



The Concise New Zealand Food Composition Tables

14th Edition 2021

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The Concise New Zealand Food Composition Tables, 14th Edition 2021

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Contents

| | | | | | |
|----------|--|------------|----------|--|------------|
| 1 | Foreword | i | K | Fin fishes | 115 |
| 2 | Acknowledgements | ii | L | Fruits | 125 |
| 3 | Notes for users | iii | M | Meats | 145 |
| | Limitations in the dataset | iii | N | Meat products | 165 |
| | Data selection procedures | iii | P | Miscellaneous | 173 |
| | Documentation procedures..... | iv | Q | Nuts and seeds | 175 |
| | Notes on food groups | v | R | Recipes | 187 |
| | Notes on food components | v | S | Sauces and condiments | 191 |
| 4 | The Concise New Zealand Food Composition Tables | 1 | T | Shellfishes | 195 |
| | A Bakery products..... | 1 | U | Snack foods | 199 |
| | B Beverages, alcoholic | 21 | V | Soups | 203 |
| | C Beverages, non-alcoholic..... | 33 | W | Sugars, confectionaries and sweet spreads | 207 |
| | D Breakfast cereals | 51 | X | Vegetables and pulses | 217 |
| | E Cereals and pseudo-cereals..... | 59 | 5 | Appendices | |
| | F Dairy..... | 71 | | Appendix I – Alcohol values | 255 |
| | G Eggs..... | 91 | | Appendix II – Caffeine values | 260 |
| | H Fast foods and ready to eat meals | 95 | | Appendix III – Added and free sugar values..... | 267 |
| | J Fats and oils | 109 | | Appendix IV – Food index | 299 |
| | | | | Appendix V – Rounding rules | 353 |

Foreword

The 14th Edition of the Concise New Zealand Food Composition Tables contains information on 38 food components for nearly 1,300 foods and drinks.

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 2760 foods and up to 360 food components is available as FOODfiles™ 2021. The website has a search facility that enables easy access to of FOODfiles data, with a range of output format options providing a useful supplement to these tables.

Access to reliable data on the nutrient content of foods is essential to help New Zealanders live well, stay well and get well. Food Composition data 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, develop nutrition labels and Health Star Ratings on packaged foods, and in nutrition research and education.

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.

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 14th Edition 2021 of The Concise New Zealand Food Composition Tables and New Zealand FOODfiles 2021 Version 01 are derived.

This 14th Edition was prepared by the staff members of NZFCD: Subathira Sivakumaran, Siva Sivakumaran, Kris Tham and Carolyn Lister, with additional support from Susanne Middlemiss-Kraak.

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

The authors would like to acknowledge to Plant & Food Research Information & Knowledge Services team, Zane Gilmore (software developer), Jack McKenzie (Science System Analyst) and Warren Howe (Project Manager) for the replacement of the old Food Information Management System (FIMS) and ongoing management of the current NZFCD Management System, FoodCASE, which is developed and owned by Premotec (Switzerland) and their team led by Dr Karl Presser. FoodCASE for the first time underpins the New Zealand FOODfiles 2021, the Concise Tables 14th Edition, and the associated web access tools. The generation of the Concise Table would not have been possible without the software assistance from Matthew Laurenson (Manager).

The authors thank Alison Wallace, Scientist at Plant & Food Research for reviewing the Concise Table 14th Edition.

Thanks also go to Plant & Food Research staff including Allan Main (Business Manager) and members of the Science Publication Office for reviewing this

publication; Andrew McLachlan (Biometrician) for applying the mode of data expression; Maryanne Nation (Report Specialist) 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.

Notes for users

Limitations in the dataset

The Concise New Zealand Food Composition Tables contain a subset of foods and nutrients from the New Zealand FOODfiles 2021 Version 01¹. The list of foods in the 14th Edition (www.foodcomposition.co.nz/foodfiles/concise-tables/) updates the 13th Edition, which is archived on the same website. The Concise Tables 14th Edition contains 34 components within the body of the tables and four additional components, namely alcohol (ethanol), caffeine and both added and free sugars, in Appendices I, II and III, respectively.

The Concise Tables 14th Edition lists 1280 foods — almost 46% of the 2763 foods contained in New Zealand FOODfiles 2021, which 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 73% of foods) and linoleic acid (recorded for 78% of foods). These missing data are represented by blanks. Users should treat a blank as a missing value, not a zero value. The complete list of components, detailed descriptions of each food, sampling details, component messages, and data sources can be found in the support files as part of New Zealand FOODfiles 2021. Users who want to develop Nutrition Information Panel (NIP) labels dataset can be downloaded from website: www.foodcomposition.co.nz/search/multifood.

Very few foods have a constant composition, and the data presented are representative values. The purpose of the Concise Tables, and of the 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.

New and updated data in this 14th Edition were commissioned from five accredited laboratories in New Zealand and Australia. Since the release of the 13th Edition, we have updated the datasets for 243 foods. These include new foods that have not previously been published such as hot cross buns; bread made from rye flour, sprouted wheat and gluten-free flours with sprouted seeds; wraps (flatbread; muffin splits; fermented tea (kombucha), flours from spelt wheat, quinoa seed and gluten-free flours; hemp foods including flour (fibre), protein powder, seeds and oil; cows' milk including A2 and lactose-free UHT; kiwiberry; red-fleshed kiwifruit; frozen fruits including pineapple, mango, cranberry, boysenberry, cherry and strawberry; and vegetables include baby spinach, baby kale and red onion. A total of 150 Food Records archived from the earlier Edition 13th Edition have been replaced with the new datasets. The lists of the new, updated and archived foods can be found in the New Zealand FOODfiles 2021 Version 01: Updatefiles 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 pooled into a composite sample before being submitted for analysis by accredited laboratories. The sizes of individual samples, the numbers of samples and

¹ New Zealand Food Composition Database. 2022. New Zealand FOODfiles™ 2021 Version 01. The New Zealand Institute for Plant and Food Research Limited and Ministry of Health. <http://www.foodcomposition.co.nz/foodfiles> [accessed 15 March 2022].

analytical replicates, and the data sources vary from food to food. These details can be found in FOODfiles 2021: Name.FT (www.foodcomposition.co.nz/foodfiles). For the majority of foods, data have been determined by analysis. Data for a few foods are borrowed in entirety from the US Department of Agriculture², the UK Composition of Foods Integrated Dataset³, or the Australian Food Composition Database (previously called NUTTAB)⁴.

Overall, approximately 16% of component values in the tables are borrowed or derived from other data sources, rather than from New Zealand analyses, or are presumed to be 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.

The data sources for individual components can be found in the New Zealand FOODfiles⁵ 2021, DATA.FT files on the website. Source code descriptions used in previous FOODfiles have been replaced with new descriptions of 'Data provenance' for updated or new foods. There are 243 of these in the 14th Edition. Data provenance includes: Acquisition type, Value type, Method type and Method Indicator. The majority of the Data provenance descriptions and codes are from the EuroFIR thesauri⁶ used in FoodCASE. The remaining 1037 foods from the 13th Edition still use the old source code description. Both old and new descriptions are available for download in the 'Data provenance description.xlsx' file from the website. Also, more information can be found in FOODfiles 2021 Manual⁷. Source codes, used in Appendix IV – Food index, indicate the countries from which the primary food composition data have been derived.

² U.S. Department of Agriculture, Agricultural Research Service 2019. FoodData Central. <https://fdc.nal.usda.gov/> [accessed 3 December 2021]

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 December 2021].

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 December 2021].

⁵ FOODfiles™ is a trade mark operated by Plant & Food Research on behalf of the owners

⁶ Machackova M, Moller A, Ireland J 2019. The EuroFIR Thesauri – Update wave 2019 – A report; version date 1 October 2019. EuroFIR <https://www.eurofir.org/our-resources/eurofir-thesauri/> [accessed October 2021].

Component values for about 236 foods in the tables are derived from recipe calculations by applying appropriate Nutrient Retention Factors (NRF)⁸ and Weight Yield Factors (WYF). The details of the ingredients used to prepare these recipes, and the corresponding NRF and WYF values can be found in the New Zealand FOODfiles 2021 Version 01: INGREDIENT.FT, NUTRIENT RETENTION FACTOR.FT and WEIGHT YIELD FACTOR.FT files, available to download at www.foodcomposition.co.nz/foodfiles. Descriptions of these files can be found in the New Zealand FOODfiles 2021 Manual.

Documentation procedures

Mean values presented in all Food Records are rounded to a fixed number of significant figures followed by rounding rules applied to the maximum decimal place for each food component (Appendix V)^{9,10}.

The alpha-numeric code, i.e. the FoodID, associated with each food record, provides a unique food identifier within the NZFCD. The alphabetic character indicates the food group. 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

⁷ New Zealand Food Composition Database 2022. New Zealand FOODfiles™ 2021 manual. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health www.foodcomposition.co.nz/foodfiles [accessed 30 March 2022]

⁸ 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/retn/retn06.pdf> [accessed 6 December 2021].

⁹ Greenfield H, Southgate DAT 2003. Food composition data: production management and use. 2nd ed. Rome: Food and Agriculture Organisation of the United Nations.

¹⁰ FAO/INFOODS 2012. FAO/INFOODS guidelines for converting units, denominators and expressions - Version 1.0. FAO http://www.fao.org/fileadmin/templates/food_composition/documents/1nutrition/Conversion_Guidelines-V1.0.pdf [accessed 6 December 2021]

Guidelines for Describing Foods¹¹ (Appendix IV). The 'Food Name' is used in the FOODfiles.

Notes on food groups

Whenever possible, foods are described in generic terms. However, some foods only exist as single, proprietary products. In these cases, the food name relates the data to the branded name of the market product.

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, quinoa and tapioca.

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

The same foods, prepared or processed in different ways, were 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 were 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.

The term 'separable lean' refers to meat muscle, including inseparable fat. The term 'separable fat' refers to subcutaneous or depot fat (also known as adipose tissue) 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.

¹¹ Truswell S, Batteson DJ, Madafiglio 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.

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 (ethanol) and caffeine data are included in Appendices I and II, respectively. Component data for added and free sugars can be found in Appendix III. Foods with zero values for both these components are not listed in the respective appendices.

A summary of all 38 components, their 'Component Identifier', unit of measure and explanatory comments, are shown in Table 1.

Users of these food composition tables are presumed 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 to someone with such an understanding. The details of methods of analysis and calculation methods can be found in the New Zealand FOODfiles 2021 Manual available for download at www.foodcomposition.co.nz.

Table 1. Food components included in the Concise Tables.

| 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 2. |
| 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 991.43 ^d (Prosky method) or 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 | Used as a proxy for 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 ^e |
| Sugar, free | SUGRFR | Sugar added | g | Estimated objectively and subjectively using 10-step method ^e |

^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 December 2021].

^b Trace amounts are different for every nutrient. Please refer to Appendix V for trace nutrient values.

^c More information about the analytical and calculation methods for the components can be found in the New Zealand 2021 FOODfiles™ Manual New Zealand Food Composition Database 2022. New Zealand FOODfiles™ 2021 manual. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health www.foodcomposition.co.nz/foodfiles [accessed 30 March 2022]

^d Official Methods of Analysis of AOAC International 2019. 21st ed. Gaithersburg MD. USA: AOAC International

^e 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, Moshtagian 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.

Abbreviations: NZFCD = New Zealand Food Composition Database; FAO = Food and Agriculture Organisation (United Nations); INFOODS = International Network of Food Data Systems; FSANZ = Food Standards Australia New Zealand; NIP = Nutrition Information Panel; SFA = Saturated fatty acids; MUFA = Monounsaturated fatty acids; PUFA = Polyunsaturated fatty acid. AOAC = Association of Official Analytical Chemistry.

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 acceptable¹², particularly as many of the components have been determined independently from 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 amounts 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 2.

Table 2. Energy conversion factors used for the New Zealand Food Composition Database.

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

¹² 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 December 2021].

The additional values for Measures (g) and the Common Standard Measure (CSM) are expressed as New Zealand metric standards (Table 3) for each food. In some cases, if the CSM was not available, the amount commonly purchased, 100 g, or the amount eaten has been used. For alcoholic beverages in New Zealand, one standard drink containing 10 g of pure ethanol is used¹³. More measures and CSMs can be found in the FOODfiles 2021 V01: CSM.FT on the website. All measures are made on the edible portion, so no adjustments are required for the portion of the food that would typically be discarded. Where relevant, 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 on the website.

Table 3. New Zealand metric standards for measuring volume.

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

¹³ Health Promotion Agency (April 2016). The straight up guide to standard drinks. Wellington: Health Promotion Agency. Retrieved from <http://www.alcohol.org.nz/help-advice/standard-drinks>.

