Cake, sponge, fat added, baked | RECIPES | abz | 165 |
| Cake, sponge, no fat added, baked | R22 | Cake, sponge, no fat added, baked | RECIPES | abz | 165 |
| Cake, sponge, plain | A1148 | Cake, sponge, plain, unfilled, uniced, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Cannellini bean, canned in brine, drained | X1149 | Bean, cannellini bean, seed, in brine, canned, drained, composite | VEGETABLES AND PULSES | z | 199 |
| Capsicum, green, raw | X1049 | Capsicum, fruit vegetable, stalk & seeds removed, raw, green | VEGETABLES AND PULSES | z | 199 |
| Capsicum, red, raw | X1048 | Capsicum, fruit vegetable, stalk & seeds removed, raw, red | VEGETABLES AND PULSES | z | 201 |
| Capsicum, red, sliced, frozen, pan-fried with olive oil, no salt added | X1230 | Capsicum, red, fruit vegetable, sliced, frozen, pan-fried with olive oil, no salt added | VEGETABLES AND PULSES | z | 201 |
| Carrot, cubed or sliced, frozen, boiled, drained, no salt added | X1228 | Carrot, root vegetable, tap root, cubed or sliced, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 201 |
| Carrot, flesh, fresh, baked with oil | X1117 | Carrot, root vegetable, taproot, flesh, fresh, baked with oil, combined varieties | VEGETABLES AND PULSES | z | 201 |
| 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 | 201 |

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| Carrot, flesh, fresh, raw | X1114 | Carrot, root vegetable, taproot, flesh, fresh, raw, combined varieties | VEGETABLES AND PULSES | z | 201 |
| Carrot, flesh, fresh, steamed | X1116 | Carrot, root vegetable, taproot, flesh, fresh, steamed, combined varieties | VEGETABLES AND PULSES | z | 201 |
| Carrot, flesh, fresh, stir fried | X1118 | Carrot, root vegetable, taproot, flesh, fresh, stir fried, combined varieties | VEGETABLES AND PULSES | z | 201 |
| 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 | 201 |
| Cassava, boiled, peeled, drained, no salt added | X238 | Cassava, root vegetable, root tuber, peeled, boiled, drained, no salt added | VEGETABLES AND PULSES | b | 201 |
| Cauliflower, boiled, drained, no salt added | X1129 | Cauliflower, inflorescent vegetable, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 203 |
| Cauliflower, floret, frozen, boiled, drained, no salt added | X1217 | Cauliflower, inflorescent vegetable, floret, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 203 |
| Cauliflower, floret, frozen, steamed or microwaved, no salt added | X1218 | Cauliflower, inflorescent vegetable, floret, frozen, steamed or microwaved, no salt added | VEGETABLES AND PULSES | z | 203 |
| Cauliflower, fresh, raw | X1128 | Cauliflower, inflorescent vegetable, fresh, raw, composite | VEGETABLES AND PULSES | z | 203 |
| Celery, American Green, stalk, raw | X1091 | Celery, stem vegetable, stalk, raw, green, American Green | VEGETABLES AND PULSES | z | 203 |
| Celery, American Green, stalk, stir fried | X1092 | Celery, stem vegetable, stalk, stir fried, green, American Green | VEGETABLES AND PULSES | z | 203 |
| Cheese spread, light, Philadelphia | F98 | Cheese spread, light, Philadelphia | DAIRY | z | 67 |
| Cheese, blue vein | F4 | Cheese, blue vein | DAIRY | z | 67 |
| Cheese, camembert | F5 | Cheese, camembert | DAIRY | z | 69 |
| Cheese, cheddar | F1014 | Cheese, cheddar, composite | DAIRY | z | 69 |
| Cheese, cheddar mild | F1015 | Cheese, cheddar mild, composite | DAIRY | z | 69 |
| Cheese, cheddar, light, Mainland | F1057 | Cheese, cheddar, light, Mainland | DAIRY | z | 69 |
| Cheese, Colby | F1006 | Cheese, Colby, composite | DAIRY | z | 69 |
| Cheese, cottage | F11 | Cheese, cottage | DAIRY | z | 69 |
| Cheese, cottage, light, 1% fat | F1056 | Cheese, cottage, light, 1% fat, composite | DAIRY | z | 69 |
| Cheese, cream | F12 | Cheese, cream | DAIRY | z | 69 |
| Cheese, cream, reduced fat 16%, Country Goodness | F69 | Cheese, cream, reduced fat 16%, Country Goodness | DAIRY | z | 71 |
| Cheese, edam | F1001 | Cheese, edam, composite | DAIRY | z | 71 |
| Cheese, feta, from cows' milk, reduced fat | F1089 | Cheese, feta, from cows' milk, soft, reduced fat, salt-cured, composite, New Zealand | DAIRY | z | 71 |
| Cheese, feta, from cows' milk, traditional | F1088 | Cheese, feta, from cows' milk, soft, traditional, salt-cured, composite, New Zealand | DAIRY | z | 71 |
| Cheese, feta, from goats' milk | F1090 | Cheese, feta, from goats' milk, soft, salt-cured, composite, New Zealand | DAIRY | z | 71 |
| Cheese, haloumi, from cows' milk | F1091 | Cheese, haloumi, from cows' milk, soft, composite, New Zealand | DAIRY | z | 71 |
| Cheese, mozzarella | F17 | Cheese, mozzarella | DAIRY | z | 71 |
| Cheese, parmesan, from cows' milk, ungrated | F1092 | Cheese, parmesan, from cows' milk, hard, ungrated, composite, New Zealand | DAIRY | z | 71 |

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| Cheese, parmesan, powder | F18 | Cheese, parmesan, powder, composite | DAIRY | z | 73 |
| Cheese, processed | F19 | Cheese, processed | DAIRY | z | 73 |
| Cheese, processed, sliced, reduced fat | F79 | Cheese, processed, sliced, reduced fat, composite | DAIRY | z | 73 |
| Cheese, ricotta, from cows' milk | F1093 | Cheese, ricotta, from cows' milk, original, composite | DAIRY | z | 73 |
| Cherry, flesh & skin, raw | L45 | Cherry, flesh & skin, raw | FRUITS | z | 117 |
| Chicken and cashew, stir fry, Chinese | H1016 | Chicken, with cashews, stir fry, Chinese, takeaway | FAST FOODS | z | 89 |
| Chicken, breast, grilled | M232 | Chicken, breast, grilled | MEATS | z | 135 |
| Chicken, breast, lean & fat, roasted | M339 | Chicken, breast, lean & fat, roasted | MEATS | z | 135 |
| 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 | 135 |
| Chicken, composite cuts, flesh, cooked | M239 | Chicken, composite cuts, flesh, cooked | MEATS | z | 135 |
| Chicken, composite cuts, lean, fat & skin, raw, Size 10 | M347 | Chicken, composite cuts, lean, fat & skin, raw, Size 10 | MEATS | z | 135 |
| Chicken, crumbed, breast, deep fried, Kentucky Fried Chicken | H17 | Chicken, crumbed, breast, fried, ready to eat, Kentucky Fried Chicken | FAST FOODS | a | 89 |
| Chicken, crumbed, drumstick, fried, Kentucky Fried Chicken | H18 | Chicken, crumbed, drumstick, fried, ready to eat, Kentucky Fried Chicken | FAST FOODS | z | 89 |
| Chicken, crumbed, thigh, fried, Kentucky Fried Chicken | H19 | Chicken, crumbed, thigh, fried, Kentucky Fried Chicken | FAST FOODS | a | 89 |
| Chicken, crumbed, wing, deep fried, Kentucky Fried Chicken | H16 | Chicken, crumbed, wing, fried, ready to eat, Kentucky Fried Chicken | FAST FOODS | a | 89 |
| Chicken, deli cooked, breast | M1012 | Chicken, deli cooked, breast, flesh, ready to eat, composite | MEATS | z | 135 |
| Chicken, deli cooked, drumstick | M1016 | Chicken, deli cooked, drumstick, flesh, ready to eat, composite | MEATS | z | 135 |
| Chicken, deli cooked, skin | M1015 | Chicken, deli cooked, skin, ready to eat, composite | MEATS | z | 135 |
| Chicken, deli cooked, thigh | M1013 | Chicken, deli cooked, thigh, flesh, ready to eat, composite | MEATS | z | 135 |
| Chicken, drumstick, flesh, grilled | M247 | Chicken, drumstick, flesh, grilled | MEATS | z | 135 |
| Chicken, drumstick, lean & fat, roasted in oven bag | M346 | Chicken, drumstick, separable lean 98% & fat 2%, roasted in oven bag | MEATS | z | 137 |
| Chicken, leg, flesh, grilled | M255 | Chicken, leg, flesh, grilled | MEATS | z | 137 |
| Chicken, mince, pan fried, with no added fat, premium, Tegal | M1153 | Chicken, mince, pan fried, with no added fat, premium, Tegal | MEATS | z | 137 |
| Chicken, nugget, crumbed, baked | N58 | Chicken, nugget, crumbed, baked, composite | MEAT PRODUCTS | z | 147 |
| Chicken, nugget, crumbed, deep fried | N57 | Chicken, nugget, crumbed, deep fried, composite | MEAT PRODUCTS | z | 147 |
| Chicken, nugget, deep fried, McDonald's | H159 | Chicken, nugget, deep fried, ready to eat, McDonald's | FAST FOODS | z | 89 |

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| Chicken, thigh, flesh, roasted | M337 | Chicken, thigh, flesh, roasted | MEATS | z | 137 |
| 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 | 137 |
| Chicken, wing, flesh, grilled | M264 | Chicken, wing, flesh, grilled | MEATS | z | 137 |
| 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 | 137 |
| Chickpea (channa dhal), split, seed coat removed, raw, dry | X1256 | Chickpea (channa dhal), split, seed coat removed, raw, dry, composite | VEGETABLES AND PULSES | z | 203 |
| Chickpea, canned in brine, drained | X1146 | Bean, chickpea, seed, in brine, canned, drained, composite | VEGETABLES AND PULSES | z | 203 |
| Chickpea, cooked | X76 | Chickpea, seed vegetable, cooked | VEGETABLES AND PULSES | b | 203 |
| Chilli bean, canned in chilli sauce, undrained | X1150 | Bean, in chilli sauce, seed, canned, undrained, Chilli beans, composite | VEGETABLES AND PULSES | z | 203 |
| Chilli con carne and corn chips | R5749 | Meal, chilli con carne and corn chips, ready to eat | RECIPES | z | 165 |
| Chilli con carne, with beef mince and red kidney beans, no salt added | R5748 | Chilli con carne, with beef mince and red kidney beans, Mexican-style, cooked, no salt added, home-made | RECIPES | z | 165 |
| Chocolate bar & bite size, Moro, Cadbury | W1009 | Chocolate, caramel & nougat whip, bar & bite size, Moro, Cadbury | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 185 |
| 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 | 185 |
| 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 | 185 |
| Chocolate bar & block, Energy, Cadbury | W1012 | Chocolate, rich chocolate, bar & block, Energy, Cadbury | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 185 |
| Chocolate bar, Bounty, Mars | W5 | Chocolate, milk chocolate with coconut centre, bar, Bounty, Mars | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 185 |
| Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury | W1014 | Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 185 |
| Chocolate bar, Mars | W6 | Chocolate bar, Mars | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 185 |
| Chocolate bar, milk | W3 | Chocolate bar, milk | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 185 |
| Chocolate block & slab, Peanut, Whittaker's | W1011 | Chocolate, block & slab, Original, Peanut, Whittaker's | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 187 |
| Chocolate, compound | W1015 | Chocolate, compound, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 187 |

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| Chocolate, dark | W56 | Chocolate, dark | SUGARS, CONFECTIONARIES AND SWEET SPREADS | a | 187 |
| Chocolate, fancy & filled | W7 | Chocolate, fancy & filled | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 187 |
| Chocolate, white | W55 | Chocolate, white | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 187 |
| Choko, flesh, cooked | X142 | Choko, fruit vegetable, flesh, cooked | VEGETABLES AND PULSES | a | 205 |
| Chop suey, chicken, lean & fat, stir fried | H173 | Chop suey, chicken, lean & fat, stir fried | FAST FOODS | z | 89 |
| Chop suey, pork | H71 | Chop suey, pork, ready to eat | FAST FOODS | a | 89 |
| Chow mein, beef, lean & fat, stir fried | H172 | Chow mein, beef, lean & fat, stir fried | FAST FOODS | z | 89 |
| Chow mein, chicken | H199 | Chow mein, chicken, ready to eat, composite | FAST FOODS | z | 89 |
| Chow mein, prawn | H89 | Chow mein, prawn, ready to eat | FAST FOODS | a | 89 |
| Cider, apple, (5% alcohol by volume) | B1030 | Cider, apple, (5% alcohol by volume), composite | BEVERAGES, ALCOHOLIC | a | 23 |
| Cider, sweet | B12 | Cider, sweet | BEVERAGES, ALCOHOLIC | b | 23 |
| 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 | 49 |
| 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 | 49 |
| 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 | 49 |
| Cockle, boiled | T31 | Cockle, boiled | SHELLFISHES | b | 173 |
| 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 | 49 |
| Coconut milk, sugar-sweetened, ready to drink | C1137 | Drink, coconut milk, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Coconut milk, unsweetened | C1136 | Drink, coconut milk, unsweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Coconut oil | J1039 | Oil, coconut, composite | FATS AND OILS | z | 101 |
| Coconut water, unsweetened | C1130 | Drink, coconut water, unsweetened, ready to drink, commercial, composite | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Coconut yoghurt, from coconut cream, assorted fruit flavours, sugar-sweetened | Q1034 | Yoghurt, from coconut cream, assorted fruit flavours, sugar-sweetened, composite | NUTS AND SEEDS | z | 157 |
| Coconut yoghurt, from coconut cream, plain, unsweetened | Q1033 | Yoghurt, from coconut cream, plain, unsweetened, composite | NUTS AND SEEDS | z | 157 |
| Coconut yoghurt, from coconut milk, assorted fruit flavours, sugar-sweetened | Q1036 | Yoghurt, from coconut milk, assorted fruit flavours, sugar-sweetened, composite | NUTS AND SEEDS | z | 157 |
| Coconut yoghurt, from coconut milk, plain, unsweetened | Q1035 | Yoghurt, from coconut milk, plain, unsweetened, composite | NUTS AND SEEDS | z | 157 |

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| Coconut, cream, premium | Q1014 | Coconut, cream, premium, composite | NUTS AND SEEDS | z | 157 |
| Coconut, desiccated | Q9 | Coconut, desiccated | NUTS AND SEEDS | b | 157 |
| Coconut, flesh, raw | Q8 | Coconut, flesh, raw | NUTS AND SEEDS | b | 157 |
| Coconut, milk, standard | Q1015 | Coconut, milk, standard, composite | NUTS AND SEEDS | z | 157 |
| Coffee beverage, brewed from grounds, dripped prepared | C1047 | Coffee beverage, brewed from grounds, dripped prepared, composite | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Coffee beverage, brewed from grounds, plunger prepared | C1046 | Coffee beverage, brewed from grounds, plunger prepared, composite | BEVERAGE, NON-ALCOHOLIC | z | 31 |
| Coffee beverage, espresso, cafe variety | C1045 | Coffee beverage, espresso, ready to drink, cafe variety, composite | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| Coffee beverage, instant, dry powder with water | C1048 | Coffee beverage, instant, dry powder with water, prepared | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe | C1044 | Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coffee whitener, powder | P68 | Coffee whitener, powder | MISCELLANEOUS | a | 153 |
| Coffee, instant, decaffeinated, dry powder | C1043 | Coffee, instant, decaffeinated, dry powder, composite | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coffee, instant, dry powder | C1042 | Coffee, instant, dry powder, composite | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coleslaw, Kentucky Fried Chicken | H20 | Coleslaw, ready to eat, Kentucky Fried Chicken | FAST FOODS | a | 91 |
| Coriander, leaves & stem, fresh, raw | P1010 | Herb, coriander, leaves & stem, fresh, raw, combined varieties | MISCELLANEOUS | z | 155 |

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| 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 | 177 |
| 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 | 177 |
| Corn, baby sweet corn, canned, drained | X259 | Corn, seed vegetable, canned, drained, baby sweet corn | VEGETABLES AND PULSES | b | 205 |
| Cornmeal, wholegrain, yellow | E99 | Cornmeal, wholegrain, yellow | CEREALS AND PSEUDO-CEREALS | u | 55 |
| Courgette, green, unpeeled, raw | X1058 | Courgette, fruit vegetable, unpeeled, raw, green | VEGETABLES AND PULSES | z | 205 |
| 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 | 55 |
| Couscous, white wheat, dry | E1067 | Couscous, white wheat, dry, composite | CEREALS AND PSEUDO-CEREALS | z | 55 |
| 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 | 55 |
| Crab, meat stick, surimi | T40 | Crab, meat stick, surimi | SHELLFISHES | u | 173 |
| 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 |
| 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 | 13 |
| Cracker, rice, plain | A1034 | Cracker, rice, plain, composite | BAKERY PRODUCTS | z | 13 |
| Cracker, rice, seaweed flavoured, Sakata | A1035 | Cracker, rice, seaweed flavoured, Rice Cracker Seaweed, Sakata | BAKERY PRODUCTS | z | 13 |
| Cracker, rye, Crispbread, Ryvita | A141 | Cracker, rye & assorted flavours, ready to eat, Crispbread, Ryvita | BAKERY PRODUCTS | z | 13 |
| 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 | 13 |
| Cracker, wheat, Meal Mates, Griffin's | A119 | Cracker, wheat, ready to eat, Meal Mates, Griffin's | BAKERY PRODUCTS | z | 13 |
| Cracker, wheat, Salada, Light, Original, Arnott's | A1030 | Cracker, wheat, ready to eat, Salada, Light, Original, Arnott's | BAKERY PRODUCTS | z | 13 |
| 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 | 13 |
| 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 | u | 117 |
| Cream, reduced fat | F22 | Cream, reduced fat | DAIRY | z | 73 |
| Cream, sour | F23 | Cream, sour | DAIRY | z | 73 |
| Cream, standard | F24 | Cream, standard | DAIRY | z | 73 |

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| Cream, whipping, ultra-high-temperature processed | F25 | Cream, whipping, ultra-high-temperature processed | DAIRY | z | 73 |
| Creme fraiche | F1061 | Creme fraiche, composite | DAIRY | z | 73 |
| Creme fraiche, light | F1062 | Creme fraiche, light, composite | DAIRY | z | 73 |
| Croissant, plain | A101 | Croissant, plain, composite | BAKERY PRODUCTS | z | 15 |
| Crumpet, white, toasted | A1120 | Crumpet, white, toasted, commercial | BAKERY PRODUCTS | z | 15 |
| 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 | 49 |
| Cucumber, lebanese, unpeeled, raw | X1043 | Cucumber, fruit vegetable, unpeeled, raw, lebanese | VEGETABLES AND PULSES | z | 205 |
| Cucumber, telegraph, raw, unpeeled | X1052 | Cucumber, fruit vegetable, fruit, unpeeled, raw, telegraph | VEGETABLES AND PULSES | z | 205 |
| Currant, dried | L49 | Currant, dried | FRUITS | b | 117 |
| Curry, beef korma, Indian, takeaway | H1026 | Curry, beef korma, ready to eat, Indian, takeaway | FAST FOODS | z | 91 |
| Curry, beef madras, Indian, takeaway | H1027 | Curry, beef madras, ready to eat, Indian, takeaway | FAST FOODS | z | 91 |
| Curry, butter chicken, Indian, takeaway | H1023 | Curry, butter chicken, ready to eat, Indian, takeaway | FAST FOODS | z | 91 |
| Curry, chicken masala, Indian, takeaway | H1024 | Curry, chicken masala, ready to eat, Indian, takeaway | FAST FOODS | z | 91 |
| Curry, chicken, green, Thai, takeaway | H1021 | Curry, chicken, green, ready to eat, Thai, takeaway | FAST FOODS | z | 91 |
| Curry, dhal makani, Indian, takeaway | H1028 | Curry, dhal makani, ready to eat, Indian, takeaway | FAST FOODS | z | 91 |
| Curry, rogan josh, Indian, takeaway | H1025 | Curry, rogan josh, ready to eat. Indian, takeaway | FAST FOODS | z | 91 |
| Custard square, baked | R5428 | Custard square, baked | RECIPES | abuz | 165 |
| Custard, dry powder | E6 | Custard, corn flour, colour & flavour, dry powder | CEREALS AND PSEUDO-CEREALS | b | 57 |
| Custard, from milk, vanilla flavour, sugar-sweetened, regular | F1098 | Custard, from milk, vanilla flavour, sugar-sweetened, regular, commercial, composite | DAIRY | z | 75 |
| Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy | F1099 | Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy, commercial, composite | DAIRY | z | 75 |
| Date, pitted, flesh, dried | L1161 | Date, pitted, flesh, dried, composite | FRUITS | z | 117 |
| Dessert, vanilla, 99% fat free, frozen, Weight Watchers | F76 | Dessert, vanilla, 99% fat free, frozen, Weight Watchers | DAIRY | z | 75 |
| Dip, guacamole | R5507 | Dip, guacamole | RECIPES | abuz | 165 |
| Dip, sour cream, assorted flavours, 30% fat, La Bonne | S77 | Dip, sour cream, assorted flavours, 30% fat, La Bonne | SAUCES AND CONDIMENTS | z | 167 |
| Dip, sour cream, lite, assorted flavours, 7% fat | S79 | Dip, sour cream, lite, assorted flavours, 7% fat, composite | SAUCES AND CONDIMENTS | z | 167 |
| Doughnut, chocolate iced | A1143 | Doughnut, chocolate iced, unfilled, ring shaped, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 15 |
| Doughnut, cinnamon & sugar dusted | A1142 | Doughnut, cinnamon & sugar dusted, unfilled, ring shaped, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 15 |

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| Doughnut, cream & jam filled | A1145 | Doughnut, cream & jam filled, assorted flavours, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 15 |
| Doughnut, non-chocolate iced | A1144 | Doughnut, non-chocolate iced, unfilled, ring shaped, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 15 |
| Dressing, coleslaw, Lite, Eta | S29 | Dressing, coleslaw, Lite, Eta | SAUCES AND CONDIMENTS | z | 167 |
| Dressing, French, Kraft | S28 | Dressing, French, Kraft | SAUCES AND CONDIMENTS | z | 167 |
| Dressing, Italian, Kraft | S31 | Dressing, Italian, Kraft | SAUCES AND CONDIMENTS | z | 169 |
| Dressing, mayonnaise, commercial | S45 | Dressing, mayonnaise, commercial | SAUCES AND CONDIMENTS | z | 169 |
| Dressing, mayonnaise, reduced fat, commercial | S64 | Dressing, mayonnaise, reduced fat, commercial | SAUCES AND CONDIMENTS | a | 169 |
| Dressing, thousand island, Eta | S50 | Dressing, thousand island, Eta | SAUCES AND CONDIMENTS | z | 169 |
| Dressing, vinaigrette | S7 | Dressing, vinaigrette | SAUCES AND CONDIMENTS | u | 169 |
| Dripping, beef, Farmland | J1030 | Dripping, beef, Farmland | FATS AND OILS | z | 101 |
| Duck, composite cuts, separable lean, roasted | M75 | Duck, composite cuts, separable lean, roasted | MEATS | b | 137 |
| Eel, smoked | K179 | Eel, smoked | FIN FISHES | z | 107 |
| Egg foo young with chicken, omelette, Chinese, takeaway | H1012 | Omelette, egg foo young, with chicken, ready to eat, Chinese | FAST FOODS | z | 91 |
| Egg, chicken, white & yolk, boiled | G1001 | Egg, chicken, white & yolk, boiled | EGGS | z | 83 |
| Egg, chicken, white & yolk, fried in butter | G1010 | Egg, chicken, white & yolk, fried in butter | EGGS | z | 85 |
| Egg, chicken, white & yolk, fried in vegetable oil | G1002 | Egg, chicken, white & yolk, fried in vegetable oil | EGGS | z | 85 |
| Egg, chicken, white & yolk, milk added, scrambled | G1009 | Egg, chicken, white & yolk, milk added, scrambled | EGGS | z | 85 |
| Egg, chicken, white & yolk, poached | G1003 | Egg, chicken, white & yolk, poached | EGGS | z | 85 |
| Egg, chicken, white & yolk, raw | G1008 | Egg, chicken, white & yolk, raw | EGGS | z | 85 |
| Egg, chicken, white, raw | G1004 | Egg, chicken, white, raw | EGGS | z | 85 |
| Egg, chicken, yolk, raw | G1005 | Egg, chicken, yolk, raw | EGGS | z | 87 |
| Eggplant, baked with oil, | X1084 | Eggplant, fruit vegetable, flesh, skin & seed, baked with oil, combined varieties | VEGETABLES AND PULSES | z | 205 |
| Eggplant, boiled, drained, no salt added | X1086 | Eggplant, fruit vegetable, flesh, skin & seed, boiled, drained, no salt added, | VEGETABLES AND PULSES | z | 205 |
| Eggplant, fried with oil | X1088 | Eggplant, fruit vegetable, flesh, skin & seed, fried with oil, combined varieties | VEGETABLES AND PULSES | z | 205 |
| Eggplant, steamed | X1087 | Eggplant, fruit vegetable, flesh, skin & seed, steamed, combined varieties | VEGETABLES AND PULSES | z | 205 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Energy drink, sugar free, V, Frucor, fortified | C1031 | Energy drink, sugar free, V, Frucor, fortified vitamins B2, B3, B5, B6 & B12 | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Energy food drink, dry powder, Chocolate, Nesquik, Nestle | C74 | Energy food drink, chocolate, dry powder, Chocolate, Nesquik, Nestle | BEVERAGE, NON-ALCOHOLIC | z | 35 |

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| Energy food drink, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrah | C1038 | Energy food drink, chocolate, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrah | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Energy food drink, dry powder, Drinking Chocolate, Cadbury | C1037 | Energy food drink, chocolate, dry powder, Drinking Chocolate, Cadbury | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| English muffin, bread-like, assorted flavours, toasted | A96 | Muffin, English, bread-like, assorted flavours, toasted, Homestyle, composite | BAKERY PRODUCTS | z | 15 |
| Feijoa, flesh, raw | L67 | Feijoa, flesh, raw, combined varieties | FRUITS | z | 117 |
| Fig, dried | L68 | Fig, dried | FRUITS | a | 117 |
| Fish, battered, deep fried, Independent Shops | H22 | Fish, battered, deep fried, Independent Shops | FAST FOODS | z | 91 |
| Fish, cake, baked | H57 | Fish, cake, baked | FAST FOODS | z | 91 |
| Fish, cake, deep fried in peanut oil | H23 | Fish, cake, deep fried in peanut oil | FAST FOODS | z | 91 |
| Fish, fillet, crumbed, frozen, baked | H194 | Fish, fillet, crumbed, frozen, baked, composite | FAST FOODS | z | 93 |
| Fish, fillet, crumbed, frozen, fried | H195 | Fish, fillet, crumbed, frozen, fried, composite | FAST FOODS | z | 93 |
| Fish, fingers, baked | H61 | Fish, fingers, baked | FAST FOODS | z | 93 |
| Fish, fingers, deep fried in peanut oil | H65 | Fish, fingers, deep fried in peanut oil | FAST FOODS | z | 93 |
| Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansells, fortified | C138 | Flavoured drink, assorted fruit flavours, dry powder, Vitafresh, Hansells, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Flavoured drink, dry powder, assorted flavours, Raro | C99 | Flavoured drink, assorted flavours, dry powder, Raro | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Flavoured drink, lemon & barley, dry powder with water | C58 | Flavoured drink, lemon & barley, dry powder with water, ready to drink | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Flavoured drink, orange | C47 | Flavoured drink, orange, ready to drink | BEVERAGE, NON-ALCOHOLIC | a | 37 |
| Flounder, flesh, baked | K56 | Flounder, flesh, baked | FIN FISHES | z | 107 |
| Flour, almond, white, dry | E1085 | Flour, almond, white, dry, commercial, composite | CEREALS AND PSEUDO-CEREALS | z | 57 |
| Flour, chickpea or channa (besan), yellow | E1086 | Flour, chickpea or channa (besan), yellow, commercial | CEREALS AND PSEUDO-CEREALS | z | 57 |
| Flour, coconut | E1087 | Flour, coconut, defatted coconut meat, composite | CEREALS AND PSEUDO-CEREALS | z | 57 |
| Flour, corn | E9 | Flour, corn | CEREALS AND PSEUDO-CEREALS | b | 57 |
| Flour, pea, yellow, dry | E1083 | Flour, pea, yellow, dry, commercial, composite | CEREALS AND PSEUDO-CEREALS | z | 57 |
| Flour, rice, brown, dry | E1082 | Flour, rice, brown, dry, commercial, composite | CEREALS AND PSEUDO-CEREALS | z | 57 |
| Flour, rice, white, dry | E1081 | Flour, rice, white, dry, commercial, composite | CEREALS AND PSEUDO-CEREALS | z | 57 |
| Flour, soy, full fat | E12 | Flour, soy, full fat | CEREALS AND PSEUDO-CEREALS | z | 57 |
| Flour, wheat, white | E108 | Flour, wheat, white, standard, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |
| Flour, wheat, wholemeal | E46 | Flour, wheat wholemeal, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |

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| Fried rice, combination, Chinese, takeaway | H1018 | Rice, fried, combination, ready to eat. Chinese, takeaway | FAST FOODS | z | 93 |
| Fries, potato, Burger King | H1046 | Fries, potato, Burger King | FAST FOODS | z | 93 |
| Fries, potato, Kentucky Fried Chicken | H1041 | Fries, potato, Kentucky Fried Chicken | FAST FOODS | z | 93 |
| Fries, potato, McDonald's | H1042 | Fries, potato, McDonald's | FAST FOODS | z | 93 |
| Fries, potato, straight cut, Independent Shops | H1039 | Fries, potato, straight cut, Independent Shops | FAST FOODS | z | 93 |
| Fromage frais, assorted fruits & flavours, Fruche | F1064 | Fromage frais, assorted fruits & flavours, Fruche | DAIRY | z | 75 |
| Fromage frais, vanilla, Fruche | F1063 | Fromage frais, vanilla, Fruche | DAIRY | z | 75 |
| Frozen meal, lasagne, beef, bake | E127 | Frozen meal, lasagne, beef, baked, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |
| Frozen meal, macaroni cheese, baked | E129 | Frozen meal, macaroni cheese, baked, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |
| 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 | 147 |
| 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 | 147 |
| 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 | 147 |
| 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 | 147 |
| Frozen meal, spaghetti bolognaise, baked | E128 | Frozen meal, spaghetti bolognaise, baked, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |
| Fruit bar, wholemeal, assorted flavours, Mother Earth | U21 | Fruit bar, wholemeal, assorted flavours, Mother Earth | SNACK FOODS | z | 177 |
| Fruit drink orange, sweetened, fortified vitamin C | C1103 | Fruit drink orange, sweetened, shelf stable, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Fruit drink, blackcurrant, sweetened, fortified vitamin C | C1108 | Fruit drink, blackcurrant, sweetened, shelf stable, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Fruit drink, cranberry, sweetened, fortified vitamin C | C1105 | Fruit drink, cranberry, sweetened, shelf stable, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Fruit drink, cranberry, unsweetened | C1106 | Fruit drink, cranberry, unsweetened, shelf stable, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Fruit drink, orange, unsweetened, fortified vitamin C | C1102 | Fruit drink, orange, unsweetened, shelf stable or refrigerated, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Fruit gum | W8 | Fruit gum | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 187 |
| Fruit leather, apricot | U34 | Fruit leather, apricot | SNACK FOODS | z | 177 |
| Fruit mix, dried | L196 | Fruit mix, dried | FRUITS | a | 117 |
| Fruit roll, strawberry, Uncle Tobys | U23 | Fruit roll, strawberry, Uncle Tobys | SNACK FOODS | z | 177 |