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------------------------|---|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| A BAKERY PRODUCTS | | | | | | | | | | | | | | | | | | | |
| A1122 | Bagels, white, toasted | 100 | 28.3 | 1060 | 1090 | 9.55 | 1.81 | 49.1 | 2.7 | 5.53 | 43.6 | 0.36 | 0.58 | 0.76 | 0.053 | 0.704 | 0 | 500 | 39 |
| | 1 bagel (3.3 x 9.6 cm diameter) | 88.9 | 25.2 | 946 | 966 | 8.49 | 1.61 | 43.7 | 2.4 | 4.92 | 38.8 | 0.32 | 0.52 | 0.67 | 0.047 | 0.626 | 0 | 445 | 35 |
| A148 | Biscuit, Afghan | 100 | 2.6 | 2000 | 2050 | 5.59 | 21.7 | 64.9 | 5.6 | 33.6 | 31.4 | 12.9 | 0.3 | 6.86 | | | 0 | 260 | 3.5 |
| | 1 biscuit (1.3 x 5.5 cm diameter) | 17.6 | 0.5 | 352 | 360 | 0.98 | 3.81 | 11.4 | 1 | 5.91 | 5.53 | 2.27 | 0.05 | 1.21 | | | 0 | 46 | 0.62 |
| A146 | Biscuit, Arrowroot | 100 | 2.7 | 1800 | 1820 | 7.01 | 10.5 | 76.1 | 2 | 24.3 | 51.9 | 4.44 | 0.95 | 3.82 | | | 0 | 277 | 1 |
| | 1 biscuit | 8 | 0.2 | 144 | 145 | 0.56 | 0.84 | 6.09 | 0.2 | 1.94 | 4.15 | 0.36 | 0.08 | 0.31 | | | 0 | 22 | 0.08 |
| A1060 | Biscuit, Chocolate Chip Fudge, Farmbake™, Arnott's™ | 100 | 3 | 2010 | 2030 | 5.86 | 20.1 | 68.9 | 2 | 39.8 | 29.1 | 10.2 | 6.95 | 1.77 | 0.057 | 1.7 | 5 | 210 | 4.3 |
| | 1 biscuit (1.0 x 5.8 cm diameter) | 12.7 | 0.4 | 256 | 258 | 0.74 | 2.55 | 8.75 | 0.3 | 5.06 | 3.7 | 1.29 | 0.88 | 0.23 | 0.007 | 0.215 | 0.64 | 27 | 0.55 |
| A1061 | Biscuit, Chocolate Chip, Cookie Time® | 100 | 7.1 | 2020 | 2040 | 6.41 | 23.4 | 61.7 | 2.2 | 39.5 | 22.2 | 15 | 5.4 | 1 | 0.156 | 0.578 | 54 | 380 | 4.2 |
| | 1 biscuit (1.7 x 11.0 cm diameter) | 96.1 | 6.8 | 1940 | 1960 | 6.16 | 22.5 | 59.2 | 2.1 | 37.9 | 21.3 | 14.4 | 5.19 | 0.96 | 0.15 | 0.555 | 51.9 | 365 | 4 |
| A1076 | Biscuit, Classic Dark, Tim Tam™, Arnott's™ | 100 | 1 | 2170 | 2200 | 5.45 | 26.9 | 63.7 | 3.9 | 46.4 | 17.3 | 14.6 | 8.57 | 1.71 | 0.051 | 1.66 | 3.3 | 140 | 3.6 |
| | 1 biscuit (6.2 x 3.2 x 1.3 cm) | 19 | 0.2 | 412 | 418 | 1.04 | 5.1 | 12.1 | 0.7 | 8.82 | 3.29 | 2.78 | 1.63 | 0.33 | 0.01 | 0.315 | 0.63 | 27 | 0.68 |
| A1069 | Biscuit, Dark Chocolate, Digestive™, Arnott's™ | 100 | 2.7 | 2030 | 2070 | 6.09 | 23.7 | 61.9 | 5.1 | 33.7 | 28.2 | 12.8 | 7.68 | 1.69 | 0.068 | 1.62 | 3.3 | 260 | 6.1 |
| | 1 biscuit (0.7 x 7.5 cm diameter) | 18 | 0.5 | 366 | 373 | 1.1 | 4.27 | 11.1 | 0.9 | 6.07 | 5.08 | 2.31 | 1.38 | 0.3 | 0.012 | 0.292 | 0.59 | 47 | 1.1 |
| A1070 | Biscuit, Dark Chocolate, Wheaten™, Griffin's™ | 100 | 1.6 | 1930 | 1970 | 6.38 | 23.8 | 55.6 | 5.1 | 33.7 | 21.9 | 13.4 | 7.24 | 1.67 | 0.068 | 1.6 | 3.3 | 300 | 1.5 |
| | 1 biscuit (0.5 x 5.4 cm diameter) | 10.3 | 0.2 | 199 | 203 | 0.66 | 2.45 | 5.73 | 0.5 | 3.47 | 2.26 | 1.39 | 0.75 | 0.17 | 0.007 | 0.165 | 0.34 | 31 | 0.15 |
| A1072 | Biscuit, Double Deck Dark Chocolate Delight, Chit Chat™, Griffin's™ | 100 | 1.1 | 2100 | 2110 | 5.54 | 24.3 | 65 | 1.8 | 43.4 | 21.6 | 16.2 | 5.52 | 1.02 | 0.046 | 0.97 | 6.7 | 230 | 5.7 |
| | 1 biscuit (6.5 x 2.9 x 1.3 cm) | 19.1 | 0.2 | 401 | 403 | 1.06 | 4.64 | 12.4 | 0.3 | 8.28 | 4.13 | 3.1 | 1.05 | 0.19 | 0.009 | 0.185 | 1.28 | 44 | 1.1 |
| A5 | Biscuit, Gingernuts | 100 | 4.2 | 1740 | 1750 | 4.96 | 8.98 | 77.7 | 1.9 | 37.5 | 40.3 | 4.26 | 3.22 | 0.95 | | 0.946 | 2.08 | 190 | 1 |
| | 1 biscuit (0.8 x 5.2 cm diameter) | 9 | 0.4 | 156 | 158 | 0.45 | 0.81 | 6.99 | 0.2 | 3.37 | 3.62 | 0.38 | 0.29 | 0.09 | | 0.085 | 0.19 | 17 | 0.09 |
| | 1 biscuit (0.9 x 5.4 cm diameter) | 13 | 0.5 | 226 | 228 | 0.65 | 1.17 | 10.1 | 0.2 | 4.87 | 5.23 | 0.55 | 0.42 | 0.12 | | 0.123 | 0.27 | 25 | 0.13 |
| A71 | Biscuit, MallowPuffs™, Griffin's™ | 100 | 12 | 1790 | 1800 | 5.32 | 16.6 | 63.9 | 0.7 | 50.3 | 13.7 | 9.58 | 6.21 | 0.63 | | 0.631 | 6.1 | 114 | 8 |
| | 1 biscuit (2.7 x 4.5 cm diameter) | 21.5 | 2.6 | 385 | 386 | 1.14 | 3.57 | 13.7 | 0.2 | 10.8 | 2.94 | 2.06 | 1.33 | 0.14 | | 0.136 | 1.31 | 25 | 1.7 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------------------------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A BAKERY PRODUCTS | | | | | | | | | | | | | | | | | | | |
| A1122 | Bagels, white, toasted | 100 | 144 | 101 | 36 | 0.85 | 0.66 | 9.6 | 0 | 0 | 0.13 | 0.085 | 2.7 | 0.15 | 0 | 70 | 0 | 0 | 0.15 |
| | 1 bagel (3.3 x 9.6 cm diameter) | 88.9 | 128 | 90 | 32 | 0.76 | 0.59 | 8.5 | 0 | 0 | 0.11 | 0.076 | 2.4 | 0.13 | 0 | 62 | 0 | 0 | 0.13 |
| A148 | Biscuit, Afghan | 100 | 170 | 120 | 46 | 1.9 | 0.82 | 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 | 0.33 | 0.14 | 0 | 0 | 0 | 0.025 | 0.012 | 0.57 | 0.049 | 0 | 1 | 0 | 0 | 0.25 |
| A146 | Biscuit, Arrowroot | 100 | 138 | 99 | 28 | 0 | 0.58 | 0 | 0 | 0 | 0.26 | 0 | 2.2 | 0.16 | 0.05 | 13 | 0 | 0 | 0.93 |
| | 1 biscuit | 8 | 11 | 8 | 2 | 0 | 0.05 | 0 | 0 | 0 | 0.021 | 0 | 0.18 | 0.013 | trace | 1 | 0 | 0 | 0.07 |
| A1060 | Biscuit, Chocolate Chip Fudge, Farmbake™, Arnott's™ | 100 | 170 | 100 | 48 | 1.7 | 0.69 | 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 | 0.22 | 0.09 | 0.64 | 1 | 1 | 0.018 | 0.014 | 0.18 | 0.014 | 0.05 | 1 | 0 | 0 | 0.29 |
| A1061 | Biscuit, Chocolate Chip, Cookie Time® | 100 | 210 | 100 | 50 | 11.7 | 0.71 | 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 | 202 | 96 | 48 | 11.2 | 0.68 | 1.9 | 139 | 86 | 0.096 | 0.11 | 1.3 | 0.25 | 0.14 | 9 | 0 | 0 | 1.4 |
| A1076 | Biscuit, Classic Dark, Tim Tam™, Arnott's™ | 100 | 340 | 120 | 49 | 8.8 | 1.04 | 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 | 1.67 | 0.2 | 0.57 | trace | 1 | 0.019 | 0.017 | 0.2 | 0.32 | 0.07 | 8 | 0 | 0 | 0.66 |
| A1069 | Biscuit, Dark Chocolate, Digestive™, Arnott's™ | 100 | 250 | 150 | 50 | 6.8 | 0.98 | 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 | 1.22 | 0.18 | 0.72 | trace | 3 | 0.032 | 0.02 | 0.22 | 0.14 | 0.07 | 8 | 0 | 0 | 0.55 |
| A1070 | Biscuit, Dark Chocolate, Wheaten™, Griffin's™ | 100 | 330 | 190 | 32 | 15.4 | 1.23 | 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 | 1.59 | 0.13 | 0 | trace | 2 | 0.019 | 0.011 | 0.13 | 0.081 | 0.04 | 4 | 0 | 0 | 0.31 |
| A1072 | Biscuit, Double Deck Dark Chocolate Delight, Chit Chat™, Griffin's™ | 100 | 340 | 150 | 80 | 26 | 0.79 | 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 | 4.97 | 0.15 | 0 | 2 | 3 | 0.025 | 0.044 | 0.21 | 0.12 | 0.07 | 8 | 0 | 0 | 0.53 |
| A5 | Biscuit, Gingernuts | 100 | 220 | 69 | 64 | 1.7 | 0.55 | 0.93 | 3 | 5 | 0.06 | 0 | 1.5 | 0.05 | 0 | 5 | 0.06 | 0 | 1.8 |
| | 1 biscuit (0.8 x 5.2 cm diameter) | 9 | 20 | 6 | 6 | 0.15 | 0.05 | 0.08 | trace | trace | 0.005 | 0 | 0.13 | 0.005 | 0 | trace | trace | 0 | 0.16 |
| | 1 biscuit (0.9 x 5.4 cm diameter) | 13 | 29 | 9 | 8 | 0.22 | 0.07 | 0.12 | trace | 1 | 0.008 | 0 | 0.19 | 0.007 | 0 | 1 | 0.01 | 0 | 0.24 |
| A71 | Biscuit, MallowPuffs™, Griffin's™ | 100 | 202 | 141 | 97 | 1.93 | 0.62 | 1.4 | 22 | 19 | 0.05 | 0.18 | 0.69 | 0.01 | 0 | 7 | 0.04 | 0 | 1.3 |
| | 1 biscuit (2.7 x 4.5 cm diameter) | 21.5 | 43 | 30 | 21 | 0.42 | 0.13 | 0.29 | 5 | 4 | 0.011 | 0.039 | 0.15 | 0.002 | 0 | 2 | 0.01 | 0 | 0.28 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Water | Energy | Energy (NIP) | Protein | Fat | Carbohydrate, available | Dietary fibre | Sugars | Starch | SFA | MUFA | PUFA | Alpha-linolenic acid | Linoleic acid | Cholesterol | Sodium Na | Iodine I |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-----------|----------|
| | | g | g | kJ | kJ | g | g | g | g | g | g | g | g | g | g | g | mg | mg | µg |
| A64 | Biscuit, Malt | 100 | 3.1 | 1840 | 1850 | 7.47 | 13.5 | 71.1 | 1.8 | 19.4 | 51.8 | 6.2 | 5.07 | 1.32 | | 1.32 | 7.08 | 410 | 1 |
| | 1 biscuit (6.6 x 4.4 x 0.6 cm) | 7.5 | 0.2 | 138 | 139 | 0.56 | 1.01 | 5.33 | 0.1 | 1.45 | 3.88 | 0.47 | 0.38 | 0.1 | | 0.099 | 0.53 | 31 | 0.08 |
| A1074 | Biscuit, Milk Chocolate, Digestives™, Arnott's™ | 100 | 2.5 | 2040 | 2070 | 6.03 | 22.4 | 65.1 | 4.2 | 38 | 27.1 | 12 | 7.22 | 1.61 | 0.064 | 1.53 | 6.2 | 220 | 11 |
| | 1 biscuit (0.7 x 7.5 cm diameter) | 17.6 | 0.4 | 358 | 364 | 1.06 | 3.93 | 11.5 | 0.7 | 6.68 | 4.77 | 2.12 | 1.27 | 0.28 | 0.011 | 0.269 | 1.09 | 39 | 2 |
| A1066 | Biscuit, White & Dark Chocolate, Farmbake™, Arnott's™ | 100 | 3.6 | 2060 | 2080 | 4.96 | 21.3 | 70 | 2.1 | 40.2 | 29.8 | 11.5 | 6.78 | 1.72 | 0.04 | 1.68 | 5.1 | 160 | 3.7 |
| | 1 biscuit (1.0 x 5.2 cm diameter) | 12.6 | 0.5 | 260 | 262 | 0.62 | 2.68 | 8.81 | 0.3 | 5.06 | 3.76 | 1.45 | 0.86 | 0.22 | 0.005 | 0.211 | 0.64 | 20 | 0.47 |
| A1067 | Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams® | 100 | 4.7 | 2000 | 2020 | 5.54 | 21.1 | 66.1 | 2.5 | 36.4 | 29.7 | 11.5 | 6.5 | 1.6 | 0.04 | 1.56 | 10 | 260 | 2.7 |
| | 1 biscuit (1.3 x 5.3 cm diameter) | 13.3 | 0.6 | 266 | 268 | 0.74 | 2.8 | 8.8 | 0.3 | 4.85 | 3.95 | 1.53 | 0.86 | 0.21 | 0.005 | 0.207 | 1.33 | 35 | 0.36 |
| A1064 | Biscuit, milk chocolate, Double Coat, Tim Tam™, Arnott's™ | 100 | 0.9 | 2210 | 2220 | 4.93 | 26 | 68.5 | 1.5 | 51.6 | 16.9 | 14.4 | 8.31 | 1.55 | 0.074 | 1.45 | 8.9 | 390 | 16 |
| | 1 biscuit (6.2 x 3.3 x 1.5 cm) | 22.8 | 0.2 | 503 | 506 | 1.12 | 5.92 | 15.6 | 0.3 | 11.8 | 3.85 | 3.28 | 1.89 | 0.35 | 0.017 | 0.332 | 2.03 | 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 | 8.42 | 1.7 | 0.074 | 1.61 | 6.7 | 170 | 12 |
| | 1 biscuit (6.2 x 3.2 x 1.3 cm) | 18.5 | 0.2 | 409 | 411 | 0.91 | 4.81 | 12.7 | 0.3 | 9.21 | 3.46 | 2.61 | 1.56 | 0.32 | 0.014 | 0.297 | 1.24 | 31 | 2.3 |
| A1075 | Biscuit, milk chocolate, Wheaten™, Griffin's™ | 100 | 1.6 | 2020 | 2050 | 6.15 | 24.2 | 60 | 4.2 | 37.8 | 22.2 | 13.4 | 7.43 | 1.82 | 0.069 | 1.75 | 6.2 | 330 | 3.8 |
| | 1 biscuit (0.8 x 5.5 cm diameter) | 10.8 | 0.2 | 218 | 222 | 0.66 | 2.61 | 6.48 | 0.5 | 4.08 | 2.4 | 1.45 | 0.8 | 0.2 | 0.007 | 0.189 | 0.67 | 36 | 0.41 |
| A66 | Biscuit, peanut brownie | 100 | 4.1 | 2020 | 2040 | 7.12 | 21.6 | 64.4 | 2.4 | 28.7 | 35.8 | 8.69 | 8.71 | 2.9 | | 2.9 | 11.8 | 400 | 1 |
| | 1 biscuit (1.2 x 5.4 cm diameter) | 12 | 0.5 | 242 | 244 | 0.85 | 2.6 | 7.73 | 0.3 | 3.44 | 4.29 | 1.04 | 1.05 | 0.35 | | 0.348 | 1.42 | 48 | 0.12 |
| | 1 biscuit (1.6 x 5.5 cm diameter) | 22 | 0.9 | 444 | 448 | 1.57 | 4.76 | 14.2 | 0.5 | 6.3 | 7.87 | 1.91 | 1.92 | 0.64 | | 0.638 | 2.6 | 88 | 0.22 |
| A63 | Biscuit, shortbread | 100 | 3.9 | 1990 | 2010 | 5.53 | 23.9 | 59.7 | 1.9 | 12.9 | 46.8 | 12.2 | 8.34 | 1.53 | | 1.53 | 29.4 | 280 | 0.69 |
| | 1 biscuit (1.1 x 5.0 cm diameter) | 12.5 | 0.5 | 249 | 251 | 0.69 | 2.98 | 7.46 | 0.2 | 1.61 | 5.85 | 1.53 | 1.04 | 0.19 | | 0.191 | 3.68 | 35 | 0.09 |
| | 1 biscuit (1.6 x 5.3 cm diameter) | 20.5 | 0.8 | 408 | 411 | 1.13 | 4.89 | 12.2 | 0.4 | 2.64 | 9.59 | 2.5 | 1.71 | 0.31 | | 0.313 | 6.03 | 57 | 0.14 |
| A12 | Biscuit, wafer, raspberry, cream filled | 100 | 2.3 | 2070 | 2080 | 3.31 | 21.9 | 71 | 1.4 | 38.4 | 32.6 | 20.5 | 0.22 | 0.15 | | 0.15 | 1.54 | 110 | 32 |
| | 1 biscuit (2.6 x 8.0 x 1.0 cm) | 9 | 0.2 | 187 | 188 | 0.3 | 1.97 | 6.39 | 0.1 | 3.46 | 2.93 | 1.84 | 0.02 | 0.01 | | 0.014 | 0.14 | 10 | 2.9 |
| A62 | Biscuit, with coconut, Krispie™, Griffin's™ | 100 | 2.9 | 1830 | 1860 | 5.36 | 17 | 65.4 | 3.4 | 26.4 | 39.1 | 9.69 | 5.07 | 1.27 | | 1.27 | 17.4 | 340 | 4 |
| | 1 biscuit (0.6 x 6.0 cm diameter) | 8.8 | 0.3 | 161 | 164 | 0.47 | 1.5 | 5.76 | 0.3 | 2.32 | 3.44 | 0.85 | 0.45 | 0.11 | | 0.112 | 1.53 | 30 | 0.35 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K | Phosphorus P | Calcium Ca | Iron Fe | Zinc Zn | Selenium Se | Vitamin A | Beta- carotene | Thiamin | Riboflavin | Niacin | Vitamin B6 | Vitamin B12 | Dietary folate | Vitamin C | Vitamin D | Vitamin E |
|--------|---|---------|----------------|-----------------|---------------|------------|------------|----------------|--------------|-------------------|---------|------------|--------|---------------|----------------|-------------------|--------------|--------------|--------------|
| | | g | mg | mg | mg | mg | mg | µg | µg | µg | mg | mg | mg | mg | µg | µg | mg | µg | mg |
| A64 | Biscuit, Malt | 100 | 170 | 110 | 27 | 0.88 | 0.72 | 1.2 | 2 | 0 | 0.13 | 0.01 | 2.2 | 0.05 | 0 | 8 | 0.03 | 0 | 1.8 |
| | 1 biscuit (6.6 x 4.4 x 0.6 cm) | 7.5 | 13 | 8 | 2 | 0.07 | 0.05 | 0.09 | trace | 0 | 0.01 | 0.001 | 0.17 | 0.004 | 0 | 1 | trace | 0 | 0.14 |
| A1074 | Biscuit, Milk Chocolate, Digestives™, Arnott's™ | 100 | 260 | 160 | 90 | 4.5 | 0.87 | 4 | 11 | 11 | 0.18 | 0.19 | 1.2 | 0.65 | 0.38 | 42 | 0 | 0 | 2.2 |
| | 1 biscuit (0.7 x 7.5 cm diameter) | 17.6 | 46 | 28 | 16 | 0.79 | 0.15 | 0.7 | 2 | 2 | 0.032 | 0.033 | 0.21 | 0.11 | 0.07 | 7 | 0 | 0 | 0.4 |
| A1066 | Biscuit, White & Dark Chocolate, Farmbake™, Arnott's™ | 100 | 230 | 120 | 10 | 14.5 | 0.62 | 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 | 1.83 | 0.08 | 0.5 | 0 | 0 | 0.013 | 0.01 | 0.12 | 0.14 | 0.02 | 5 | 0 | 0 | 0.29 |
| A1067 | Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams® | 100 | 160 | 80 | 34 | 2 | 0.56 | 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 | 5 | 0.27 | 0.07 | 0.4 | 0 | 0 | 0.015 | 0.011 | 0.18 | 0.052 | 0.02 | 6 | 0 | 0 | 0.38 |
| A1064 | Biscuit, milk chocolate, Double Coat, Tim Tam™, Arnott's™ | 100 | 220 | 110 | 51 | 5.8 | 0.76 | 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 | 1.32 | 0.17 | 0.68 | 5 | 4 | 0.021 | 0.043 | 0.21 | 0.17 | 0.09 | 10 | 0 | 0 | 0.85 |
| A1071 | Biscuit, milk chocolate, Original, Tim Tam™, Arnott's™ | 100 | 210 | 110 | 90 | 4 | 0.59 | 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 | 0.74 | 0.11 | 0.56 | 2 | 3 | 0.024 | 0.043 | 0.18 | 0.12 | 0.07 | 8 | 0 | 0 | 0.51 |
| A1075 | Biscuit, milk chocolate, Wheaten™, Griffin's™ | 100 | 350 | 200 | 50 | 4.7 | 1.06 | 0 | 119 | 11 | 0.18 | 0.19 | 1.2 | 0.65 | 0.38 | 42 | 0 | 0 | 2.2 |
| | 1 biscuit (0.8 x 5.5 cm diameter) | 10.8 | 38 | 22 | 5 | 0.51 | 0.11 | 0 | 13 | 1 | 0.019 | 0.021 | 0.13 | 0.07 | 0.04 | 5 | 0 | 0 | 0.24 |
| A66 | Biscuit, peanut brownie | 100 | 190 | 150 | 36 | 1.4 | 0.94 | 4.4 | 42 | 57 | 0.02 | 0.03 | 3.4 | 0.09 | 0 | 16 | 0.03 | 0 | 2.1 |
| | 1 biscuit (1.2 x 5.4 cm diameter) | 12 | 23 | 18 | 4 | 0.17 | 0.11 | 0.53 | 5 | 7 | 0.002 | 0.004 | 0.41 | 0.011 | 0 | 2 | trace | 0 | 0.26 |
| | 1 biscuit (1.6 x 5.5 cm diameter) | 22 | 42 | 33 | 8 | 0.31 | 0.21 | 0.97 | 9 | 13 | 0.004 | 0.007 | 0.74 | 0.02 | 0 | 3 | 0.01 | 0 | 0.47 |
| A63 | Biscuit, shortbread | 100 | 82 | 72 | 20 | 0.62 | 0.44 | 4.7 | 152 | 177 | 0.04 | 0.04 | 1.3 | 0.05 | 0 | 6 | 0.03 | 0 | 1.5 |
| | 1 biscuit (1.1 x 5.0 cm diameter) | 12.5 | 10 | 9 | 3 | 0.08 | 0.06 | 0.59 | 19 | 22 | 0.005 | 0.005 | 0.17 | 0.006 | 0 | 1 | trace | 0 | 0.19 |
| | 1 biscuit (1.6 x 5.3 cm diameter) | 20.5 | 17 | 15 | 4 | 0.13 | 0.09 | 0.96 | 31 | 36 | 0.008 | 0.008 | 0.28 | 0.01 | 0 | 1 | 0.01 | 0 | 0.31 |
| A12 | Biscuit, wafer, raspberry, cream filled | 100 | 73 | 50 | 20 | 0.47 | 0.23 | 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 | 7 | 5 | 2 | 0.04 | 0.02 | 0.99 | trace | trace | 0 | 0.003 | 0.073 | 0 | 0 | trace | 0 | 0 | 0.01 |
| A62 | Biscuit, with coconut, Krispie™, Griffin's™ | 100 | 170 | 85 | 21 | 0.87 | 0.66 | 0.7 | 1 | 0 | 0.01 | 0.06 | 0.92 | 0.04 | 0 | 6 | 0.08 | 0 | 1.5 |
| | 1 biscuit (0.6 x 6.0 cm diameter) | 8.8 | 15 | 7 | 2 | 0.08 | 0.06 | 0.06 | trace | 0 | 0.001 | 0.005 | 0.081 | 0.004 | 0 | trace | 0.01 | 0 | 0.13 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Water | Energy | Energy (NIP) | Protein | Fat | Carbohydrate, available | Dietary fibre | Sugars | Starch | SFA | MUFA | PUFA | Alpha-linolenic acid | Linoleic acid | Cholesterol | Sodium Na | Iodine I |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-----------|----------|
| | | g | g | kJ | kJ | g | g | g | g | g | g | g | g | g | g | g | mg | mg | µg |
| A9 | Biscuit, with cream filling | 100 | 1.6 | 1930 | 1950 | 5.02 | 19.7 | 66 | 1.8 | 31.6 | 34.5 | 13.1 | 4.33 | 1.15 | | | 2.8 | 254 | 0.69 |
| | 1 biscuit | 15 | 0.2 | 290 | 292 | 0.75 | 2.95 | 9.9 | 0.3 | 4.73 | 5.17 | 1.97 | 0.65 | 0.17 | | | 0.42 | 38 | 0.1 |
| A1125 | Bread roll or bun, white, fortified folate | 100 | 33.4 | 1010 | 1040 | 9.41 | 2.1 | 45.3 | 3.5 | 3.1 | 42.2 | 0.54 | 0.5 | 0.78 | 0.058 | 0.72 | 0 | 540 | 44 |
| | 1 bun medium (8.1 cm diameter) | 51.5 | 17.2 | 519 | 533 | 4.84 | 1.08 | 23.3 | 1.8 | 1.6 | 21.7 | 0.28 | 0.26 | 0.4 | 0.03 | 0.371 | 0 | 278 | 23 |
| | 1 bun large (11.6 cm diameter) | 62.4 | 20.8 | 628 | 646 | 5.87 | 1.31 | 28.2 | 2.2 | 1.93 | 26.3 | 0.34 | 0.32 | 0.49 | 0.036 | 0.449 | 0 | 337 | 27 |
| | 1 long roll (14.1 x 5.5 cm diameter) | 66.5 | 22.2 | 670 | 688 | 6.25 | 1.4 | 30.1 | 2.4 | 2.06 | 28 | 0.36 | 0.34 | 0.52 | 0.039 | 0.479 | 0 | 359 | 29 |
| A1126 | Bread roll or bun, wholemeal, fortified folate | 100 | 36.4 | 909 | 960 | 10.2 | 2.6 | 37.6 | 6.3 | 2.8 | 34.8 | 0.55 | 0.62 | 0.98 | 0.086 | 0.888 | 0 | 550 | 38 |
| | 1 bun medium (8.2 cm diameter) | 54.4 | 19.8 | 495 | 522 | 5.55 | 1.41 | 20.5 | 3.5 | 1.52 | 18.9 | 0.3 | 0.33 | 0.53 | 0.047 | 0.483 | 0 | 299 | 21 |
| | 1 long roll (9.1 x 7.6 cm diameter) | 62.8 | 22.9 | 571 | 603 | 6.41 | 1.63 | 23.6 | 4 | 1.76 | 21.9 | 0.34 | 0.39 | 0.62 | 0.054 | 0.558 | 0 | 345 | 24 |
| | 1 bun large (10.4 cm diameter) | 77.7 | 28.3 | 706 | 746 | 7.93 | 2.02 | 29.2 | 4.9 | 2.18 | 27 | 0.43 | 0.48 | 0.76 | 0.067 | 0.69 | 0 | 427 | 30 |
| A206 | Bread roll, currant, commercial | 100 | 34.1 | 1150 | 1190 | 7.45 | 1.43 | 57.3 | 4.3 | 18.1 | 39.2 | 0.23 | 0.4 | 0.33 | 0.074 | 0.254 | 12 | 373 | 3 |
| | 1 slice (11.6 x 9.2 x 1.0 cm) | 27 | 9.2 | 311 | 321 | 2.01 | 0.39 | 15.5 | 1.2 | 4.87 | 10.6 | 0.06 | 0.11 | 0.09 | 0.02 | 0.069 | 3.24 | 101 | 0.81 |
| A1141 | Bread, French, stick or loaf, white, toasted | 100 | 8.2 | 1400 | 1440 | 13.2 | 2.69 | 63.3 | 5.5 | 3.97 | 59.4 | 0.55 | 0.59 | 1.03 | 0.089 | 0.931 | 0 | 744 | 76 |
| | 1 slice (5.9 x 5.3 x 2.2 cm) | 9.47 | 0.8 | 133 | 137 | 1.25 | 0.26 | 6 | 0.5 | 0.38 | 5.62 | 0.05 | 0.06 | 0.1 | 0.008 | 0.088 | 0 | 70 | 7.2 |
| A1100 | Bread, Gluten Free Ancient Grain & Seeds, Bürgen® | 100 | 38.5 | 957 | 1050 | 4.35 | 8.7 | 33 | 12.1 | 8 | 25 | 1.32 | 2.94 | 3.82 | 0.482 | 3.33 | 0 | 500 | 6.6 |
| | 1 slice (8.7 x 8.6 x 1.1 cm) | 44.8 | 17.2 | 429 | 472 | 1.95 | 3.9 | 14.8 | 5.4 | 3.58 | 11.2 | 0.59 | 1.32 | 1.71 | 0.216 | 1.49 | 0 | 224 | 3 |
| A1098 | Bread, Gluten Free White, Bürgen® | 100 | 40.4 | 970 | 1030 | 2.3 | 4.9 | 44.1 | 7.7 | 6.5 | 37.6 | 0.95 | 2.6 | 0.96 | 0.272 | 0.684 | 0 | 690 | 4 |
| | 1 slice (8.9 x 8.6 x 1.1 cm) | 41.1 | 16.6 | 399 | 424 | 0.95 | 2.01 | 18.1 | 3.2 | 2.67 | 15.5 | 0.39 | 1.07 | 0.39 | 0.112 | 0.281 | 0 | 284 | 1.6 |
| A1101 | Bread, Gluten free 6 Seed, Vogel's® | 100 | 40.8 | 919 | 947 | 6.05 | 7.9 | 30.8 | 3.4 | 4.1 | 26.7 | 0.84 | 3.48 | 3 | 0.506 | 2.48 | 0 | 410 | 31 |
| | 1 slice (9.8 x 9.7 x 1.3 cm) | 35.7 | 14.6 | 328 | 338 | 2.16 | 2.82 | 11 | 1.2 | 1.46 | 9.53 | 0.3 | 1.24 | 1.07 | 0.181 | 0.884 | 0 | 146 | 11 |
| A1195 | Bread, banana, white, loaf, as purchased | 100 | 33.1 | 1320 | 1330 | 7.06 | 10.7 | 47 | 1.5 | 26.8 | 20.2 | 2.23 | 3.69 | 3.21 | 0.536 | 2.64 | 0 | 410 | 28 |
| | 1 slice (8.8 x 7.6 x 1.5 cm) | 50.3 | 16.6 | 662 | 668 | 3.55 | 5.39 | 23.7 | 0.8 | 13.5 | 10.2 | 1.12 | 1.85 | 1.62 | 0.27 | 1.33 | 0 | 206 | 14 |
| A1123 | Bread, chapatti or roti, wholemeal, restaurant | 100 | 34.3 | 1040 | 1090 | 8.28 | 4.9 | 42.3 | 6.7 | 3.1 | 39.2 | 0.96 | 1.7 | 1.79 | 0.203 | 1.57 | 0 | 320 | 6.9 |
| | 1 chapatti or roti (0.4 x 20 cm diameter) | 98.8 | 33.9 | 1030 | 1080 | 8.18 | 4.84 | 41.8 | 6.6 | 3.06 | 38.7 | 0.95 | 1.68 | 1.77 | 0.201 | 1.55 | 0 | 316 | 6.8 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A9 | Biscuit, with cream filling | 100 | 133 | 88 | 41 | 0.5 | 0.47 | 3 | 2 | 0 | 0.09 | 0.12 | 1.4 | 0.01 | 0 | 4 | 0.18 | 0 | 3.4 |
| | 1 biscuit | 15 | 20 | 13 | 6 | 0.08 | 0.07 | 0.45 | trace | 0 | 0.013 | 0.018 | 0.22 | 0.002 | 0 | 1 | 0.03 | 0 | 0.52 |
| A1125 | Bread roll or bun, white, fortified folate | 100 | 157 | 107 | 48 | 0.9 | 0.74 | 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 | 0.46 | 0.38 | 4.6 | 0 | 0 | 0.17 | 0.046 | 1.5 | 0.15 | 0 | 60 | 0 | 0 | 0.01 |
| | 1 bun large (11.6 cm diameter) | 62.4 | 98 | 67 | 30 | 0.56 | 0.46 | 5.6 | 0 | 0 | 0.2 | 0.056 | 1.8 | 0.19 | 0 | 73 | 0 | 0 | 0.01 |
| | 1 long roll (14.1 x 5.5 cm diameter) | 66.5 | 104 | 71 | 32 | 0.6 | 0.49 | 6 | 0 | 0 | 0.21 | 0.06 | 1.9 | 0.2 | 0 | 78 | 0 | 0 | 0.01 |
| A1126 | Bread roll or bun, wholemeal, fortified folate | 100 | 250 | 193 | 41 | 1.9 | 1.5 | 8 | 0 | 0 | 0.25 | 0.13 | 3.9 | 0.57 | 0 | 53 | 0 | 0 | 0.16 |
| | 1 bun medium (8.2 cm diameter) | 54.4 | 136 | 105 | 22 | 1.03 | 0.82 | 4.4 | 0 | 0 | 0.14 | 0.071 | 2.1 | 0.31 | 0 | 29 | 0 | 0 | 0.08 |
| | 1 long roll (9.1 x 7.6 cm diameter) | 62.8 | 157 | 121 | 26 | 1.19 | 0.94 | 5 | 0 | 0 | 0.16 | 0.082 | 2.4 | 0.36 | 0 | 33 | 0 | 0 | 0.1 |
| | 1 bun large (10.4 cm diameter) | 77.7 | 194 | 150 | 32 | 1.48 | 1.17 | 6.2 | 0 | 0 | 0.19 | 0.1 | 3 | 0.44 | 0 | 41 | 0 | 0 | 0.12 |
| A206 | Bread roll, currant, commercial | 100 | 202 | 78 | 75 | 1.67 | 1.03 | 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 | 0.45 | 0.28 | 0.62 | 0 | 0 | 0.029 | 0.011 | 0.73 | 0 | 0 | 58 | 0 | 0 | 0 |
| A1141 | Bread, French, stick or loaf, white, toasted | 100 | 197 | 138 | 36 | 1.28 | 1.14 | 9 | 0 | 0 | 0.42 | 0.13 | 3.2 | 0.5 | 0 | 170 | 0 | 0 | 0.2 |
| | 1 slice (5.9 x 5.3 x 2.2 cm) | 9.47 | 19 | 13 | 3 | 0.12 | 0.11 | 0.85 | 0 | 0 | 0.04 | 0.012 | 0.3 | 0.047 | 0 | 16 | 0 | 0 | 0.02 |