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| Fruit salad, canned in syrup, undrained | L1147 | Fruit salad, in syrup, sugar-sweetened, canned, undrained, composite | FRUITS | z | 119 |
| Fruitful Breakfast, Hubbards | D1036 | Breakfast cereal, muesli, ready to eat, Fruitful Breakfast, Hubbards | BREAKFAST CEREALS | z | 49 |
| 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 | 15 |
| 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 | 17 |
| Garlic, cloves, raw, peeled | X260 | Garlic, bulb vegetable, cloves, raw, peeled | VEGETABLES AND PULSES | b | 205 |
| Gherkin, pickled, in sweetened brine, drained | X143 | Gherkin, pickled, in sweetened brine, drained | VEGETABLES AND PULSES | a | 207 |
| Gin & tonic water, 9% alcohol by volume, pub or home-mixed | B1042 | Mixed drink, gin (30mL) & tonic water (120mL), 9% alcohol by volume, ready-to-drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 23 |
| Ginger, preserved | X1030 | Ginger, root vegetable, rhizomes, preserved | VEGETABLES AND PULSES | o | 207 |
| Gooseberry, flesh, skin & seeds, raw | L78 | Gooseberry, flesh, skin & seeds, raw | FRUITS | b | 119 |
| Grape, black, flesh, raw | L82 | Grape, flesh, raw, black | FRUITS | b | 119 |
| Grape, red or green, seedless, raw, European type | L1018 | Grape, red or green, seedless, raw, European type | FRUITS | u | 119 |
| Grape, white, flesh & skin, raw | L83 | Grape, flesh & skin, raw, white | FRUITS | B | 119 |
| Grapefruit, flesh, raw | L80 | Grapefruit, flesh, raw | FRUITS | b | 119 |
| Gravy, dry powder mix, assorted flavours, prepared with water | S1018 | Gravy, dry powder mix, assorted flavours, prepared with water, composite | SAUCES AND CONDIMENTS | z | 169 |
| Ham, sliced | N65 | Ham, sliced | MEAT PRODUCTS | z | 147 |
| 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 | 107 |
| Hoki, flesh, baked | K60 | Hoki, flesh, baked | FIN FISHES | z | 107 |
| Hoki, flesh, deep fried | K61 | Hoki, flesh, deep fried | FIN FISHES | z | 107 |
| Honey, manuka | W1018 | Honey, mono-floral, manuka, semi-solid, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 187 |
| Honey, multifloral | W1019 | Honey, multifloral, semi-solid, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 187 |
| Hummus, original, 6.5% fat | S73 | Hummus, original, 6.5% fat, composite | SAUCES AND CONDIMENTS | z | 169 |
| Ice block, frozen | W31 | Ice block, frozen | SUGARS, CONFECTIONARIES AND SWEET SPREADS | a | 187 |
| Ice cream, assorted berry flavours, standard | F1095 | Ice cream, assorted berry flavours, standard, composite | DAIRY | z | 75 |
| Ice cream, chocolate, standard | F1070 | Ice cream, chocolate, standard, composite | DAIRY | z | 75 |
| Ice cream, creamy, fruit ripple | F118 | Ice cream, creamy, fruit ripple, composite | DAIRY | z | 75 |
| Ice cream, hokey pokey | F111 | Ice cream, with honey comb toffee, hokey pokey, composite | DAIRY | z | 75 |

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| Ice cream, Jelly Tip, Tip Top | F110 | Ice cream, with jelly & chocolate, Jelly Tip, Tip Top | DAIRY | z | 75 |
| Ice cream, Paddle Pop, chocolate | F113 | Ice cream, stick, chocolate, Paddle Pop | DAIRY | z | 75 |
| Ice cream, soft serve | F78 | Ice cream, soft serve, composite | DAIRY | z | 77 |
| Ice cream, vanilla, low fat | F122 | Ice cream, vanilla, low fat | DAIRY | z | 77 |
| Ice cream, vanilla, premium | F29 | Ice cream, vanilla, premium | DAIRY | z | 77 |
| Ice cream, vanilla, standard | F28 | Ice cream, vanilla, standard | DAIRY | z | 77 |
| Jam, berry fruit | W14 | Jam, berry fruit, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 187 |
| Jam, stone fruit | W15 | Jam, stone fruit, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 189 |
| Jellybeans, Jaybees, Pascall | W45 | Jellybeans, Jaybees, Pascall | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 189 |
| Juice concentrate, blackcurrant, frozen | C1028 | Juice concentrate, blackcurrant, frozen | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Juice concentrate, blackcurrant, reduced sugar, fortified vitamin C | C1140 | Juice concentrate, blackcurrant, reduced sugar, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Juice concentrate, blackcurrant, sugar-sweetened, fortified vitamin C | C1132 | Juice concentrate, blackcurrant, sugar-sweetened, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Juice concentrate, lemon or lime, reduced sugar, fortified vitamin C | C1141 | Juice concentrate, lemon or lime, reduced sugar, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Juice concentrate, lemon or lime, sugar-sweetened, fortified vitamin C | C1133 | Juice concentrate, lemon or lime, sugar-sweetened, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Juice concentrate, orange | C55 | Juice concentrate, orange | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Juice, apple, Fresh Up | C46 | Juice, apple, ready to drink, Fresh Up | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Juice, grape | C26 | Juice, grape, ready to drink | BEVERAGE, NON-ALCOHOLIC | au | 39 |
| Juice, grapefruit, unsweetened | C12 | Juice, grapefruit, ready to drink, unsweetened | BEVERAGE, NON-ALCOHOLIC | b | 39 |
| Juice, lemon, raw | L91 | Juice, lemon, raw | FRUITS | b | 119 |
| Juice, orange with apple base, Just Juice, fortified | C38 | Juice, orange with apple base, Just Juice, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Juice, orange, raw | L113 | Juice, orange, raw | FRUITS | b | 119 |
| Juice, orange, sweetened, ready to drink, composite, fortified vitamin C | C1100 | Juice, orange, sweetened, refrigerated, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | Z1 | 39 |
| Juice, orange, unsweetened, fortified vitamin C | C1099 | Juice, orange, unsweetened, shelf stable or refrigerated, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Juice, orange, unsweetened, shelf stable or refrigerated, Arano | C1098 | Juice, orange, unsweetened, shelf stable or refrigerated, ready to drink, Arano | BEVERAGE, NON-ALCOHOLIC | z | 39 |

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| Juice, tomato, McCoy | C16 | Juice, tomato, ready to drink, McCoy | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| 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 | 49 |
| Kahawai, flesh, baked | K165 | Kahawai, flesh, baked | FIN FISHES | z | 107 |
| Kahawai, flesh, deep fried | K157 | Kahawai, flesh, deep fried | FIN FISHES | z | 107 |
| Kale, chopped, frozen, steamed, no salt added | X1241 | Kale, leafy vegetable, chopped, frozen, steamed, no salt added | VEGETABLES AND PULSES | z | 207 |
| Kale, fresh, raw | X1163 | Kale, leafy vegetable, fresh, raw, combined varieties | VEGETABLES AND PULSES | z | 207 |
| Kale, fresh, sauteed with oil, no salt added | X1164 | Kale, leafy vegetable, fresh, sautéed with oil, no salt added, combined varieties | VEGETABLES AND PULSES | z | 207 |
| Kina, roe, raw | T26 | Kina, roe, raw | SHELLFISHES | z | 173 |
| Kiwifruit, Zespri Gold Kiwifruit, Zespri, raw | L1036 | Kiwifruit, gold, flesh & seed, fresh, raw, Zespri Gold Kiwifruit, Zespri | FRUITS | z | 119 |
| Kiwifruit, Zespri Green Kiwifruit, Zespri, raw | L1026 | Kiwifruit, green, flesh & seed, fresh, raw, Zespri Green Kiwifruit, Zespri | FRUITS | z | 119 |
| Kiwifruit, Zespri Organic Green Kiwifruit, Zespri, raw | L1010 | Kiwifruit, green organic, flesh & seed, raw, Zespri Organic Green Kiwifruit, Zespri | FRUITS | z | 119 |
| Kiwifruit, Zespri SunGold Kiwifruit, Zespri, raw | L1077 | Kiwifruit, gold, flesh & seed, raw, Zespri SunGold Kiwifruit, Zespri | FRUITS | z | 119 |
| Kiwifruit, Zespri Sweet Green Kiwifruit, Zespri, raw | L1078 | Kiwifruit, green, flesh & seed, raw, Zespri Sweet Green Kiwifruit, Zespri | FRUITS | z | 121 |
| 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 | 207 |
| 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 | 207 |
| Kumara, Owairaka Red, flesh, raw | X1057 | Kumara, root vegetable, root tuber, flesh, raw, red, Owairaka Red | VEGETABLES AND PULSES | z | 207 |
| Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked | M1223 | Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked, composite | MEATS | z | 137 |
| Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked | M1151 | Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked, composite | MEATS | z | 137 |
| Lamb, forequarter breast, separable lean & fat, braised | M1204 | Lamb, forequarter breast, separable lean & fat, braised | MEATS | z | 137 |
| Lamb, forequarter breast, separable lean, braised | M1122 | Lamb, forequarter breast, separable lean, braised | MEATS | z | 137 |
| Lamb, forequarter fore-shank, separable lean & fat, braised | M1205 | Lamb, forequarter fore-shank, separable lean & fat, braised | MEATS | z | 137 |
| Lamb, forequarter fore-shank, separable lean, braised | M1123 | Lamb, forequarter fore-shank, separable lean, braised | MEATS | z | 137 |
| Lamb, forequarter rack fully frenched, separable lean & fat, fast-roasted | M1207 | Lamb, forequarter rack fully frenched, separable lean & fat, fast-roasted | MEATS | z | 137 |
| Lamb, forequarter rack fully frenched, separable lean, fast-roasted | M1125 | Lamb, forequarter rack fully frenched, separable lean, fast-roasted | MEATS | z | 139 |

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| Lamb, forequarter rack partially frenched, separable lean & fat, fast-roasted | M1208 | Lamb, forequarter rack partially frenched, separable lean & fat, fast-roasted | MEATS | z | 139 |
| Lamb, forequarter rack partially frenched, separable lean, fast-roasted | M1126 | Lamb, forequarter rack partially frenched, separable lean, fast-roasted | MEATS | z | 139 |
| Lamb, forequarter round neck chops, separable lean & fat, braised | M1206 | Lamb, forequarter round neck chops, separable lean & fat, braised | MEATS | z | 139 |
| Lamb, forequarter round neck chops, separable lean, braised | M1124 | Lamb, forequarter round neck chops, separable lean, braised | MEATS | z | 139 |
| 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 | 139 |
| Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted | M1121 | Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted | MEATS | z | 139 |
| Lamb, forequarter shoulder chops, separable lean & fat, braised | M1210 | Lamb, forequarter shoulder chops, separable lean & fat, braised | MEATS | z | 139 |
| Lamb, forequarter shoulder chops, separable lean, braised | M1128 | Lamb, forequarter shoulder chops, separable lean, braised | MEATS | z | 139 |
| Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted | M1209 | Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted | MEATS | z | 139 |
| Lamb, forequarter shoulder square cut, separable lean, slow-roasted | M1127 | Lamb, forequarter shoulder square cut, separable lean, slow-roasted | MEATS | z | 139 |
| Lamb, hindquarter double loin, separable lean & fat, fast-roasted | M1217 | Lamb, hindquarter double loin, separable lean & fat, fast-roasted | MEATS | z | 139 |
| Lamb, hindquarter double loin, separable lean, fast-roasted | M1136 | Lamb, hindquarter double loin, separable lean, fast-roasted | MEATS | z | 139 |
| Lamb, hindquarter fillet, separable lean & fat, fast-fried | M1218 | Lamb, hindquarter fillet, separable lean & fat, fast-fried | MEATS | z | 139 |
| Lamb, hindquarter fillet, separable lean, fast-fried | M1137 | Lamb, hindquarter fillet, separable lean, fast-fried | MEATS | z | 139 |
| Lamb, hindquarter flap boneless, separable lean & fat, simmered | M1213 | Lamb, hindquarter flap boneless, separable lean & fat, simmered | MEATS | z | 139 |
| Lamb, hindquarter flap boneless, separable lean, simmered | M1132 | Lamb, hindquarter flap boneless, separable lean, simmered | MEATS | z | 139 |
| Lamb, hindquarter knuckle, separable lean & fat, braised | M1215 | Lamb, hindquarter knuckle, separable lean & fat, braised | MEATS | z | 139 |
| Lamb, hindquarter knuckle, separable lean, braised | M1134 | Lamb, hindquarter knuckle, separable lean, braised | MEATS | z | 139 |

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| Lamb, hindquarter leg boned, separable lean & fat, slow-roasted | M1219 | Lamb, hindquarter leg boned, separable lean & fat, slow-roasted | MEATS | z | 139 |
| Lamb, hindquarter leg boned, separable lean, slow-roasted | M1138 | Lamb, hindquarter leg boned, separable lean, slow-roasted | MEATS | z | 139 |
| Lamb, hindquarter leg chop, separable lean & fat, fast-fried | M1211 | Lamb, hindquarter leg chop, separable lean & fat, fast-fried | MEATS | z | 139 |
| Lamb, hindquarter leg chop, separable lean, fast-fried | M1130 | Lamb, hindquarter leg chop, separable lean, fast-fried | MEATS | z | 139 |
| Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried | M1216 | Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried | MEATS | z | 141 |
| Lamb, hindquarter middle loin chop, separable lean, fast-fried | M1135 | Lamb, hindquarter middle loin chop, separable lean, fast-fried | MEATS | z | 141 |
| Lamb, hindquarter rump, separable lean & fat, fast-roasted | M1212 | Lamb, hindquarter rump, separable lean & fat, fast-roasted | MEATS | z | 141 |
| Lamb, hindquarter rump, separable lean, fast-roasted | M1131 | Lamb, hindquarter rump, separable lean, fast-roasted | MEATS | z | 141 |
| Lamb, hindquarter striploin, separable lean & fat, fast-roasted | M1214 | Lamb, hindquarter striploin, separable lean & fat, fast-roasted | MEATS | z | 141 |
| Lamb, hindquarter striploin, separable lean, fast-roasted | M1133 | Lamb, hindquarter striploin, separable lean, fast-roasted | MEATS | z | 141 |
| Lamb, mince, standard, stewed | M1129 | Lamb, mince, standard, stewed | MEATS | z | 141 |
| Lamb, offal, brain, raw, simmered, drained & fried | M1139 | Lamb, offal, brain, raw, simmered, drained & fried | MEATS | z | 141 |
| Lamb, offal, heart, simmered & drained | M1140 | Lamb, offal, heart, simmered & drained | MEATS | z | 141 |
| Lamb, offal, kidney, fried | M1141 | Lamb, offal, kidney, fried | MEATS | z | 141 |
| Lamb, offal, lambs fry, fried | M1142 | Lamb, offal, lambs fry, fried | MEATS | z | 141 |
| Lard | J7 | Lard | FATS AND OILS | b | 101 |
| 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 | 207 |
| Lemon curd, cooked | R5416 | Lemon curd, cooked | RECIPES | abz | 165 |
| Lemon, flesh, raw | L183 | Lemon, flesh, raw | FRUITS | b | 121 |
| Lentil, split, boiled, drained, no salt added | X54 | Lentil, split, boiled, drained, no salt added | VEGETABLES AND PULSES | b | 207 |
| Lettuce, hydroponic varieties, raw | X305 | Lettuce, leafy vegetable, raw, hydroponic varieties | VEGETABLES AND PULSES | z | 207 |
| Lettuce, raw | X1009 | Lettuce, leafy vegetable, raw, combined varieties | VEGETABLES AND PULSES | z | 207 |
| 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 | 49 |