| A1100 | Bread, Gluten Free Ancient Grain & Seeds, Bürgen® | 100 | 240 | 171 | 100 | 1.3 | 1.06 | 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 | 108 | 77 | 45 | 0.58 | 0.48 | 0 | 0 | 0 | 0.076 | 0.099 | 0.85 | 0.12 | 0 | 0 | 0 | 0 | 1.1 |
| A1098 | Bread, Gluten Free White, Bürgen® | 100 | 112 | 70 | 68 | 0 | 0.26 | 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 | 0.11 | 0 | 0 | 0 | 0.025 | 0.074 | 0.18 | 0.037 | 0 | 0 | 0 | 0 | 0.28 |
| A1101 | Bread, Gluten free 6 Seed, Vogel's® | 100 | 140 | 114 | 99 | 1.3 | 1.03 | 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 | 0.46 | 0.37 | 1.4 | 0 | 0 | 0.039 | 0.064 | 0.66 | 0.086 | 0 | 10 | 0 | 0 | 0.22 |
| A1195 | Bread, banana, white, loaf, as purchased | 100 | 240 | 220 | 81 | 0.7 | 0.63 | 7 | 6 | 39 | 0.02 | 0.2 | 1.7 | 0.26 | 0 | 39 | 0 | 0 | 1.2 |
| | 1 slice (8.8 x 7.6 x 1.5 cm) | 50.3 | 121 | 111 | 41 | 0.35 | 0.32 | 3.5 | 3 | 20 | 0.01 | 0.1 | 0.87 | 0.13 | 0 | 20 | 0 | 0 | 0.59 |
| A1123 | Bread, chapatti or roti, wholemeal, restaurant | 100 | 250 | 179 | 24 | 2.4 | 1.25 | 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 | 247 | 177 | 24 | 2.37 | 1.24 | 9.9 | 0 | 0 | 0.27 | 0.089 | 3.5 | 0.47 | 0 | 13 | 0 | 0 | 0.53 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| A1139 | Bread, ciabatta, loaf, toasted | 100 | 29.3 | 1170 | 1210 | 10 | 3.61 | 50.9 | 5 | 4.07 | 46.9 | 0.47 | 1.36 | 1.18 | 0.184 | 0.993 | 0 | 558 | 39 |
| | 1 slice (12.6 x 6.1 x 2.1 cm) | 38.3 | 11.2 | 448 | 463 | 3.83 | 1.38 | 19.5 | 1.9 | 1.56 | 17.9 | 0.18 | 0.52 | 0.45 | 0.071 | 0.38 | 0 | 214 | 15 |
| A1205 | Bread, crumbs, Japanese-style (white Panko), dried | 100 | 9.3 | 1520 | 1550 | 11.9 | 2.6 | 71.6 | 4 | 6 | 65.6 | 0.52 | 0.69 | 0.95 | 0.108 | 0.842 | 0 | 430 | 1.8 |
| | 1 tablespoon coarse (15 mL) | 3.8 | 0.4 | 58 | 59 | 0.45 | 0.1 | 2.72 | 0.2 | 0.23 | 2.49 | 0.02 | 0.03 | 0.04 | 0.004 | 0.032 | 0 | 16 | 0.07 |
| | 1 cup coarse (250 mL) | 63.7 | 5.9 | 965 | 986 | 7.55 | 1.66 | 45.6 | 2.6 | 3.82 | 41.8 | 0.33 | 0.44 | 0.61 | 0.069 | 0.536 | 0 | 274 | 1.1 |
| A1206 | Bread, crumbs, regular, white, dried | 100 | 9.1 | 1430 | 1470 | 10.9 | 2.35 | 68.2 | 4.5 | 6.6 | 61.6 | 0.46 | 0.61 | 0.84 | 0.096 | 0.744 | 0 | 370 | 18 |
| | 1 tablespoon coarse (15 mL) | 6.4 | 0.6 | 92 | 94 | 0.7 | 0.15 | 4.37 | 0.3 | 0.42 | 3.94 | 0.03 | 0.04 | 0.05 | 0.006 | 0.048 | 0 | 24 | 1.1 |
| | 1 tablespoon fine (15 mL) | 6.8 | 0.6 | 97 | 100 | 0.74 | 0.16 | 4.64 | 0.3 | 0.45 | 4.19 | 0.03 | 0.04 | 0.06 | 0.007 | 0.051 | 0 | 25 | 1.2 |
| | 1 cup coarse (250 mL) | 107 | 9.7 | 1530 | 1570 | 11.6 | 2.51 | 73 | 4.8 | 7.06 | 65.9 | 0.5 | 0.65 | 0.9 | 0.103 | 0.797 | 0 | 396 | 19 |
| | 1 cup fine (250 mL) | 114 | 10.4 | 1630 | 1670 | 12.4 | 2.68 | 77.7 | 5.1 | 7.52 | 70.2 | 0.53 | 0.7 | 0.96 | 0.109 | 0.849 | 0 | 422 | 20 |
| A1207 | Bread, crumbs, regular, wholegrain, dried | 100 | 9.1 | 1470 | 1520 | 11 | 2.1 | 71.1 | 6.1 | 6.5 | 64.6 | 0.44 | 0.48 | 0.79 | 0.08 | 0.711 | 0 | 230 | 0 |
| | 1 tablespoon coarse (15 mL) | 8.2 | 0.7 | 121 | 125 | 0.9 | 0.17 | 5.83 | 0.5 | 0.53 | 5.3 | 0.04 | 0.04 | 0.07 | 0.007 | 0.058 | 0 | 19 | 0 |
| | 1 cup coarse (250 mL) | 138 | 12.6 | 2030 | 2100 | 15.2 | 2.89 | 98.2 | 8.5 | 8.97 | 89.2 | 0.61 | 0.67 | 1.1 | 0.111 | 0.981 | 0 | 317 | 0 |
| A1185 | Bread, gluten free & sprouted seeds (<10%), sliced, as purchased | 100 | 45.1 | 903 | 981 | 8.44 | 10.3 | 22.3 | 9.8 | 1.8 | 20.5 | 1.67 | 4.33 | 3.74 | 0.763 | 2.97 | 0 | 370 | 37 |
| | 1 slice (8.4 x 8.3 x 1.1 cm) | 33.4 | 15.1 | 302 | 328 | 2.82 | 3.44 | 7.44 | 3.3 | 0.6 | 6.84 | 0.56 | 1.45 | 1.25 | 0.255 | 0.991 | 0 | 124 | 12 |
| A1015 | Bread, gluten free, mixed grain, sliced, prepacked | 100 | 43.5 | 920 | 948 | 4.76 | 4.7 | 39.1 | 3.5 | 2.4 | 36.7 | 0.53 | 1.67 | 1.62 | 0.292 | 1.33 | 0 | 370 | 2.1 |
| | 1 slice (8.6 x 7.8 x 1.1 cm) | 42.5 | 18.5 | 391 | 403 | 2.02 | 2 | 16.6 | 1.5 | 1.02 | 15.6 | 0.22 | 0.71 | 0.69 | 0.124 | 0.564 | 0 | 157 | 0.89 |
| A1014 | Bread, gluten free, white, sliced & unsliced, prepacked | 100 | 42.8 | 911 | 919 | 3.57 | 3 | 43.5 | 1 | 4.3 | 39.2 | 0.39 | 0.71 | 0.82 | 0.117 | 0.695 | 0 | 370 | 1.8 |
| | 1 slice (8.8 x 7.7 x 1.0 cm) | 34.8 | 14.9 | 317 | 320 | 1.24 | 1.04 | 15.1 | 0.3 | 1.5 | 13.6 | 0.14 | 0.25 | 0.29 | 0.041 | 0.242 | 0 | 129 | 0.63 |
| A1173 | Bread, multigrain & seeds, heavy (dense), sliced, as purchased | 100 | 40.3 | 1070 | 1120 | 10.8 | 8.48 | 33.4 | 7.1 | 2.9 | 30.5 | 1.13 | 2.89 | 3.73 | 0.864 | 2.86 | 0 | 430 | 52 |
| | 1 slice thin (10.5 x 9.2 x 0.7 cm) | 28.7 | 11.6 | 306 | 322 | 3.1 | 2.44 | 9.59 | 2 | 0.83 | 8.76 | 0.32 | 0.83 | 1.07 | 0.248 | 0.821 | 0 | 123 | 15 |
| | 1 slice toast (10.3 x 9.5 x 1.3 cm) | 46.1 | 18.6 | 491 | 518 | 4.97 | 3.91 | 15.4 | 3.3 | 1.34 | 14.1 | 0.52 | 1.33 | 1.72 | 0.398 | 1.32 | 0 | 198 | 24 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A1139 | Bread, ciabatta, loaf, toasted | 100 | 145 | 103 | 21 | 0.93 | 0.78 | 7 | 0 | 0 | 0.18 | 0.081 | 2.3 | 0.27 | 0 | 41 | 0 | 0 | 0.43 |
| | 1 slice (12.6 x 6.1 x 2.1 cm) | 38.3 | 56 | 40 | 8 | 0.36 | 0.3 | 2.7 | 0 | 0 | 0.068 | 0.031 | 0.86 | 0.1 | 0 | 16 | 0 | 0 | 0.16 |
| A1205 | Bread, crumbs, Japanese-style (white Panko), dried | 100 | 152 | 115 | 32 | 2.3 | 1.63 | 26 | 0 | 0 | 0.27 | 0.16 | 3.1 | 0.17 | 0 | 160 | 0 | 0 | 0.19 |
| | 1 tablespoon coarse (15 mL) | 3.8 | 6 | 4 | 1 | 0.09 | 0.06 | 0.99 | 0 | 0 | 0.01 | 0.006 | 0.12 | 0.006 | 0 | 6 | 0 | 0 | 0.01 |
| | 1 cup coarse (250 mL) | 63.7 | 97 | 73 | 20 | 1.47 | 1.04 | 17 | 0 | 0 | 0.17 | 0.1 | 2 | 0.11 | 0 | 100 | 0 | 0 | 0.12 |
| A1206 | Bread, crumbs, regular, white, dried | 100 | 192 | 122 | 37 | 1.2 | 0.81 | 10 | 0 | 0 | 0.2 | 0.06 | 3 | 0.25 | 0 | 61 | 0 | 0 | 0.24 |
| | 1 tablespoon coarse (15 mL) | 6.4 | 12 | 8 | 2 | 0.08 | 0.05 | 0.64 | 0 | 0 | 0.013 | 0.004 | 0.19 | 0.016 | 0 | 4 | 0 | 0 | 0.02 |
| | 1 tablespoon fine (15 mL) | 6.8 | 13 | 8 | 3 | 0.08 | 0.06 | 0.68 | 0 | 0 | 0.014 | 0.004 | 0.2 | 0.017 | 0 | 4 | 0 | 0 | 0.02 |
| | 1 cup coarse (250 mL) | 107 | 205 | 131 | 40 | 1.28 | 0.87 | 11 | 0 | 0 | 0.21 | 0.064 | 3.2 | 0.27 | 0 | 66 | 0 | 0 | 0.26 |
| | 1 cup fine (250 mL) | 114 | 219 | 139 | 42 | 1.37 | 0.92 | 11 | 0 | 0 | 0.23 | 0.068 | 3.4 | 0.29 | 0 | 70 | 0 | 0 | 0.27 |
| A1207 | Bread, crumbs, regular, wholegrain, dried | 100 | 250 | 175 | 47 | 2 | 1.13 | 5 | trace | 1 | 0.23 | 0.06 | 3.3 | 0.23 | 0 | 58 | 0 | 0 | 0.16 |
| | 1 tablespoon coarse (15 mL) | 8.2 | 21 | 14 | 4 | 0.16 | 0.09 | 0.41 | trace | trace | 0.019 | 0.005 | 0.27 | 0.019 | 0 | 5 | 0 | 0 | 0.01 |
| | 1 cup coarse (250 mL) | 138 | 345 | 242 | 65 | 2.76 | 1.56 | 6.9 | trace | 2 | 0.32 | 0.083 | 4.6 | 0.32 | 0 | 80 | 0 | 0 | 0.22 |
| A1185 | Bread, gluten free & sprouted seeds (<10%), sliced, as purchased | 100 | 270 | 172 | 62 | 2.2 | 1.17 | 7 | trace | 2 | 0.18 | 0.19 | 2.5 | 0.29 | 0 | 96 | 0 | 0 | 1.8 |
| | 1 slice (8.4 x 8.3 x 1.1 cm) | 33.4 | 90 | 57 | 21 | 0.74 | 0.39 | 2.3 | trace | trace | 0.06 | 0.063 | 0.83 | 0.097 | 0 | 32 | 0 | 0 | 0.6 |
| A1015 | Bread, gluten free, mixed grain, sliced, prepacked | 100 | 170 | 120 | 23 | 1.3 | 0.94 | 2.9 | 0 | 0 | 0.12 | 0.05 | 1.5 | 0.16 | 0 | 21 | 0 | 0.46 | 0.82 |
| | 1 slice (8.6 x 7.8 x 1.1 cm) | 42.5 | 72 | 51 | 10 | 0.55 | 0.4 | 1.2 | 0 | 0 | 0.051 | 0.021 | 0.64 | 0.068 | 0 | 9 | 0 | 0.2 | 0.35 |
| A1014 | Bread, gluten free, white, sliced & unsliced, prepacked | 100 | 140 | 63 | 10 | 0.28 | 0.59 | 1 | 0 | 0 | 0.04 | 0.07 | 0.88 | 0.07 | 0 | 13 | 0 | 0.27 | 0.74 |
| | 1 slice (8.8 x 7.7 x 1.0 cm) | 34.8 | 49 | 22 | 3 | 0.1 | 0.21 | 0.35 | 0 | 0 | 0.014 | 0.024 | 0.31 | 0.024 | 0 | 4 | 0 | 0.09 | 0.26 |
| A1173 | Bread, multigrain & seeds, heavy (dense), sliced, as purchased | 100 | 230 | 164 | 133 | 1.6 | 1.36 | 6 | trace | 3 | 0.21 | 0.11 | 3 | 0.33 | 0 | 160 | 0 | 0 | 1 |
| | 1 slice thin (10.5 x 9.2 x 0.7 cm) | 28.7 | 66 | 47 | 38 | 0.46 | 0.39 | 1.7 | trace | 1 | 0.06 | 0.032 | 0.87 | 0.095 | 0 | 45 | 0 | 0 | 0.3 |
| | 1 slice toast (10.3 x 9.5 x 1.3 cm) | 46.1 | 106 | 76 | 61 | 0.74 | 0.63 | 2.8 | trace | 1 | 0.097 | 0.051 | 1.4 | 0.15 | 0 | 72 | 0 | 0 | 0.48 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|---|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| A1167 | Bread, multigrain, heavy (dense), sliced, as purchased | 100 | 43.2 | 882 | 936 | 10.1 | 3.37 | 34.4 | 6.8 | 3.5 | 30.9 | 0.66 | 1.1 | 1.17 | 0.238 | 0.93 | 0 | 370 | 50 |
| | 1 slice sandwich (10.0 x 9.3 x 1.0 cm) | 36.1 | 15.6 | 318 | 338 | 3.66 | 1.22 | 12.4 | 2.4 | 1.26 | 11.2 | 0.24 | 0.4 | 0.42 | 0.086 | 0.336 | 0 | 134 | 18 |
| | 1 slice toast (10.0 x 9.2 x 1.2 cm) | 44.8 | 19.4 | 395 | 419 | 4.55 | 1.51 | 15.4 | 3 | 1.57 | 13.8 | 0.3 | 0.49 | 0.53 | 0.107 | 0.417 | 0 | 166 | 22 |
| A1169 | Bread, multigrain, light, sliced, as purchased | 100 | 38 | 926 | 971 | 9.5 | 2.5 | 39.5 | 5.6 | 3.6 | 35.9 | 0.51 | 0.63 | 1.02 | 0.174 | 0.843 | 0 | 410 | 51 |
| | 1 slice sandwich (11.4 x 10.3 x 1.1 cm) | 29.8 | 11.3 | 276 | 289 | 2.83 | 0.75 | 11.8 | 1.7 | 1.07 | 10.7 | 0.15 | 0.19 | 0.3 | 0.052 | 0.251 | 0 | 122 | 15 |
| | 1 slice toast (11.2 x 10.1 x 1.3 cm) | 36.6 | 13.9 | 339 | 355 | 3.48 | 0.92 | 14.5 | 2.1 | 1.32 | 13.2 | 0.19 | 0.23 | 0.37 | 0.064 | 0.309 | 0 | 150 | 19 |
| A1124 | Bread, naan, white, restaurant | 100 | 34.5 | 1070 | 1100 | 7.13 | 5.3 | 44.1 | 4 | 4 | 40.1 | 1.12 | 1.8 | 1.51 | 0.205 | 1.29 | 5.9 | 580 | 9.4 |
| | 1 naan bread triangle (29.0 x 20.0 x 1.0 cm) | 145 | 50 | 1550 | 1590 | 10.3 | 7.69 | 63.9 | 5.8 | 5.8 | 58.1 | 1.63 | 2.61 | 2.19 | 0.297 | 1.87 | 8.56 | 841 | 14 |
| A1097 | Bread, pita, white | 100 | 33.7 | 1050 | 1070 | 10.4 | 0.89 | 49.2 | 3 | 2.3 | 46.9 | 0.12 | 0.18 | 0.3 | | | 0 | 344 | 0 |
| | 1 small pocket (11 cm diameter) | 48 | 16.2 | 502 | 514 | 5.01 | 0.43 | 23.6 | 1.4 | 1.1 | 22.5 | 0.06 | 0.09 | 0.14 | | | 0 | 165 | 0 |
| | 1 large pocket (15 cm diameter) | 82 | 27.6 | 858 | 878 | 8.55 | 0.73 | 40.3 | 2.5 | 1.89 | 38.5 | 0.1 | 0.15 | 0.25 | | | 0 | 282 | 0 |
| A45 | Bread, pita, wholemeal | 100 | 35.9 | 966 | 1030 | 10.1 | 2.24 | 41.9 | 7.8 | 2.2 | 39.7 | 0.3 | 0.53 | 0.72 | | | 0 | 324 | 0.48 |
| | 1 pita (1.1 x 15.7 cm diameter) | 85 | 30.5 | 821 | 874 | 8.57 | 1.9 | 35.6 | 6.6 | 1.87 | 33.7 | 0.25 | 0.45 | 0.62 | | | 0 | 275 | 0.41 |
| A234 | Bread, plain, Panini, prepacked | 100 | 27.6 | 1260 | 1290 | 9.35 | 8.37 | 46.8 | 3.5 | 3.55 | 43.3 | 0.7 | 4.53 | 1.5 | | | 0 | 524 | 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 | 3.27 | 39.8 | 0.64 | 4.17 | 1.38 | | | 0 | 482 | 0 |
| A1177 | Bread, rye, sliced, as purchased | 100 | 45.8 | 693 | 772 | 5.18 | 1.86 | 31.5 | 9.8 | 3.2 | 28.3 | 0.29 | 0.37 | 0.88 | 0.142 | 0.736 | 0 | 480 | 0 |
| | 1 slice (9.8 x 8.7 x 0.7 cm) | 50.1 | 22.9 | 347 | 387 | 2.6 | 0.93 | 15.8 | 4.9 | 1.6 | 14.2 | 0.15 | 0.19 | 0.44 | 0.071 | 0.369 | 0 | 240 | 0 |
| A1187 | Bread, sourdough, white, loaf, as purchased | 100 | 34.7 | 985 | 1020 | 9.23 | 1.75 | 44.9 | 3.8 | 3.1 | 41.8 | 0.37 | 0.32 | 0.76 | 0.078 | 0.68 | 0 | 530 | 32 |
| | 1 slice (11.0 x 7.5 x 1.5 cm) | 40.1 | 13.9 | 395 | 407 | 3.7 | 0.7 | 18 | 1.5 | 1.24 | 16.8 | 0.15 | 0.13 | 0.3 | 0.031 | 0.273 | 0 | 213 | 13 |
| A1191 | Bread, sprouted wheat, loaf, as purchased | 100 | 40 | 1070 | 1090 | 6.67 | 4.05 | 47.5 | 2.5 | 13.3 | 34.2 | 0.66 | 0.76 | 2.35 | 0.282 | 2.06 | 0 | 210 | 0 |
| | 1 slice medium (8.6 x 7.3 x 1.6 cm) | 68.4 | 27.4 | 733 | 747 | 4.56 | 2.77 | 32.5 | 1.7 | 9.1 | 23.4 | 0.45 | 0.52 | 1.61 | 0.193 | 1.41 | 0 | 144 | 0 |
| | 1 slice large (11.5 x 7.3 x 2.1) | 197 | 78.8 | 2110 | 2150 | 13.1 | 7.98 | 93.7 | 5 | 26.2 | 67.5 | 1.31 | 1.5 | 4.62 | 0.555 | 4.07 | 0 | 414 | 0 |
| A1171 | Bread, wheat, soy & linseed added, sliced, as purchased | 100 | 37.1 | 1040 | 1090 | 11.9 | 7.68 | 32.3 | 7.1 | 4 | 28.3 | 1.02 | 1.78 | 4.09 | 1.92 | 2.16 | 0 | 420 | 49 |
| | 1 slice (10.7 x 9.7 x 1.4 cm) | 41.9 | 15.5 | 434 | 458 | 4.99 | 3.22 | 13.5 | 3 | 1.68 | 11.8 | 0.43 | 0.75 | 1.71 | 0.806 | 0.905 | 0 | 176 | 21 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A1167 | Bread, multigrain, heavy (dense), sliced, as purchased | 100 | 280 | 138 | 56 | 1.3 | 1.01 | 6 | trace | 1 | 0.19 | 0.12 | 2.7 | 0.29 | 0 | 180 | 0 | 0 | 0.21 |
| | 1 slice sandwich (10.0 x 9.3 x 1.0 cm) | 36.1 | 101 | 50 | 20 | 0.47 | 0.37 | 2.2 | trace | trace | 0.069 | 0.043 | 0.97 | 0.11 | 0 | 65 | 0 | 0 | 0.08 |
| | 1 slice toast (10.0 x 9.2 x 1.2 cm) | 44.8 | 125 | 62 | 25 | 0.58 | 0.45 | 2.7 | trace | 1 | 0.085 | 0.054 | 1.2 | 0.13 | 0 | 80 | 0 | 0 | 0.09 |
| A1169 | Bread, multigrain, light, sliced, as purchased | 100 | 195 | 134 | 108 | 1.3 | 1 | 7 | trace | 1 | 0.23 | 0.08 | 2.7 | 0.26 | 0 | 310 | 0 | 0 | 0.13 |
| | 1 slice sandwich (11.4 x 10.3 x 1.1 cm) | 29.8 | 58 | 40 | 32 | 0.39 | 0.3 | 2.1 | trace | trace | 0.069 | 0.024 | 0.8 | 0.077 | 0 | 91 | 0 | 0 | 0.04 |
| | 1 slice toast (11.2 x 10.1 x 1.3 cm) | 36.6 | 71 | 49 | 40 | 0.48 | 0.37 | 2.6 | trace | trace | 0.084 | 0.029 | 0.98 | 0.095 | 0 | 110 | 0 | 0 | 0.05 |
| A1124 | Bread, naan, white, restaurant | 100 | 142 | 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 | 206 | 363 | 319 | 1.6 | 0.73 | 10 | 0 | 0 | 0.17 | 0.1 | 3.1 | 0.32 | 0 | 17 | 0 | 0 | 0.63 |
| A1097 | Bread, pita, white | 100 | 124 | 95 | 34 | 1.02 | 0.96 | 19 | 0 | 0 | 0.67 | 0.041 | 3 | 0.08 | 0 | 24 | 0 | 0 | 0.1 |
| | 1 small pocket (11 cm diameter) | 48 | 60 | 46 | 16 | 0.49 | 0.46 | 8.9 | 0 | 0 | 0.32 | 0.02 | 1.4 | 0.038 | 0 | 12 | 0 | 0 | 0.05 |
| | 1 large pocket (15 cm diameter) | 82 | 102 | 78 | 28 | 0.84 | 0.79 | 15 | 0 | 0 | 0.55 | 0.034 | 2.4 | 0.066 | 0 | 20 | 0 | 0 | 0.08 |
| A45 | Bread, pita, wholemeal | 100 | 217 | 179 | 38 | 1.81 | 1.63 | 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 | 184 | 152 | 32 | 1.54 | 1.39 | 16 | trace | 3 | 0.26 | 0.076 | 2.3 | 0.068 | 0 | 22 | 0 | 0 | 0.09 |
| A234 | Bread, plain, Panini, prepacked | 100 | 152 | 104 | 54 | 1.11 | 1.08 | 9.7 | 0 | 0 | 0.28 | 0.06 | 3.1 | 0.04 | 0 | 2 | 0 | 0 | 0.39 |
| | 1 panini (2.1 x 9.9 x 17.1 cm) | 92 | 140 | 96 | 50 | 1.02 | 0.99 | 8.9 | 0 | 0 | 0.26 | 0.055 | 2.9 | 0.037 | 0 | 2 | 0 | 0 | 0.35 |
| A1177 | Bread, rye, sliced, as purchased | 100 | 290 | 188 | 28 | 1.8 | 1.66 | 0 | 0 | 0 | 0.13 | 0.11 | 1.1 | 0.63 | 0 | 53 | 0 | 0 | 0.58 |
| | 1 slice (9.8 x 8.7 x 0.7 cm) | 50.1 | 145 | 94 | 14 | 0.9 | 0.83 | 0 | 0 | 0 | 0.065 | 0.055 | 0.53 | 0.32 | 0 | 27 | 0 | 0 | 0.29 |
| A1187 | Bread, sourdough, white, loaf, as purchased | 100 | 165 | 124 | 210 | 1.2 | 0.96 | 7 | 0 | 0 | 0.21 | 0.08 | 2.5 | 0.42 | 0 | 80 | 0 | 0 | 0.2 |
| | 1 slice (11.0 x 7.5 x 1.5 cm) | 40.1 | 66 | 50 | 84 | 0.48 | 0.39 | 2.8 | 0 | 0 | 0.084 | 0.032 | 0.99 | 0.17 | 0 | 32 | 0 | 0 | 0.08 |
| A1191 | Bread, sprouted wheat, loaf, as purchased | 100 | 280 | 250 | 27 | 2.3 | 1.82 | 0 | trace | 1 | 0.1 | 0.1 | 3.1 | 0.1 | 0 | 100 | 0 | 0 | 0.79 |
| | 1 slice medium (8.6 x 7.3 x 1.6 cm) | 68.4 | 192 | 171 | 18 | 1.57 | 1.25 | 0 | trace | trace | 0.068 | 0.068 | 2.1 | 0.068 | 0 | 70 | 0 | 0 | 0.54 |
| | 1 slice large (11.5 x 7.3 x 2.1) | 197 | 552 | 493 | 53 | 4.53 | 3.59 | 0 | trace | 1 | 0.2 | 0.2 | 6.1 | 0.2 | 0 | 200 | 0 | 0 | 1.6 |
| A1171 | Bread, wheat, soy & linseed added, sliced, as purchased | 100 | 320 | 159 | 113 | 1.6 | 1.21 | 6 | trace | 1 | 0.25 | 0.11 | 3.1 | 0.32 | 0 | 370 | 0 | 0 | 0.19 |
| | 1 slice (10.7 x 9.7 x 1.4 cm) | 41.9 | 134 | 67 | 47 | 0.67 | 0.51 | 2.5 | trace | trace | 0.11 | 0.046 | 1.3 | 0.13 | 0 | 160 | 0 | 0 | 0.08 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| A1165 | Bread, wheatmeal, sliced, as purchased | 100 | 37.4 | 958 | 1000 | 9.12 | 2.28 | 42.3 | 5.3 | 3.8 | 38.5 | 0.48 | 0.53 | 0.87 | 0.088 | 0.777 | 0 | 420 | 40 |
| | 1 slice sandwich (11.8 x 10.7 x 1.0 cm) | 25.7 | 9.6 | 246 | 257 | 2.34 | 0.59 | 10.9 | 1.4 | 0.98 | 9.88 | 0.12 | 0.14 | 0.22 | 0.023 | 0.2 | 0 | 108 | 10 |
| | 1 slice toast (12.1 x 10.9 x 1.2 cm) | 30.1 | 11.3 | 288 | 301 | 2.75 | 0.69 | 12.7 | 1.6 | 1.14 | 11.6 | 0.15 | 0.16 | 0.26 | 0.026 | 0.234 | 0 | 126 | 12 |
| A1210 | Bread, white, garlic filling with butter, as purchased | 100 | 32.1 | 1320 | 1340 | 7.35 | 15.4 | 36.8 | 2.3 | 3.9 | 32.9 | 7.74 | 3.68 | 1.15 | 0.183 | 0.923 | 26 | 500 | 20 |
| | 1 slice (6.0 x 5.1 x 2.7 cm) | 22.4 | 7.2 | 296 | 300 | 1.65 | 3.45 | 8.25 | 0.5 | 0.87 | 7.38 | 1.73 | 0.83 | 0.26 | 0.041 | 0.207 | 5.82 | 112 | 4.5 |
| A1208 | Bread, white, garlic filling with vegetable oil, as purchased | 100 | 30.7 | 1390 | 1410 | 7.24 | 18.9 | 33.5 | 2.4 | 3.3 | 30.2 | 6.54 | 7.61 | 3.48 | 0.419 | 3.06 | 0 | 550 | 39 |
| | 1 slice (6.0 x 5.1 x 2.7 cm) | 22.4 | 6.9 | 312 | 316 | 1.62 | 4.24 | 7.5 | 0.5 | 0.74 | 6.77 | 1.47 | 1.71 | 0.78 | 0.094 | 0.684 | 0 | 123 | 8.7 |
| A1175 | Bread, white, seeds added, light, sliced, as purchased | 100 | 35.6 | 1040 | 1080 | 10.9 | 6.15 | 36.8 | 5.2 | 3.3 | 33.5 | 0.87 | 1.36 | 3.12 | 1.19 | 1.93 | 0 | 380 | 39 |
| | 1 slice (11.7 x 10.0 x 1.4 cm) | 43.4 | 15.5 | 451 | 469 | 4.75 | 2.67 | 16 | 2.3 | 1.43 | 14.5 | 0.38 | 0.59 | 1.36 | 0.515 | 0.837 | 0 | 165 | 17 |
| A1161 | Bread, white, sliced, as purchased | 100 | 36 | 981 | 1010 | 8.66 | 2.35 | 43.9 | 4 | 4.1 | 39.8 | 0.46 | 0.61 | 0.84 | 0.096 | 0.744 | 0 | 440 | 44 |
| | 1 slice sandwich (11.0 x 10.7 x 1.1 cm) | 31.2 | 11.2 | 306 | 316 | 2.7 | 0.73 | 13.7 | 1.2 | 1.28 | 12.4 | 0.15 | 0.19 | 0.26 | 0.03 | 0.232 | 0 | 137 | 14 |
| | 1 slice toast (11.0 x 10.9 x 1.3 cm) | 36.7 | 13.2 | 360 | 372 | 3.18 | 0.86 | 16.1 | 1.5 | 1.51 | 14.6 | 0.17 | 0.22 | 0.31 | 0.035 | 0.273 | 0 | 161 | 16 |
| | 1 slice thick (11.6 x 10.4 x 1.6 cm) | 42.3 | 15.2 | 415 | 428 | 3.67 | 0.99 | 18.6 | 1.7 | 1.73 | 16.8 | 0.2 | 0.26 | 0.36 | 0.041 | 0.315 | 0 | 186 | 19 |
| A1163 | Bread, wholemeal or wholegrain, sliced, as purchased | 100 | 40.7 | 852 | 906 | 9.68 | 2.6 | 34.8 | 6.8 | 3.3 | 31.5 | 0.5 | 0.66 | 0.97 | 0.108 | 0.856 | 0 | 380 | 38 |
| | 1 slice sandwich (11.7 x 10.7 x 1.0 cm) | 29.8 | 12.1 | 254 | 270 | 2.88 | 0.77 | 10.4 | 2 | 0.98 | 9.39 | 0.15 | 0.2 | 0.29 | 0.032 | 0.255 | 0 | 113 | 11 |
| | 1 slice toast (11.6 x 10.9 x 1.3 cm) | 39.6 | 16.1 | 337 | 359 | 3.83 | 1.03 | 13.8 | 2.7 | 1.31 | 12.5 | 0.2 | 0.26 | 0.38 | 0.043 | 0.339 | 0 | 150 | 15 |
| A130 | Bun, iced | 100 | 27.4 | 1420 | 1450 | 4.96 | 7.2 | 63.2 | 3.3 | 34.4 | 28.8 | 3.9 | 1.58 | 0.63 | | | 4 | 200 | 0.32 |
| | 1 bun | 80 | 21.9 | 1140 | 1160 | 3.97 | 5.76 | 50.5 | 2.6 | 27.5 | 23.1 | 3.12 | 1.26 | 0.51 | | | 3.2 | 160 | 0.26 |
| A1158 | Bun, sweetened with dried fruit, un-iced | 100 | 31.6 | 1070 | 1100 | 7.48 | 3.2 | 48.5 | 4.4 | 17.3 | 31.2 | 0.64 | 1.03 | 0.95 | 0.143 | 0.801 | 0 | 310 | 31 |
| | 1 bun (7.6 x 6.9 x 4.8 cm) | 79.5 | 25.1 | 850 | 878 | 5.95 | 2.54 | 38.5 | 3.5 | 13.8 | 24.8 | 0.51 | 0.82 | 0.75 | 0.114 | 0.637 | 0 | 246 | 25 |
| A1160 | Bun, sweetened, plain, spiced, un-iced | 100 | 35.7 | 969 | 1000 | 8.44 | 2.6 | 42.9 | 4.1 | 8 | 34.9 | 0.68 | 0.83 | 0.97 | 0.129 | 0.833 | 0 | 320 | 30 |
| | 1 bun (6.7 x 6.6 x 5.0 cm) | 57.9 | 20.7 | 561 | 580 | 4.88 | 1.51 | 24.8 | 2.4 | 4.63 | 20.2 | 0.39 | 0.48 | 0.56 | 0.075 | 0.482 | 0 | 185 | 17 |
| A1159 | Bun, sweetened, with chocolate, spiced, un-iced | 100 | 31.8 | 1140 | 1180 | 7.75 | 5.4 | 47.7 | 4.1 | 12.8 | 34.9 | 3.34 | 1.24 | 0.92 | 0.125 | 0.787 | 0 | 320 | 30 |
| | 1 bun (6.7 x 6.3 x 5.3 cm) | 63.8 | 20.3 | 729 | 750 | 4.95 | 3.45 | 30.4 | 2.6 | 8.17 | 22.3 | 2.13 | 0.79 | 0.58 | 0.079 | 0.502 | 0 | 204 | 19 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A1165 | Bread, wheatmeal, sliced, as purchased | 100 | 210 | 146 | 70 | 1.4 | 1.16 | 7 | 0 | 0 | 0.25 | 0.1 | 3 | 0.39 | 0 | 230 | 0 | 0 | 0.19 |
| | 1 slice sandwich (11.8 x 10.7 x 1.0 cm) | 25.7 | 54 | 38 | 18 | 0.36 | 0.3 | 1.8 | 0 | 0 | 0.064 | 0.026 | 0.78 | 0.1 | 0 | 59 | 0 | 0 | 0.05 |
| | 1 slice toast (12.1 x 10.9 x 1.2 cm) | 30.1 | 63 | 44 | 21 | 0.42 | 0.35 | 2.1 | 0 | 0 | 0.075 | 0.03 | 0.91 | 0.12 | 0 | 69 | 0 | 0 | 0.06 |
| A1210 | Bread, white, garlic filling with butter, as purchased | 100 | 130 | 87 | 53 | 0.8 | 0.76 | 4 | 84 | 0 | 0.18 | 0.08 | 1.8 | 0.17 | 0 | 47 | 0 | 0 | 0.73 |
| | 1 slice (6.0 x 5.1 x 2.7 cm) | 22.4 | 29 | 19 | 12 | 0.18 | 0.17 | 0.9 | 19 | 0 | 0.04 | 0.018 | 0.41 | 0.038 | 0 | 10 | 0 | 0 | 0.16 |
| A1208 | Bread, white, garlic filling with vegetable oil, as purchased | 100 | 138 | 91 | 74 | 0.8 | 0.7 | 5 | 0 | 0 | 0.19 | 0.08 | 2 | 0.17 | 0 | 50 | 0 | 0 | 1.4 |
| | 1 slice (6.0 x 5.1 x 2.7 cm) | 22.4 | 31 | 20 | 17 | 0.18 | 0.16 | 1.1 | 0 | 0 | 0.043 | 0.018 | 0.46 | 0.038 | 0 | 11 | 0 | 0 | 0.32 |
| A1175 | Bread, white, seeds added, light, sliced, as purchased | 100 | 280 | 169 | 57 | 1.6 | 1.35 | 6 | trace | 3 | 0.25 | 0.1 | 3.2 | 0.31 | 0 | 260 | 0 | 0 | 0.45 |
| | 1 slice (11.7 x 10.0 x 1.4 cm) | 43.4 | 122 | 73 | 25 | 0.69 | 0.59 | 2.6 | trace | 1 | 0.11 | 0.043 | 1.4 | 0.14 | 0 | 110 | 0 | 0 | 0.19 |
| A1161 | Bread, white, sliced, as purchased | 100 | 157 | 106 | 93 | 1 | 0.97 | 7 | 0 | 0 | 0.25 | 0.07 | 2.4 | 0.27 | 0 | 200 | 0 | 0 | 0.11 |
| | 1 slice sandwich (11.0 x 10.7 x 1.1 cm) | 31.2 | 49 | 33 | 29 | 0.31 | 0.3 | 2.2 | 0 | 0 | 0.078 | 0.022 | 0.75 | 0.084 | 0 | 62 | 0 | 0 | 0.03 |
| | 1 slice toast (11.0 x 10.9 x 1.3 cm) | 36.7 | 58 | 39 | 34 | 0.37 | 0.36 | 2.6 | 0 | 0 | 0.092 | 0.026 | 0.88 | 0.099 | 0 | 73 | 0 | 0 | 0.04 |
| | 1 slice thick (11.6 x 10.4 x 1.6 cm) | 42.3 | 66 | 45 | 39 | 0.42 | 0.41 | 3 | 0 | 0 | 0.11 | 0.03 | 1 | 0.11 | 0 | 84 | 0 | 0 | 0.05 |
| A1163 | Bread, wholemeal or wholegrain, sliced, as purchased | 100 | 240 | 173 | 115 | 1.8 | 1.32 | 8 | trace | 1 | 0.3 | 0.09 | 3.2 | 0.36 | 0 | 130 | 0 | 0 | 0.12 |
| | 1 slice sandwich (11.7 x 10.7 x 1.0 cm) | 29.8 | 72 | 52 | 34 | 0.54 | 0.39 | 2.4 | trace | trace | 0.089 | 0.027 | 0.97 | 0.11 | 0 | 40 | 0 | 0 | 0.04 |
| | 1 slice toast (11.6 x 10.9 x 1.3 cm) | 39.6 | 95 | 69 | 46 | 0.71 | 0.52 | 3.2 | trace | 1 | 0.12 | 0.036 | 1.3 | 0.14 | 0 | 53 | 0 | 0 | 0.05 |
| A130 | Bun, iced | 100 | 120 | 54 | 34 | 1.6 | 0.81 | 0 | 1 | 6 | 0.11 | 0.04 | 2.2 | 0.05 | 0 | 40 | 0 | 0 | 0.66 |
| | 1 bun | 80 | 96 | 43 | 27 | 1.28 | 0.65 | 0 | 1 | 5 | 0.088 | 0.032 | 1.7 | 0.04 | 0 | 32 | 0 | 0 | 0.53 |
| A1158 | Bun, sweetened with dried fruit, un-iced | 100 | 280 | 97 | 79 | 1.3 | 0.78 | 4 | 0 | 0 | 0.19 | 0.1 | 2.5 | 0.36 | 0.04 | 53 | 0 | 0 | 0.35 |
| | 1 bun (7.6 x 6.9 x 4.8 cm) | 79.5 | 223 | 77 | 63 | 1.03 | 0.62 | 3.2 | 0 | 0 | 0.15 | 0.08 | 2 | 0.29 | 0.03 | 42 | 0 | 0 | 0.28 |
| A1160 | Bun, sweetened, plain, spiced, un-iced | 100 | trace | 107 | 102 | 1.8 | 1 | 3 | 0 | 0 | 0.19 | 0.1 | 2.6 | 0.36 | 0.04 | 64 | 0 | 0 | 0.26 |
| | 1 bun (6.7 x 6.6 x 5.0 cm) | 57.9 | trace | 62 | 59 | 1.04 | 0.58 | 1.7 | 0 | 0 | 0.11 | 0.058 | 1.5 | 0.21 | 0.02 | 37 | 0 | 0 | 0.15 |
| A1159 | Bun, sweetened, with chocolate, spiced, un-iced | 100 | 220 | 107 | 102 | 1.8 | 1 | 3 | 0 | 0 | 0.19 | 0.1 | 2.6 | 0.36 | 0.04 | 64 | 0 | 0 | 0.26 |
| | 1 bun (6.7 x 6.3 x 5.3 cm) | 63.8 | 140 | 68 | 65 | 1.15 | 0.64 | 1.9 | 0 | 0 | 0.12 | 0.064 | 1.7 | 0.23 | 0.03 | 41 | 0 | 0 | 0.17 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| A1153 | Cake, assorted fruits, light, un-iced | 100 | 20.7 | 1380 | 1390 | 4.2 | 12 | 52.3 | 1.9 | 36.4 | 14.3 | 3.42 | 4.84 | 2.21 | 0.535 | 1.63 | 5.6 | 330 | 72 |
| | 1 piece (5.4 x 4.5 x 3.1 cm) | 55.2 | 11.4 | 761 | 769 | 2.32 | 6.64 | 28.9 | 1 | 20.1 | 7.9 | 1.89 | 2.67 | 1.22 | 0.295 | 0.9 | 3.09 | 182 | 40 |
| A1152 | Cake, assorted fruits, rich or dark, un-iced | 100 | 21.6 | 1230 | 1250 | 4.05 | 8.23 | 51.3 | 2.6 | 39.5 | 10.9 | 2.59 | 3.17 | 1.53 | 0.32 | 1.16 | 6.5 | 260 | 10 |
| | 1 piece (4.8 x 4.2 x 3.7 cm) | 55.2 | 11.9 | 679 | 691 | 2.24 | 4.54 | 28.3 | 1.4 | 21.8 | 6.04 | 1.43 | 1.75 | 0.84 | 0.176 | 0.642 | 3.59 | 144 | 5.6 |
| A1154 | Cake, carrot, iced | 100 | 21.1 | 1710 | 1730 | 3.27 | 23.3 | 46.9 | 2.5 | 37 | 9.9 | 4.43 | 11 | 6.22 | 1.91 | 4.2 | 39 | 370 | 7.1 |
| | 1 piece (5.2 x 4.5 x 4.1 cm) | 54.7 | 11.5 | 938 | 949 | 1.79 | 12.7 | 25.7 | 1.4 | 20.2 | 5.42 | 2.43 | 6.04 | 3.4 | 1.05 | 2.3 | 21.3 | 202 | 3.9 |
| A1136 | Cake, chocolate, iced | 100 | 23.5 | 1560 | 1590 | 4.79 | 19 | 45.7 | 3.2 | 34.1 | 11.6 | 5.88 | 7.79 | 3.53 | 0.841 | 2.62 | 14 | 280 | 6.9 |
| | 1 piece (5.1 x 4.4 x 3.5 cm) | 44.8 | 10.5 | 699 | 711 | 2.15 | 8.51 | 20.5 | 1.4 | 15.3 | 5.2 | 2.63 | 3.49 | 1.58 | 0.377 | 1.17 | 6.27 | 125 | 3.1 |
| | 1 wedge (11.0 x 7.0 x 5.6 cm) | 140 | 32.9 | 2190 | 2220 | 6.7 | 26.6 | 64 | 4.5 | 47.7 | 16.2 | 8.23 | 10.9 | 4.94 | 1.18 | 3.66 | 19.6 | 392 | 9.7 |
| A1148 | Cake, sponge, plain | 100 | 30.1 | 1220 | 1230 | 6.44 | 4.3 | 56.2 | 1 | 33.7 | 22.5 | 1.45 | 1.29 | 0.6 | 0.057 | 0.463 | 86 | 310 | 15 |
| | 1 piece (7.7 x 6.3 x 3.2 cm) | 38.8 | 11.7 | 475 | 478 | 2.5 | 1.67 | 21.8 | 0.4 | 13.1 | 8.73 | 0.56 | 0.5 | 0.23 | 0.022 | 0.18 | 33.4 | 120 | 5.9 |
| A1029 | Cracker, corn, Cruskits™, Arnott's™ | 100 | 6.9 | 1430 | 1440 | 8.13 | 1.2 | 73.3 | 1.6 | 0.19 | 73.1 | 0.21 | 0.29 | 0.64 | 0.021 | 0.623 | 0.25 | 740 | 0.5 |
| | 1 biscuit (12 x 5.6 x 0.5 cm) | 6.4 | 0.4 | 91 | 92 | 0.52 | 0.08 | 4.69 | 0.1 | 0.01 | 4.68 | 0.01 | 0.02 | 0.04 | 0.001 | 0.04 | 0.02 | 47 | 0.03 |
| A1031 | Cracker, mixed grain, Cruskits™, Light, Arnott's™ | 100 | 6.3 | 1410 | 1440 | 12.5 | 2.5 | 65.1 | 3.2 | 2.55 | 62.6 | 0.38 | 0.32 | 0.96 | 0.059 | 0.903 | 1.2 | 820 | 6.6 |
| | 1 biscuit (11.8 x 5.7 x 0.4 cm) | 6 | 0.4 | 85 | 86 | 0.75 | 0.15 | 3.91 | 0.2 | 0.15 | 3.76 | 0.02 | 0.02 | 0.06 | 0.004 | 0.054 | 0.07 | 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 | 4.64 | 61.7 | 0.34 | 0.97 | 0.69 | 0.046 | 0.647 | 1.2 | 450 | 2.7 |
| | 1 biscuit (12 x 5.9 x 0.4 cm) | 6.7 | 0.3 | 96 | 98 | 0.78 | 0.2 | 4.45 | 0.2 | 0.31 | 4.13 | 0.02 | 0.07 | 0.05 | 0.003 | 0.043 | 0.08 | 30 | 0.18 |
| A233 | Cracker, rice, barbecue flavoured | 100 | 3.6 | 1590 | 1610 | 6.9 | 2.8 | 80.7 | 2.2 | 1.2 | 79.5 | 0.84 | 1.3 | 0.53 | | | 0 | 358 | 18 |
| | 1 biscuit (4.7 cm diameter) | 1.9 | 0.1 | 30 | 31 | 0.13 | 0.05 | 1.53 | trace | 0.02 | 1.51 | 0.02 | 0.03 | 0.01 | | | 0 | 7 | 0.34 |
| A1034 | Cracker, rice, plain | 100 | 3.8 | 1540 | 1540 | 6.55 | 3.75 | 75.7 | 0.7 | 1.96 | 73.7 | 0.7 | 1.27 | 1.22 | | | 0 | 470 | 0.5 |
| | 1 biscuit (4.7 cm diameter) | 2.1 | 0.1 | 32 | 32 | 0.14 | 0.08 | 1.59 | trace | 0.04 | 1.55 | 0.02 | 0.03 | 0.03 | | | 0 | 10 | 0.01 |
| A1035 | Cracker, rice, seaweed flavoured, Sakata® | 100 | 5.8 | 1430 | 1440 | 8.33 | 1.55 | 72.6 | 0.7 | 4 | 68.6 | 0.28 | 0.57 | 0.44 | 0.032 | 0.401 | 0 | 900 | 18 |
| | 1 biscuit (5.0 cm diameter) | 2 | 0.1 | 29 | 29 | 0.17 | 0.03 | 1.45 | trace | 0.08 | 1.37 | 0.01 | 0.01 | 0.01 | 0.001 | 0.008 | 0 | 18 | 0.36 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A1153 | Cake, assorted fruits, light, un-iced | 100 | 320 | 125 | 50 | 1 | 0.37 | 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 | 177 | 69 | 28 | 0.55 | 0.2 | 2.8 | 15 | 33 | 0 | 0.039 | 0.46 | 0.32 | 0 | 6 | 0 | 0 | 0.65 |
| A1152 | Cake, assorted fruits, rich or dark, un-iced | 100 | 430 | 145 | 46 | 1 | 0.38 | 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 | 237 | 80 | 25 | 0.55 | 0.21 | 2.8 | 8 | 10 | 0 | 0.039 | 0.66 | 0.87 | 0 | 8 | 0 | 0 | 0.51 |
| A1154 | Cake, carrot, iced | 100 | 136 | 116 | 52 | 0.7 | 0.53 | 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 | 0.38 | 0.29 | 1.6 | 66 | 278 | 0 | 0.027 | 2.5 | 0.066 | 0 | 0 | 0 | 0 | 1.6 |
| A1136 | Cake, chocolate, iced | 100 | 370 | 174 | 48 | 2.7 | 0.76 | 4 | 21 | 0 | 0.04 | 0.18 | 0.83 | 0.38 | 0 | 10 | 0 | 1.8 | 2.2 |
| | 1 piece (5.1 x 4.4 x 3.5 cm) | 44.8 | 166 | 78 | 22 | 1.21 | 0.34 | 1.8 | 9 | 0 | 0.018 | 0.081 | 0.37 | 0.17 | 0 | 4 | 0 | 0.78 | 0.99 |
| | 1 wedge (11.0 x 7.0 x 5.6 cm) | 140 | 518 | 244 | 67 | 3.78 | 1.06 | 5.6 | 29 | 0 | 0.056 | 0.25 | 1.2 | 0.53 | 0 | 14 | 0 | 2.5 | 3.1 |
| A1148 | Cake, sponge, plain | 100 | 101 | 220 | 42 | 0.6 | 0.52 | 10 | 21 | 0 | 0.06 | 0.18 | 1.4 | 0.09 | 0 | 8 | 0 | 2.6 | 0.71 |
| | 1 piece (7.7 x 6.3 x 3.2 cm) | 38.8 | 39 | 85 | 16 | 0.23 | 0.2 | 3.9 | 8 | 0 | 0.023 | 0.07 | 0.53 | 0.035 | 0 | 3 | 0 | 1 | 0.27 |
| A1029 | Cracker, corn, Cruskits™, Arnott's™ | 100 | 70 | 48 | 2 | 0.45 | 0.21 | 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 | 3 | trace | 0.03 | 0.01 | 0.28 | trace | 3 | 0.003 | 0.001 | 0.068 | 0.004 | 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 | 10 | 3 | 0.1 | 0.07 | 1.4 | trace | 0 | 0.027 | 0.004 | 0.16 | 0.008 | 0 | 2 | 0 | 0 | 0.02 |
| A1032 | Cracker, mixed grain, Litebread™, Original Crisp bread, Huntley & Palmers™ | 100 | 220 | 140 | 57 | 0.83 | 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 | 0.06 | 0.08 | 0.57 | trace | 0 | 0.03 | 0.004 | 0.18 | 0.009 | 0 | 2 | 0 | 0 | 0.02 |
| A233 | Cracker, rice, barbecue flavoured | 100 | 85 | 85 | 19 | 0.47 | 1.32 | 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 | 2 | 2 | trace | 0.01 | 0.03 | 0 | 0 | 0 | 0.013 | 0.001 | 0.05 | 0.005 | 0 | trace | 0 | 0 | 0.02 |
| A1034 | Cracker, rice, plain | 100 | 130 | 120 | 8 | 0.36 | 1.2 | 1 | 0 | 0 | 0.065 | 0.11 | 3.2 | 0.76 | 0 | 18 | 0 | 0 | 0.88 |
| | 1 biscuit (4.7 cm diameter) | 2.1 | 3 | 3 | trace | 0.01 | 0.03 | 0.02 | 0 | 0 | 0.001 | 0.002 | 0.068 | 0.016 | 0 | trace | 0 | 0 | 0.02 |
| A1035 | Cracker, rice, seaweed flavoured, Sakata® | 100 | 260 | 130 | 12 | 0.57 | 1.3 | 3.8 | 14 | 84 | 0.065 | 0.075 | 3.2 | 0.76 | 0 | 56 | 0 | 0 | 0.08 |
| | 1 biscuit (5.0 cm diameter) | 2 | 5 | 3 | trace | 0.01 | 0.03 | 0.08 | trace | 2 | 0.001 | 0.002 | 0.065 | 0.015 | 0 | 1 | 0 | 0 | trace |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| A141 | Cracker, rye, Crispbread, Ryvita® | 100 | 3.6 | 1390 | 1510 | 11.3 | 1.55 | 67.4 | 14.3 | 1.65 | 65.7 | 0.29 | 0.32 | 0.55 | | | 0 | 395 | 0.81 |
| | 1 cracker | 10 | 0.4 | 139 | 151 | 1.13 | 0.16 | 6.74 | 1.4 | 0.17 | 6.57 | 0.03 | 0.03 | 0.05 | | | 0 | 40 | 0.08 |
| A1033 | Cracker, wheat, Cream Crackers, Reduced Fat, Huntley & Palmers™ | 100 | 3.9 | 1480 | 1520 | 11.7 | 4.15 | 66.2 | 5.4 | 2.17 | 64 | 0.35 | 1.81 | 0.61 | 0.033 | 0.573 | 1.2 | 180 | 0.5 |
| | 1 biscuit (6.4 x 6.0 x 0.3 cm) | 7.9 | 0.3 | 117 | 120 | 0.92 | 0.33 | 5.23 | 0.4 | 0.17 | 5.06 | 0.03 | 0.14 | 0.05 | 0.003 | 0.045 | 0.1 | 14 | 0.04 |
| A119 | Cracker, wheat, Meal Mates™, Griffin's™ | 100 | 1.8 | 1940 | 1960 | 8.03 | 25.7 | 49.9 | 3.4 | 1.05 | 48.8 | 9.47 | 8.56 | 3.58 | | 3.58 | 52.9 | 760 | 0.81 |
| | 1 biscuit (0.4 x 6.3 cm diameter) | 5.8 | 0.1 | 112 | 114 | 0.47 | 1.49 | 2.89 | 0.2 | 0.06 | 2.83 | 0.55 | 0.5 | 0.21 | | 0.208 | 3.07 | 44 | 0.05 |
| A1030 | Cracker, wheat, Salada™, Light, Original, Arnott's™ | 100 | 4.7 | 1410 | 1440 | 10.8 | 2.65 | 66.3 | 3.2 | 1.42 | 64.9 | 0.62 | 0.48 | 0.66 | 0.034 | 0.627 | 3.7 | 1000 | 0.5 |
| | 1 biscuit (10 x 8.7 x 0.4 cm) | 14.8 | 0.7 | 209 | 212 | 1.6 | 0.39 | 9.82 | 0.5 | 0.21 | 9.61 | 0.09 | 0.07 | 0.1 | 0.005 | 0.093 | 0.55 | 148 | 0.07 |
| A137 | Cracker, wheat, Snax™, Griffin's™ | 100 | 3.6 | 1960 | 1980 | 7.19 | 24.5 | 54.6 | 3.4 | 2.33 | 52.2 | 10.7 | 8.96 | 2.36 | | | 10 | 750 | 1 |
| | 1 biscuit (0.5 x 5.0 cm diameter) | 3.6 | 0.1 | 70 | 71 | 0.26 | 0.88 | 1.96 | 0.1 | 0.08 | 1.88 | 0.38 | 0.32 | 0.09 | | | 0.36 | 27 | 0.04 |
| A140 | Cracker, wheat, Water Cracker, Arnott's™ | 100 | 3.5 | 1690 | 1710 | 10 | 7.2 | 73.7 | 2.8 | 0.43 | 73.2 | 2.88 | 1.94 | 0.81 | | | 3 | 630 | 0.81 |
| | 1 biscuit (0.4 x 5.5 cm diameter) | 3.2 | 0.1 | 54 | 55 | 0.32 | 0.23 | 2.36 | 0.1 | 0.01 | 2.34 | 0.09 | 0.06 | 0.03 | | | 0.1 | 20 | 0.03 |
| A134 | Cracker, wheat, cheese-flavoured | 100 | 2.8 | 2010 | 2040 | 11.6 | 22.4 | 58 | 3.4 | 3.05 | 54.9 | 10.1 | 7.01 | 1.87 | | | 14 | 880 | 0.81 |
| | 1 biscuit Cheddar (4.4 x 2.6 x 0.4 cm) | 2.3 | 0.1 | 46 | 47 | 0.27 | 0.51 | 1.33 | 0.1 | 0.07 | 1.26 | 0.23 | 0.16 | 0.04 | | | 0.32 | 20 | 0.02 |
| | 1 biscuit Cheds (6.9 x 5.3 x 0.5 cm) | 8.3 | 0.2 | 167 | 169 | 0.96 | 1.86 | 4.81 | 0.3 | 0.25 | 4.56 | 0.84 | 0.58 | 0.16 | | | 1.16 | 73 | 0.07 |
| A135 | Cracker, wheat, sesame | 100 | 2.5 | 1930 | 1980 | 9.69 | 22.6 | 54.6 | 6.7 | 2.75 | 51.9 | 9.47 | 8.09 | 3.06 | | | 10 | 885 | 0.81 |
| | 1 biscuit Sesame Wheat (6.0 x 5.9 x 0.5 cm) | 6.7 | 0.2 | 129 | 133 | 0.65 | 1.51 | 3.66 | 0.4 | 0.18 | 3.48 | 0.63 | 0.54 | 0.21 | | | 0.67 | 59 | 0.05 |
| A1189 | Croissant, white, plain, as purchased | 100 | 24.2 | 1570 | 1590 | 7.98 | 20.3 | 40 | 2.5 | 5.8 | 34.2 | 11.8 | 3.62 | 0.79 | 0.111 | 0.608 | 0 | 480 | 31 |
| | 1 croissant straight (13 cm long) | 42.7 | 10.3 | 669 | 678 | 3.41 | 8.67 | 17.1 | 1.1 | 2.48 | 14.6 | 5.02 | 1.55 | 0.34 | 0.047 | 0.259 | 0 | 205 | 13 |
| | 1 croissant regular (14 cm long) | 75.2 | 18.2 | 1180 | 1190 | 6 | 15.3 | 30.1 | 1.9 | 4.36 | 25.7 | 8.84 | 2.73 | 0.59 | 0.083 | 0.457 | 0 | 361 | 23 |
| A1120 | Crumpet, white, toasted | 100 | 47 | 726 | 746 | 6.56 | 1 | 34 | 2.5 | 1.61 | 32.3 | 0.19 | 0.2 | 0.52 | 0.024 | 0.494 | 0 | 817 | 0 |
| | 1 crumpet round (1.4 x 9.2 cm diameter) | 48.5 | 22.8 | 352 | 362 | 3.18 | 0.49 | 16.5 | 1.2 | 0.78 | 15.7 | 0.09 | 0.1 | 0.25 | 0.012 | 0.24 | 0 | 396 | 0 |
| | 1 crumpet square (10.9 x 10.5 x 1.5 cm) | 69.8 | 32.8 | 507 | 521 | 4.58 | 0.7 | 23.7 | 1.8 | 1.13 | 22.6 | 0.13 | 0.14 | 0.36 | 0.017 | 0.345 | 0 | 570 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A141 | Cracker, rye, Crispbread, Ryvita® | 100 | 360 | 315 | 42 | 1.15 | 2.75 | 0 | 2 | 9 | 0.24 | 0.07 | 5.4 | 0.11 | 0 | 35 | 0 | 0 | 0.5 |
| | 1 cracker | 10 | 36 | 32 | 4 | 0.12 | 0.28 | 0 | trace | 1 | 0.024 | 0.007 | 0.54 | 0.011 | 0 | 4 | 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 | 2 | 0.1 | 0.08 | 0.53 | trace | trace | 0.013 | 0.002 | 0.17 | 0.01 | 0 | 3 | 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 | 0.08 | 0.08 | 0.52 | 0 | 0 | 0.003 | 0.003 | 0.2 | 0.012 | 0 | 2 | 0 | 0 | 0.09 |
| A1030 | Cracker, wheat, Salada™, Light, Original, Arnott's™ | 100 | 190 | 120 | 25 | 1.3 | 0.92 | 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 | 4 | 0.19 | 0.14 | 1.4 | trace | 1 | 0.024 | 0.004 | 0.33 | 0.055 | 0 | 6 | 0 | 0 | 0.03 |
| A137 | Cracker, wheat, Snax™, Griffin's™ | 100 | 110 | 300 | 6 | 0 | 0.55 | 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 | trace | 0 | 0.02 | 0 | 1 | trace | 0.002 | 0.001 | 0.11 | 0.002 | 0 | 1 | 0 | 0 | 0.05 |
| A140 | Cracker, wheat, Water Cracker, Arnott's™ | 100 | 160 | 120 | 25 | 0.49 | 0.94 | 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 | 4 | 1 | 0.02 | 0.03 | 0 | trace | trace | 0.005 | 0.002 | 0.11 | 0.005 | 0 | 1 | 0 | 0 | 0.05 |
| A134 | Cracker, wheat, cheese-flavoured | 100 | 210 | 200 | 27 | 0.71 | 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 | 5 | 5 | 1 | 0.02 | 0.04 | 0 | 2 | 5 | 0.006 | 0.007 | 0.12 | 0.002 | 0.01 | 1 | 0 | 0 | 0.06 |
| | 1 biscuit Cheds (6.9 x 5.3 x 0.5 cm) | 8.3 | 17 | 17 | 2 | 0.06 | 0.13 | 0 | 7 | 17 | 0.023 | 0.025 | 0.43 | 0.007 | 0.02 | 2 | 0 | 0 | 0.22 |
| A135 | Cracker, wheat, sesame | 100 | 195 | 180 | 34 | 0.94 | 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 | 0.06 | 0.1 | 0 | 1 | 1 | 0.012 | 0.004 | 0.29 | 0.009 | 0 | 1 | 0 | 0 | 0.09 |
| A1189 | Croissant, white, plain, as purchased | 100 | 162 | 101 | 182 | 0.7 | 0.76 | 5 | 0 | 0 | 0.45 | 0.12 | 1.9 | 0.25 | 0 | 350 | 0 | 0 | 0.8 |
| | 1 croissant straight (13 cm long) | 42.7 | 69 | 43 | 78 | 0.3 | 0.33 | 2.1 | 0 | 0 | 0.19 | 0.051 | 0.81 | 0.11 | 0 | 150 | 0 | 0 | 0.34 |
| | 1 croissant regular (14 cm long) | 75.2 | 122 | 76 | 137 | 0.53 | 0.57 | 3.8 | 0 | 0 | 0.34 | 0.09 | 1.4 | 0.19 | 0 | 260 | 0 | 0 | 0.6 |
| A1120 | Crumpet, white, toasted | 100 | 144 | 290 | 76 | 0.65 | 0.46 | 6.5 | 0 | 0 | 0.095 | 0.043 | 1.7 | 0.14 | 0 | 0 | 0 | 0 | 0.09 |
| | 1 crumpet round (1.4 x 9.2 cm diameter) | 48.5 | 70 | 141 | 37 | 0.31 | 0.22 | 3.1 | 0 | 0 | 0.046 | 0.021 | 0.83 | 0.068 | 0 | 0 | 0 | 0 | 0.04 |
| | 1 crumpet square (10.9 x 10.5 x 1.5 cm) | 69.8 | 101 | 203 | 53 | 0.45 | 0.32 | 4.5 | 0 | 0 | 0.066 | 0.03 | 1.2 | 0.098 | 0 | 0 | 0 | 0 | 0.06 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| A1143 | Doughnut, chocolate iced | 100 | 19.9 | 1650 | 1660 | 6.42 | 21.4 | 43.9 | 1.6 | 18.3 | 25.6 | 11.4 | 6.84 | 2.26 | 0.286 | 1.96 | 2.7 | 430 | 17 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.6 | 4.1 | 339 | 342 | 1.32 | 4.41 | 9.04 | 0.3 | 3.77 | 5.27 | 2.36 | 1.41 | 0.47 | 0.059 | 0.405 | 0.56 | 89 | 3.5 |
| | 1 doughnut regular (3.4 x 8.9 cm diameter) | 63.1 | 12.6 | 1040 | 1050 | 4.05 | 13.5 | 27.7 | 1 | 11.5 | 16.2 | 7.21 | 4.32 | 1.42 | 0.18 | 1.24 | 1.7 | 271 | 11 |
| A1142 | Doughnut, cinnamon & sugar dusted | 100 | 21.4 | 1650 | 1660 | 5.23 | 18.6 | 51.1 | 2.3 | 24.2 | 26.9 | 6.83 | 7.01 | 2.47 | 0.366 | 2.07 | 19 | 510 | 9.1 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.9 | 4.5 | 344 | 348 | 1.09 | 3.89 | 10.7 | 0.5 | 5.06 | 5.62 | 1.43 | 1.47 | 0.52 | 0.077 | 0.432 | 3.97 | 107 | 1.9 |
| | 1 doughnut regular (3.1 x 8.0 cm diameter) | 59.6 | 12.8 | 981 | 992 | 3.12 | 11.1 | 30.5 | 1.4 | 14.4 | 16 | 4.07 | 4.18 | 1.47 | 0.218 | 1.23 | 11.3 | 304 | 5.4 |
| A1145 | Doughnut, cream & jam filled | 100 | 38.1 | 1330 | 1340 | 4.83 | 19.5 | 31.1 | 1.4 | 11.7 | 19.4 | 10.6 | 5.22 | 1.21 | 0.231 | 0.92 | 25 | 250 | 22 |
| | 1 doughnut (14.0 cm long) | 123 | 46.9 | 1640 | 1650 | 5.95 | 24 | 38.3 | 1.7 | 14.4 | 23.9 | 13.1 | 6.43 | 1.49 | 0.284 | 1.13 | 30.8 | 308 | 27 |
| A1144 | Doughnut, non-chocolate iced | 100 | 18.2 | 1640 | 1650 | 5.63 | 18.8 | 49.8 | 1.6 | 24.2 | 25.6 | 6.9 | 7.08 | 2.5 | 0.37 | 2.09 | 2.7 | 430 | 17 |
| | 1 doughnut mini (2.5 x 6.0 cm diameter) | 21.2 | 3.9 | 347 | 350 | 1.19 | 3.99 | 10.6 | 0.3 | 5.13 | 5.43 | 1.46 | 1.5 | 0.53 | 0.078 | 0.443 | 0.57 | 91 | 3.6 |
| | 1 doughnut regular (3.4 x 8.6 cm diameter) | 66.2 | 12 | 1080 | 1090 | 3.73 | 12.4 | 33 | 1.1 | 16 | 16.9 | 4.57 | 4.69 | 1.65 | 0.245 | 1.39 | 1.79 | 285 | 11 |
| A1197 | Muffin split, English style, white, plain, as purchased | 100 | 46.1 | 881 | 908 | 8.78 | 2.15 | 38.4 | 3.4 | 5.4 | 33 | 0.42 | 0.7 | 0.59 | 0.033 | 0.55 | 0 | 360 | 34 |
| | 1 muffin (8.5 cm diameter) | 34.1 | 15.7 | 300 | 310 | 2.99 | 0.73 | 13.1 | 1.2 | 1.84 | 11.2 | 0.14 | 0.24 | 0.2 | 0.011 | 0.188 | 0 | 123 | 12 |
| A1199 | Muffin split, English style, white, with cheese, as purchased | 100 | 45 | 934 | 960 | 9.01 | 3.31 | 38.7 | 3.3 | 5.5 | 33.2 | 0.74 | 1.11 | 0.81 | 0.112 | 0.694 | 0 | 370 | 41 |
| | 1 muffin (8.0 cm diameter) | 34.6 | 15.6 | 323 | 332 | 3.12 | 1.15 | 13.4 | 1.1 | 1.9 | 11.5 | 0.26 | 0.39 | 0.28 | 0.039 | 0.24 | 0 | 128 | 14 |
| A1201 | Muffin split, English style, white, with spicy dried fruits, as purchased | 100 | 42.3 | 916 | 950 | 8.38 | 1.72 | 41.7 | 4.3 | 9.9 | 31.8 | 0.32 | 0.43 | 0.6 | 0.062 | 0.53 | 0 | 330 | 35 |
| | 1 muffin (8.5 cm diameter) | 34.7 | 14.7 | 318 | 330 | 2.91 | 0.6 | 14.5 | 1.5 | 3.44 | 11 | 0.11 | 0.15 | 0.21 | 0.022 | 0.184 | 0 | 115 | 12 |
| A1203 | Muffin split, English style, wholegrain, as purchased | 100 | 44 | 928 | 958 | 9.74 | 1.49 | 41.6 | 3.8 | 7.3 | 34.3 | 0.33 | 0.22 | 0.6 | 0.038 | 0.559 | 0 | 360 | 36 |
| | 1 muffin (9.0 cm diameter) | 35 | 15.4 | 325 | 335 | 3.41 | 0.52 | 14.6 | 1.3 | 2.56 | 12 | 0.12 | 0.08 | 0.21 | 0.013 | 0.195 | 0 | 126 | 13 |
| A127 | Muffin, blueberry | 100 | 28.1 | 1520 | 1540 | 4.16 | 18 | 45.8 | 2.3 | 27.3 | 18.5 | 3.23 | 4.85 | 6.99 | | | 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 | 1.94 | 2.91 | 4.19 | | | 3.6 | 144 | 5.2 |
| A129 | Muffin, bran | 100 | 32.7 | 1090 | 1130 | 6.06 | 8.05 | 40.6 | 5 | 22.8 | 17.9 | 1.13 | 2.9 | 2.57 | | | 36.9 | 730 | 8.7 |
| | 1 medium muffin (7.5 cm top diameter x 6.0 cm height) | 105 | 34.3 | 1150 | 1190 | 6.36 | 8.45 | 42.7 | 5.3 | 23.9 | 18.8 | 1.19 | 3.05 | 2.7 | | | 38.7 | 767 | 9.1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A1143 | Doughnut, chocolate iced | 100 | 155 | 172 | 48 | 1.7 | 0.65 | 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 | 10 | 0.35 | 0.13 | 1.6 | 0 | 0 | 0.031 | 0.027 | 0.33 | 0.052 | 0 | 14 | 0 | 0 | 0.31 |
| | 1 doughnut regular (3.4 x 8.9 cm diameter) | 63.1 | 98 | 109 | 30 | 1.07 | 0.41 | 5 | 0 | 0 | 0.095 | 0.082 | 1 | 0.16 | 0 | 41 | 0 | 0 | 0.94 |
| A1142 | Doughnut, cinnamon & sugar dusted | 100 | 135 | 270 | 39 | 1 | 0.45 | 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 | 0.21 | 0.09 | 0.96 | 0 | 0 | 0.027 | 0.021 | 0.26 | 0.027 | 0 | 3 | 0 | 0 | 0.37 |
| | 1 doughnut regular (3.1 x 8.0 cm diameter) | 59.6 | 80 | 161 | 23 | 0.6 | 0.27 | 2.7 | 0 | 0 | 0.077 | 0.06 | 0.74 | 0.077 | 0 | 8 | 0 | 0 | 1 |
| A1145 | Doughnut, cream & jam filled | 100 | 118 | 101 | 75 | 0 | 0.51 | 4 | 165 | 0 | 0.12 | 0.16 | 1.5 | 0.18 | 0 | 30 | 0 | 0 | 0.48 |
| | 1 doughnut (14.0 cm long) | 123 | 145 | 124 | 92 | 0 | 0.63 | 4.9 | 203 | 0 | 0.15 | 0.2 | 1.8 | 0.22 | 0 | 37 | 0 | 0 | 0.59 |
| A1144 | Doughnut, non-chocolate iced | 100 | 155 | 172 | 48 | 1.7 | 0.65 | 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 | 0.36 | 0.14 | 1.7 | 0 | 0 | 0.032 | 0.028 | 0.31 | 0.053 | 0 | 14 | 0 | 0 | 0.31 |
| | 1 doughnut regular (3.4 x 8.6 cm diameter) | 66.2 | 103 | 114 | 32 | 1.13 | 0.43 | 5.3 | 0 | 0 | 0.099 | 0.086 | 0.97 | 0.17 | 0 | 44 | 0 | 0 | 0.98 |
| A1197 | Muffin split, English style, white, plain, as purchased | 100 | 138 | 82 | 90 | 0.8 | 0.91 | 8 | 0 | 0 | 0.22 | 0.09 | 1.9 | 0.17 | 0 | 81 | 0 | 0 | 0.21 |
| | 1 muffin (8.5 cm diameter) | 34.1 | 47 | 28 | 31 | 0.27 | 0.31 | 2.7 | 0 | 0 | 0.075 | 0.031 | 0.64 | 0.058 | 0 | 28 | 0 | 0 | 0.07 |
| A1199 | Muffin split, English style, white, with cheese, as purchased | 100 | 144 | 88 | 97 | 0.8 | 0.9 | 9 | 18 | 79 | 0.23 | 0.1 | 1.9 | 0.19 | 0 | 61 | 0 | 0 | 0.21 |
| | 1 muffin (8.0 cm diameter) | 34.6 | 50 | 30 | 34 | 0.28 | 0.31 | 3.1 | 6 | 27 | 0.08 | 0.035 | 0.66 | 0.066 | 0 | 21 | 0 | 0 | 0.07 |
| A1201 | Muffin split, English style, white, with spicy dried fruits, as purchased | 100 | 163 | 80 | 81 | 0.9 | 0.85 | 7 | trace | 2 | 0.25 | 0.1 | 5.6 | 0.19 | 0 | 49 | 0 | 0 | 0.16 |
| | 1 muffin (8.5 cm diameter) | 34.7 | 57 | 28 | 28 | 0.31 | 0.3 | 2.4 | trace | trace | 0.087 | 0.035 | 1.9 | 0.066 | 0 | 17 | 0 | 0 | 0.06 |
| A1203 | Muffin split, English style, wholegrain, as purchased | 100 | 166 | 111 | 74 | 1.1 | 1.18 | 6 | trace | 1 | 0.22 | 0.09 | 2.9 | 0.18 | 0 | 50 | 0 | 0 | 0.02 |
| | 1 muffin (9.0 cm diameter) | 35 | 58 | 39 | 26 | 0.39 | 0.41 | 2.1 | trace | trace | 0.077 | 0.032 | 1 | 0.063 | 0 | 18 | 0 | 0 | 0.01 |
| A127 | Muffin, blueberry | 100 | 84 | 87 | 30 | 0.82 | 0.49 | 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 | 0.49 | 0.29 | 4.6 | 9 | 0 | 0.012 | 0.042 | 1.3 | 0.018 | 0 | 7 | 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 | 242 | 368 | 137 | 5.25 | 1.79 | 8.1 | 72 | 389 | 0 | 0.084 | 4.6 | 0.084 | 0 | 11 | 0 | 0 | 2.7 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| A128 | Muffin, chocolate | 100 | 17.1 | 1730 | 1740 | 5.29 | 20 | 53.1 | 1.6 | 33.8 | 19.4 | 6.1 | 4.72 | 5.08 | | | 41 | 220 | 8.7 |