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| 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 | 49 |
| 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 | 49 |
| Linseed (45%), sunflower seed (22.5%), almond (10%) and pumpkin seed (22.5%) (LSA+P), ground | Q1039 | Seed and nut mix, linseed (45%), sunflower seed (22.5%), almond (10%) and pumpkin seed (22.5%) (LSA + P), dry, ground | NUTS AND SEEDS | z | 157 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Liquorice, allsorts | W29 | Liquorice, allsorts | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 189 |
| Liquorice, black | W43 | Liquorice, black, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 189 |
| Lollies, Minties, Pascall | W44 | Lollies, Minties, Pascall | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 189 |
| Lollipop, assorted flavours, Chupa Chup | W57 | Lollipop, assorted flavours, Chupa Chup | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 189 |
| Lychee, canned in syrup, undrained | L97 | Lychee, in syrup, canned, undrained | FRUITS | b | 121 |
| Mackerel, canned in oil, drained | K1026 | Mackerel, canned in oil, drained, composite | FIN FISHES | z | 107 |
| Mackerel, canned in oil, undrained | K1027 | Mackerel, canned in oil, undrained, composite | FIN FISHES | z | 107 |
| Mackerel, canned in tomato sauce, undrained | K1028 | Mackerel, canned in tomato sauce, undrained, composite | FIN FISHES | z | 107 |
| Mandarin, flesh, fresh, raw | L1183 | Mandarin, flesh, fresh, raw, composite | FRUITS | z | 121 |
| Mango, canned in syrup, undrained | L100 | Mango, in syrup, canned, undrained | FRUITS | b | 121 |
| Mango, flesh, raw | L101 | Mango, flesh, raw | FRUITS | b | 121 |
| Margarine, avocado, Olivani | J1022 | Margarine, avocado, Olivani | FATS AND OILS | z | 101 |
| Margarine, canola, monounsaturated, 50% fat | J1003 | Margarine, canola, monounsaturated, 50% fat, composite | FATS AND OILS | z | 101 |
| Margarine, canola, monounsaturated, 70% fat | J1001 | Margarine, canola, monounsaturated, 70% fat, composite | FATS AND OILS | z | 101 |
| Margarine, catering, Choice | J1023 | Margarine, catering, Choice | FATS AND OILS | z | 101 |
| Margarine, light, Logical | J1029 | Margarine, light, Logical | FATS AND OILS | z | 101 |
| Margarine, light, monounsaturated, 55% fat, Olivani | J1012 | Margarine, light, monounsaturated, 55% fat, Olivani | FATS AND OILS | z | 101 |
| Margarine, light, polyunsaturated, 50% fat, Flora, fortified | J1008 | Margarine, light, polyunsaturated, 50% fat, Flora, fortified vitamin A & D | FATS AND OILS | z | 101 |
| Margarine, monounsaturated, 75% fat, Olivani | J1009 | Margarine, monounsaturated, 75% fat, Olivani | FATS AND OILS | z | 101 |

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| Margarine, original, Flora, fortified | J1028 | Margarine, original, Flora, fortified vitamin D | FATS AND OILS | z | 103 |
| Margarine, polyunsaturated, 60% fat, Sunrise | J1007 | Margarine, polyunsaturated, 60% fat, Sunrise | FATS AND OILS | z | 103 |
| Margarine, polyunsaturated, 70% fat, fortified | J1005 | Margarine, polyunsaturated, 70% fat, composite, fortified vitamins A & D | FATS AND OILS | z | 103 |
| Margarine, polyunsaturated, 70% fat, reduced salt, fortified | J1006 | Margarine, polyunsaturated, 70% fat, reduced salt, composite, fortified vitamins A & D | FATS AND OILS | z | 103 |
| Margarine, rice bran, Alfa One | J1020 | Margarine, rice bran, Alfa One | FATS AND OILS | z | 103 |
| Margarine, rice bran, light, Alfa One | J1021 | Margarine, rice bran, light, Alfa One | FATS AND OILS | z | 103 |
| Margarine, summer gold, canola, monounsaturated, 70% fat, Pams | J1002 | Margarine, summer gold, canola, monounsaturated, 70% fat, Pams | FATS AND OILS | z | 103 |
| Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams | J1004 | Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams | FATS AND OILS | z | 103 |
| Marmalade | W17 | Marmalade | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 189 |
| Marrow, flesh, boiled, drained, no salt added | X57 | Marrow, fruit vegetable, flesh, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 209 |
| Marshmallow, pink & white | W40 | Marshmallow, pink & white, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 189 |
| Melon, Honeydew, flesh, raw | L105 | Melon, flesh, raw, Honeydew | FRUITS | b | 121 |
| Melon, rock, flesh, raw | L106 | Melon, rock, flesh, raw, combined cultivars | FRUITS | z | 121 |
| Meringue, baked | R59 | Meringue, baked | RECIPES | abz | 165 |
| Milk, coffee flavour, high fat, sugar-sweetened | F1104 | Milk, cow, fresh or long-life milk with coffee flavour, fluid, high fat, sugar-sweetened, composite | DAIRY | z | 77 |
| Milk, coffee flavour, reduced fat, high protein, sugar-sweetened | F1103 | Milk, cow, fresh or long-life milk with coffee flavour, fluid, reduced fat, high protein, sugar-sweetened, composite | DAIRY | z | 77 |
| Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 | F1102 | Milk, cow, fresh or long-life milk with coffee flavour, fluid, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 | DAIRY | z | 77 |
| Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins A & D | F1101 | Milk, cow, fresh or long-life milk with coffee flavour, fluid, reduced fat, sugar-sweetened, fortified vitamins A & D | DAIRY | z | 77 |
| Milk, coffee flavour, regular fat, sugar-sweetened | F1105 | Milk, cow, fresh or long-life milk with coffee flavour, fluid, regular fat, sugar-sweetened, composite | DAIRY | z | 77 |
| Milk, condensed, sweetened, skim | F30 | Milk, condensed, sweetened, skim | DAIRY | b | 77 |
| Milk, condensed, sweetened, whole | F31 | Milk, condensed, sweetened, whole | DAIRY | z | 77 |
| Milk, cow, fresh or UHT milk with coffee flavour, fluid, sugar-sweetened | F1097 | Milk, cow, fresh or UHT milk with coffee flavour, fluid, sugar-sweetened, composite | DAIRY | z | 79 |

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| Milk, cow, fresh, chocolate flavour, fluid, sugar sweetened, premium | F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar sweetened, premium, composite | DAIRY | z | 79 |
| 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 | 79 |
| Milk, cow, lite 1.5% fat, fluid | F1042 | Milk, cow, lite 1.5% fat, fluid, composite | DAIRY | z | 79 |
| 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 | 79 |
| Milk, cow, powder, instant, skim | F36 | Milk, cow, instant, skim, powder | DAIRY | z | 79 |
| Milk, cow, powder, instant, whole | F37 | Milk, cow, instant, whole, powder | DAIRY | z | 79 |
| Milk, cow, standard 3.3% fat, fluid | F1028 | Milk, cow, standard 3.3% fat, fluid, composite | DAIRY | z | 79 |
| Milk, cow, standard, fluid, ultra-high-temperature processed | F43 | Milk, cow, standard, fluid, ultra-high-temperature processed | DAIRY | z | 79 |
| Milk, cow, trim 0.5% fat, fluid | F1035 | Milk, cow, trim 0.5% fat, fluid, composite | DAIRY | z | 79 |
| Milk, cow, whole 4% fat, fluid, non-homogenised | F1086 | Milk, cow, whole 4% fat, fluid, non-homogenised, composite | DAIRY | z | 79 |
| Milk, cow, whole, evaporated, fluid | F32 | Milk, cow, whole, evaporated, fluid | DAIRY | z | 79 |
| Milk, goat, whole, fluid | F52 | Milk, goat, whole, fluid | DAIRY | z | 81 |
| Milk, human, transitional, fluid | F54 | Milk, human, transitional, fluid | DAIRY | b | 81 |
| Milk, sheep, whole, fresh, fluid | F1100 | Milk, sheep, whole, fresh, fluid, composite | DAIRY | z | 81 |
| Milo powder, fortified vitamins B2, B3, B6, B12, C & D, Ca, Fe and P | C1124 | Energy food drink base, chocolate & malted barley, powder, as purchased, Milo, Nestle, fortified vitamins B2, B3, B6, B12, C & D, Ca, Fe and P | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Mixed vegetables, beans, carrots, corn & peas, frozen, boiled, drained, no salt added | X1198 | Mixed vegetables, beans, carrots, corn & peas, frozen, boiled, drained, no salt added, composite | VEGETABLES AND PULSES | z | 209 |
| Mixed vegetables, broccoli (50%) & cauliflower (50%), frozen, steam or microwaved, no salt added | X1243 | Mixed vegetables, broccoli (50%) & cauliflower (50%), frozen, steam or microwaved, no salt added | VEGETABLES AND PULSES | z | 209 |
| Mixed vegetables, broccoli, carrots & cauliflower, frozen, boiled, drained, no salt added | X1246 | Mixed vegetables, broccoli, carrots & cauliflower, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 209 |
| Mixed vegetables, carrots, corn & peas, frozen, boiled and drained, no salt added | X1200 | Mixed vegetables, carrots, corn & peas, frozen, boiled and drained, no salt added, composite | VEGETABLES AND PULSES | z | 209 |
| Mixed vegetables, corn & peas, frozen, boiled and drained, no salt added | X1202 | Mixed vegetables, corn & peas, frozen, boiled and drained, no salt added, composite | VEGETABLES AND PULSES | z | 209 |
| Muesli bar, chocolate chip | U30 | Muesli bar, chocolate chip, composite | SNACK FOODS | z | 177 |
| Muesli bar, chocolate coated, Snacker | U27 | Muesli bar, chocolate coated, Snacker | SNACK FOODS | z | 177 |
| Muesli bar, fruit & nut | U28 | Muesli bar, fruit & nut, composite | SNACK FOODS | z | 177 |
| Muesli bar, fruit filled, twisted, assorted flavours | U67 | Muesli bar, fruit filled, twisted, assorted flavours, composite | SNACK FOODS | z | 177 |

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| Muesli bar, fruit filled, wholemeal, assorted flavours | U70 | Muesli bar, fruit filled, wholemeal, assorted flavours | SNACK FOODS | z | 179 |
| Muesli bar, yoghurt coated | U24 | Muesli bar, yoghurt coated, composite | SNACK FOODS | z | 179 |
| Muffin, blueberry | A127 | Muffin, blueberry | BAKERY PRODUCTS | z | 17 |
| Muffin, bran | A129 | Muffin, bran | BAKERY PRODUCTS | z | 17 |
| Muffin, chocolate | A128 | Muffin, chocolate | BAKERY PRODUCTS | z | 17 |
| Multigrain chip, assorted flavours, Grainwaves, Bluebird | U57 | Snack, multigrain chip, assorted flavours, Grainwaves, Bluebird | SNACK FOODS | z | 179 |
| Mushroom, button, white or brown, fresh, boiled, drained, no salt added | X1189 | Mushroom, fungus, button, white or brown, fresh, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 209 |
| Mushroom, button, white or brown, fresh, baked, no added fat | X1190 | Mushroom, fungus, button, white or brown, fresh, baked, no added fat | VEGETABLES AND PULSES | z | 209 |
| Mushroom, button, white or brown, fresh, pan-fried with oil | X1188 | Mushroom, fungus, button, white or brown, fresh, pan-fried with oil | VEGETABLES AND PULSES | z | 211 |
| Mushroom, button, white or brown, fresh, raw | X1187 | Mushroom, fungus, button, white or brown, fresh, raw, composite | VEGETABLES AND PULSES | z | 211 |
| Mushroom, fried in butter | X298 | Mushroom, fungus, fried in butter | VEGETABLES AND PULSES | z | 211 |
| Mushroom, Portobello, whole, baked with oil, | X1090 | Mushroom, fungus, whole, stem & cap, baked with oil, Portobello | VEGETABLES AND PULSES | z | 211 |
| Mushroom, Portobello, whole, raw | X1089 | Mushroom, fungus, whole, stem & cap, fresh, raw, Portobello | VEGETABLES AND PULSES | z | 211 |
| Mussel, green, meat, boiled | T1026 | Mussel, green, meat, boiled | SHELLFISHES | z | 173 |
| Mussel, green, meat, fresh, raw | T1024 | Mussel, green, meat, fresh, raw | SHELLFISHES | z | 173 |
| Mussel, green, meat, marinated, assorted flavours, drained, ready to eat, Sealord | T1015 | Mussel, green, meat, marinated, assorted flavours, drained, ready to eat, Sealord | SHELLFISHES | z | 173 |
| Mussel, green, meat, marinated, drained, ready to eat, Talley's | T1005 | Mussel, green, meat, marinated, drained, ready to eat, Talley's | SHELLFISHES | z | 173 |
| 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 | 173 |
| Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh | T1023 | Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh | SHELLFISHES | z | 175 |
| Mutton, leg, lean, roasted | M598 | Mutton, leg, separable lean, roasted | MEATS | z | 141 |
| Nectarine, yellow, flesh & skin, fresh, raw | L1166 | Nectarine, yellow, flesh & skin, fresh, raw, composite | FRUITS | z | 121 |
| Non alcoholic beverage, kava, prepared | C1026 | Non alcoholic beverage, kava, prepared | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Noodle, chow mein style, fried, as purchased | E1074 | Noodle, chow mein style, fried, as purchased, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |
| Noodle, chow mein, combination, Chinese | H1017 | Noodle, chow mein, combination, Chinese, takeaway | FAST FOODS | z | 93 |
| Noodle, instant, boiled, drained | E81 | Noodle, instant, boiled, drained | CEREALS AND PSEUDO-CEREALS | z | 59 |

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| Noodle, pad thai with chicken & egg, Thai, takeaway | H1022 | Noodle, pad thai with chicken & egg, Thai, takeaway | FAST FOODS | z | 93 |
| Noodle, rice flour, dry, boiled, drained | E1053 | Noodle, rice flour, dry, boiled, drained, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |
| Noodle, shelf-fresh, boiled, drained, Japanese udon noodles | E1056 | Noodle, wheat flour, shelf-fresh, boiled, drained, Japanese udon noodles | CEREALS AND PSEUDO-CEREALS | z | 59 |
| 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 | 59 |
| Noodle, wheat flour with egg, boiled, drained | E39 | Noodle, wheat flour with egg, boiled, drained | CEREALS AND PSEUDO-CEREALS | b | 59 |
| Noodle, wheat flour with egg, fried | E40 | Noodle, wheat flour with egg, fried | CEREALS AND PSEUDO-CEREALS | b | 61 |
| 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 | 61 |
| 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 | 61 |
| Nut bar, peanut & chocolate, Choc Peanut, Tasti | U1011 | Nut bar, peanut & chocolate, Choc Peanut, Tasti | SNACK FOODS | z | 179 |
| Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural | U1010 | Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural | SNACK FOODS | z | 179 |
| Nut, almond, dried, blanched | Q1041 | Nut, almond, dried, blanched, composite | NUTS AND SEEDS | z | 157 |
| Nut, almond, dry roasted, salt added | Q1008 | Nut, almond, dry roasted, salt added | NUTS AND SEEDS | z | 159 |
| Nut, almond, dry roasted, unblanched, no salt added | Q1004 | Nut, almond, dry roasted, unblanched, no salt added | NUTS AND SEEDS | z | 159 |
| Nut, almond, kernels, dried, raw, unblanched | Q1025 | Nut, almonds, kernel, dried, whole, raw, unblanched, composite | NUTS AND SEEDS | z | 159 |
| Nut, almond, roasted with oil, unblanched, no salt added | Q1003 | Nut, almond, roasted with oil, unblanched, no salt added | NUTS AND SEEDS | z | 159 |
| Nut, brazil nut, raw | Q4 | Nut, brazil nut, raw | NUTS AND SEEDS | b | 159 |
| Nut, cashew, raw | Q1016 | Nut, cashew, raw | NUTS AND SEEDS | a | 159 |
| Nut, cashew, roasted, no salt added | Q1017 | Nut, cashew, roasted, no salt added | NUTS AND SEEDS | a | 159 |
| Nut, cashew, roasted, salt added | Q1018 | Nut, cashew, roasted, salt added | NUTS AND SEEDS | a | 159 |
| Nut, hazelnut, whole, skin on, raw | Q1023 | Nut, hazelnut, kernel, whole, raw, unblanched, composite | NUTS AND SEEDS | z | 159 |
| Nut, macadamia, raw | Q38 | Nut, macadamia, raw | NUTS AND SEEDS | u | 159 |
| Nut, macadamia, roasted with oil, salt added | Q19 | Nut, macadamia, roasted with oil, salt added | NUTS AND SEEDS | u | 159 |
| Nut, mixed, salted | Q11 | Nut, mixed, salted | NUTS AND SEEDS | a | 159 |
| Nut, peanut, all types, dry roasted, no salt added | Q1005 | Nut, peanut, all types, dry roasted, no salt added | NUTS AND SEEDS | u | 161 |
| 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 | 161 |

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| Nut, pecan, dried, raw | Q94 | Nut, pecan, dried, raw | NUTS AND SEEDS | u | 161 |
| Nut, pine, raw | Q21 | Nut, pine, raw | NUTS AND SEEDS | u | 161 |
| Nut, pistachio, raw | Q22 | Nut, pistachio, raw | NUTS AND SEEDS | u | 161 |
| Nut, walnut, kernel, halves & pieces, raw | Q1024 | Nut, walnut, kernel, halves & pieces, raw, composite | NUTS AND SEEDS | z | 161 |
| 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 | 49 |
| Oat bran | E23 | Bran, oats, composite | CEREALS AND PSEUDO-CEREALS | u | 61 |
| Oat milk, unsweetened | C1125 | Drink, oat milk, unsweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Oatmeal, dry | E22 | Oatmeal, dry | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Oats, rolled, raw, New Zealand | E1075 | Oats, grains rolled, raw, New Zealand | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Oats, toasted, Rolled Oats, Harraways | E1015 | Oats, grains rolled, toasted, Rolled Oats, Harraways | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Oats, Traditional Wholegrain Oats, Harraways | E1022 | Oats, wholegrain, toasted, Traditional Wholegrain Oats, Harraways | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Oats, wholegrain, raw, New Zealand | E1076 | Oats, wholegrain, raw, New Zealand | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Oil, avocado | J60 | Oil, avocado | FATS AND OILS | u | 103 |
| Oil, canola | J1033 | Oil, canola, composite | FATS AND OILS | z | 103 |
| Oil, corn | J4 | Oil, corn | FATS AND OILS | b | 103 |
| Oil, flaxseed | J61 | Oil, flaxseed | FATS AND OILS | u | 103 |
| Oil, olive | J10 | Oil, olive | FATS AND OILS | z | 105 |
| Oil, rice bran | J1034 | Oil, rice bran, composite | FATS AND OILS | z | 105 |
| Oil, safflower | J14 | Oil, safflower | FATS AND OILS | u | 105 |
| Oil, sesame | J1037 | Oil, sesame | FATS AND OILS | b | 105 |
| Oil, soya bean | J1035 | Oil, soya bean, composite | FATS AND OILS | z | 105 |
| Oil, sunflower | J1036 | Oil, sunflower, composite | FATS AND OILS | z | 105 |
| Oil, vegetable, blend | J31 | Oil, vegetable, blend | FATS AND OILS | b | 105 |
| Olive, in brine | L112 | Olive, in brine | FRUITS | b | 121 |
| Omelette, cheese, cooked | R62 | Omelette, cheese, cooked | RECIPES | z | 165 |
| Omelette, plain, cooked | R63 | Omelette, plain, cooked | RECIPES | z | 165 |
| Onion, brown, flesh, fresh, raw | X1130 | Onion, bulb vegetable, flesh, fresh, raw, Brown, combined cultivars | VEGETABLES AND PULSES | z | 211 |
| Onion, brown, flesh, fresh, sauteed | X1131 | Onion, bulb vegetable, flesh, fresh, sauteed with oil, Brown, combined cultivars | VEGETABLES AND PULSES | z | 211 |
| Onion, pickled | X146 | Onion, pickled | VEGETABLES AND PULSES | a | 211 |
| Onion, sliced or diced, frozen, pan-fried with olive oil, no salt added | X1237 | Onion, bulb vegetable, sliced or diced, frozen, pan-fried with olive oil, no salt added | VEGETABLES AND PULSES | z | 211 |

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| Orange roughy, flesh, baked | K78 | Orange roughy, flesh, baked | FIN FISHES | z | 107 |
| Orange roughy, flesh, deep fried | K79 | Orange roughy, flesh, deep fried | FIN FISHES | z | 109 |
| Orange, flesh, raw, USA | L1155 | Orange, flesh, raw, USA | FRUITS | z | 123 |
| Orange, peeled, seeded, fresh, raw | L1182 | Orange, peeled, seeded, fresh, raw, composite | FRUITS | z | 123 |
| Ox, offal, heart, simmered | M1086 | Ox, offal, heart, simmered | MEATS | z | 141 |
| Ox, offal, kidney, simmered | M1087 | Ox, offal, kidney, simmered | MEATS | z | 141 |
| Ox, offal, liver, fast-fried | M1088 | Ox, offal, liver, fast-fried | MEATS | z | 141 |
| Oyster, battered, deep fried in peanut oil | T17 | Oyster, battered, deep fried in peanut oil | SHELLFISHES | z | 175 |
| Oyster, dredge, raw | T6 | Oyster, dredge, raw | SHELLFISHES | z | 175 |
| Pancake, McDonald's | H151 | Pancake, ready to eat, McDonald's | FAST FOODS | z | 93 |
| Pancake, plain, pan-fried without oil | R5743 | Pancake, plain, pan-fried without oil, home-made | RECIPES | z | 165 |
| Parsley, raw | X68 | Parsley, leafy vegetable, raw | VEGETABLES AND PULSES | b | 211 |
| Parsnip, boiled, drained, no salt added | X1099 | Parsnip, root vegetable, taproot, flesh, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 211 |
| Parsnip, flesh, baked without fat | X1100 | Parsnip, root vegetable, taproot, flesh, baked without fat | VEGETABLES AND PULSES | z | 211 |
| Parsnip, flesh, steamed | X1101 | Parsnip, root vegetable, taproot, flesh, steamed | VEGETABLES AND PULSES | z | 211 |
| Passion fruit, flesh & seed, raw | L116 | Passion fruit, flesh & seed, raw | FRUITS | b | 123 |
| 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 | 61 |
| Pasta, fresh, assorted type, cooked | E55 | Pasta, fresh, assorted type, cooked, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Pasta, fresh, fettuccine, herb & garlic, cooked | E56 | Pasta, fresh, fettuccine, herb & garlic, cooked | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Pasta, fresh, ravioli, beef & pork, cooked | E57 | Pasta, fresh, ravioli, beef & pork, cooked, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Pasta, wheat flour with egg, boiled, drained | E118 | Pasta, wheat flour with egg, boiled, drained | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Pasta, wheat flour with vegetable flavours, boiled, drained | E119 | Pasta, wheat flour with vegetable flavours, boiled, drained | CEREALS AND PSEUDO-CEREALS | z | 63 |
| 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 | 63 |
| 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 | 63 |
| Pastry, short, butter, baked | R5407 | Pastry, short, butter, baked | RECIPES | buz | 165 |
| Pate, chicken liver | N22 | Pate, chicken liver | MEAT PRODUCTS | abu | 147 |
| Pate, pork liver | N23 | Pate, pork liver | MEAT PRODUCTS | abu | 149 |
| Patty, burger, beef, not crumbed, frozen, pan-fried without oil | N1053 | Patty, burger, beef, not crumbed, frozen, pan-fried without oil, commercial | MEAT PRODUCTS | z | 149 |

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| Patty, burger, chicken, crumbed, frozen, pan-fried with oil | N1055 | Patty, burger, chicken, crumbed, frozen, pan-fried with oil, commercial | MEAT PRODUCTS | z | 149 |
| Patty, shredded potato, hash brown, pre-cooked, frozen, baked without oil | H1061 | Patty, shredded potato, hash brown, pre-cooked, frozen, baked without oil, composite | FAST FOODS | z | 95 |
| Patty, shredded potato, hash brown, pre-cooked, frozen, pan-fried with oil | H1060 | Patty, shredded potato, hash brown, pre-cooked, frozen, pan-fried with oil, composite | FAST FOODS | z | 95 |
| Paua, fritter, deep fried | T25 | Paua, fritter, deep fried | SHELLFISHES | z | 175 |
| Pea, green, frozen, boiled, drained, no salt added | X1135 | Pea, seed vegetable, frozen, boiled, drained, no salt added, green | VEGETABLES AND PULSES | z | 213 |
| Pea, green, split, dry, boiled, drained, no salt added | X1255 | Pea, green, split, seed coat removed, dry, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 213 |
| Pea, yellow, split, dry, boiled, drained, no salt added | X1253 | Pea, yellow, split, seed coat removed, dry, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 213 |
| Peach, canned in juice, undrained | L1123 | Peach, in juice, canned, no sugar added, undrained, composite | FRUITS | z | 123 |
| Peach, canned in syrup, drained | L1126 | Peach, in syrup, sugar-sweetened, canned, drained, composite | FRUITS | z | 123 |
| Peach, yellow, flesh and skin, fresh, raw | L1167 | Peach, yellow, flesh and skin, fresh, raw, composite | FRUITS | z | 123 |
| Peanut butter, smooth & crunchy, no sugar or salt added | Q1020 | Peanut butter, smooth & crunchy, no sugar or salt added, composite | NUTS AND SEEDS | z | 161 |
| Peanut butter, smooth & crunchy, salt & sugar added | Q1021 | Peanut butter, smooth & crunchy, salt & sugar added, composite | NUTS AND SEEDS | z | 161 |
| Peanut butter, smooth & crunchy, salt added, no sugar added | Q1019 | Peanut butter, smooth & crunchy, salt added, no sugar added, composite | NUTS AND SEEDS | z | 161 |
| Pear, canned in juice, undrained | L204 | Pear, in juice, canned, undrained | FRUITS | a | 123 |
| Pear, flesh & skin, raw | L1015 | Pear, flesh & skin, raw, combined varieties | FRUITS | z | 123 |
| Pear, golden russet coloured skin, flesh & skin, fresh, raw | L1185 | Pear, golden russet coloured skin, flesh & skin, fresh, raw, composite | FRUITS | z | 123 |
| Pear, green to yellow skin, flesh & skin, fresh, raw | L1184 | Pear, green to yellow skin, flesh & skin, fresh, raw, composite | FRUITS | z | 125 |
| Pear, nashi, gold colour skin, flesh & skin, fresh, raw | L1165 | Pear, nashi, gold colour skin, flesh & skin, fresh, raw, composite | FRUITS | z | 125 |
| Persimmon, flesh, fresh, raw, New Zealand | L1160 | Persimmon, flesh, fresh, raw, composite, New Zealand | FRUITS | z | 125 |
| Pickle, sweet | S2 | Pickle, sweet | SAUCES AND CONDIMENTS | b | 169 |
| Pie, apple, McDonald's | H27 | Pie, apple, ready to eat, McDonald's | FAST FOODS | z | 95 |
| Pie, cornish pastie | N4 | Pie, cornish pastie | MEAT PRODUCTS | b | 149 |
| Pie, lemon meringue, baked | R5442 | Pie, lemon meringue, baked | RECIPES | abuz | 165 |
| Pie, mince, family size | H29 | Pie, mince, family size, composite | FAST FOODS | z | 95 |

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| Pie, pork | N12 | Pie, pork | MEAT PRODUCTS | b | 149 |
| Pie, savoury, chicken, individual size, ready to eat | H1056 | Pie, savoury, chicken, individual size, ready to eat, commercial | FAST FOODS | z | 95 |
| Pie, savoury, egg & bacon, individual size, ready to eat | H1055 | Pie, savoury, egg & bacon, individual size, ready to eat, commercial | FAST FOODS | z | 95 |
| Pie, savoury, mince & cheese, individual size, ready to eat | H1054 | Pie, savoury, mince & cheese, individual size, ready to eat, commercial | FAST FOODS | z | 95 |
| Pikelet, plain, pan-fried without oil | R5742 | Pikelet, plain, pan-fried without oil, home-made | RECIPES | z | 165 |
| Pineapple, canned in juice, drained | L1130 | Pineapple, in juice, no sugar added canned, drained, composite | FRUITS | z | 125 |
| Pineapple, canned in syrup, drained | L1134 | Pineapple, in syrup, sugar-sweetened canned, drained, composite | FRUITS | z | 125 |
| Pineapple, canned in syrup, undrained | L1135 | Pineapple, in syrup, sugar-sweetened canned, undrained, composite | FRUITS | z | 125 |
| Pineapple, flesh, raw | L144 | Pineapple, flesh, raw | FRUITS | b | 125 |
| Pipi, flesh, raw | T19 | Pipi, flesh, raw | SHELLFISHES | z | 175 |
| Pizza base, thick, from white flour, no topping | A1147 | Bread, pizza base, thick, from white flour, no topping, as purchased, commercial, composite | BAKERY PRODUCTS | z | 17 |
| Pizza, barbeque chicken, thick crust | H190 | Pizza, barbeque chicken, thick crust, composite | FAST FOODS | z | 95 |
| Pizza, frozen, Hawaiian & Combination, individual size, baked | H179 | Pizza, frozen, Hawaiian & Combination, individual size, baked | FAST FOODS | z | 95 |
| Pizza, frozen, Hawaiian & House special, premium, baked | H177 | Pizza, frozen, Hawaiian & House special, premium, baked | FAST FOODS | z | 95 |
| Pizza, frozen, meat lovers, premium, baked | H176 | Pizza, frozen, meat lovers, premium, baked | FAST FOODS | z | 95 |
| Pizza, Hawaiian, thick crust | H191 | Pizza, Hawaiian, thick crust, composite | FAST FOODS | z | 95 |
| Pizza, meat, thick crust | H189 | Pizza, meat, thick crust, composite | FAST FOODS | z | 97 |
| Pizza, supreme, thin crust, Pizza Hut | H41 | Pizza, supreme, thin crust, Pizza Hut | FAST FOODS | a | 97 |
| Plum, canned in syrup, drained | L148 | Plum, in syrup, canned, drained | FRUITS | z | 127 |
| Plum, cooking, stewed | L154 | Plum, cooking, stewed | FRUITS | b | 127 |
| Plum, flesh & skin, raw | L155 | Plum, flesh & skin, raw, combined cultivars | FRUITS | z | 127 |
| Plum, Royal Star, flesh, raw | L1053 | Plum, flesh, raw, Royal Star | FRUITS | z | 127 |
| Popcorn, air popped | U1009 | Snack, popcorn, air popped | SNACK FOODS | u | 179 |
| Popcorn, buttered, salted, Pop N Good | U40 | Popcorn, buttered, salted, Pop N Good | SNACK FOODS | z | 179 |
| Pork, forequarter scotch fillet, separable lean, grilled | M429 | Pork, forequarter scotch fillet, separable lean, grilled | MEATS | z | 143 |
| 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 | 143 |
| Pork, ham, separable lean 92% & fat 8%, cooked | M124 | Pork, ham, separable lean 92% & fat 8%, cooked | MEATS | au | 143 |

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| Pork, leg roast, lean, roasted | M533 | Pork, leg roast, lean, roasted | MEATS | z | 143 |
| Pork, leg shank, lean & fat, roasted | M94 | Pork, leg shank, lean & fat, roasted | MEATS | z | 143 |
| Pork, leg steak, lean & fat, grilled | M286 | Pork, leg steak, lean & fat, grilled | MEATS | z | 143 |
| Pork, leg steak, lean, stewed | M411 | Pork, leg steak, separable lean, stewed | MEATS | z | 143 |
| Pork, leg steak, separable lean, grilled | M285 | Pork, leg steak, separable lean, grilled | MEATS | z | 143 |
| Pork, loin chops, lean, grilled | M99 | Pork, loin chops, lean, grilled | MEATS | z | 143 |
| Pork, loin, medallion, lean, grilled | M434 | Pork, loin, medallion, lean, grilled | MEATS | z | 143 |
| Pork, midloin chops, lean & fat, grilled | M98 | Pork, midloin chops, lean & fat, grilled | MEATS | z | 143 |
| Pork, schnitzel, lean, fried | M409 | Pork, schnitzel, lean, fried | MEATS | z | 143 |
| Pork, shoulder, separable lean, roasted | M278 | Pork, shoulder, separable lean, roasted | MEATS | z | 145 |
| Pork, sweet & sour, Chinese, takeaway | H1014 | Pork, sweet & sour, Chinese, takeaway | FAST FOODS | z | 97 |
| Porridge, oats, prepared with water, unsweetened, no salt added | D1060 | Porridge, oats, prepared with water, unsweetened, no salt added | BREAKFAST CEREALS | z | 51 |
| Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with standard milk (3.3% fat) | D1067 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with standard milk (3.3% fat) | BREAKFAST CEREALS | z | 51 |
| Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with trim milk (0.5% fat) | D1068 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with trim milk (0.5% fat) | BREAKFAST CEREALS | z | 51 |
| Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with water | D1069 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with water | BREAKFAST CEREALS | z | 51 |
| Porridge, oats, plain, sweetened with honey and/or sugar, prepared with standard milk (3.3% fat) | D1064 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with standard milk (3.3% fat) | BREAKFAST CEREALS | z | 51 |
| Porridge, oats, plain, sweetened with honey and/or sugar, prepared with trim milk (0.5% fat) | D1065 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with trim milk (0.5% fat) | BREAKFAST CEREALS | z | 51 |
| Porridge, oats, plain, sweetened with honey and/or sugar, prepared with water | D1066 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with water | BREAKFAST CEREALS | z | 51 |
| Porridge, oats, prepared with standard milk (3.3% fat), unsweetened, no salt added | D1058 | Porridge, oats, prepared with milk, standard 3.3% fat, unsweetened, no salt added | BREAKFAST CEREALS | z | 51 |
| Porridge, oats, prepared with trim milk (0.5 % fat), unsweetened, no salt added | D1059 | Porridge, oats, prepared with milk, trim 0.5 % fat, unsweetened, no salt added | BREAKFAST CEREALS | z | 51 |
| Porridge, prepared with water, salt added | D22 | Porridge, prepared with water, salt added | BREAKFAST CEREALS | b | 51 |
| Port, wine, fortified | B17 | Port, wine, fortified | BEVERAGES, ALCOHOLIC | b | 23 |
| Potato & Gravy, Kentucky Fried Chicken | H1045 | Potato & Gravy, Kentucky Fried Chicken | FAST FOODS | m | 97 |