| | 1 muffin (6.0 cm top diameter x 4.0 cm height) | 60 | 10.2 | 1040 | 1050 | 3.17 | 12 | 31.9 | 1 | 20.3 | 11.6 | 3.66 | 2.83 | 3.05 | | | 24.6 | 132 | 5.2 |
| A1147 | Pizza base, thick, from white flour, no topping | 100 | 34.4 | 1070 | 1090 | 8.51 | 4 | 45.6 | 2.9 | 4 | 41.6 | 0.65 | 1.99 | 1.24 | 0.163 | 1.07 | 0 | 420 | 29 |
| | 1 pizza (1.3 x 24.1 cm diameter) | 234 | 80.5 | 2500 | 2550 | 19.9 | 9.36 | 107 | 6.8 | 9.36 | 97.3 | 1.52 | 4.66 | 2.9 | 0.382 | 2.51 | 0 | 983 | 68 |
| A1134 | Scone, white | 100 | 30.7 | 1110 | 1130 | 8.58 | 5.2 | 45.6 | 2.7 | 4.7 | 40.9 | 1.04 | 2.28 | 1.52 | 0.328 | 1.17 | 0 | 850 | 2.4 |
| | 1 scone (10.4 x 9.5 x 4.8 cm) | 126 | 38.7 | 1400 | 1430 | 10.8 | 6.55 | 57.4 | 3.4 | 5.92 | 51.5 | 1.31 | 2.87 | 1.91 | 0.413 | 1.47 | 0 | 1070 | 3 |
| A1135 | Scone, white, with cheese | 100 | 33.2 | 1190 | 1210 | 10.8 | 11.4 | 34.6 | 2.4 | 3.6 | 31 | 5.06 | 3.15 | 1.21 | 0.264 | 0.917 | 21 | 740 | 2.3 |
| | 1 scone (9.5 x 8.3 x 5.0 cm) | 139 | 46.1 | 1660 | 1680 | 15 | 15.8 | 48.1 | 3.3 | 5 | 43.1 | 7.03 | 4.38 | 1.69 | 0.367 | 1.28 | 29.2 | 1030 | 3.2 |
| A1133 | Scone, white, with dates | 100 | 30.8 | 1100 | 1130 | 7.05 | 4.8 | 47.5 | 3.6 | 14.2 | 33.3 | 1.26 | 1.83 | 1.1 | 0.221 | 0.871 | 4.5 | 610 | 2.4 |
| | 1 scone (8.8 x 7.1 x 5.0 cm) | 134 | 41.2 | 1480 | 1520 | 9.45 | 6.43 | 63.7 | 4.8 | 19 | 44.6 | 1.69 | 2.46 | 1.48 | 0.297 | 1.17 | 6.03 | 817 | 3.2 |
| A1011 | Stuffing, from chicken, deli cooked | 100 | 68.1 | 590 | 606 | 4.56 | 2 | 25.8 | 2 | 2.2 | 23.6 | 0.42 | 0.98 | 0.46 | 0.076 | 0.367 | 3 | 470 | 3.8 |
| | 1 tablespoon (15 mL) | 18.8 | 12.8 | 111 | 114 | 0.86 | 0.38 | 4.85 | 0.4 | 0.41 | 4.43 | 0.08 | 0.19 | 0.09 | 0.014 | 0.069 | 0.56 | 88 | 0.71 |
| | 1 cup (250 mL) | 242 | 165 | 1430 | 1470 | 11 | 4.84 | 62.4 | 4.8 | 5.32 | 57.1 | 1.02 | 2.38 | 1.1 | 0.185 | 0.888 | 7.26 | 1140 | 9.2 |
| A1181 | Wrap, bread, wholemeal, as purchased | 100 | 31.6 | 1130 | 1170 | 8.75 | 7.31 | 42.1 | 4.9 | 4.8 | 37.3 | 1.65 | 3.45 | 1.54 | 0.246 | 1.29 | 0 | 430 | 6.8 |
| | 1 tortilla medium (20 cm diameter) | 43.6 | 13.8 | 495 | 512 | 3.81 | 3.19 | 18.3 | 2.1 | 2.09 | 16.3 | 0.72 | 1.51 | 0.67 | 0.107 | 0.563 | 0 | 187 | 3 |
| | 1 wrap regular (20 cm diameter) | 65.7 | 20.8 | 745 | 771 | 5.75 | 4.8 | 27.6 | 3.2 | 3.15 | 24.5 | 1.08 | 2.27 | 1.01 | 0.162 | 0.848 | 0 | 283 | 4.5 |
| A1183 | Wrap, multigrain, as purchased | 100 | 32.2 | 1150 | 1180 | 8.8 | 8.54 | 40.3 | 3.8 | 3.3 | 37 | 3.98 | 2.58 | 1.32 | 0.121 | 1.19 | 0 | 440 | 0 |
| | 1 wrap (27 cm diameter) | 79.4 | 25.6 | 914 | 938 | 6.99 | 6.78 | 32 | 3 | 2.62 | 29.4 | 3.16 | 2.05 | 1.04 | 0.096 | 0.946 | 0 | 349 | 0 |
| A1179 | Wrap, white, as purchased | 100 | 31.5 | 1130 | 1150 | 8.15 | 7.67 | 41.6 | 3 | 3.7 | 37.9 | 2.61 | 3.06 | 1.31 | 0.155 | 1.15 | 0 | 570 | 14 |
| | 1 tortilla small (15 cm diameter) | 25.5 | 8 | 288 | 294 | 2.08 | 1.96 | 10.6 | 0.8 | 0.94 | 9.67 | 0.67 | 0.78 | 0.33 | 0.04 | 0.292 | 0 | 145 | 3.6 |
| | 1 tortilla medium (20 cm diameter) | 38.1 | 12 | 431 | 440 | 3.11 | 2.92 | 15.9 | 1.2 | 1.41 | 14.5 | 0.99 | 1.17 | 0.5 | 0.059 | 0.437 | 0 | 217 | 5.4 |
| | 1 wrap regular (20 cm diameter) | 45 | 14.2 | 509 | 519 | 3.67 | 3.45 | 18.7 | 1.4 | 1.67 | 17.1 | 1.17 | 1.38 | 0.59 | 0.07 | 0.516 | 0 | 257 | 6.4 |
| | 1 wrap large (25 cm diameter) | 73.4 | 23.1 | 830 | 847 | 5.98 | 5.63 | 30.6 | 2.2 | 2.72 | 27.8 | 1.91 | 2.24 | 0.96 | 0.114 | 0.841 | 0 | 418 | 10 |
| | 1 tortilla large (30 cm diameter) | 96.5 | 30.4 | 1090 | 1110 | 7.87 | 7.4 | 40.2 | 2.9 | 3.57 | 36.6 | 2.52 | 2.95 | 1.26 | 0.15 | 1.11 | 0 | 550 | 14 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| A128 | Muffin, chocolate | 100 | 125 | 110 | 27 | 1.2 | 0.61 | 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 | 0.72 | 0.37 | 4.6 | 9 | 0 | 0.012 | 0.048 | 1.3 | 0.018 | 0 | 6 | 0 | 0 | 2.4 |
| A1147 | Pizza base, thick, from white flour, no topping | 100 | 148 | 94 | 33 | 0.8 | 0.67 | 7.5 | 0 | 0 | 0.22 | 0.05 | 2.1 | 0.14 | 0 | 5 | 0 | 0 | 0.29 |
| | 1 pizza (1.3 x 24.1 cm diameter) | 234 | 346 | 220 | 77 | 1.87 | 1.57 | 18 | 0 | 0 | 0.52 | 0.12 | 4.8 | 0.33 | 0 | 12 | 0 | 0 | 0.69 |
| A1134 | Scone, white | 100 | 137 | 471 | 46 | 0.9 | 0.98 | 3 | 4 | 26 | 0.16 | 0.05 | 2 | 0.19 | 0 | 4 | 0 | 0 | 0.76 |
| | 1 scone (10.4 x 9.5 x 4.8 cm) | 126 | 173 | 594 | 58 | 1.14 | 1.24 | 3.8 | 5 | 33 | 0.2 | 0.063 | 2.6 | 0.24 | 0 | 4 | 0 | 0 | 0.96 |
| A1135 | Scone, white, with cheese | 100 | 125 | 454 | 220 | 0.87 | 0.95 | 2.9 | 61 | 26 | 0.19 | 0.14 | 2.4 | 0.21 | 0 | 4 | 0 | 0 | 0.66 |
| | 1 scone (9.5 x 8.3 x 5.0 cm) | 139 | 174 | 632 | 306 | 1.21 | 1.32 | 4 | 85 | 36 | 0.26 | 0.2 | 3.3 | 0.29 | 0 | 5 | 0 | 0 | 0.91 |
| A1133 | Scone, white, with dates | 100 | 250 | 475 | 93 | 0.91 | 0.99 | 3 | 12 | 26 | 0.19 | 0.09 | 2 | 0.67 | 0 | 4 | 0 | 0 | 0.62 |
| | 1 scone (8.8 x 7.1 x 5.0 cm) | 134 | 335 | 636 | 125 | 1.22 | 1.33 | 4.1 | 17 | 35 | 0.26 | 0.12 | 2.7 | 0.9 | 0 | 5 | 0 | 0 | 0.83 |
| A1011 | Stuffing, from chicken, deli cooked | 100 | 210 | 120 | 26 | 0.92 | 0.39 | 2.7 | 74 | 25 | 0.12 | 0.1 | 2.4 | 0.06 | 0.43 | 20 | 0 | 0.27 | 0.3 |
| | 1 tablespoon (15 mL) | 18.8 | 39 | 23 | 5 | 0.17 | 0.07 | 0.51 | 14 | 5 | 0.023 | 0.019 | 0.45 | 0.011 | 0.08 | 4 | 0 | 0.05 | 0.06 |
| | 1 cup (250 mL) | 242 | 508 | 290 | 63 | 2.23 | 0.94 | 6.5 | 180 | 61 | 0.29 | 0.24 | 5.8 | 0.15 | 1 | 48 | 0 | 0.65 | 0.72 |
| A1181 | Wrap, bread, wholemeal, as purchased | 100 | 250 | 280 | 136 | 1.5 | 0.95 | 10 | trace | 1 | 0.47 | 0.03 | 2 | 0.18 | 0 | 240 | 0 | 0 | 0.42 |
| | 1 tortilla medium (20 cm diameter) | 43.6 | 109 | 122 | 59 | 0.65 | 0.41 | 4.4 | trace | 1 | 0.21 | 0.013 | 0.87 | 0.078 | 0 | 110 | 0 | 0 | 0.18 |
| | 1 wrap regular (20 cm diameter) | 65.7 | 164 | 184 | 89 | 0.99 | 0.62 | 6.6 | trace | 1 | 0.31 | 0.02 | 1.3 | 0.12 | 0 | 160 | 0 | 0 | 0.28 |
| A1183 | Wrap, multigrain, as purchased | 100 | 116 | 270 | 191 | 0.9 | 0.55 | 7 | trace | 1 | 0.19 | 0.02 | 2.1 | 0.11 | 0 | 30 | 0 | 0 | 0.53 |
| | 1 wrap (27 cm diameter) | 79.4 | 92 | 214 | 152 | 0.72 | 0.44 | 5.6 | trace | 1 | 0.15 | 0.016 | 1.6 | 0.087 | 0 | 24 | 0 | 0 | 0.42 |
| A1179 | Wrap, white, as purchased | 100 | 153 | 230 | 97 | 0.9 | 0.55 | 8 | 0 | 0 | 0.34 | 0.02 | 2 | 0.12 | 0 | 140 | 0 | 0 | 0.5 |
| | 1 tortilla small (15 cm diameter) | 25.5 | 39 | 59 | 25 | 0.23 | 0.14 | 2 | 0 | 0 | 0.087 | 0.005 | 0.51 | 0.031 | 0 | 35 | 0 | 0 | 0.13 |
| | 1 tortilla medium (20 cm diameter) | 38.1 | 58 | 88 | 37 | 0.34 | 0.21 | 3 | 0 | 0 | 0.13 | 0.008 | 0.76 | 0.046 | 0 | 53 | 0 | 0 | 0.19 |
| | 1 wrap regular (20 cm diameter) | 45 | 69 | 104 | 44 | 0.41 | 0.25 | 3.6 | 0 | 0 | 0.15 | 0.009 | 0.89 | 0.054 | 0 | 62 | 0 | 0 | 0.23 |
| | 1 wrap large (25 cm diameter) | 73.4 | 112 | 169 | 71 | 0.66 | 0.4 | 5.9 | 0 | 0 | 0.25 | 0.015 | 1.5 | 0.088 | 0 | 100 | 0 | 0 | 0.37 |
| | 1 tortilla large (30 cm diameter) | 96.5 | 148 | 222 | 94 | 0.87 | 0.53 | 7.7 | 0 | 0 | 0.33 | 0.019 | 1.9 | 0.12 | 0 | 130 | 0 | 0 | 0.48 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | 0.45 | 0 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0.66 |
| | 1 small glass (280 mL, 1.0 standard drinks) | 281 | 261 | 321 | 326 | 1.12 | 0 | 1.27 | 0 | 0.14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 1.9 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 332 | 309 | 379 | 385 | 1.33 | 0 | 1.49 | 0 | 0.17 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 2.2 |
| | 1 large can (440 mL, 1.6 standard drinks) | 442 | 411 | 504 | 513 | 1.77 | 0 | 1.99 | 0 | 0.22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 2.9 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 452 | 420 | 516 | 524 | 1.81 | 0 | 2.03 | 0 | 0.23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 3 |
| | 1 large bottle (500 mL, 1.8 standard drinks) | 502 | 467 | 573 | 582 | 2.01 | 0 | 2.26 | 0 | 0.25 | 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 | 0.73 | 0 | 0.23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0.66 |
| | 1 small glass (280 mL, 1.3 standard drinks) | 283 | 258 | 407 | 414 | 1.42 | 0 | 2.07 | 0 | 0.65 | 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 | 1.67 | 0 | 2.43 | 0 | 0.77 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 2.2 |
| | 1 large can (440 mL, 2.0 standard drinks) | 444 | 404 | 638 | 650 | 2.22 | 0 | 3.24 | 0 | 1.02 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 2.9 |
| | 1 large glass (450 mL, 2.1 standard drinks) | 454 | 413 | 652 | 664 | 2.27 | 0 | 3.31 | 0 | 1.04 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 3 |
| | 1 large bottle (500 mL, 2.3 standard drinks) | 504 | 459 | 724 | 738 | 2.52 | 0 | 3.68 | 0 | 1.16 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 3.3 |
| B35 | Beer, low alcohol | 100 | 97.2 | 41 | 41 | 0.13 | 0.01 | 0.57 | 0 | 0 | 0.57 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1.3 |
| | 1 small glass (280 mL, 0.3 standard drinks) | 269 | 261 | 111 | 111 | 0.34 | 0.03 | 1.53 | 0 | 0 | 1.53 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 3.5 |
| | 1 regular bottle or can (330 mL, 0.3 standard drinks) | 317 | 308 | 131 | 131 | 0.4 | 0.03 | 1.81 | 0 | 0 | 1.81 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 4.1 |
| | 1 large can (440 mL, 0.4 standard drinks) | 422 | 410 | 174 | 174 | 0.53 | 0.04 | 2.41 | 0 | 0 | 2.41 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 5.4 |
| | 1 large glass (450 mL, 0.4 standard drinks) | 432 | 420 | 178 | 178 | 0.54 | 0.04 | 2.46 | 0 | 0 | 2.46 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 5.6 |
| | 1 large bottle (500 mL, 0.5 standard drinks) | 480 | 467 | 198 | 198 | 0.6 | 0.05 | 2.74 | 0 | 0 | 2.74 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 6.2 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|-------------------------------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| B BEVERAGES, ALCOHOLIC | | | | | | | | | | | | | | | | | | | |
| B1016 | Beer, full-strength, 5% alcohol by volume | 100 | 36 | 16 | 4 | 0 | trace | 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 | 101 | 44 | 12 | 0 | trace | 0 | 0 | 0 | 0 | 0.084 | 0.14 | 0.084 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 332 | 119 | 52 | 15 | 0 | 0.01 | 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 | 159 | 70 | 19 | 0 | 0.01 | 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 | 162 | 71 | 20 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.14 | 0.22 | 0.14 | 0 | 0 | 0 | 0 | 0 |
| | 1 large bottle (500 mL, 1.8 standard drinks) | 502 | 180 | 79 | 22 | 0 | 0.01 | 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 | 0.01 | trace | 0 | 0 | 0 | 0 | 0.03 | 0.062 | 0.03 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (280 mL, 1.3 standard drinks) | 283 | 155 | 65 | 11 | 0.02 | trace | 0 | 0 | 0 | 0 | 0.085 | 0.18 | 0.085 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle or can (330 mL, 1.5 standard drinks) | 333 | 183 | 77 | 14 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 0.1 | 0.21 | 0.1 | 0 | 0 | 0 | 0 | 0 |
| | 1 large can (440 mL, 2.0 standard drinks) | 444 | 244 | 102 | 18 | 0.03 | 0.01 | 0 | 0 | 0 | 0 | 0.13 | 0.28 | 0.13 | 0 | 0 | 0 | 0 | 0 |
| | 1 large glass (450 mL, 2.1 standard drinks) | 454 | 249 | 104 | 18 | 0.03 | 0.01 | 0 | 0 | 0 | 0 | 0.14 | 0.28 | 0.14 | 0 | 0 | 0 | 0 | 0 |
| | 1 large bottle (500 mL, 2.3 standard drinks) | 504 | 277 | 116 | 20 | 0.03 | 0.01 | 0 | 0 | 0 | 0 | 0.15 | 0.31 | 0.15 | 0 | 0 | 0 | 0 | 0 |
| B35 | Beer, low alcohol | 100 | 11 | 5 | 1 | 0 | 0 | 0.05 | 0 | 0 | 0 | 0.007 | 0.12 | 0 | 0 | 1 | 0 | 0 | 0 |
| | 1 small glass (280 mL, 0.3 standard drinks) | 269 | 29 | 13 | 4 | 0 | 0 | 0.14 | 0 | 0 | 0 | 0.019 | 0.31 | 0 | 0 | 2 | 0 | 0 | 0 |
| | 1 regular bottle or can (330 mL, 0.3 standard drinks) | 317 | 35 | 15 | 4 | 0 | 0 | 0.16 | 0 | 0 | 0 | 0.022 | 0.37 | 0 | 0 | 3 | 0 | 0 | 0 |
| | 1 large can (440 mL, 0.4 standard drinks) | 422 | 46 | 20 | 6 | 0 | 0 | 0.21 | 0 | 0 | 0 | 0.03 | 0.49 | 0 | 0 | 4 | 0 | 0 | 0 |
| | 1 large glass (450 mL, 0.4 standard drinks) | 432 | 47 | 21 | 6 | 0 | 0 | 0.22 | 0 | 0 | 0 | 0.03 | 0.5 | 0 | 0 | 4 | 0 | 0 | 0 |
| | 1 large bottle (500 mL, 0.5 standard drinks) | 480 | 52 | 23 | 7 | 0 | 0 | 0.24 | 0 | 0 | 0 | 0.034 | 0.56 | 0 | 0 | 4 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Water | Energy | Energy (NIP) | Protein | Fat | Carbohydrate, available | Dietary fibre | Sugars | Starch | SFA | MUFA | PUFA | Alpha-linolenic acid | Linoleic acid | Cholesterol | Sodium Na | Iodine I |
|--------|---|---------|-------|--------|--------------|---------|-----|-------------------------|---------------|--------|--------|-----|------|------|----------------------|---------------|-------------|-----------|----------|
| | | g | g | kJ | kJ | g | g | g | g | g | g | g | g | g | g | g | mg | mg | µg |
| B1018 | Beer, low-strength, 2.5% alcohol by volume | 100 | 94.5 | 64 | 65 | 0.2 | 0 | 0.22 | 0 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.66 |
| | 1 small glass (280 mL, 0.6 standard drinks) | 282 | 266 | 180 | 184 | 0.56 | 0 | 0.62 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 1.9 |
| | 1 regular bottle or can (330 mL, 0.7 standard drinks) | 333 | 315 | 213 | 218 | 0.67 | 0 | 0.73 | 0 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 2.2 |
| | 1 large can (440 mL, 0.9 standard drinks) | 444 | 420 | 284 | 290 | 0.89 | 0 | 0.98 | 0 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 2.9 |
| | 1 large glass (450 mL, 0.9 standard drinks) | 454 | 429 | 290 | 297 | 0.91 | 0 | 1 | 0 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 3 |
| | 1 large bottle (500 mL, 1.0 standard drink) | 504 | 476 | 322 | 329 | 1.01 | 0 | 1.11 | 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 | 0.34 | 0 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.66 |
| | 1 small glass (280 mL, 0.9 standard drinks) | 283 | 266 | 263 | 269 | 0.85 | 0 | 0.96 | 0 | 0.11 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 1.9 |
| | 1 regular bottle or can (330 mL, 1.0 standard drink) | 332 | 312 | 309 | 315 | 1 | 0 | 1.13 | 0 | 0.13 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 2.2 |
| | 1 large can (440 mL, 1.3 standard drinks) | 443 | 417 | 412 | 421 | 1.33 | 0 | 1.51 | 0 | 0.18 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 2.9 |
| | 1 large glass (450 mL, 1.4 standard drinks) | 453 | 426 | 421 | 430 | 1.36 | 0 | 1.54 | 0 | 0.18 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 3 |
| | 1 large bottle (500 mL, 1.5 standard drinks) | 503 | 473 | 468 | 478 | 1.51 | 0 | 1.71 | 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 | 5 | 0.2 |
| | 100 mL (0.4 standard drinks) | 103 | 91.2 | 204 | 204 | 0 | 0 | 5.87 | 0 | 5.87 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0.21 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 339 | 300 | 673 | 673 | 0 | 0 | 19.3 | 0 | 19.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0.68 |
| | 1 large can (440 mL, 1.6 standard drinks) | 452 | 400 | 897 | 897 | 0 | 0 | 25.8 | 0 | 25.8 | 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 | 0.31 |
| | 100 mL (0.5 standard drinks) | 102 | 87.6 | 295 | 295 | 0 | 0 | 8.16 | 0 | 8.16 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0.32 |
| | 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 | 0.79 |
| | 1 regular bottle or can (330 mL, 1.8 standard drinks) | 338 | 290 | 979 | 979 | 0 | 0 | 27 | 0 | 27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| B1018 | Beer, low-strength, 2.5% alcohol by volume | 100 | 27 | 12 | 3 | 0.01 | trace | 0 | 0 | 0 | 0 | 0.03 | 0.025 | 0.03 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (280 mL, 0.6 standard drinks) | 282 | 77 | 34 | 8 | 0.03 | 0.01 | 0 | 0 | 0 | 0 | 0.085 | 0.07 | 0.085 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle or can (330 mL, 0.7 standard drinks) | 333 | 91 | 40 | 10 | 0.03 | 0.01 | 0 | 0 | 0 | 0 | 0.1 | 0.083 | 0.1 | 0 | 0 | 0 | 0 | 0 |
| | 1 large can (440 mL, 0.9 standard drinks) | 444 | 121 | 53 | 13 | 0.04 | 0.01 | 0 | 0 | 0 | 0 | 0.13 | 0.11 | 0.13 | 0 | 0 | 0 | 0 | 0 |
| | 1 large glass (450 mL, 0.9 standard drinks) | 454 | 124 | 54 | 13 | 0.05 | 0.02 | 0 | 0 | 0 | 0 | 0.14 | 0.11 | 0.14 | 0 | 0 | 0 | 0 | 0 |
| | 1 large bottle (500 mL, 1.0 standard drink) | 504 | 138 | 60 | 15 | 0.05 | 0.02 | 0 | 0 | 0 | 0 | 0.15 | 0.13 | 0.15 | 0 | 0 | 0 | 0 | 0 |
| B1017 | Beer, mid-strength, 4% alcohol by volume | 100 | 30 | 12 | 4 | 0 | trace | 0 | 0 | 0 | 0 | 0.03 | 0.037 | 0.03 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (280 mL, 0.9 standard drinks) | 283 | 86 | 35 | 11 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.085 | 0.11 | 0.085 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle or can (330 mL, 1.0 standard drink) | 332 | 101 | 41 | 13 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.1 | 0.12 | 0.1 | 0 | 0 | 0 | 0 | 0 |
| | 1 large can (440 mL, 1.3 standard drinks) | 443 | 135 | 54 | 18 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.13 | 0.17 | 0.13 | 0 | 0 | 0 | 0 | 0 |
| | 1 large glass (450 mL, 1.4 standard drinks) | 453 | 138 | 55 | 18 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.14 | 0.17 | 0.14 | 0 | 0 | 0 | 0 | 0 |
| | 1 large bottle (500 mL, 1.5 standard drinks) | 503 | 153 | 62 | 20 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.15 | 0.19 | 0.15 | 0 | 0 | 0 | 0 | 0 |
| B1032 | Bourbon & regular cola, 5% alcohol by volume, pre-mixed | 100 | trace | 13 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.4 standard drinks) | 103 | trace | 14 | 1 | 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) | 339 | 2 | 45 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 large can (440 mL, 1.6 standard drinks) | 452 | 2 | 61 | 4 | 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 | 3 | 14 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.5 standard drinks) | 102 | 3 | 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 | 37 | 3 | 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) | 338 | 8 | 48 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| 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) | 284 | 253 | 593 | 615 | 0 | 0 | 15.9 | 0 | 15.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 |
| | 1 regular bottle (330 mL, 1.3 standard drinks) | 334 | 298 | 697 | 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) | 456 | 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 | 451 | 1060 | 1100 | 0 | 0 | 28.3 | 0 | 28.3 | 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) | 283 | 258 | 429 | 429 | 0 | 0 | 7.36 | 0 | 7.36 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1.4 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 333 | 304 | 504 | 504 | 0 | 0 | 8.66 | 0 | 8.66 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 1.7 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 454 | 414 | 688 | 688 | 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 | 7.17 | 0 | 7.17 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0.2 |
| | 1 short glass (150 mL, 1.1 standard drink) | 152 | 130 | 496 | 496 | 0 | 0 | 10.9 | 0 | 10.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0.3 |
| B17 | Port, wine, fortified | 100 | 71.1 | 672 | 672 | 0.13 | 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 | 0.13 | 0 | 12.7 | 0 | 12.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0.52 |
| | 1 average glass (150 mL, 2.5 standard drinks) | 154 | 109 | 1040 | 1040 | 0.19 | 0 | 19 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0.77 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 84.2 | 330 | 330 | 0 | 0 | 6.14 | 0 | 6.14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.08 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252 | 212 | 831 | 831 | 0 | 0 | 15.5 | 0 | 15.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0.2 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 85.2 | 296 | 296 | 0 | 0 | 6.44 | 0 | 6.44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.08 |
| | 1 short glass (150 mL, 1.0 standard drink) | 152 | 129 | 451 | 451 | 0 | 0 | 9.79 | 0 | 9.79 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.12 |
| B18 | Sherry, dry | 100 | 81 | 481 | 481 | 0.19 | 0 | 1.34 | 0 | 1.34 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0.5 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 99 | 80.2 | 476 | 476 | 0.19 | 0 | 1.33 | 0 | 1.33 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0.5 |
| | 1 average glass (150 mL, 2.3 standard drinks) | 148 | 120 | 712 | 712 | 0.28 | 0 | 1.98 | 0 | 1.98 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0.74 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| B1030 | Cider, apple, 5% alcohol by volume | 100 | 56 | 12 | 3 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0.001 | 0 | 0 | 0 | 2 | 0 | 0 |
| | 1 small glass (280 mL, 1.1 standard drinks) | 284 | 158 | 34 | 8 | 0.05 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 0 | 5.68 | 0 | 0 |
| | 1 regular bottle (330 mL, 1.3 standard drinks) | 334 | 185 | 39 | 9 | 0.06 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 0 | 6.68 | 0 | 0 |