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| 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 | 179 |
| 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 | 179 |
| 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 | 213 |
| 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 | 213 |
| 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 | 213 |
| 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 | 213 |
| 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 | 213 |
| 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 | 213 |
| Potato, fries beer batter, frozen, baked | X1032 | Potato, fries beer batter, frozen, baked, composite | VEGETABLES AND PULSES | z | 215 |
| 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 | 215 |
| 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 | 215 |
| 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 | 215 |
| 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 | 215 |
| 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 | 215 |
| Potato, hash brown, McDonald's | H152 | Potato, hash brown, McDonald's | FAST FOODS | z | 97 |
| Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams | X1037 | Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams | VEGETABLES AND PULSES | z | 215 |
| Potato, wedges, frozen, precooked in polyunsaturated oil, baked | X314 | Potato, wedges, frozen, precooked in polyunsaturated oil, baked | VEGETABLES AND PULSES | z | 215 |
| Prawn, king, flesh, cooked | T1027 | Prawn, king, flesh, cooked | SHELLFISHES | z | 175 |
| Prawn, king, flesh, raw | T1028 | Prawn, king, flesh, raw | SHELLFISHES | z | 175 |
| Pretzels, wheat flour, salted, baked | U1004 | Snack, pretzels, wheat flour, salted, baked | SNACK FOODS | u | 179 |

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| 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 | BEVERAGE, NON-ALCOHOLIC | m | 41 |
| 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 | 81 |
| Prune, dried | L157 | Prune, flesh & skin, dried | FRUITS | a | 127 |
| Prune, dried, stewed | L159 | Prune, dried, stewed | FRUITS | b | 127 |
| Pudding, custard, prepared with standard milk, (3.3% fat), simmered | R5744 | Pudding, custard, prepared with standard milk (3.3% fat), simmered | RECIPES | z | 167 |
| Pudding, custard, prepared with whole milk (4% fat), simmered | R5745 | Pudding, custard, prepared with whole milk (4% fat), simmered | RECIPES | z | 167 |
| Pudding, rice, cocoa & coconut, cooked | R5424 | Pudding, rice, cocoa & coconut, cooked | RECIPES | abz | 167 |
| Pudding, sponge, fruit, steamed | R109 | Pudding, sponge, fruit, steamed | RECIPES | abuz | 167 |
| Puffed Wheat, Sanitarium | D1017 | Breakfast cereal, wheat grain puffed, ready to eat, Puffed Wheat, Sanitarium | BREAKFAST CEREALS | z | 53 |
| Pumpkin, flesh, Whangaparaoa crown, fresh, baked with oil | X1122 | Pumpkin, fruit vegetable, fruit, flesh, fresh, baked with oil, Whangaparaoa crown | VEGETABLES AND PULSES | z | 215 |
| 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 | 215 |
| Pumpkin, Whangaparaoa crown, flesh, fresh, steamed, Whangaparaoa crown | X1121 | Pumpkin, fruit vegetable, fruit, flesh, fresh, steamed, Whangaparaoa crown | VEGETABLES AND PULSES | z | 215 |
| 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 | 217 |
| Pumpkin, Whangaparaoa crown, fresh, raw | X1119 | Pumpkin, fruit vegetable, fruit, flesh, fresh, raw, Whangaparaoa crown | VEGETABLES AND PULSES | z | 217 |
| Puwha, leaves, raw, Prickly Sow Thistle | X1012 | Puwha, leafy vegetable, raw, Prickly Sow Thistle | VEGETABLES AND PULSES | z | 217 |
| Puwha, Sow Thistle, leaves & upper stem, boiled, drained, no salt added | X181 | Puwha, leafy vegetable, leaves & upper stem, boiled, drained, no salt added, Sow Thistle | VEGETABLES AND PULSES | z | 217 |
| Quiche, spinach, baked | R5441 | Quiche, spinach, baked | RECIPES | buz | 167 |
| Quinoa, cooked | E1025 | Quinoa, seed, cooked | CEREALS AND PSEUDO-CEREALS | u | 63 |
| Rabbit, flesh, stewed | M126 | Rabbit, flesh, stewed | MEATS | b | 145 |
| Radish, flesh & skin, raw | X112 | Radish, root vegetable, taproot, flesh & skin, raw | VEGETABLES AND PULSES | b | 217 |
| Raisin, seedless | L161 | Raisin, seedless, composite | FRUITS | z | 127 |
| Raspberry, Meeker, frozen | L1055 | Raspberry, frozen, Meeker | FRUITS | z | 127 |
| Raspberry, Wakefield, frozen | L1054 | Raspberry, frozen, Wakefield | FRUITS | z | 127 |
| Ratatouille, with assorted vegetables, no salt added | R5750 | Ratatouille, with assorted vegetables, cooked, no salt added, home-made | RECIPES | z | 167 |

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| Red kidney bean, canned in brine, drained | X1147 | Bean, red kidney bean, seed, in brine, canned, drained, composite | VEGETABLES AND PULSES | z | 217 |
| Rhubarb, stewed with sugar | L168 | Rhubarb, stewed with sugar | FRUITS | b | 127 |
| Rhubarb, stewed without sugar | L169 | Rhubarb, stewed without sugar | FRUITS | b | 127 |
| 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 | a | 53 |
| Rice milk, Get Natural, fortified | C1006 | Drink, rice milk, ready to drink, Rice milk, Get Natural, fortified Ca & P | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Rice milk, Original Calcium Enriched, Vitasoy, fortified | C1002 | Drink, rice milk, ready to drink, Rice milk Original, Vitasoy, fortified Ca & P | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Rice milk, Protein & Calcium Enriched, Vitasoy, fortified | C1003 | Drink, rice milk, ready to drink, Rice milk , Vitasoy, fortified protein, Ca & P | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Rice, brown, assorted grains, cooked in unsalted water | E1080 | Rice, brown, regular, assorted grains, unpolished, cooked in unsalted water | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Rice, creamed, canned | E1069 | Rice, creamed, canned, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Rice, white, assorted grains, cooked in unsalted water | E1078 | Rice, white, assorted grains, polished, cooked in unsalted water | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Rice, white, Basmati, boiled, undrained | E1046 | Rice, white aromatic, boiled, undrained, Basmati, composite | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Rice, wild, cooked | E1016 | Rice, wild, cooked | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Ricies, Sanitarium, fortified | D1029 | Breakfast cereal, rice, puffed, ready to eat, Ricies, Sanitarium, fortified vitamins B1, B2 & B3, & Fe | BREAKFAST CEREALS | z | 53 |
| Rocket, leaves, raw | X1018 | Rocket, leafy vegetable, raw | VEGETABLES AND PULSES | z | 217 |
| Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | B1038 | Mixed drink, rum or whiskey (60mL) & regular cola (190mL), 10% alcohol by volume, ready-to-drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 23 |
| Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | B1037 | Mixed drink, rum or whiskey (30mL) & regular cola (120mL), 8% alcohol by volume, ready-to-drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 23 |
| Salad, coleslaw with dressing, fresh, from deli | H1058 | Salad, coleslaw with dressing, fresh, from deli, composite | FAST FOODS | z | 97 |
| Salad, Mesclun, leaves, raw | X1047 | Salad, leafy vegetable, raw, Mesclun, composite | VEGETABLES AND PULSES | z | 217 |
| Salmon, assorted flavours, canned, undrained | K1025 | Salmon, assorted flavours, canned, undrained, composite | FIN FISHES | z | 109 |

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| 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 | 109 |
| 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 | 109 |
| 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 | 109 |
| 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 | 109 |
| 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 | 109 |
| 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 | 109 |
| Salt, table, iodised | P81 | Salt, table, iodised | MISCELLANEOUS | z | 155 |
| Salt, table, uniodised | P10 | Salt, table, uniodised | MISCELLANEOUS | z | 155 |
| San Bran, Sanitarium | D1018 | Breakfast cereal, wheat bran pellets, ready to eat, San Bran, Sanitarium | BREAKFAST CEREALS | m | 53 |
| Sardines, canned in oil, drained | K1030 | Sardines, canned in oil, drained, composite | FIN FISHES | z | 109 |
| Sardines, canned in oil, undrained | K1029 | Sardines, canned in oil, undrained, composite | FIN FISHES | z | 109 |
| Sardines, canned in tomato sauce, undrained | K1031 | Sardines, canned in tomato sauce, undrained, composite | FIN FISHES | z | 111 |
| Sardines, canned in water, drained | K1032 | Sardines, canned in water, drained, composite | FIN FISHES | z | 111 |
| Sauce, chilli | S22 | Sauce, chilli | SAUCES AND CONDIMENTS | b | 169 |
| Sauce, chilli, sweet, commercial | S1016 | Sauce, chilli, sweet, commercial, composite | SAUCES AND CONDIMENTS | z | 169 |
| Sauce, chocolate | W46 | Sauce, chocolate, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 189 |
| Sauce, fish | S1007 | Sauce, fish | SAUCES AND CONDIMENTS | u | 171 |
| Sauce, pasta, chunky vegetable, tomato based, heated | S68 | Sauce, pasta, chunky vegetable, tomato based, heated, composite | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, simmer, butter chicken, heated | S70 | Sauce, simmer, butter chicken, heated, composite | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, simmer, korma, cream & coconut base | S1019 | Sauce, simmer, cream & coconut base, as purchased, Korma, composite | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, simmer, satay, heated | S71 | Sauce, simmer, satay, heated | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, simmer, sweet & sour, heated | S69 | Sauce, simmer, sweet & sour, heated, composite | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, soy, commercial | S1014 | Sauce, soy, commercial, composite | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, soy, reduced salt, commercial | S1015 | Sauce, soy, reduced salt, commercial, composite | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, tartare, Eta | S46 | Sauce, tartare, Eta | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, tomato | S44 | Sauce, tomato, composite | SAUCES AND CONDIMENTS | z | 171 |

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| Sauce, tomato, ketchup | S1008 | Sauce, tomato, ketchup | SAUCES AND CONDIMENTS | z | 171 |
| Sauce, Worcestershire | S14 | Sauce, Worcestershire | SAUCES AND CONDIMENTS | a | 173 |
| Sausage roll, individual size, microwaved | H1043 | Sausage roll, individual size, microwaved | FAST FOODS | z | 97 |
| Sausage roll, party size, baked | H1044 | Sausage roll, party size, baked | FAST FOODS | z | 97 |
| Sausage roll, with cheese, baked | H1002 | Sausage roll, with cheese, baked, composite | FAST FOODS | z | 99 |
| Sausage, assorted meats & flavours, dry fried | N63 | Sausage, assorted meats & flavours, dry fried, composite | MEAT PRODUCTS | z | 149 |
| Sausage, assorted meats & flavours, grilled | N64 | Sausage, assorted meats & flavours, grilled, composite | MEAT PRODUCTS | z | 149 |
| Sausage, assorted meats & flavours, precooked, grilled | N61 | Sausage, assorted meats & flavours, precooked, grilled, composite | MEAT PRODUCTS | z | 149 |
| Sausage, beef, barbecued, with no added fat | N1023 | Sausage, beef, barbecued, with no added fat, composite | MEAT PRODUCTS | z | 149 |
| Sausage, beef, boiled, drained | N1024 | Sausage, beef, boiled, drained, composite | MEAT PRODUCTS | z | 149 |
| Sausage, beef, grilled, with no added fat | N1022 | Sausage, beef, grilled, with no added fat, composite | MEAT PRODUCTS | z | 151 |
| Sausage, beef, pan fried, with no added fat | N1021 | Sausage, beef, pan fried, with no added fat, composite | MEAT PRODUCTS | z | 151 |
| Sausage, black pudding, fried | N2 | Sausage, black pudding, fried | MEAT PRODUCTS | b | 151 |
| Sausage, chicken, barbecued, with no added fat | N1031 | Sausage, chicken, barbecued, with no added fat, composite | MEAT PRODUCTS | z | 151 |
| Sausage, chicken, boiled, drained | N1032 | Sausage, chicken, boiled, drained, composite | MEAT PRODUCTS | z | 151 |
| Sausage, chicken, grilled, with no added fat | N1030 | Sausage, chicken, grilled, with no added fat, composite | MEAT PRODUCTS | z | 151 |
| Sausage, chicken, pan fried, with no added fat | N1029 | Sausage, chicken, pan fried, with no added fat, composite | MEAT PRODUCTS | z | 151 |
| Sausage, frankfurters, precooked | N6 | Sausage, frankfurters, precooked | MEAT PRODUCTS | b | 151 |
| Sausage, lamb, barbecued, with no added fat | N1035 | Sausage, lamb, barbecued, with no added fat, composite | MEAT PRODUCTS | z | 151 |
| Sausage, lamb, boiled, drained | N1036 | Sausage, lamb, boiled, drained, composite | MEAT PRODUCTS | z | 153 |
| Sausage, lamb, grilled, with no added fat | N1034 | Sausage, lamb, grilled, with no added fat, composite | MEAT PRODUCTS | z | 153 |
| Sausage, lamb, pan fried, with no added fat | N1033 | Sausage, lamb, pan fried, with no added fat, composite | MEAT PRODUCTS | z | 153 |
| Sausage, pork, barbecued, with no added fat | N1027 | Sausage, pork, barbecued, with no added fat, composite | MEAT PRODUCTS | z | 153 |
| Sausage, pork, boiled, drained | N1028 | Sausage, pork, boiled, drained, composite | MEAT PRODUCTS | z | 153 |
| Sausage, pork, grilled, with no added fat | N1026 | Sausage, pork, grilled, with no added fat, composite | MEAT PRODUCTS | z | 153 |
| Sausage, pork, pan fried, with no added fat | N1025 | Sausage, pork, pan fried, with no added fat, composite | MEAT PRODUCTS | z | 153 |
| Sausage, salami assorted meats & flavours | N1039 | Sausage, salami assorted meats & flavours, composite | MEAT PRODUCTS | z | 153 |
| Sausage, salami assorted meats & flavours, acidulated, heat treated | N1038 | Sausage, salami assorted meats & flavours, acidulated, heat treated, ready to eat, composite | MEAT PRODUCTS | z | 153 |
| Sausage, saveloy, boiled | N43 | Sausage, saveloy, boiled, composite | MEAT PRODUCTS | z | 153 |
| Saveloy, battered, fried, Independent Shops | H52 | Saveloy, battered, fried, Independent Shops | FAST FOODS | a | 99 |

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| Savoury, bacon & egg, baked | H1003 | Savoury, bacon & egg, baked, composite | FAST FOODS | z | 99 |
| Savoury, mince & cheese, heated | H1005 | Savoury, mince & cheese, heated, composite | FAST FOODS | z | 99 |
| Savoury, mince, heated | H1004 | Savoury, mince, heated, composite | FAST FOODS | z | 99 |
| Savoury, potato top, heated | H1006 | Savoury, potato top, heated, composite | FAST FOODS | z | 99 |
| Scallop, battered, deep fried | T20 | Scallop, battered, deep fried | SHELLFISHES | u | 175 |
| Scallop, raw | T11 | Scallop, raw | SHELLFISHES | z | 175 |
| Scone, white, plain | A1134 | Scone, white, plain, ready to eat, commercial | BAKERY PRODUCTS | z | 17 |
| Scone, white, with cheese | A1135 | Scone, white, with cheese, ready to eat, commercial | BAKERY PRODUCTS | z | 17 |
| Scone, white, with dates | A1133 | Scone, white, with dates, ready to eat, commercial | BAKERY PRODUCTS | z | 17 |
| Scone, wholemeal, baked | R125 | Scone, wholemeal, baked | RECIPES | abz | 167 |
| Seaweed, sheet, toasted, nori | X1013 | Seaweed, sea vegetable, sheet, toasted, nori | VEGETABLES AND PULSES | z | 217 |
| Seed and nut mix, linseed (50%), sunflower seed (33%) and almond (17%) (LSA), ground | Q1037 | Seed and nut mix, linseed (50%), sunflower seed (33%) and almond (17%) (LSA), dry, ground | NUTS AND SEEDS | z | 163 |
| Seed and nut mix, linseed, sunflower seed, almond and chia seed (LSA + chia), ground | Q1038 | Seed and nut mix, linseed, sunflower seed, almond (LSA, 90%) and chia seed (10%), dry, ground | NUTS AND SEEDS | z | 163 |
| Seed, chia, black or white, whole, dried, raw | Q1026 | Seed, chia, black or white, whole, dried, raw, composite | NUTS AND SEEDS | z | 163 |
| Seed, linseed or flaxseed, brown or golden, whole, dried, raw | Q1027 | Seed, linseed or flaxseed, brown or golden, whole, dried, raw, composite | NUTS AND SEEDS | z | 163 |
| Seed, poppy | P1003 | Seed, poppy, composite | MISCELLANEOUS | z | 155 |
| Seed, pumpkin, kernel, shelled, green, dried, raw | Q1029 | Seed, pumpkin, kernel, shelled, green, dried, raw, composite | NUTS AND SEEDS | z | 163 |
| Seed, sesame butter, tahini | Q27 | Seed, sesame butter, tahini | NUTS AND SEEDS | z | 163 |
| Seed, sesame, kernel, shelled, white, dried, raw | Q1031 | Seed, sesame, kernel, shelled, white, dried, raw, composite | NUTS AND SEEDS | a | 163 |
| Seed, sunflower, kernel, shelled, dried, raw | Q1028 | Seed, sunflower, kernel, shelled, dried, raw, composite | NUTS AND SEEDS | z | 163 |
| Semi soft butter, butter & canola oil, spreadable | J1013 | Dairy blend, butter & canola oil, semi soft, spreadable, composite | FATS AND OILS | z | 105 |
| Semolina, cooked | E73 | Semolina, cooked | CEREALS AND PSEUDO-CEREALS | a | 65 |
| Sherry, dry | B18 | Sherry, dry | BEVERAGES, ALCOHOLIC | b | 23 |
| Sherry, sweet | B20 | Sherry, sweet | BEVERAGES, ALCOHOLIC | b | 25 |
| Shortbread, homemade, baked | R166 | Biscuit, shortbread, homemade, baked | RECIPES | abz | 167 |
| Shortening, Chefade | J39 | Shortening, Chefade | FATS AND OILS | b | 105 |
| Shortening, suet, Shreddo | J1032 | Shortening, suet, Shreddo | FATS AND OILS | z | 105 |
| Shortening, vegetable, Kremelta | J1031 | Shortening, vegetable, Kremelta | FATS AND OILS | z | 105 |
| Shrimp, canned, drained | T12 | Shrimp, canned, drained | SHELLFISHES | b | 175 |

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| 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 | 217 |
| Silverbeet, leaves & stems, fresh, raw | X1111 | Silverbeet, leafy vegetable, leaves & stems, fresh, raw | VEGETABLES AND PULSES | z | 217 |
| Silverbeet, leaves & stems, fresh, steamed | X1113 | Silverbeet, leafy vegetable, leaves & stems, fresh, steamed | VEGETABLES AND PULSES | z | 219 |
| Simply Toasted Muesli Apricot, Hubbards | D1048 | Breakfast cereal, muesli, ready to eat, Simply Toasted Muesli Apricot, Hubbards | BREAKFAST CEREALS | z | 53 |
| 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 | 53 |
| Smoothie, berry, fortified | C1022 | Smoothie, berry, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Smoothie, Feijoa Smoothie, Simply Squeezed, fortified | C1023 | Smoothie, feijoa, ready to drink, Feijoa Smoothie, Simply Squeezed, fortified vitamins A, C, E & folate, & Ca | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Snack, cassava crisps, plain or assorted flavours, salt added | U1023 | Snack, cassava crisps, plain or assorted flavours, salt added, composite | SNACK FOODS | z | 179 |
| Snack, kumara chips, plain or assorted flavours | U1024 | Snack, kumara chips, plain or assorted flavours, salt added, composite | SNACK FOODS | z | 179 |
| Snack, popcorn, candied | U18 | Snack, popcorn, candied, composite | SNACK FOODS | z | 181 |
| Snapper, flesh, baked | K89 | Snapper, flesh, baked | FIN FISHES | z | 111 |
| Snapper, flesh, deep fried | K90 | Snapper, flesh, deep fried | FIN FISHES | z | 111 |
| Snapper, flesh, microwaved | K92 | Snapper, flesh, microwaved | FIN FISHES | z | 111 |
| Snow peas, fresh, stir-fried | X1196 | Snow peas, fruit vegetable, seeds with pod, fresh, stir-fried | VEGETABLES AND PULSES | z | 219 |
| Soft drink, assorted fruit flavours, reduced sugar | C1120 | Soft drink, carbonated, assorted fruit flavours, reduced sugar, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, assorted tea flavours, artificially-sweetened | C1123 | Soft drink, assorted tea flavours, artificially-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, assorted tea flavours, reduced sugar | C1122 | Soft drink, assorted tea flavours, reduced sugar, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, assorted tea flavours, sugar-sweetened | C1121 | Soft drink, assorted tea flavours, regular, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, carbonated, assorted fruit flavours, sugar-sweetened | C1119 | Soft drink, carbonated, assorted fruit flavours, regular, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, carbonated, cola flavour, artificially-sweetened, caffeinated | C1115 | Soft drink, carbonated, cola flavour, artificially-sweetened, caffeinated, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, carbonated, cola flavour, artificially-sweetened, non-caffeinated | C1113 | Soft drink, carbonated, cola flavour, artificially-sweetened, non-caffeinated, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, carbonated, lemon flavour, artificially-sweetened | C1118 | Soft drink, carbonated, lemon flavour, artificially-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, carbonated, lemon flavour, sugar-sweetened | C1116 | Soft drink, carbonated, lemon flavour, regular, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, cola flavour, reduced sugar, caffeinated | C1114 | Soft drink, carbonated, cola flavour, reduced sugar, caffeinated, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |

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| Soft drink, cola flavour, sugar-sweetened, caffeinated | C1112 | Soft drink, carbonated, cola flavour, regular, sugar-sweetened, caffeinated, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Soft drink, ginger beer, artificially-sweetened, diet | C1135 | Soft drink, carbonated, ginger flavoured, artificially-sweetened, diet, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Soft drink, ginger beer, reduced sugar | C1158 | Soft drink, carbonated, ginger flavoured, reduced sugar, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Soft drink, ginger beer, sugar-sweetened | C1134 | Soft drink, carbonated, ginger flavoured, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Soft drink, lemon flavour, reduced sugar | C1117 | Soft drink, carbonated, lemon flavour, reduced sugar, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Soft drink, soda water | C81 | Soft drink, carbonated, soda water | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Soft drink, tonic water | C79 | Soft drink, carbonated, tonic water | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Soup, beef, instant dry mix, prepared with water, Continental | V57 | Soup, beef, instant dry mix, prepared with water, Continental | Soups | z | 181 |
| Soup, bone & vegetable broth | V1 | Soup, bone & vegetable broth | Soups | z | 181 |
| Soup, chicken & corn, heated | V1002 | Soup, chicken & corn, heated | Soups | b | 181 |
| Soup, chicken & corn, heated, Wattie's | V1008 | Soup, chicken & corn, heated, Wattie's | Soups | z | 181 |
| Soup, chicken & vegetable, heated, Wattie's | V1003 | Soup, chicken & vegetable, heated, Wattie's | Soups | z | 181 |
| Soup, chicken and sweet corn, Chinese, takeaway | H1013 | Soup, chicken and sweet corn, Chinese, takeaway | FAST FOODS | z | 99 |
| Soup, chicken noodle, instant dry mix, prepared with water, Continental | V59 | Soup, chicken noodle, instant dry mix, prepared with water, Continental | Soups | z | 181 |
| Soup, chicken noodle, instant dry mix, prepared with water, Maggi | V68 | Soup, chicken noodle, instant dry mix, prepared with water, Maggi | Soups | z | 181 |
| Soup, cream of chicken, canned | V4 | Soup, cream of chicken, canned | Soups | b | 181 |
| Soup, cream of mushroom, canned | V9 | Soup, cream of mushroom, canned | Soups | b | 183 |
| Soup, cream of tomato, canned | V15 | Soup, cream of tomato, canned | Soups | b | 183 |
| 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 | 183 |
| Soup, lentil & vegetables, heated, Wattie's | V1004 | Soup, lentil & vegetables, heated, Wattie's | Soups | z | 183 |
| Soup, minestrone, instant dry mix, prepared with water | V8 | Soup, minestrone, instant dry mix, prepared with water | Soups | b | 183 |
| Soup, mushroom, instant dry mix, prepared with water, Maggi | V66 | Soup, mushroom, instant dry mix, prepared with water, Maggi | Soups | z | 183 |
| Soup, pumpkin, heated | V1001 | Soup, pumpkin, heated | Soups | z | 183 |
| Soup, pumpkin, heated, Wattie's | V1007 | Soup, pumpkin, heated, Wattie's | Soups | z | 183 |
| Soup, seafood chowder, heated | V1005 | Soup, seafood chowder, heated | Soups | z | 183 |
| Soup, tom yam gai, chicken, Thai, takeaway | H1019 | Soup, tom yam gai, chicken, Thai, takeaway | FAST FOODS | z | 99 |