| | 1 large glass (450 mL, 1.8 standard drinks) | 456 | 253 | 54 | 12 | 0.08 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.005 | 0 | 0 | 0 | 9.12 | 0 | 0 |
| | 1 large bottle (500 mL, 2.0 standard drinks) | 506 | 281 | 60 | 14 | 0.09 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.006 | 0 | 0 | 0 | 10.1 | 0 | 0 |
| B12 | Cider, sweet | 100 | 72 | 3 | 8 | 0.49 | 0 | 1.5 | 0 | 0 | 0 | 0 | 0.01 | 0.01 | 0 | trace | 0 | 0 | 0 |
| | 1 small glass (280 mL, 1.0 standard drinks) | 283 | 204 | 8 | 23 | 1.39 | 0 | 4.2 | 0 | 0 | 0 | 0 | 0.028 | 0.028 | 0 | trace | 0 | 0 | 0 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 333 | 240 | 10 | 27 | 1.63 | 0 | 5 | 0 | 0 | 0 | 0 | 0.033 | 0.033 | 0 | trace | 0 | 0 | 0 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 454 | 327 | 14 | 36 | 2.23 | 0 | 6.8 | 0 | 0 | 0 | 0 | 0.045 | 0.045 | 0 | trace | 0 | 0 | 0 |
| | 1 large bottle (500 mL, 1.9 standard drinks) | 505 | 364 | 15 | 40 | 2.47 | 0 | 7.6 | 0 | 0 | 0 | 0 | 0.051 | 0.051 | 0 | trace | 0 | 0 | 0 |
| B1042 | Gin & tonic water, 9% alcohol by volume, pub or home-mixed | 100 | 0 | 0 | 1 | 0.01 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 short glass (150 mL, 1.1 standard drink) | 152 | 0 | 0 | 1 | 0.01 | 0.12 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B17 | Port, wine, fortified | 100 | 97 | 12 | 4 | 0.4 | 0.27 | 0 | 0 | 0 | 0 | 0.01 | 0.06 | 0.01 | 0 | trace | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 103 | 100 | 12 | 4 | 0.41 | 0.28 | 0 | 0 | 0 | 0 | 0.01 | 0.062 | 0.01 | 0 | trace | 0 | 0 | 0 |
| | 1 average glass (150 mL, 2.5 standard drinks) | 154 | 149 | 18 | 6 | 0.62 | 0.42 | 0 | 0 | 0 | 0 | 0.015 | 0.092 | 0.015 | 0 | trace | 0 | 0 | 0 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 3 | 14 | 1 | 0.02 | 0.01 | 0 | 0 | 0 | 0.002 | 0 | 0.006 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252 | 7 | 34 | 2 | 0.04 | 0.03 | 0 | 0 | 0 | 0.005 | 0 | 0.014 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 3 | 14 | 1 | 0.01 | 0.01 | 0 | 0 | 0 | 0.001 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 short glass (150 mL, 1.0 standard drink) | 152 | 4 | 21 | 1 | 0.02 | 0.01 | 0 | 0 | 0 | 0.002 | 0 | 0.007 | 0 | 0 | 0 | 0 | 0 | 0 |
| B18 | Sherry, dry | 100 | 57 | 11 | 7 | 0.39 | 0.27 | 0 | 0 | 0 | 0 | 0.01 | 0.1 | 0.01 | 0 | trace | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 99 | 56 | 11 | 7 | 0.39 | 0.27 | 0 | 0 | 0 | 0 | 0.01 | 0.099 | 0.01 | 0 | trace | 0 | 0 | 0 |
| | 1 average glass (150 mL, 2.3 standard drinks) | 148 | 84 | 16 | 10 | 0.58 | 0.4 | 0 | 0 | 0 | 0 | 0.015 | 0.15 | 0.015 | 0 | trace | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| B20 | Sherry, sweet | 100 | 74.8 | 633 | 633 | 0.31 | 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 | 0.32 | 0 | 10.4 | 0 | 10.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 0.51 |
| | 1 average glass (150 mL, 2.4 standard drinks) | 152 | 114 | 963 | 963 | 0.48 | 0 | 15.7 | 0 | 15.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0.76 |
| 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 | 0.03 | 0 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.14 |
| | Double shot (60 mL, 1.8 standard drinks) | 57 | 38.9 | 525 | 525 | 0 | 0 | 0.06 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.29 |
| 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 | 1 | 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 | 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 | trace | 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 | 1 | 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 | trace | 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 | 1 | 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 | 0.03 | 0 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | Double shot (60 mL, 2.0 standard drinks) | 56.4 | 36 | 590 | 590 | 0 | 0 | 0.06 | 0 | 0.06 | 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 | 2.37 | 2.6 | 11.1 | 0 | 11.1 | 0 | 1.67 | 0.55 | 0.05 | 0.017 | 0.023 | 8.6 | 86 | 2.5 |
| | 100 mL (0.3 standard drinks) | 105 | 83.3 | 430 | 430 | 2.49 | 2.73 | 11.7 | 0 | 11.7 | 0 | 1.75 | 0.58 | 0.05 | 0.018 | 0.024 | 9.03 | 90 | 2.6 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 225 | 1160 | 1160 | 6.72 | 7.38 | 31.5 | 0 | 31.5 | 0 | 4.73 | 1.56 | 0.14 | 0.05 | 0.066 | 24.4 | 244 | 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 | 210 | 889 | 889 | 0 | 0 | 20.1 | 0 | 20.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 216 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| B20 | Sherry, sweet | 100 | 110 | 10 | 7 | 0.37 | 0 | 0 | 0 | 0 | 0 | 0.01 | 0.07 | 0.01 | 0 | trace | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 101 | 111 | 10 | 7 | 0.37 | 0 | 0 | 0 | 0 | 0 | 0.01 | 0.071 | 0.01 | 0 | trace | 0 | 0 | 0 |
| | 1 average glass (150 mL, 2.4 standard drinks) | 152 | 167 | 15 | 11 | 0.56 | 0 | 0 | 0 | 0 | 0 | 0.015 | 0.11 | 0.015 | 0 | trace | 0 | 0 | 0 |
| B21 | Spirit, 70 proof | 100 | 1 | 4 | 0 | 0.03 | 0.04 | 0 | 0 | 0 | 0.006 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 shot (30 mL, 0.9 standard drinks) | 28.5 | trace | 1 | 0 | 0.01 | 0.01 | 0 | 0 | 0 | 0.002 | 0 | 0.003 | 0 | 0 | 0 | 0 | 0 | 0 |
| | Double shot (60 mL, 1.8 standard drinks) | 57 | 1 | 2 | 0 | 0.02 | 0.02 | 0 | 0 | 0 | 0.003 | 0 | 0.006 | 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 | 0.12 | 0.07 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 shot (30 mL, 0.9 standard drinks) | 28.2 | 1 | 1 | 0 | 0.03 | 0.02 | 0 | 0 | 0 | 0.002 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | Double shot (60 mL, 1.9 standard drinks) | 56.4 | 1 | 3 | 0 | 0.07 | 0.04 | 0 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1011 | Spirit, vodka, 80 proof | 100 | 1 | 5 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.005 | 0.007 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 shot (30 mL, 0.9 standard drinks) | 28.2 | trace | 1 | 0 | trace | 0 | 0 | 0 | 0 | 0.001 | 0.002 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | Double shot (60 mL, 1.9 standard drinks) | 56.4 | 1 | 3 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.003 | 0.004 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1009 | Spirit, whiskey, 86 proof | 100 | 1 | 3 | 0 | 0.02 | 0.02 | 0 | 0 | 0 | 0.008 | 0.001 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 shot (30 mL, 1.0 standard drink) | 28.2 | trace | 1 | 0 | 0.01 | 0.01 | 0 | 0 | 0 | 0.002 | 0 | 0.014 | 0 | 0 | 0 | 0 | 0 | 0 |
| | Double shot (60 mL, 2.0 standard drinks) | 56.4 | 1 | 2 | 0 | 0.01 | 0.01 | 0 | 0 | 0 | 0.005 | 0.001 | 0.028 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1035 | Vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 83 | 90 | 65 | 0 | 0.22 | 0.8 | 19 | 18 | 0 | 0.14 | 0.43 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.3 standard drinks) | 105 | 87 | 95 | 68 | 0 | 0.23 | 0.84 | 20 | 18 | 0 | 0.15 | 0.45 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 236 | 256 | 185 | 0 | 0.63 | 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 | 2 | 1 | 1 | trace | 0 | 0 | 0 | 0 | 0.001 | 0.5 | 5.9 | 2 | 0.86 | 0 | 0 | 0 | 0 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252 | 4 | 3 | 1 | 0.01 | 0 | 0 | 0 | 0 | 0.003 | 1.3 | 15 | 5 | 2.2 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| B1039 | Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | 100 | 84.9 | 347 | 347 | 0 | 0 | 7.69 | 0 | 7.69 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0.15 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252 | 214 | 875 | 875 | 0 | 0 | 19.4 | 0 | 19.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 0.37 |
| B1036 | Vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 79.8 | 394 | 394 | 2.34 | 2.5 | 10.6 | 0 | 10.6 | 0 | 1.67 | 0.55 | 0.05 | 0.017 | 0.023 | 8.6 | 89 | 3 |
| | 100 mL (0.3 standard drinks) | 105 | 83.8 | 413 | 413 | 2.46 | 2.63 | 11.1 | 0 | 11.1 | 0 | 1.75 | 0.58 | 0.05 | 0.018 | 0.024 | 9.03 | 93 | 3.2 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 227 | 1120 | 1120 | 6.65 | 7.1 | 30.1 | 0 | 30.1 | 0 | 4.73 | 1.56 | 0.14 | 0.05 | 0.066 | 24.4 | 253 | 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) | 103 | 91.5 | 232 | 232 | 0 | 0 | 7.52 | 0 | 7.52 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | 0.21 |
| | 1 small can (270 mL, 1.0 standard drink) | 277 | 246 | 625 | 625 | 0 | 0 | 20.2 | 0 | 20.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 69 | 0.55 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 339 | 301 | 765 | 765 | 0 | 0 | 24.7 | 0 | 24.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 0.68 |
| 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 | 0.18 |
| | 100 mL (0.5 standard drinks) | 102 | 88.7 | 257 | 257 | 0 | 0 | 6.22 | 0 | 6.22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 0.18 |
| | 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 | 0.46 |
| | 1 regular bottle (330 mL, 1.7 standard drinks) | 335 | 291 | 843 | 843 | 0 | 0 | 20.4 | 0 | 20.4 | 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 | 332 | 0.48 | 0.08 | 6.06 | 0.2 | 6.06 | 0.01 | 0 | trace | 0 | 0 | 0 | 0 | 1 | 0.33 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252 | 209 | 833 | 838 | 1.2 | 0.2 | 15.3 | 0.5 | 15.3 | 0.02 | trace | 0.01 | trace | 0 | 0 | 0 | 3 | 0.84 |
| B1028 | Wine, red, 13.5% alcohol by volume, Pinot Noir | 100 | 86.9 | 317 | 325 | 0.2 | 0 | 0.16 | 0 | 0.16 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 86.4 | 315 | 323 | 0.2 | 0 | 0.16 | 0 | 0.16 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149 | 129 | 472 | 484 | 0.3 | 0 | 0.24 | 0 | 0.24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 |
| B1026 | Wine, red, 14% alcohol by volume, Cabernet Sauvignon | 100 | 86.1 | 329 | 336 | 0.3 | 0 | 0.22 | 0 | 0.22 | 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 | 0.22 | 0 | 0.22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1.7 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149 | 128 | 490 | 501 | 0.45 | 0 | 0.33 | 0 | 0.33 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 2.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| B1039 | Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | 100 | 4 | 2 | 1 | trace | 0 | 0 | 0 | 0 | 0.001 | 0.002 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252 | 10 | 4 | 4 | 0.01 | 0 | 0 | 0 | 0 | 0.003 | 0.004 | 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 | 0.24 | 1.4 | 19 | 18 | 0 | 0.14 | 0.43 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.3 standard drinks) | 105 | 86 | 98 | 71 | 0 | 0.25 | 1.5 | 20 | 18 | 0 | 0.15 | 0.45 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 233 | 264 | 193 | 0 | 0.68 | 4 | 54 | 50 | 0 | 0.4 | 1.2 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1034 | Vodka & non-cola flavoured soft drink, 5% alcohol by volume, pre-mixed | 100 | trace | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.4 standard drinks) | 103 | trace | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small can (270 mL, 1.0 standard drink) | 277 | 1 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 339 | 2 | 0 | 3 | 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 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL (0.5 standard drinks) | 102 | 0 | 0 | 1 | 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 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 regular bottle (330 mL, 1.7 standard drinks) | 335 | 0 | 0 | 2 | 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 | 137 | 14 | 7 | 0.06 | 0.02 | 0 | 2 | 13 | 0.071 | 0.033 | 0.092 | 0.093 | 0 | 17 | 34.3 | 0 | 0.11 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252 | 345 | 36 | 18 | 0.14 | 0.05 | 0 | 6 | 34 | 0.18 | 0.082 | 0.23 | 0.24 | 0 | 43 | 86.4 | 0 | 0.29 |
| B1028 | Wine, red, 13.5% alcohol by volume, Pinot Noir | 100 | 91 | 32 | 7 | 0.17 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 91 | 32 | 7 | 0.17 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149 | 136 | 48 | 10 | 0.26 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1026 | Wine, red, 14% alcohol by volume, Cabernet Sauvignon | 100 | 117 | 35 | 7 | 0.15 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 117 | 35 | 7 | 0.15 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149 | 175 | 52 | 11 | 0.22 | 0.11 | 0 | 0 | 0 | 0 | 0 | 0.007 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| B1027 | Wine, red, 14% alcohol by volume, Merlot | 100 | 86.3 | 329 | 336 | 0.3 | 0 | 0.36 | 0 | 0.36 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1.5 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 85.9 | 327 | 335 | 0.3 | 0 | 0.36 | 0 | 0.36 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1.5 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149 | 129 | 490 | 501 | 0.45 | 0 | 0.54 | 0 | 0.54 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 2.2 |
| B1025 | Wine, red, 14% alcohol by volume, Shiraz | 100 | 85.5 | 339 | 347 | 0.2 | 0 | 0.15 | 0 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 2.2 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 85 | 337 | 345 | 0.2 | 0 | 0.15 | 0 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 2.2 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149 | 127 | 505 | 517 | 0.3 | 0 | 0.22 | 0 | 0.22 | 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 | 0.74 | 0 | 0.74 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.5 | 87.8 | 286 | 293 | 0.2 | 0 | 0.74 | 0 | 0.74 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149 | 131 | 428 | 439 | 0.3 | 0 | 1.1 | 0 | 1.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 3 |
| B1020 | Wine, white, dry, 11% alcohol by volume, Semillon | 100 | 89.2 | 267 | 275 | 0.2 | 0 | 0.23 | 0 | 0.23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.3 | 88.6 | 265 | 273 | 0.2 | 0 | 0.23 | 0 | 0.23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 |
| | 1 average glass (150 mL, 1.3 standard drinks) | 149 | 133 | 398 | 410 | 0.3 | 0 | 0.34 | 0 | 0.34 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 |
| B1021 | Wine, white, dry, 12% alcohol by volume, Sauvignon Blanc | 100 | 88.3 | 295 | 304 | 0.2 | 0 | 0.27 | 0 | 0.27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 87.6 | 293 | 301 | 0.2 | 0 | 0.27 | 0 | 0.27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 132 | 440 | 452 | 0.3 | 0 | 0.4 | 0 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 |
| B1019 | Wine, white, dry, 13% alcohol by volume, Chardonnay | 100 | 87.7 | 307 | 314 | 0.3 | 0 | 0.27 | 0 | 0.27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 87 | 304 | 312 | 0.3 | 0 | 0.27 | 0 | 0.27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 131 | 457 | 468 | 0.45 | 0 | 0.4 | 0 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 |
| B1022 | Wine, white, medium dry, 12% alcohol by volume, Riesling | 100 | 88.5 | 289 | 298 | 0.2 | 0 | 0.43 | 0 | 0.43 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1.5 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.3 | 87.9 | 287 | 296 | 0.2 | 0 | 0.43 | 0 | 0.43 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1.5 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149 | 132 | 431 | 444 | 0.3 | 0 | 0.64 | 0 | 0.64 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 2.2 |
| B1023 | Wine, white, sparkling, 12% alcohol by volume | 100 | 88.3 | 302 | 311 | 0.2 | 0 | 0.97 | 0 | 0.97 | 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 | 0.97 | 0 | 0.97 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 132 | 450 | 464 | 0.3 | 0 | 1.45 | 0 | 1.45 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| B1027 | Wine, red, 14% alcohol by volume, Merlot | 100 | 91 | 26 | 7 | 0.17 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 90 | 26 | 7 | 0.17 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149 | 135 | 39 | 11 | 0.26 | 0.11 | 0 | 0 | 0 | 0 | 0 | 0.007 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1025 | Wine, red, 14% alcohol by volume, Shiraz | 100 | 115 | 32 | 6 | 0.18 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 114 | 32 | 6 | 0.18 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149 | 171 | 47 | 10 | 0.27 | 0.14 | 0 | 0 | 0 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1029 | Wine, rose, 12% alcohol by volume | 100 | 51 | 27 | 8 | 0.08 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.5 | 51 | 27 | 8 | 0.08 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149 | 76 | 40 | 12 | 0.12 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.006 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1020 | Wine, white, dry, 11% alcohol by volume, Semillon | 100 | 57 | 25 | 9 | 0.21 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 5.6 | 0 | 0 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.3 | 57 | 25 | 9 | 0.21 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 5.56 | 0 | 0 |
| | 1 average glass (150 mL, 1.3 standard drinks) | 149 | 85 | 37 | 14 | 0.31 | 0.11 | 0 | 0 | 0 | 0 | 0 | 0.012 | 0 | 0 | 0 | 8.34 | 0 | 0 |
| B1021 | Wine, white, dry, 12% alcohol by volume, Sauvignon Blanc | 100 | 56 | 18 | 8 | 0.09 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 56 | 18 | 8 | 0.09 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 84 | 27 | 12 | 0.13 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0.012 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1019 | Wine, white, dry, 13% alcohol by volume, Chardonnay | 100 | 52 | 25 | 7 | 0.17 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.012 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 52 | 25 | 7 | 0.17 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0.012 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 78 | 37 | 10 | 0.26 | 0.14 | 0 | 0 | 0 | 0 | 0 | 0.019 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1022 | Wine, white, medium dry, 12% alcohol by volume, Riesling | 100 | 44 | 23 | 10 | 0.08 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.3 | 44 | 23 | 10 | 0.08 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149 | 66 | 34 | 15 | 0.12 | 0.12 | 0 | 0 | 0 | 0 | 0 | 0.012 | 0 | 0 | 0 | 0 | 0 | 0 |
| B1023 | Wine, white, sparkling, 12% alcohol by volume | 100 | 35 | 20 | 7 | 0.2 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.5 | 35 | 20 | 7 | 0.19 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 53 | 30 | 10 | 0.29 | 0.12 | 0 | 0 | 0 | 0 | 0 | 0.012 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| 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) | 107 | 76.2 | 537 | 554 | 0.43 | 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) | 160 | 114 | 803 | 828 | 0.64 | 0 | 23.5 | 0 | 23.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 2.9 |
| C | BEVERAGES, NON-ALCOHOLIC | | | | | | | | | | | | | | | | | | |
| C1128 | Almond and coconut milk blend, sugar-sweetened, fortified Ca and vitamins B1, B2 & B12 | 100 | 94.6 | 109 | 112 | 0.52 | 1.6 | 2.4 | 0.4 | 2.4 | 0 | 0.3 | 0.83 | 0.41 | 0 | 0.405 | 0 | 32 | 2.5 |
| | 100 mL | 102 | 96.5 | 111 | 114 | 0.53 | 1.63 | 2.45 | 0.4 | 2.45 | 0 | 0.31 | 0.84 | 0.41 | 0 | 0.413 | 0 | 33 | 2.6 |
| C1129 | Almond and coconut milk blend, unsweetened, fortified Ca and vitamins B1, B2 & B12 | 100 | 96.9 | 76 | 79 | 0.55 | 1.8 | 0 | 0.4 | 0 | 0 | 0.3 | 0.83 | 0.41 | 0 | 0.405 | 0 | 32 | 2.5 |
| | 100 mL | 102 | 98.8 | 77 | 81 | 0.56 | 1.84 | 0 | 0.4 | 0 | 0 | 0.31 | 0.84 | 0.41 | 0 | 0.413 | 0 | 33 | 2.6 |
| C1126 | Almond milk, sugar-sweetened | 100 | 93.2 | 120 | 127 | 0.59 | 1.7 | 2.8 | 0.8 | 2.6 | 0.2 | 0.14 | 1.02 | 0.46 | 0 | 0.461 | 0 | 40 | 1.5 |
| | 100 mL | 102 | 95.1 | 123 | 129 | 0.6 | 1.73 | 2.86 | 0.8 | 2.65 | 0.2 | 0.14 | 1.04 | 0.47 | 0 | 0.47 | 0 | 41 | 1.5 |
| C1127 | Almond milk, unsweetened | 100 | 96.9 | 64 | 71 | 0.54 | 1.4 | 0.2 | 0.8 | 0 | 0.2 | 0.12 | 0.84 | 0.38 | 0 | 0.379 | 0 | 40 | 1.5 |
| | 100 mL | 102 | 98.9 | 66 | 72 | 0.56 | 1.43 | 0.2 | 0.8 | 0 | 0.2 | 0.12 | 0.85 | 0.39 | 0 | 0.387 | 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 | 9.74 | 4.91 | 0.41 | 0.03 | 0.378 | 0 | 102 | 1.4 |
| | 1 teaspoon (5 mL) | 1.9 | trace | 23 | 29 | 0.47 | 0.3 | 0.24 | 0.7 | 0.03 | 0.2 | 0.19 | 0.09 | 0.01 | 0.001 | 0.007 | 0 | 2 | 0.03 |
| C1137 | Coconut milk, sugar-sweetened, ready to drink | 100 | 93.8 | 144 | 146 | 0.28 | 2.9 | 1.9 | 0.2 | 1.9 | 0 | 2.4 | 0.24 | 0.13 | 0.013 | 0.115 | 0 | 20 | 0.83 |
| | 100 mL | 102 | 95.7 | 147 | 149 | 0.28 | 2.96 | 1.94 | 0.2 | 1.94 | 0 | 2.45 | 0.25 | 0.13 | 0.013 | 0.118 | 0 | 20 | 0.85 |
| C1136 | Coconut milk, unsweetened | 100 | 95.9 | 96 | 97 | 0.21 | 2.4 | 0.2 | 0.2 | 0.2 | 0 | 2.4 | 0.24 | 0.13 | 0.013 | 0.115 | 0 | 20 | 0.83 |
| | 100 mL | 102 | 97.8 | 98 | 99 | 0.21 | 2.45 | 0.2 | 0.2 | 0.2 | 0 | 2.45 | 0.25 | 0.13 | 0.013 | 0.118 | 0 | 20 | 0.85 |
| C1130 | Coconut water, unsweetened | 100 | 95.1 | 50 | 50 | 0.06 | 0 | 2.9 | 0 | 2.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0.61 |
| | 100 mL | 102 | 97 | 51 | 51 | 0.07 | 0 | 2.96 | 0 | 2.96 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 29 | 0.62 |
| | 1 cup (250 mL) | 254 | 241 | 128 | 128 | 0.16 | 0 | 7.37 | 0 | 7.37 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 71 | 1.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| B1024 | Wine, white, sweet, dessert, 11.5% alcohol by volume | 100 | 101 | 48 | 15 | 0.19 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0.017 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 107 | 108 | 51 | 16 | 0.2 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.018 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 160 | 162 | 76 | 24 | 0.3 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0.027 | 0 | 0 | 0 | 0 | 0 | 0 |