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| Soup, tomato, instant dry mix, prepared with water, Continental | V55 | Soup, tomato, instant dry mix, prepared with water, Continental | Soups | z | 183 |
| Soup, Tuscan tomato, heated, Wattie's | V1006 | Soup, Tuscan tomato, heated, Wattie's | Soups | z | 183 |
| Soup, vegetable, canned | V18 | Soup, vegetable, canned | Soups | b | 183 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Spaghetti bolognese, meat base, with spaghetti, no salt added | R5741 | Meal, spaghetti bolognese, meat base, with spaghetti, no salt added, ready to eat | RECIPES | z | 167 |
| Spaghetti, canned in tomato sauce | E1005 | Spaghetti, in tomato sauce, canned, composite | CEREALS AND PSEUDO-CEREALS | z | 65 |
| 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 | 53 |
| 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 | 53 |
| Spinach, chopped, frozen, boiled, undrained, no salt added | X1239 | Spinach, leafy vegetable, chopped, frozen, boiled, undrained, no salt added | VEGETABLES AND PULSES | z | 219 |
| Spinach, English, boiled, drained, no salt added | X1046 | Spinach, leafy vegetable, boiled, drained, no salt added, English | VEGETABLES AND PULSES | z | 219 |
| Spinach, English, raw | X1045 | Spinach, leafy vegetable, raw, English | VEGETABLES AND PULSES | z | 219 |
| Spirit, 70 proof | B21 | Spirit, 70 proof, composite | BEVERAGES, ALCOHOLIC | b | 25 |
| Spirit, gin, 90 proof | B1010 | Spirit, gin, 90 proof | BEVERAGES, ALCOHOLIC | U0 | 25 |
| Spirit, rum, 80 proof | B1012 | Spirit, rum, 80 proof | BEVERAGES, ALCOHOLIC | u | 25 |
| Spirit, vodka, 80 proof | B1011 | Spirit, vodka, 80 proof | BEVERAGES, ALCOHOLIC | u | 25 |
| Spirit, whiskey, 86 proof | B1009 | Spirit, whiskey, 86 proof | BEVERAGES, ALCOHOLIC | u | 25 |
| 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 & C | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Sports drink, assorted flavours, Isopower, Mizone, Frucor, fortified | C1033 | Sports drink, assorted flavours, Isopower, Mizone, Frucor, composite, fortified vitamins B3, B5, B6 & B12 | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Sports drink, flavoured, Lucozade | C18 | Sports drink, flavoured, ready to drink, Lucozade | BEVERAGE, NON-ALCOHOLIC | b | 47 |
| Sports drink, ready to drink, Gatorade | C86 | Sports drink, flavoured, ready to drink, Gatorade | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Sports drink, ready to drink, Powerade | C84 | Sports drink, flavoured, ready to drink, Powerade | BEVERAGE, NON-ALCOHOLIC | z | 47 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|---|-----------------------------|-------------|
| 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 | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Spread, hazelnut, Nutella, Ferrero | W1016 | Spread, hazelnut, Nutella, Ferrero | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 189 |
| Spread, yeast extract, Marmite, Sanitarium, fortified | P1004 | Spread, yeast extract, Marmite, Sanitarium, fortified vitamins B1, B2, B3, B12 & folate, & Fe | MISCELLANEOUS | z | 155 |
| Spread, yeast extract, Vegemite, Kraft, fortified | P1005 | Spread, yeast extract, Vegemite, Kraft, fortified vitamins B1, B2, B3 & folate | MISCELLANEOUS | z | 155 |
| Spring onion, bulb and stalk, fresh, raw | X1132 | Spring onion, bulb vegetable, bulb and stalk, fresh, raw | VEGETABLES AND PULSES | z | 219 |
| Spring onion, bulb and stalk, fresh, sauteed | X1133 | Spring onion, bulb vegetable, bulb and stalk, fresh, sauteed with oil | VEGETABLES AND PULSES | z | 219 |
| Spring roll, traditional with meat, baked, Highmark | H208 | Spring roll, traditional with meat, baked, Highmark | FAST FOODS | z | 99 |
| Spring roll, traditional, with meat, deep fried, Highmark | H212 | Spring roll, traditional, with meat, deep fried, Highmark | FAST FOODS | z | 99 |
| Spring roll, vegetarian, baked, Highmark | H211 | Spring roll, vegetarian, baked, Highmark | FAST FOODS | z | 99 |
| Sprout, alfalfa, raw | X266 | Sprout, alfalfa, seed, germinated, raw | VEGETABLES AND PULSES | z | 219 |
| Sprout, mung bean, raw | X135 | Sprout, bean, seed, germinated, raw, mung | VEGETABLES AND PULSES | z | 219 |
| Squash, buttercup, flesh, steamed | X225 | Squash, fruit vegetable, flesh, steamed, buttercup | VEGETABLES AND PULSES | z | 219 |
| Squid, in flour, fried | T23 | Squid, in flour, fried | SHELLFISHES | u | 177 |
| Stock, Oxo cubes | P16 | Stock, Oxo cubes | MISCELLANEOUS | b | 155 |
| Strawberry, raw, New Zealand | L1016 | Strawberry, raw, New Zealand | FRUITS | z | 129 |
| Stuffing, from chicken, deli cooked | A1011 | Stuffing, from chicken, deli cooked | BAKERY PRODUCTS | z | 17 |
| Sugar snap pea, frozen, boiled, drained, no salt added | X1234 | Pea, sugar snap, fruit vegetable, seeds with pod, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 221 |
| Sugar snap pea, frozen, steamed or microwaved, no salt added | X1235 | Pea, sugar snap, fruit vegetable, seeds with pod, frozen, steamed or microwaved, no salt added | VEGETABLES AND PULSES | z | 221 |
| Sugar, brown | W19 | Sugar, brown | SUGARS, CONFECTIONARIES AND SWEET SPREADS | a | 189 |
| Sugar, raw | W23 | Sugar, raw | SUGARS, CONFECTIONARIES AND SWEET SPREADS | az | 191 |
| Sugar, white | W24 | Sugar, white | SUGARS, CONFECTIONARIES AND SWEET SPREADS | az | 191 |
| Sultana | L173 | Sultana | FRUITS | a | 129 |
| 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 | a | 53 |
| 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 | a | 53 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|---|-----------------------------|-------------|
| Swede, peeled, fresh, boiled, drained, no salt added | X1168 | Swede, root vegetable, peeled, fresh, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 221 |
| Sweet corn, creamed, canned | X1158 | Sweet corn, creamed, canned, as purchased, composite | VEGETABLES AND PULSES | z | 221 |
| Sweet corn, kernel, canned, drained | X1157 | Sweet corn, fruit vegetable, kernel, canned, drained, composite | VEGETABLES AND PULSES | z | 221 |
| 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 | 221 |
| 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 | 221 |
| 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 | 221 |
| Sweet, hard, boiled | W1 | Sweet, hard, boiled | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 191 |
| Sweet, peppermint | W18 | Sweet, peppermint | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 191 |
| Syrup, golden | W25 | Syrup, golden | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 191 |
| Taco shell, corn flour, baked, commercial | E1054 | Taco shell, corn flour, baked, commercial | CEREALS AND PSEUDO-CEREALS | u | 65 |
| Tamarillo, red, flesh & seed, raw | L174 | Tamarillo, flesh & seed, raw, red | FRUITS | z | 129 |
| Tangelo, flesh, raw | L179 | Tangelo, flesh, raw | FRUITS | a | 129 |
| Tangerine, flesh, raw | L176 | Tangerine, flesh, raw | FRUITS | u | 129 |
| Tapioca, pearl, dry | E34 | Tapioca, pearl, dry | CEREALS AND PSEUDO-CEREALS | b | 65 |
| Tarakihi, flesh, baked | K64 | Tarakihi, flesh, baked | FIN FISHES | z | 111 |
| Tarakihi, flesh, deep fried | K65 | Tarakihi, flesh, deep fried | FIN FISHES | z | 111 |
| Taro, corm, flesh, baked | X1062 | Taro, root vegetable, corm, flesh, baked, combined cultivars | VEGETABLES AND PULSES | z | 221 |
| Taro, corm, flesh, boiled | X1063 | Taro, root vegetable, corm, flesh, boiled, combined cultivars | VEGETABLES AND PULSES | z | 221 |
| Taro, corm, flesh, raw | X1053 | Taro, root vegetable, corm, flesh, raw, combined cultivars | VEGETABLES AND PULSES | z | 223 |
| Tart, jam, baked | R5414 | Tart, jam, baked | RECIPES | abuz | 167 |
| Tea beverage, black | C1040 | Tea beverage, black, brewed, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Tea beverage, black, decaffeinated | C1041 | Tea beverage, black decaffeinated, brewed, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Tea beverage, green | C1039 | Tea beverage, green, brewed, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Tea beverage, herbal, brewed | C76 | Tea beverage, herbal, brewed, ready to drink | BEVERAGE, NON-ALCOHOLIC | a | 47 |
| Tempeh | E1012 | Tempeh, fermented soy beans | CEREALS AND PSEUDO-CEREALS | u | 65 |
| Tempeh, fried in sunflower oil | E1011 | Tempeh, fermented soy beans, fried in sunflower oil | CEREALS AND PSEUDO-CEREALS | a | 65 |
| Toasted Muesli Golden Oats & Fruit, Sanitarium | D1047 | Breakfast cereal, muesli, ready to eat, Toasted Muesli Golden Oats & Fruit, Sanitarium | BREAKFAST CEREALS | z | 53 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|---|-----------------------------|-------------|
| Toasted Muesli Super Fruity, Sanitarium, fortified | D1055 | Breakfast cereal, muesli, ready to eat, Toasted Muesli Super Fruity, Sanitarium, fortified vitamin E | BREAKFAST CEREALS | z | 53 |
| Toasted Strawberry and Rhubarb, Sanitarium | D1054 | Breakfast cereal, muesli, ready to eat, Toasted Strawberry and Rhubarb, Sanitarium | BREAKFAST CEREALS | z | 55 |
| Toffees, mixed | W26 | Toffees, mixed | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 191 |
| 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 | 223 |
| 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 | 223 |
| 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 | 223 |
| 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 | 223 |
| Tomato, canned in tomato juice, plain, undrained, salt added | X1124 | Tomato, in tomato juice, plain, canned, undrained, salt added, composite | VEGETABLES AND PULSES | z | 223 |
| Tomato, canned, drained | X125 | Tomato, fruit vegetable, canned, drained | VEGETABLES AND PULSES | z | 223 |
| Tomato, paste, canned | X1079 | Tomato, paste, canned, composite | VEGETABLES AND PULSES | z | 223 |
| Tomato, puree, canned, Wattie's | X1078 | Tomato, puree, canned, Wattie's | VEGETABLES AND PULSES | z | 223 |
| Tomato, red, bite-sized cherry, fresh, ripe, raw | X1215 | Tomato, red, fruit vegetable, bite-sized (cherry tomato), fresh, ripe, raw, composite | VEGETABLES AND PULSES | z | 223 |
| Tomato, red, medium to large size, fresh, ripe, raw, all year round | X1213 | Tomato, red, fruit vegetable, medium to large size, fresh, ripe, raw, NZ and imported, all year round | VEGETABLES AND PULSES | z | 225 |
| Tomato, red, small, cocktail, fresh, ripe, raw, NZ grown | X1214 | Tomato, red, fruit vegetable, small, cocktail, fresh, ripe, raw, NZ grown, composite | VEGETABLES AND PULSES | z | 225 |
| Tomato, sun-dried | X295 | Tomato, sun-dried | VEGETABLES AND PULSES | u | 225 |
| Tongue, beef & sheep, canned | M53 | Tongue, beef & sheep, canned | MEATS | b | 145 |
| Topper, lasagne, baked | E126 | Topper, lasagne, baked | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Tuna, canned in assorted oil, plain, undrained | K1012 | Tuna, in assorted oil, plain, canned, undrained, composite | FIN FISHES | z | 111 |
| Tuna, canned in assorted oils, plain, drained | K1011 | Tuna, in assorted oils, plain, canned, drained, composite | FIN FISHES | z | 111 |
| Tuna, canned in brine, plain, drained | K1007 | Tuna, in brine, plain, canned, drained, composite | FIN FISHES | z | 111 |
| Tuna, canned in oil, assorted flavours, undrained | K1008 | Tuna, in oil, assorted flavours, canned, undrained, composite | FIN FISHES | z | 111 |
| Tuna, canned in spring water, plain, salt added, drained | K1006 | Tuna, in spring water, plain, canned, salt added, drained, composite | FIN FISHES | z | 111 |
| Tuna, canned in spring water, plain, salt added, undrained | K1010 | Tuna, in spring water, plain, canned, salt added, undrained, composite | FIN FISHES | z | 113 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
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| Tuna, canned in water, assorted flavours, undrained | K1009 | Tuna, in water, assorted flavours, canned, undrained, composite | FIN FISHES | z | 113 |
| Tuna, in brine, plain, canned, undrained | K1005 | Tuna, in brine, plain, canned, undrained, composite | FIN FISHES | z | 113 |
| Turkey, flesh, roasted | M179 | Turkey, flesh, roasted | MEATS | z | 145 |
| Turkey, lean & fat, raw | M395 | Turkey, composite cuts, separable lean 94% & fat 6%, raw | MEATS | z | 145 |
| Turkey, lean & fat, roasted in oven bag | M373 | Turkey, composite cuts, 97% & fat 3%, roasted in oven bag | MEATS | z | 145 |
| Turkey, lean, fat & skin, roasted | M178 | Turkey, lean 87%, separable fat 2% & skin 11%, roasted in oven bag | MEATS | z | 145 |
| Turnip, root, flesh, boiled, drained, no salt added | X129 | Turnip, root vegetable, tap root, flesh, boiled, drained, no salt added | VEGETABLES AND PULSES | b | 225 |
| Venison, Diced, Silver Fern, cooked | M1023 | Venison, forequarter muscles, cooked, Diced, Silver Fern | MEATS | z | 145 |
| Venison, Medallion, Silver Fern, cooked | M1021 | Venison, hind leg muscles, cooked, Medallion, Silver Fern | MEATS | z | 145 |
| Venison, mince, Silver Fern, raw | M1020 | Venison, mince, trim & whole muscles, raw, Mince, Silver Fern | MEATS | z | 145 |
| Venison, red deer, leg, flesh, roasted | M185 | Venison, red deer, leg, flesh, roasted | MEATS | z | 145 |
| Venison, Stir Fry, Silver Fern, cooked | M1022 | Venison, hind leg, muscles, cooked, Stir Fry, Silver Fern | MEATS | z | 145 |
| Vinegar | P11 | Vinegar | MISCELLANEOUS | b | 155 |
| Vinegar, cider | P59 | Vinegar, cider | MISCELLANEOUS | u | 155 |
| Vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | B1035 | Mixed drink, vodka & chocolate flavoured milk blend, 4% alcohol by volume, ready-to-drink (RTD), pre-mixed, commercial, Mudshake | BEVERAGES, ALCOHOLIC | z | 25 |
| Vodka & energy drink V, 10% alcohol by volume, pub or home-mixed | B1041 | Mixed drink, vodka (60mL) & energy drink V (190mL), 10% alcohol by volume, ready-to-drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 25 |
| Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | B1039 | Mixed drink, vodka (60mL or two single shots) & lemonade (190mL), 10% alcohol by volume, ready-to-drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | uz | 27 |
| Vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | B1036 | Mixed drink, vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, ready-to-drink (RTD), pre-mixed, commercial, Mudshake | BEVERAGES, ALCOHOLIC | z | 27 |
| Vodka & non-cola flavoured soft drink, 5% alcohol by volume, pre-mixed | B1034 | Mixed drink, vodka & non-cola flavoured soft drink, 5% alcohol by volume, ready-to-drink (RTD), pre-mixed, commercial, composite | BEVERAGES, ALCOHOLIC | z | 27 |
| Vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed | B1033 | Mixed drink, vodka & non-cola flavoured soft drink, 7% alcohol by volume, ready-to-drink (RTD), pre-mixed, commercial, composite | BEVERAGES, ALCOHOLIC | z | 27 |
| Vodka & orange juice, 10% alcohol by volume, pub or home-mixed | B1040 | Mixed drink, vodka (60mL) & orange juice (190mL), 10% alcohol by volume, ready-to-drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | uz | 27 |
| Wafer, wholegrain rice | E1043 | Wafer, wholegrain rice, ready to eat, composite | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Water, bottled, New Zealand | C41 | Water, bottled, New Zealand | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Water, tap | C40 | Water, tap | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Watercress, raw | X131 | Watercress, leafy vegetable, raw | VEGETABLES AND PULSES | z | 225 |
| Watermelon, flesh, raw | L1121 | Watermelon, flesh, raw, combined varieties | FRUITS | z | 129 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|----------------------------|-----------------------------|-------------|
| 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 | 55 |
| 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 | 55 |
| Weeties, Sanitarium | D1035 | Breakfast cereal, whole wheat flakes, ready to eat, Weeties, Sanitarium | BREAKFAST CEREALS | z | 55 |
| Wheat bran | E111 | Bran, wheat, composite | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Wheat germ | E112 | Wheat germ | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Wine, red, (13.5% alcohol by volume), Pinot Noir | B1028 | Wine, red, (13.5% alcohol by volume), composite, Pinot Noir | BEVERAGES, ALCOHOLIC | a | 27 |
| Wine, red, (14% alcohol by volume), Cabernet Sauvignon | B1026 | Wine, red, (14% alcohol by volume), composite, Cabernet Sauvignon | BEVERAGES, ALCOHOLIC | a | 27 |
| Wine, red, (14% alcohol by volume), Merlot | B1027 | Wine, red, (14% alcohol by volume), composite, Merlot | BEVERAGES, ALCOHOLIC | a | 27 |
| Wine, red, (14% alcohol by volume), Shiraz | B1025 | Wine, red, (14% alcohol by volume), composite, Shiraz | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, rose, (12% alcohol by volume) | B1029 | Wine, rose, (12% alcohol by volume), composite | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, white, dry, (11% alcohol by volume), Semillon | B1020 | Wine, white, dry, (11% alcohol by volume), composite, Semillon | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, white, dry, (12% alcohol by volume), Sauvignon Blanc | B1021 | Wine, white, dry, (12% alcohol by volume), composite, Sauvignon Blanc | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, white, dry, (13% alcohol by volume), Chardonnay | B1019 | Wine, white, dry, (13% alcohol by volume), composite, Chardonnay | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, white, medium dry, (12% alcohol by volume), Riesling | B1022 | Wine, white, medium dry, (12% alcohol by volume), composite, Riesling | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, white, sparkling, (12% alcohol by volume) | B1023 | Wine, white, sparkling, (12% alcohol by volume), composite | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, white, sweet, dessert, (11.5% alcohol by volume) | B1024 | Wine, white, sweet, dessert, (11.5% alcohol by volume), composite | BEVERAGES, ALCOHOLIC | a | 29 |
| Yams, New Zealand, red, unpeeled, baked without fat | X1076 | Yam, root vegetable, unpeeled, baked without fat, red, New Zealand | VEGETABLES AND PULSES | z | 225 |
| 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 | z | 225 |
| Yeast, baker's, dried | P13 | Yeast, baker's, dried | MISCELLANEOUS | b | 155 |
| Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium | F1080 | Yoghurt dessert, Greek style, chocolate flavoured, sweetened, premium, Organic Choc Compote, Cyclops | DAIRY | z | 81 |
| Yoghurt smoothie, assorted fruits, sweetened | F1083 | Yoghurt smoothie, assorted fruits, sweetened, The Collective | DAIRY | z | 81 |
| Yoghurt, apricot, frozen, Tip Top | F77 | Yoghurt, apricot, frozen, Tip Top | DAIRY | z | 81 |
| 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 | 81 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
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| 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 | 81 |
| Yoghurt, Greek style, full-fat | F1055 | Yoghurt, Greek style, full-fat, composite | DAIRY | z | 81 |
| Yoghurt, Greek style, low fat , Fresh 'n Fruity | F1082 | Yoghurt, Greek style, low fat , Fresh 'n Fruity | DAIRY | z | 81 |
| Yoghurt, Greek style, low fat, Cyclops | F1081 | Yoghurt, Greek style, low fat, Organic, Cyclops | DAIRY | z | 81 |
| 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 | 83 |
| Yoghurt, Meadow Fresh, low fat, assorted fruits, fortified | F1075 | Yoghurt, assorted fruits, low fat, sweetened, Meadow Fresh | DAIRY | z | 83 |
| Yoghurt, plain, low fat, unsweetened | F84 | Yoghurt, plain, low fat, unsweetened, composite | DAIRY | z | 83 |
| Yoghurt, plain, unsweetened | F57 | Yoghurt, plain, unsweetened, composite | DAIRY | z | 83 |
| Yoghurt, premium, assorted fruits | F1079 | Yoghurt, assorted fruits, premium, sweetened, composite | DAIRY | z | 83 |
| Yoghurt, soy | E43 | Yoghurt, soy | CEREALS AND PSEUDO-CEREALS | b | 67 |
| Yoghurt, Symbio Probalance, assorted fruits, low fat, fortified | F1076 | Yoghurt, assorted fruits, low fat, sweetened, Symbio Probalance, fortified Ca, vitamin A & D | DAIRY | z | 83 |
| Yoghurt, Yoplait, assorted fruits, regular fat | F1078 | Yoghurt, assorted fruits, regular fat, sweetened, Yoplait | DAIRY | z | 83 |
| Yoghurt, Yoplait, Delite, assorted fruits, low fat | F1074 | Yoghurt, assorted fruits, low fat, sweetened, Yoplait | DAIRY | z | 83 |

^a Sources for the majority of food components data (Table 1): z - New Zealand analysis (by accredited laboratories); a – Australian food composition database; b – McCance and Widdowson's The Composition of Foods Integrated Dataset (Co FIDS), u – US Department of Agriculture National Nutrient Database for Standard Reference; m – Manufacturer's supplied data (product label); o – Other overseas databases; h – Pacific Islands Food Compositions Tables and publications.

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Report approved by:

Suba Sivakumaran
Scientist, Food & Bioproducts Technology
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Kevin Sutton
Science Group Leader, Food & Bioproducts Technology
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For further information please contact:

Suba Sivakumaran
Plant & Food Research Palmerston North
Private Bag 11600
Palmerston North 4442
NEW ZEALAND
Tel: +64 6 953 7700
DDI: DDI 6 356 8300
Fax: +64 6 351 7050
Email: Subathira.Sivakumaran@plantandfood.co.nz

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Head Office: 120 Mt Albert Road, Sandringham, Auckland 1025, New Zealand, Tel: +64 9 925 7000, Fax: +64 9 925 7001.
www.plantandfood.co.nz