| C | BEVERAGES, NON-ALCOHOLIC | | | | | | | | | | | | | | | | | | |
| C1128 | Almond and coconut milk blend, sugar-sweetened, fortified Ca and vitamins B1, B2 & B12 | 100 | 20 | 64 | 120 | 0.19 | 0.07 | 0 | 0 | 0 | 0.03 | 0.23 | 0 | 0 | 0.35 | 0 | 0 | 0 | 0 |
| | 100 mL | 102 | 20 | 65 | 122 | 0.2 | 0.07 | 0 | 0 | 0 | 0.031 | 0.24 | 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 | 0.19 | 0.07 | 0 | 0 | 0 | 0.03 | 0.23 | 0 | 0 | 0.35 | 0 | 0 | 0 | 0 |
| | 100 mL | 102 | 20 | 65 | 122 | 0.2 | 0.07 | 0 | 0 | 0 | 0.031 | 0.24 | 0 | 0 | 0.36 | 0 | 0 | 0 | 0 |
| C1126 | Almond milk, sugar-sweetened | 100 | 21 | 44 | 77 | 0.1 | 0.06 | 0 | 0 | 0 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0.11 |
| | 100 mL | 102 | 21 | 45 | 79 | 0.1 | 0.06 | 0 | 0 | 0 | 0 | 0.061 | 0 | 0 | 0 | 0 | 0 | 0 | 0.11 |
| C1127 | Almond milk, unsweetened | 100 | 21 | 49 | 98 | 0.1 | 0.06 | 0 | 0 | 0 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0.11 |
| | 100 mL | 102 | 21 | 50 | 100 | 0.1 | 0.06 | 0 | 0 | 0 | 0 | 0.061 | 0 | 0 | 0 | 0 | 0 | 0 | 0.11 |
| C1036 | Baking cocoa, powder, Bournville®, Cadbury® | 100 | 2700 | 790 | 182 | 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 | 0.19 | 0.14 | 0.21 | trace | trace | 0.007 | 0.004 | 0.13 | 0.031 | 0 | 1 | 0 | 0 | 0.05 |
| C1137 | Coconut milk, sugar-sweetened, ready to drink | 100 | 33 | 46 | 90 | 0.13 | 0.04 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL | 102 | 34 | 47 | 92 | 0.13 | 0.04 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1136 | Coconut milk, unsweetened | 100 | 33 | 46 | 90 | 0.13 | 0.04 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 100 mL | 102 | 34 | 47 | 92 | 0.13 | 0.04 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1130 | Coconut water, unsweetened | 100 | 184 | 7 | 11 | 0 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0.03 | 0 | 0 | 17.1 | 0 | trace |
| | 100 mL | 102 | 188 | 7 | 11 | 0 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0.031 | 0 | 0 | 17.5 | 0 | trace |
| | 1 cup (250 mL) | 254 | 467 | 18 | 28 | 0 | 0.12 | 0 | 0 | 0 | 0 | 0 | 0 | 0.076 | 0 | 0 | 43.5 | 0 | trace |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| 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 | 0.07 | 0 | 0 | 0 | 4.49 | 720 | 39 |
| | 1 teaspoon (5 mL) | 2.3 | trace | 39 | 41 | 0.33 | 0.53 | 0.81 | 0.2 | 0.67 | 0.13 | 0.5 | trace | 0 | 0 | 0 | 0.1 | 17 | 0.9 |
| C1047 | Coffee, brewed from grounds, dripped prepared | 100 | 99.4 | 54 | 54 | 1.46 | 0.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 255 | 253 | 139 | 139 | 3.71 | 2.04 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 |
| C1046 | Coffee, brewed from grounds, plunger prepared | 100 | 99.4 | 54 | 54 | 1.46 | 0.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 255 | 253 | 139 | 139 | 3.71 | 2.04 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 |
| C1045 | Coffee, espresso, cafe variety | 100 | 96.3 | 54 | 54 | 1.46 | 0.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.1 |
| | 1 shot (30 mL) | 30 | 28.9 | 16 | 16 | 0.44 | 0.24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.03 |
| | 2 shot (55 mL) | 55 | 53 | 30 | 30 | 0.8 | 0.44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.06 |
| | 1 cup short black cafe size (70 mL) | 70 | 67.4 | 38 | 38 | 1.02 | 0.56 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.07 |
| | 1 cup short black takeaway size (90 mL) | 90 | 86.7 | 49 | 49 | 1.31 | 0.72 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.09 |
| C10006 | Coffee, flat white, double shot & milk standard, regular takeaway cup (285 mL) | 100 | 90 | 210 | 210 | 3.03 | 2.74 | 3.34 | 0 | 3.34 | 0 | 1.5 | 0.51 | 0.07 | 0.014 | 0.022 | 7.68 | 26 | 5.7 |
| | 1 cup regular takeaway size (285 mL) | 245 | 220 | 513 | 513 | 7.42 | 6.71 | 8.17 | 0 | 8.17 | 0 | 3.67 | 1.26 | 0.17 | 0.035 | 0.055 | 18.8 | 63 | 14 |
| C1048 | Coffee, instant, caffeinated, dry powder with water | 100 | 99.3 | 3 | 5 | 0.16 | 0.01 | trace | 0.2 | 0 | trace | trace | trace | trace | 0 | 0.003 | 0 | 1 | 0.27 |
| | 1 cup (250 mL) | 250 | 248 | 8 | 11 | 0.41 | 0.02 | 0.01 | 0.5 | 0 | 0.01 | 0.01 | trace | 0.01 | 0 | 0.007 | 0 | 3 | 0.66 |
| C10001 | Coffee, instant, caffeinated, dry powder with water & milk standard | 100 | 97.8 | 34 | 36 | 0.59 | 0.41 | 0.53 | 0.2 | 0.53 | trace | 0.24 | 0.08 | 0.01 | 0.002 | 0.006 | 1.21 | 5 | 1.2 |
| | 1 cup (250 mL) | 250 | 245 | 86 | 89 | 1.48 | 1.03 | 1.33 | 0.5 | 1.32 | 0.01 | 0.6 | 0.2 | 0.03 | 0.006 | 0.015 | 3.04 | 13 | 2.9 |
| C10003 | Coffee, instant, caffeinated, dry powder with water & milk trim | 100 | 98.1 | 22 | 23 | 0.7 | 0.03 | 0.53 | 0.2 | 0.53 | trace | 0.01 | trace | trace | 0 | 0.003 | 0.56 | 5 | 1.2 |
| | 1 cup (250 mL) | 250 | 245 | 54 | 58 | 1.74 | 0.06 | 1.33 | 0.5 | 1.32 | 0.01 | 0.03 | 0.01 | 0.01 | 0 | 0.007 | 1.41 | 14 | 2.9 |
| C1043 | Coffee, instant, decaffeinated, dry powder | 100 | 3.3 | 426 | 630 | 22.5 | 1 | 0.4 | 25.5 | 0 | 0.4 | 0.41 | 0.1 | 0.41 | 0.011 | 0.402 | 0 | 40 | 3.7 |
| | 1 teaspoon (5 mL) | 1.7 | 0.1 | 7 | 11 | 0.38 | 0.02 | 0.01 | 0.4 | 0 | 0.01 | 0.01 | trace | 0.01 | 0 | 0.007 | 0 | 1 | 0.06 |
| C1042 | Coffee, instant, dry powder | 100 | 3.2 | 422 | 626 | 22.5 | 0.9 | 0.4 | 25.5 | 0 | 0.4 | 0.37 | 0.09 | 0.37 | 0.01 | 0.362 | 0 | 40 | 3.7 |
| | 1 teaspoon (5 mL) | 1.8 | 0.1 | 8 | 11 | 0.4 | 0.02 | 0.01 | 0.5 | 0 | 0.01 | 0.01 | trace | 0.01 | 0 | 0.007 | 0 | 1 | 0.07 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C1044 | Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe® | 100 | 1390 | 610 | 400 | 0.13 | 1.29 | 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 | trace | 0.03 | 0.09 | trace | trace | 0.003 | 0.02 | 0.22 | 0.077 | 0.01 | 1 | 0 | 0 | trace |
| C1047 | Coffee, brewed from grounds, dripped prepared | 100 | 48 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 0 | 0 | 0 | 0.18 |
| | 1 cup (250 mL) | 255 | 122 | 6 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.011 | 0 | 0 | 0 | 0 | 0 | 0.45 |
| C1046 | Coffee, brewed from grounds, plunger prepared | 100 | 46 | 3 | 1 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 0 | 0 | 0 | 0.18 |
| | 1 cup (250 mL) | 255 | 117 | 6 | 3 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0.011 | 0 | 0 | 0 | 0 | 0 | 0.45 |
| C1045 | Coffee, espresso, cafe variety | 100 | 470 | 24 | 9 | 0.09 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 0 | 0 | 0 | 0.18 |
| | 1 shot (30 mL) | 30 | 141 | 7 | 3 | 0.03 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0.001 | 0 | 0 | 0 | 0 | 0 | 0.05 |
| | 2 shot (55 mL) | 55 | 259 | 13 | 5 | 0.05 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0.002 | 0 | 0 | 0 | 0 | 0 | 0.1 |
| | 1 cup short black cafe size (70 mL) | 70 | 329 | 17 | 6 | 0.07 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 0 | 0 | 0 | 0.12 |
| | 1 cup short black takeaway size (90 mL) | 90 | 423 | 22 | 8 | 0.09 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 0 | 0 | 0 | 0.16 |
| C10006 | Coffee, flat white, double shot & milk standard, regular takeaway cup (285 mL) | 100 | 226 | 77 | 91 | 0.02 | 0.28 | 1.3 | 32 | 20 | 0.029 | 0.2 | 0.76 | 0.037 | 0.18 | 9 | 0 | 0 | 0.04 |
| | 1 cup regular takeaway size (285 mL) | 245 | 553 | 188 | 224 | 0.05 | 0.68 | 3.2 | 79 | 50 | 0.072 | 0.49 | 1.9 | 0.09 | 0.45 | 23 | 0 | 0 | 0.1 |
| C1048 | Coffee, instant, caffeinated, dry powder with water | 100 | 28 | 2 | 3 | 0.03 | trace | 0 | 0 | 0 | 0 | 0.001 | 0.32 | 0.19 | 0 | 0 | 0 | 0 | trace |
| | 1 cup (250 mL) | 250 | 69 | 6 | 7 | 0.06 | 0.01 | 0 | 0 | 0 | 0 | 0.001 | 0.81 | 0.47 | 0 | 0 | 0 | 0 | trace |
| C10001 | Coffee, instant, caffeinated, dry powder with water & milk standard | 100 | 46 | 14 | 17 | 0.03 | 0.04 | 0.21 | 5 | 3 | 0.005 | 0.032 | 0.44 | 0.2 | 0.03 | 2 | 0 | 0 | trace |
| | 1 cup (250 mL) | 250 | 116 | 34 | 42 | 0.06 | 0.11 | 0.52 | 13 | 8 | 0.012 | 0.081 | 1.1 | 0.49 | 0.08 | 4 | 0 | 0 | trace |
| C10003 | Coffee, instant, caffeinated, dry powder with water & milk trim | 100 | 48 | 15 | 19 | 0.03 | 0.06 | 0.26 | 0 | 0 | 0.005 | 0.032 | 0.44 | 0.2 | 0.04 | 3 | 0 | 0 | trace |
| | 1 cup (250 mL) | 250 | 119 | 38 | 47 | 0.06 | 0.15 | 0.64 | 0 | 0 | 0.012 | 0.081 | 1.1 | 0.49 | 0.11 | 7 | 0 | 0 | trace |
| C1043 | Coffee, instant, decaffeinated, dry powder | 100 | 0 | 340 | 140 | 3.5 | 0.33 | 0 | 0 | 0 | 0 | 0.08 | 44 | 26 | 0 | 0 | 0 | 0 | 0.13 |
| | 1 teaspoon (5 mL) | 1.7 | 0 | 6 | 2 | 0.06 | 0.01 | 0 | 0 | 0 | 0 | 0.001 | 0.76 | 0.44 | 0 | 0 | 0 | 0 | trace |
| C1042 | Coffee, instant, dry powder | 100 | 3500 | 340 | 140 | 3.5 | 0.33 | 0 | 0 | 0 | 0 | 0.08 | 45 | 26 | 0 | 0 | 0 | 0 | 0.13 |
| | 1 teaspoon (5 mL) | 1.8 | 63 | 6 | 3 | 0.06 | 0.01 | 0 | 0 | 0 | 0 | 0.001 | 0.8 | 0.47 | 0 | 0 | 0 | 0 | trace |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| C10013 | Coffee, latte, double shot & milk standard, large cafe cup (300 mL) | 100 | 90.2 | 204 | 204 | 2.98 | 2.67 | 3.22 | 0 | 3.22 | 0 | 1.45 | 0.5 | 0.07 | 0.014 | 0.021 | 7.41 | 25 | 5.5 |
| | 1 cup large cafe size (300 mL) | 219 | 198 | 447 | 447 | 6.52 | 5.86 | 7.05 | 0 | 7.05 | 0 | 3.17 | 1.08 | 0.15 | 0.03 | 0.047 | 16.2 | 54 | 12 |
| C10017 | Coffee, latte, double shot & milk trim, large cafe cup (300 mL) | 100 | 91.6 | 128 | 128 | 3.61 | 0.31 | 3.22 | 0 | 3.22 | 0 | 0.07 | 0.02 | trace | 0.001 | 0.001 | 3.45 | 26 | 5.4 |
| | 1 cup large cafe size (300 mL) | 219 | 201 | 280 | 280 | 7.9 | 0.69 | 7.05 | 0 | 7.05 | 0 | 0.15 | 0.05 | trace | 0.002 | 0.002 | 7.54 | 57 | 12 |
| C1092 | Coffee, long black, double shot, 150 mL, cafe variety | 100 | 98.6 | 20 | 20 | 0.53 | 0.29 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.19 |
| | 1 cup small cafe size (150 mL) | 150 | 148 | 30 | 30 | 0.8 | 0.44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.28 |
| C1055 | Coffee, long black, double shot, 285 mL, cafe variety | 100 | 99.3 | 10 | 10 | 0.28 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.21 |
| | 1 cup regular takeaway size (285 mL) | 285 | 283 | 30 | 30 | 0.8 | 0.44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0.61 |
| C10029 | Coffee, mochaccino, double shot & milk standard, large cafe cup (300 mL) | 100 | 88.4 | 225 | 231 | 3.43 | 2.94 | 3.41 | 0.8 | 3.19 | 0.22 | 1.62 | 0.58 | 0.07 | 0.014 | 0.029 | 7.26 | 26 | 5.4 |
| | 1 cup large cafe size (300 mL) | 224 | 198 | 504 | 518 | 7.67 | 6.58 | 7.63 | 1.8 | 7.14 | 0.48 | 3.62 | 1.31 | 0.17 | 0.032 | 0.064 | 16.3 | 59 | 12 |
| C10033 | Coffee, mochaccino, double shot & milk trim, large cafe cup (300 mL) | 100 | 89.8 | 150 | 156 | 4.04 | 0.63 | 3.41 | 0.8 | 3.19 | 0.22 | 0.26 | 0.12 | 0.01 | 0.001 | 0.008 | 3.38 | 28 | 5.4 |
| | 1 cup large cafe size (300 mL) | 224 | 201 | 335 | 350 | 9.06 | 1.4 | 7.63 | 1.8 | 7.14 | 0.48 | 0.59 | 0.27 | 0.02 | 0.003 | 0.019 | 7.56 | 62 | 12 |
| C1030 | Energy drink, assorted flavours, V™, Frucor, fortified vitamins B2, B3, B5, B6 & B12 | 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 | 227 | 452 | 452 | 0 | 0 | 26.6 | 0 | 26.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 284 | 0 |
| C1031 | Energy drink, sugar free, V™, Frucor, fortified vitamins B2, B3, B5, B6 & B12 | 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 | 292 | 0 |
| C74 | Energy food drink, dry powder, Chocolate, Nesquik®, Nestlé® | 100 | 0.6 | 1530 | 1530 | 1.06 | 0.17 | 88.3 | 0 | 82.3 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 |
| | 1 teaspoon (5 mL) | 2.65 | trace | 40 | 40 | 0.03 | trace | 2.34 | 0 | 2.18 | 0.16 | 0 | 0 | 0 | 0 | 0 | 0 | trace | 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 | 8.07 | 0.74 | 0.07 | 0.009 | 0.062 | 8.56 | 1470 | 92 |
| | 1 teaspoon (5 mL) | 2.03 | 0.1 | 27 | 29 | 0.34 | 0.19 | 0.86 | 0.2 | 0.73 | 0.13 | 0.16 | 0.02 | trace | 0 | 0.001 | 0.17 | 30 | 1.9 |
| C1037 | Energy food drink, dry powder, Drinking Chocolate, Cadbury | 100 | 0.9 | 1630 | 1680 | 5.17 | 2.5 | 85.1 | 6.3 | 80.4 | 4.7 | 1.33 | 0.61 | 0.08 | 0.007 | 0.076 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 3.05 | trace | 50 | 51 | 0.16 | 0.08 | 2.6 | 0.2 | 2.45 | 0.14 | 0.04 | 0.02 | trace | 0 | 0.002 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C10013 | Coffee, latte, double shot & milk standard, large cafe cup (300 mL) | 100 | 234 | 75 | 88 | 0.02 | 0.27 | 1.3 | 31 | 20 | 0.028 | 0.2 | 0.73 | 0.036 | 0.18 | 9 | 0 | 0 | 0.04 |
| | 1 cup large cafe size (300 mL) | 219 | 513 | 164 | 194 | 0.05 | 0.59 | 2.8 | 68 | 43 | 0.062 | 0.43 | 1.6 | 0.078 | 0.39 | 20 | 0 | 0 | 0.1 |
| C10017 | Coffee, latte, double shot & milk trim, large cafe cup (300 mL) | 100 | 242 | 83 | 100 | 0.02 | 0.36 | 1.6 | 0 | 0 | 0.028 | 0.2 | 0.72 | 0.036 | 0.26 | 16 | 0 | 0 | 0.04 |
| | 1 cup large cafe size (300 mL) | 219 | 529 | 182 | 218 | 0.05 | 0.79 | 3.4 | 0 | 0 | 0.062 | 0.43 | 1.6 | 0.078 | 0.56 | 35 | 0 | 0 | 0.1 |
| C1092 | Coffee, long black, double shot, 150 mL, cafe variety | 100 | 174 | 9 | 5 | 0.03 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0.002 | 0 | 0 | 0 | 0 | 0 | 0.06 |
| | 1 cup small cafe size (150 mL) | 150 | 261 | 13 | 7 | 0.05 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0.002 | 0 | 0 | 0 | 0 | 0 | 0.1 |
| C1055 | Coffee, long black, double shot, 285 mL, cafe variety | 100 | 93 | 5 | 3 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0.001 | 0 | 0 | 0 | 0 | 0 | 0.03 |
| | 1 cup regular takeaway size (285 mL) | 285 | 264 | 13 | 9 | 0.05 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0.002 | 0 | 0 | 0 | 0 | 0 | 0.1 |
| C10029 | Coffee, mochaccino, double shot & milk standard, large cafe cup (300 mL) | 100 | 284 | 89 | 90 | 0.22 | 0.42 | 1.5 | 30 | 20 | 0.036 | 0.2 | 0.85 | 0.067 | 0.17 | 10 | 0 | 0 | 0.1 |
| | 1 cup large cafe size (300 mL) | 224 | 636 | 200 | 202 | 0.49 | 0.93 | 3.3 | 68 | 44 | 0.08 | 0.44 | 1.9 | 0.15 | 0.39 | 23 | 0 | 0 | 0.21 |
| C10033 | Coffee, mochaccino, double shot & milk trim, large cafe cup (300 mL) | 100 | 291 | 97 | 101 | 0.22 | 0.5 | 1.8 | trace | trace | 0.036 | 0.2 | 0.84 | 0.067 | 0.25 | 17 | 0 | 0 | 0.1 |
| | 1 cup large cafe size (300 mL) | 224 | 652 | 218 | 227 | 0.49 | 1.13 | 3.9 | trace | 1 | 0.08 | 0.44 | 1.9 | 0.15 | 0.56 | 38 | 0 | 0 | 0.21 |
| C1030 | Energy drink, assorted flavours, V™, Frucor, fortified vitamins B2, B3, B5, B6 & B12 | 100 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.64 | 7.6 | 2.6 | 1.1 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 258 | 5 | 0 | 2 | 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 vitamins B2, B3, B5, B6 & B12 | 100 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.64 | 7.6 | 2.6 | 1.1 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 265 | 5 | 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®, Nestlé® | 100 | 2 | 2 | 2 | 0.03 | 0 | 0 | 0 | 0 | 0.02 | 0.2 | 0.3 | 0.03 | 0 | 3 | 0 | 0 | 0.15 |
| | 1 teaspoon (5 mL) | 2.65 | trace | trace | trace | trace | 0 | 0 | 0 | 0 | 0.001 | 0.005 | 0.008 | 0.001 | 0 | trace | 0 | 0 | trace |
| C1038 | Energy food drink, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrow | 100 | 2200 | 1510 | 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) | 2.03 | 45 | 31 | 19 | 0.18 | 0.05 | 0.1 | trace | trace | 0.005 | 0.029 | 0.092 | 0.037 | 0.02 | 1 | 0 | 0 | 0.01 |
| C1037 | Energy food drink, dry powder, Drinking Chocolate, Cadbury | 100 | 850 | 173 | 44 | 2.7 | 1.71 | 2 | 1 | 7 | 0.14 | 0.06 | 0.39 | 0.43 | 0 | 29 | 0 | 0 | 0.43 |
| | 1 teaspoon (5 mL) | 3.05 | 26 | 5 | 1 | 0.08 | 0.05 | 0.06 | trace | trace | 0.004 | 0.002 | 0.012 | 0.013 | 0 | 1 | 0 | 0 | 0.01 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| C138 | Flavoured drink, assorted fruit flavours, dry powder, Vitafresh™, Hansells, fortified vitamin C | 100 | 1.2 | 1600 | 1650 | 0.06 | 0.62 | 92.8 | 0.2 | 92.8 | 0 | 0.09 | 0.27 | 0.23 | | | 0 | 187 | 1.5 |
| | 1 tablespoon (15 mL) | 20 | 0.2 | 320 | 331 | 0.01 | 0.12 | 18.6 | trace | 18.6 | 0 | 0.02 | 0.05 | 0.05 | | | 0 | 37 | 0.3 |
| C99 | Flavoured drink, dry powder, assorted flavours, Raro® | 100 | 1.2 | 1600 | 1660 | 0.06 | 0.62 | 92.8 | 0.3 | 92.8 | 0 | 0.09 | 0.27 | 0.23 | | | 0 | 187 | 0.07 |
| | 1 tablespoon (15 mL) | 13.5 | 0.2 | 216 | 223 | 0.01 | 0.08 | 12.5 | trace | 12.5 | 0 | 0.01 | 0.04 | 0.03 | | | 0 | 25 | 0.01 |
| C58 | Flavoured drink, lemon & barley, dry powder with water | 100 | 90.5 | 158 | 163 | 0.03 | 0.14 | 8.97 | 0 | 8.82 | 0.15 | 0.02 | 0.06 | 0.05 | | | 0 | 17 | 0.07 |
| | 1 cup (250 mL) | 259 | 234 | 410 | 423 | 0.08 | 0.36 | 23.2 | 0 | 22.8 | 0.39 | 0.05 | 0.16 | 0.14 | | | 0 | 44 | 0.18 |
| 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 | 0.78 | 29.9 | 0 | 29.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 42 | 0.52 |
| C1103 | Fruit drink orange, sweetened, fortified vitamin C | 100 | 88.9 | 118 | 118 | 0.25 | 0.1 | 6.5 | 0 | 6.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 |
| | 1 cup (250 mL) | 256 | 228 | 303 | 303 | 0.64 | 0.26 | 16.6 | 0 | 16.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 2.6 |
| C1108 | Fruit drink, blackcurrant, sweetened, fortified vitamin C | 100 | 92.4 | 150 | 150 | 0.25 | 0 | 8.6 | 0 | 8.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0.81 |
| | 1 cup (250 mL) | 257 | 237 | 387 | 387 | 0.64 | 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 | 0.19 |
| | 1 cup (250 mL) | 258 | 230 | 412 | 412 | 0 | 0 | 24.3 | 0 | 24.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 0.49 |
| 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 | 0.19 |
| | 1 cup (250 mL) | 248 | 246 | 25 | 25 | 0 | 0 | 1.49 | 0 | 1.49 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0.47 |
| C1168 | Fruit drink, from apple juice, sugar-sweetened, shelf-stable, fortified vitamin C | 100 | 90 | 150 | 150 | 0.03 | 0 | 8.8 | trace | 8.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0.76 |
| | 1 cup (250 mL) | 255 | 229 | 383 | 383 | 0.06 | 0 | 22.4 | 0.1 | 22.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 1.9 |
| C1169 | Fruit drink, from apple juice, sweetened with intensive sweetener, shelf-stable, ready to drink | 100 | 94.9 | 68 | 69 | 0.03 | 0 | 4 | trace | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0.76 |
| | 1 cup (250 mL) | 252 | 239 | 172 | 173 | 0.06 | 0 | 10.1 | 0.1 | 10.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 1.9 |
| C1102 | Fruit drink, orange, unsweetened, fortified vitamin C | 100 | 92.9 | 59 | 59 | 0.25 | 0.1 | 3 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 |
| | 1 cup (250 mL) | 254 | 236 | 150 | 150 | 0.64 | 0.25 | 7.62 | 0 | 7.62 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 2.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C138 | Flavoured drink, assorted fruit flavours, dry powder, Vitafresh™, Hansells, fortified vitamin C | 100 | 3 | 16 | 39 | 0.2 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 208 | 0 | 0 |
| | 1 tablespoon (15 mL) | 20 | 1 | 3 | 8 | 0.04 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 41.6 | 0 | 0 |
| C99 | Flavoured drink, dry powder, assorted flavours, Raro® | 100 | 3 | 16 | 39 | 0.2 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 140 | 0 | 0 |
| | 1 tablespoon (15 mL) | 13.5 | trace | 2 | 5 | 0.03 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18.9 | 0 | 0 |
| C58 | Flavoured drink, lemon & barley, dry powder with water | 100 | 3 | 2 | 6 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0.01 | 0 | 0 | trace | 26 | 0 | 0 |
| | 1 cup (250 mL) | 259 | 6 | 5 | 16 | 0.05 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0.026 | 0 | 0 | trace | 67.3 | 0 | 0 |
| C47 | Flavoured drink, orange | 100 | 1 | 0 | 1 | 0 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| | 1 cup (250 mL) | 260 | 3 | 0 | 3 | 0 | 0.13 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2.6 | 0 | 0 |
| C1103 | Fruit drink orange, sweetened, fortified vitamin C | 100 | 104 | 7 | 5 | 0 | 0.01 | 0 | 1 | 4 | 0.05 | 0.02 | 0.051 | 0.05 | 0 | 0 | 47.2 | 0 | 0 |
| | 1 cup (250 mL) | 256 | 266 | 17 | 12 | 0 | 0.03 | 0 | 2 | 10 | 0.13 | 0.051 | 0.13 | 0.13 | 0 | 0 | 121 | 0 | 0 |
| C1108 | Fruit drink, blackcurrant, sweetened, fortified vitamin C | 100 | 16 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0.051 | 0 | 0 | 0 | 58.6 | 0 | 0 |
| | 1 cup (250 mL) | 257 | 40 | 3 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0.051 | 0.13 | 0 | 0 | 0 | 150 | 0 | 0 |
| C1105 | Fruit drink, cranberry, sweetened, fortified vitamin C | 100 | 15 | 1 | 2 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 0 | 0 | 21.7 | 0 | 0 |
| | 1 cup (250 mL) | 258 | 39 | 2 | 4 | 0 | 0.03 | 0 | 0 | 0 | 0 | 0.052 | 0 | 0 | 0 | 0 | 55.9 | 0 | 0 |
| C1106 | Fruit drink, cranberry, unsweetened | 100 | 15 | 1 | 2 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 248 | 37 | 2 | 4 | 0 | 0.03 | 0 | 0 | 0 | 0 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1168 | Fruit drink, from apple juice, sugar-sweetened, shelf-stable, fortified vitamin C | 100 | 59 | 3 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0.02 | 0 | 2 | 62.4 | 0 | 0 |
| | 1 cup (250 mL) | 255 | 150 | 7 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0.051 | 0 | 0.051 | 0 | 4 | 159 | 0 | 0 |
| C1169 | Fruit drink, from apple juice, sweetened with intensive sweetener, shelf-stable, ready to drink | 100 | 59 | 3 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0.02 | 0 | 2 | 1.43 | 0 | 0 |
| | 1 cup (250 mL) | 252 | 149 | 7 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0.05 | 0 | 0.05 | 0 | 4 | 3.6 | 0 | 0 |
| C1102 | Fruit drink, orange, unsweetened, fortified vitamin C | 100 | 104 | 7 | 5 | 0 | 0.01 | 0 | 1 | 4 | 0.05 | 0.02 | 0.051 | 0.05 | 0 | 0 | 41.1 | 0 | 0 |
| | 1 cup (250 mL) | 254 | 264 | 17 | 11 | 0 | 0.03 | 0 | 2 | 10 | 0.13 | 0.051 | 0.13 | 0.13 | 0 | 0 | 104 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| C1028 | Juice concentrate, blackcurrant, frozen | 100 | 40.6 | 611 | 636 | 1.88 | 0.5 | 33 | 3.1 | 33 | 0 | 0.04 | 0.09 | 0.01 | 0 | 0.007 | 0 | 18 | 1.8 |
| | 1 tablespoon (15 mL) | 19.2 | 7.8 | 117 | 122 | 0.36 | 0.1 | 6.34 | 0.6 | 6.34 | 0 | 0.01 | 0.02 | trace | 0 | 0.001 | 0 | 3 | 0.35 |
| C1140 | Juice concentrate, blackcurrant, reduced sugar, fortified vitamin C | 100 | 67.9 | 468 | 468 | 0.11 | 0.1 | 27.2 | 0 | 27.2 | 0 | 0.01 | trace | 0.15 | 0.001 | 0.001 | 0 | 45 | 0.5 |
| | 1 tablespoon (15 mL) | 17.2 | 11.7 | 80 | 80 | 0.02 | 0.02 | 4.68 | 0 | 4.68 | 0 | trace | trace | 0.03 | 0 | 0 | 0 | 8 | 0.09 |
| C1132 | Juice concentrate, blackcurrant, sugar-sweetened, fortified vitamin C | 100 | 46.3 | 843 | 843 | 0.03 | 0.2 | 49.1 | 0 | 49.1 | 0 | 0.01 | trace | 0.15 | 0.001 | 0.001 | 0 | 45 | 0.5 |
| | 1 tablespoon (15 mL) | 18.8 | 8.7 | 158 | 158 | trace | 0.04 | 9.23 | 0 | 9.23 | 0 | trace | trace | 0.03 | 0 | 0 | 0 | 8 | 0.09 |
| C1141 | Juice concentrate, lemon or lime, reduced sugar, fortified vitamin C | 100 | 75 | 382 | 382 | 0.12 | 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 | 0.02 | 0.04 | 3.79 | 0 | 3.79 | 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 | 0.12 | 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 | 0.02 | 0.03 | 7.51 | 0 | 7.51 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 0 |
| C55 | Juice concentrate, orange | 100 | 59.1 | 641 | 741 | 0.06 | 1.62 | 34.1 | 0.4 | 34.1 | 0 | 0.31 | 0.47 | 0.52 | | | 0 | 34 | 0.94 |
| | 1 tablespoon (15 mL) | 16.9 | 10 | 108 | 125 | 0.01 | 0.27 | 5.76 | 0.1 | 5.76 | 0 | 0.05 | 0.08 | 0.09 | | | 0 | 6 | 0.16 |
| C1167 | Juice, apple, unsweetened, shelf-stable, fortified vitamin C | 100 | 89.3 | 164 | 164 | 0.13 | 0 | 9.5 | trace | 9.5 | 0 | 0.01 | trace | 0.01 | 0.001 | 0.005 | 0 | 2 | 0.55 |
| | 1 cup (250 mL) | 255 | 228 | 417 | 418 | 0.32 | 0 | 24.2 | 0.1 | 24.2 | 0 | 0.02 | trace | 0.02 | 0.002 | 0.012 | 0 | 5 | 1.4 |
| C1165 | Juice, apple, with apple pulp, unsweetened, refrigerated, ready to drink, fortified vitamin C | 100 | 88.8 | 165 | 166 | 0.13 | 0 | 9.6 | trace | 9.6 | 0 | 0.01 | trace | 0.01 | 0.001 | 0.005 | 0 | 2 | 0.55 |
| | 1 cup (250 mL) | 258 | 229 | 427 | 428 | 0.32 | 0 | 24.8 | 0.1 | 24.8 | 0 | 0.02 | trace | 0.02 | 0.002 | 0.013 | 0 | 5 | 1.4 |
| C26 | Juice, grape | 100 | 88.9 | 206 | 208 | 0.13 | 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 | 0.33 | 0.27 | 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 | 0.31 | 0.2 | 7.9 | 0.1 | 7.9 | 0 | 0.04 | 0.04 | 0.08 | | | 0 | 3 | 0.94 |
| | 1 cup (250 mL) | 256 | 230 | 376 | 378 | 0.8 | 0.51 | 20.2 | 0.3 | 20.2 | 0 | 0.11 | 0.11 | 0.19 | | | 0 | 8 | 2.4 |
| C38 | Juice, orange with apple base, Just Juice®, fortified vitamin C | 100 | 88.2 | 183 | 186 | 0.31 | 0.03 | 10.4 | 0.3 | 10.4 | 0 | 0.01 | trace | 0.01 | | | 0 | 3 | 0.89 |
| | 1 cup (250 mL) | 262 | 231 | 480 | 486 | 0.82 | 0.08 | 27.2 | 0.8 | 27.2 | 0 | 0.02 | 0.01 | 0.03 | | | 0 | 8 | 2.3 |
| C1100 | Juice, orange, sweetened, fortified vitamin C | 100 | 87.8 | 147 | 149 | 0.63 | 0.1 | 7.81 | 0.3 | 7.8 | 0.01 | 0.02 | 0.36 | 0.02 | 0.004 | 0.014 | 0 | 2 | 0.43 |
| | 1 cup (250 mL) | 258 | 227 | 380 | 385 | 1.61 | 0.26 | 20.2 | 0.7 | 20.1 | 0.03 | 0.05 | 0.92 | 0.05 | 0.01 | 0.037 | 0 | 4 | 1.1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C1028 | Juice concentrate, blackcurrant, frozen | 100 | 1280 | 131 | 121 | 2.2 | 0.64 | 0 | 1 | 5 | 0.03 | 0.08 | 3.8 | 0.9 | 0 | 82 | 478 | 0 | 0 |
| | 1 tablespoon (15 mL) | 19.2 | 246 | 25 | 23 | 0.42 | 0.12 | 0 | trace | 1 | 0.006 | 0.015 | 0.72 | 0.17 | 0 | 16 | 91.8 | 0 | 0 |
| C1140 | Juice concentrate, blackcurrant, reduced sugar, fortified vitamin C | 100 | 88 | 8 | 10 | 0.13 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 211 | 0 | trace |
| | 1 tablespoon (15 mL) | 17.2 | 15 | 1 | 2 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 36.3 | 0 | 0 |
| C1132 | Juice concentrate, blackcurrant, sugar-sweetened, fortified vitamin C | 100 | 88 | 8 | 10 | 0.13 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 295 | 0 | trace |
| | 1 tablespoon (15 mL) | 18.8 | 17 | 2 | 2 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 55.5 | 0 | 0 |
| C1141 | Juice concentrate, lemon or lime, reduced sugar, fortified vitamin C | 100 | 29 | 4 | 4 | 0 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 279 | 0 | 0 |
| | 1 tablespoon (15 mL) | 17.3 | 5 | 1 | 1 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 48.3 | 0 | 0 |
| C1133 | Juice concentrate, lemon or lime, sugar-sweetened, fortified vitamin C | 100 | 29 | 4 | 4 | 0 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0 | 279 | 0 | 0 |
| | 1 tablespoon (15 mL) | 16.4 | 5 | 1 | 1 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.003 | 0 | 0 | 45.8 | 0 | 0 |
| C55 | Juice concentrate, orange | 100 | 1 | 0 | 1 | 0.01 | trace | 0.9 | 1 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 |
| | 1 tablespoon (15 mL) | 16.9 | trace | 0 | trace | trace | trace | 0.15 | trace | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.68 | 0 | 0 |
| C1167 | Juice, apple, unsweetened, shelf-stable, fortified vitamin C | 100 | 99 | 7 | 3 | 0 | 0.02 | 0 | 0 | 0 | 0 | 0.03 | 0 | 0.05 | 0 | 3 | 45.7 | 0 | 0 |
| | 1 cup (250 mL) | 255 | 252 | 19 | 6 | 0 | 0.05 | 0 | 0 | 0 | 0 | 0.076 | 0 | 0.13 | 0 | 8 | 117 | 0 | 0 |
| C1165 | Juice, apple, with apple pulp, unsweetened, refrigerated, ready to drink, fortified vitamin C | 100 | 99 | 7 | 3 | 0 | 0.02 | 0 | 0 | 0 | 0 | 0.03 | 0 | 0.05 | 0 | 3 | 56.7 | 0 | 0 |
| | 1 cup (250 mL) | 258 | 255 | 19 | 6 | 0 | 0.05 | 0 | 0 | 0 | 0 | 0.077 | 0 | 0.13 | 0 | 9 | 146 | 0 | 0 |
| C26 | Juice, grape | 100 | 63 | 8 | 6 | 0.15 | 0 | 0 | 0 | 0 | 0.009 | 0.009 | 1.2 | 0.02 | 0 | 1 | 27 | 0 | 0 |
| | 1 cup (250 mL) | 266 | 168 | 21 | 16 | 0.4 | 0 | 0 | 0 | 0 | 0.024 | 0.024 | 3.2 | 0.053 | 0 | 2 | 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 | 282 | 31 | 23 | 0.77 | 1.02 | 0.26 | trace | 3 | 0.1 | 0.026 | 0.6 | 0.026 | 0 | 15 | 71.7 | 0 | 0.46 |
| C38 | Juice, orange with apple base, Just Juice®, fortified vitamin C | 100 | 81 | 8 | 4 | 0.07 | 0.04 | 0.1 | 1 | 7 | 0.013 | 0 | 0.14 | 0.03 | 0 | 10 | 35 | 0 | 0.07 |
| | 1 cup (250 mL) | 262 | 212 | 21 | 10 | 0.18 | 0.11 | 0.26 | 3 | 18 | 0.034 | 0 | 0.37 | 0.079 | 0 | 26 | 91.7 | 0 | 0.18 |
| C1100 | Juice, orange, sweetened, fortified vitamin C | 100 | 176 | 17 | 9 | 0.07 | 0.03 | 0 | 3 | 17 | 0.09 | 0.04 | 0.12 | 0.12 | 0 | 22 | 44.2 | 0 | 0.15 |
| | 1 cup (250 mL) | 258 | 454 | 44 | 23 | 0.18 | 0.07 | 0 | 7 | 44 | 0.23 | 0.1 | 0.31 | 0.31 | 0 | 57 | 114 | 0 | 0.38 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| C1099 | Juice, orange, unsweetened, fortified vitamin C | 100 | 89.3 | 133 | 136 | 0.63 | 0.1 | 7.01 | 0.3 | 7 | 0.01 | 0.02 | 0.36 | 0.02 | 0.004 | 0.014 | 0 | 2 | 0.43 |
| | 1 cup (250 mL) | 255 | 228 | 340 | 346 | 1.59 | 0.26 | 17.9 | 0.7 | 17.9 | 0.03 | 0.04 | 0.91 | 0.05 | 0.01 | 0.037 | 0 | 4 | 1.1 |
| C1098 | Juice, orange, unsweetened, shelf-stable or refrigerated, Arano | 100 | 90.2 | 113 | 115 | 0.63 | 0.1 | 5.81 | 0.3 | 5.8 | 0.01 | 0.02 | 0.36 | 0.02 | 0.004 | 0.014 | 0 | 2 | 0.43 |
| | 1 cup (250 mL) | 257 | 232 | 291 | 296 | 1.61 | 0.26 | 14.9 | 0.7 | 14.9 | 0.03 | 0.05 | 0.91 | 0.05 | 0.01 | 0.037 | 0 | 4 | 1.1 |
| C16 | Juice, tomato, McCoy™ | 100 | 92.3 | 95 | 99 | 0.94 | 0.12 | 4.4 | 0.5 | 4.4 | 0 | 0.02 | 0.02 | 0.06 | | | 0 | 93 | 0.58 |
| | 1 cup (250 mL) | 257 | 237 | 245 | 255 | 2.41 | 0.31 | 11.3 | 1.3 | 11.3 | 0 | 0.05 | 0.05 | 0.14 | | | 0 | 239 | 1.5 |
| C1026 | Kava, prepared | 100 | 99 | 18 | 18 | 0.07 | 0.1 | 0.8 | 0 | 0 | 0.8 | 0.02 | trace | 0.01 | 0 | 0.005 | 0 | 3 | 0 |
| | 1 cup (250 mL) | 244 | 242 | 45 | 45 | 0.16 | 0.24 | 1.95 | 0 | 0 | 1.95 | 0.06 | 0.01 | 0.02 | 0 | 0.013 | 0 | 7 | 0 |
| C1097 | Liquid breakfast, assorted flavours, Fast Start™, Anchor™, fortified vitamins A, B1, B2, B3, B6, B12, D & folate | 100 | 78.1 | 327 | 335 | 5 | 2 | 14 | 0.9 | 7.3 | 2.6 | 1.17 | 0.47 | 0.07 | 0.013 | 0.032 | 6.93 | 57 | 5.8 |
| | 1 cup (250 mL) | 268 | 209 | 877 | 897 | 13.4 | 5.36 | 37.5 | 2.4 | 19.6 | 6.97 | 3.13 | 1.27 | 0.18 | 0.035 | 0.086 | 18.6 | 153 | 16 |
| C1094 | Liquid breakfast, assorted flavours, Up&Go™, Sanitarium™, fortified vitamins A, B1, B2, B3, B6, B12, B6, C & folate | 100 | 82.1 | 264 | 268 | 3.15 | 1.7 | 11.8 | 0.5 | 6.9 | 1.8 | 0.57 | 0.52 | 0.43 | 0.04 | 0.382 | 3.36 | 58 | 12 |
| | 1 cup (250 mL) | 267 | 219 | 706 | 717 | 8.42 | 4.54 | 31.5 | 1.3 | 18.4 | 4.81 | 1.52 | 1.39 | 1.16 | 0.107 | 1.02 | 8.97 | 155 | 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 | 4.49 | 3.76 | 0.92 | 0.023 | 0.892 | 10 | 110 | 30 |
| | 1 teaspoon (5 mL) | 2.3 | trace | 32 | 33 | 0.27 | 0.21 | 1.72 | 0.1 | 1.1 | 0.05 | 0.1 | 0.09 | 0.02 | 0.001 | 0.021 | 0.23 | 3 | 0.69 |
| C1125 | Oat milk, unsweetened | 100 | 86.8 | 114 | 117 | 0.69 | 1.2 | 12.9 | 0.4 | 1.5 | 1.9 | 0.01 | 0.03 | 0.01 | 0 | 0.013 | 0 | 44 | 0.31 |
| | 1 cup (250 mL) | 261 | 226 | 297 | 306 | 1.8 | 3.13 | 33.7 | 1 | 3.92 | 4.96 | 0.02 | 0.07 | 0.04 | 0.001 | 0.033 | 0 | 115 | 0.81 |
| C1017 | Probiotic drink, assorted flavours, Activate® Body Boost Shots, Meadow Fresh, fortified vitamins A, B1, B3, B5, B6, C & E, & Zn | 100 | 89 | 184 | 184 | 1.1 | 0.8 | 8 | 0 | 6 | 2 | 0.6 | 0.08 | 0.08 | | | 3.3 | 16 | 5.8 |
| | 100 mL | 103 | 91.7 | 190 | 190 | 1.13 | 0.82 | 8.24 | 0 | 6.18 | 2.06 | 0.62 | 0.08 | 0.08 | | | 3.4 | 17 | 6 |
| C1006 | Rice milk, Get Natural®, fortified Ca & P | 100 | 88.1 | 89 | 89 | 0.12 | 0.5 | 4 | 0.1 | 3 | 1 | 0.07 | 0.24 | 0.12 | 0.037 | 0.081 | 0 | 86 | 0.94 |
| | 1 cup (250 mL) | 275 | 242 | 244 | 246 | 0.33 | 1.39 | 11 | 0.3 | 8.25 | 2.75 | 0.19 | 0.65 | 0.33 | 0.101 | 0.221 | 0 | 237 | 2.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C1099 | Juice, orange, unsweetened, fortified vitamin C | 100 | 176 | 17 | 9 | 0.07 | 0.03 | 0 | 3 | 17 | 0.09 | 0.04 | 0.12 | 0.12 | 0 | 22 | 68 | 0 | 0.15 |
| | 1 cup (250 mL) | 255 | 449 | 43 | 23 | 0.18 | 0.07 | 0 | 7 | 44 | 0.23 | 0.1 | 0.3 | 0.31 | 0 | 56 | 173 | 0 | 0.38 |
| C1098 | Juice, orange, unsweetened, shelf-stable or refrigerated, Arano | 100 | 176 | 17 | 9 | 0.07 | 0.03 | 0 | 3 | 17 | 0.09 | 0.04 | 0.12 | 0.12 | 0 | 22 | 37.2 | 0 | 0.15 |
| | 1 cup (250 mL) | 257 | 452 | 43 | 23 | 0.18 | 0.07 | 0 | 7 | 44 | 0.23 | 0.1 | 0.31 | 0.31 | 0 | 57 | 95.6 | 0 | 0.38 |
| C16 | Juice, tomato, McCoy™ | 100 | 55 | 20 | 8 | 0.27 | 0.13 | 0.17 | 50 | 297 | 0.025 | 0.025 | 2.5 | 0.1 | 0 | 19 | 35 | 0 | 0.86 |
| | 1 cup (250 mL) | 257 | 141 | 51 | 21 | 0.69 | 0.33 | 0.44 | 127 | 763 | 0.064 | 0.064 | 6.5 | 0.26 | 0 | 49 | 90 | 0 | 2.2 |
| C1026 | Kava, prepared | 100 | 63 | 2 | 5 | 0.38 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0.012 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 244 | 154 | 5 | 11 | 0.93 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0.029 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1097 | Liquid breakfast, assorted flavours, Fast Start™, Anchor™, fortified vitamins A, B1, B2, B3, B6, B12, D & folate | 100 | 157 | 154 | 163 | 0.13 | 0.71 | 1.2 | 42 | 7 | 0.24 | 0.5 | 2.8 | 0.35 | 0.42 | 87 | 0 | 0.43 | 0.12 |
| | 1 cup (250 mL) | 268 | 421 | 413 | 437 | 0.35 | 1.9 | 3.2 | 114 | 20 | 0.64 | 1.3 | 7.4 | 0.94 | 1.1 | 230 | 0 | 1.2 | 0.33 |
| C1094 | Liquid breakfast, assorted flavours, Up&Go™, Sanitarium™, fortified vitamins A, B1, B2, B3, B6, B12, B6, C & folate | 100 | 190 | 131 | 167 | 0.36 | 0.29 | 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) | 267 | 507 | 350 | 446 | 0.96 | 0.77 | 4.8 | 144 | 19 | 0.53 | 1.2 | 6.9 | 1.7 | 1.8 | 200 | 7.21 | 3 | 1.3 |
| C1124 | Milo® powder, fortified vitamins B2, B3, B6, B12, C & D, Ca, Fe and P | 100 | 1090 | 760 | 1050 | 22 | 1.79 | 6 | 11 | 10 | 0.23 | 2.2 | 21 | 3.1 | 3.8 | 69 | 55.8 | 21 | 0.92 |
| | 1 teaspoon (5 mL) | 2.3 | 25 | 17 | 24 | 0.51 | 0.04 | 0.14 | trace | trace | 0.005 | 0.051 | 0.48 | 0.071 | 0.09 | 2 | 1.28 | 0.48 | 0.02 |
| C1125 | Oat milk, unsweetened | 100 | 45 | 41 | 45 | 0.1 | 0.05 | 0.6 | 0 | 0 | 0.03 | 0.29 | 0 | 0 | 0 | 0 | 0 | 0 | 0.16 |
| | 1 cup (250 mL) | 261 | 117 | 107 | 117 | 0.26 | 0.13 | 1.6 | 0 | 0 | 0.078 | 0.76 | 0 | 0 | 0 | 0 | 0 | 0 | 0.43 |
| C1017 | Probiotic drink, assorted flavours, Activate® Body Boost Shots, Meadow Fresh, fortified vitamins A, B1, B3, B5, B6, C & E, & Zn | 100 | 153 | 106 | 138 | 0 | 3 | 1 | 188 | 2 | 0.3 | 0.24 | 0.18 | 0.4 | 0.32 | 5 | 10 | 0 | 2.5 |
| | 100 mL | 103 | 158 | 109 | 142 | 0 | 3.09 | 1 | 194 | 2 | 0.31 | 0.25 | 0.19 | 0.41 | 0.33 | 5 | 10.3 | 0 | 2.6 |
| C1006 | Rice milk, Get Natural®, fortified Ca & P | 100 | 23 | 25 | 48 | 0.02 | 0.01 | 0.1 | 2 | 0 | 0.05 | 0.005 | 0.005 | 0.07 | 0 | 20 | 0 | 0 | 0.11 |
| | 1 cup (250 mL) | 275 | 63 | 69 | 132 | 0.06 | 0.03 | 0.28 | 4 | 0 | 0.14 | 0.014 | 0.014 | 0.19 | 0 | 55 | 0 | 0 | 0.29 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| C1007 | Rice milk, Organic Rice Lactose Free Drink Original, Signature Range | 100 | 87.8 | 163 | 164 | 0.43 | 1.1 | 6.75 | 0.1 | 4.85 | 1.9 | 0.15 | 0.52 | 0.26 | 0.08 | 0.176 | 0 | 61 | 0.29 |
| | 1 cup (250 mL) | 268 | 235 | 436 | 439 | 1.16 | 2.95 | 18.1 | 0.3 | 13 | 5.09 | 0.4 | 1.39 | 0.7 | 0.215 | 0.471 | 0 | 163 | 0.78 |
| C1002 | Rice milk, Original Calcium Enriched, Vitasoy®, fortified Ca & P | 100 | 89.1 | 190 | 191 | 0.36 | 1.04 | 8.55 | 0.1 | 5.45 | 3.1 | 0.12 | 0.25 | 0.52 | 0.006 | 0.51 | 0 | 64 | 0.79 |
| | 1 cup (250 mL) | 270 | 241 | 513 | 515 | 0.98 | 2.81 | 23.1 | 0.3 | 14.7 | 8.37 | 0.31 | 0.67 | 1.39 | 0.017 | 1.38 | 0 | 173 | 2.1 |
| C1001 | Rice milk, Original Lactose Free Beverage Low Fat & Natural, Rice Dream™ | 100 | 89 | 128 | 129 | 0.13 | 0.81 | 5.65 | 0.1 | 4.25 | 1.4 | 0.31 | 0.11 | 0.13 | 0.004 | 0.113 | 0 | 36 | 0.59 |
| | 1 cup (250 mL) | 262 | 233 | 336 | 338 | 0.34 | 2.13 | 14.8 | 0.3 | 11.1 | 3.67 | 0.82 | 0.29 | 0.34 | 0.011 | 0.295 | 0 | 94 | 1.5 |
| C1003 | Rice milk, Protein & Calcium Enriched, Vitasoy®, fortified Ca & P | 100 | 87 | 173 | 174 | 1.49 | 1.09 | 6.3 | 0.1 | 5.8 | 0.5 | 0.13 | 0.22 | 0.57 | 0.013 | 0.555 | 0 | 61 | 0.6 |
| | 1 cup (250 mL) | 268 | 233 | 463 | 465 | 3.99 | 2.92 | 16.9 | 0.3 | 15.5 | 1.34 | 0.35 | 0.59 | 1.52 | 0.035 | 1.49 | 0 | 163 | 1.6 |
| C1004 | Rice milk, Rice Drink Original, Rice Dream™, fortified vitamins A, D & B12, Ca & P | 100 | 88.8 | 128 | 129 | 0.11 | 0.81 | 5.65 | 0.1 | 4.25 | 1.4 | 0.31 | 0.11 | 0.13 | 0.004 | 0.113 | 0 | 36 | 0.59 |
| | 1 cup (250 mL) | 270 | 240 | 346 | 348 | 0.31 | 2.2 | 15.3 | 0.3 | 11.5 | 3.78 | 0.85 | 0.3 | 0.35 | 0.011 | 0.305 | 0 | 97 | 1.6 |
| C1005 | Rice milk, Rice Drink Vanilla, Rice Dream™, fortified vitamins A, D & B12, Ca & P | 100 | 87.9 | 129 | 130 | 0.17 | 0.81 | 5.65 | 0.1 | 4.25 | 1.4 | 0.31 | 0.11 | 0.13 | 0.004 | 0.113 | 0 | 36 | 0.59 |
| | 1 cup (250 mL) | 270 | 237 | 348 | 350 | 0.45 | 2.2 | 15.3 | 0.3 | 11.5 | 3.78 | 0.85 | 0.3 | 0.35 | 0.011 | 0.305 | 0 | 97 | 1.6 |
| C1023 | Smoothie, Feijoa Smoothie, Simply Squeezed®, fortified vitamins A, C, E & folate, & Ca | 100 | 85.9 | 199 | 206 | 0.17 | 0.13 | 11.3 | 0.8 | 11.2 | 0.05 | 0.03 | 0.03 | 0.03 | 0.012 | 0.012 | 0 | 2 | 0.32 |
| | 1 cup (250 mL) | 272 | 234 | 542 | 560 | 0.45 | 0.35 | 30.7 | 2.2 | 30.5 | 0.14 | 0.07 | 0.07 | 0.08 | 0.033 | 0.034 | 0 | 6 | 0.87 |
| C1022 | Smoothie, berry, fortified vitamin C | 100 | 86.1 | 202 | 209 | 0.53 | 0.27 | 10.8 | 0.9 | 10.4 | 0.4 | 0.05 | 0.05 | 0.06 | 0.025 | 0.025 | 0 | 2 | 0.1 |
| | 1 cup (250 mL) | 275 | 237 | 557 | 576 | 1.45 | 0.73 | 29.7 | 2.4 | 28.6 | 1.1 | 0.14 | 0.15 | 0.16 | 0.068 | 0.07 | 0 | 6 | 0.28 |
| 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 | 0.16 |
| | 1 cup (250 mL) | 259 | 241 | 269 | 269 | 0 | 0 | 15.8 | 0 | 15.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0.41 |
| 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 | 2 | 0 |
| | 1 cup (250 mL) | 252 | 251 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 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 | 2 | 0 |
| | 1 cup (250 mL) | 253 | 241 | 189 | 189 | 0 | 0 | 11.1 | 0 | 11.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C1007 | Rice milk, Organic Rice Lactose Free Drink Original, Signature Range | 100 | 30 | 20 | 1 | 0.03 | 0.09 | 0.23 | 2 | 0 | 0.05 | 0.005 | 0.005 | 0.07 | 0 | 20 | 0 | 0 | 0.11 |
| | 1 cup (250 mL) | 268 | 80 | 54 | 2 | 0.09 | 0.24 | 0.62 | 4 | 0 | 0.13 | 0.013 | 0.013 | 0.19 | 0 | 54 | 0 | 0 | 0.29 |
| C1002 | Rice milk, Original Calcium Enriched, Vitasoy®, fortified Ca & P | 100 | 27 | 41 | 54 | 0.05 | 0.03 | 0.42 | 2 | 0 | 0.05 | 0.005 | 0.005 | 0.07 | 0 | 20 | 0 | 0 | 0.26 |
| | 1 cup (250 mL) | 270 | 73 | 111 | 146 | 0.14 | 0.09 | 1.1 | 4 | 0 | 0.14 | 0.013 | 0.013 | 0.19 | 0 | 54 | 0 | 0 | 0.69 |
| C1001 | Rice milk, Original Lactose Free Beverage Low Fat & Natural, Rice Dream™ | 100 | 18 | 8 | 7 | 0.04 | 0.08 | 0.1 | 2 | 0 | 0.05 | 0.005 | 0.005 | 0.07 | 0 | 20 | 0 | 0 | 0.26 |
| | 1 cup (250 mL) | 262 | 47 | 22 | 18 | 0.1 | 0.22 | 0.26 | 4 | 0 | 0.13 | 0.013 | 0.013 | 0.18 | 0 | 52 | 0 | 0 | 0.67 |
| C1003 | Rice milk, Protein & Calcium Enriched, Vitasoy®, fortified Ca & P | 100 | 75 | 63 | 67 | 0.17 | 0.13 | 0.81 | 2 | 0 | 0.07 | 0.02 | 4.7 | 0.08 | 0 | 20 | 0 | 0 | 0.35 |
| | 1 cup (250 mL) | 268 | 201 | 169 | 180 | 0.46 | 0.35 | 2.2 | 4 | 0 | 0.19 | 0.054 | 13 | 0.21 | 0 | 54 | 0 | 0 | 0.95 |
| C1004 | Rice milk, Rice Drink Original, Rice Dream™, fortified vitamins A, D & B12, Ca & P | 100 | 18 | 54 | 110 | 0.04 | 0.08 | 0.1 | 41 | 0 | 0.05 | 0.005 | 0.005 | 0.07 | 0.8 | 20 | 0 | 1 | 0.26 |
| | 1 cup (250 mL) | 270 | 49 | 146 | 297 | 0.1 | 0.22 | 0.27 | 109 | 0 | 0.14 | 0.013 | 0.013 | 0.19 | 2.2 | 54 | 0 | 2.8 | 0.69 |
| C1005 | Rice milk, Rice Drink Vanilla, Rice Dream™, fortified vitamins A, D & B12, Ca & P | 100 | 18 | 54 | 110 | 0.04 | 0.08 | 0.1 | 41 | 0 | 0.05 | 0.005 | 0.005 | 0.07 | 0.77 | 20 | 0 | 1 | 0.26 |
| | 1 cup (250 mL) | 270 | 49 | 146 | 297 | 0.1 | 0.22 | 0.27 | 109 | 0 | 0.14 | 0.013 | 0.013 | 0.19 | 2.1 | 54 | 0 | 2.8 | 0.69 |
| C1023 | Smoothie, Feijoa Smoothie, Simply Squeezed®, fortified vitamins A, C, E & folate, & Ca | 100 | 62 | 4 | 28 | 0.05 | 0.02 | 0.2 | 35 | 0 | 0.005 | 0.03 | 0.11 | 0.03 | 0 | 79 | 34.4 | 0 | 0.75 |
| | 1 cup (250 mL) | 272 | 169 | 10 | 76 | 0.13 | 0.05 | 0.54 | 94 | 0 | 0.014 | 0.082 | 0.29 | 0.082 | 0 | 220 | 93.6 | 0 | 2.1 |
| C1022 | Smoothie, berry, fortified vitamin C | 100 | 180 | 14 | 8 | 0.17 | 0.07 | 0.2 | 2 | 14 | 0.005 | 0.04 | 0.11 | 0.13 | 0 | 45 | 50.3 | 0 | 0.18 |
| | 1 cup (250 mL) | 275 | 495 | 39 | 21 | 0.47 | 0.19 | 0.55 | 6 | 39 | 0.014 | 0.11 | 0.29 | 0.36 | 0 | 120 | 138 | 0 | 0.5 |
| C1120 | Soft drink, assorted fruit flavours, reduced sugar | 100 | 5 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 259 | 13 | 2 | 3 | 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 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 252 | 45 | 3 | 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 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 253 | 45 | 3 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| 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 | 2 | 0 |
| | 1 cup (250 mL) | 257 | 238 | 310 | 310 | 0 | 0 | 18.2 | 0 | 18.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 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 | 0.16 |
| | 1 cup (250 mL) | 259 | 229 | 431 | 431 | 0 | 0 | 25.4 | 0 | 25.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0.41 |
| 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) | 252 | 252 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.25 |
| 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 | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.25 |
| 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 | 0.19 |
| | 1 cup (250 mL) | 252 | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0.48 |
| 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 | 0.19 |
| | 1 cup (250 mL) | 257 | 232 | 433 | 433 | 0 | 0 | 25.4 | 0 | 25.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0.49 |
| 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 | 241 | 280 | 280 | 0 | 0 | 16.4 | 0 | 16.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.26 |
| 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) | 254 | 228 | 341 | 341 | 0 | 0 | 20.1 | 0 | 20.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.25 |
| 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) | 251 | 249 | 26 | 26 | 0 | 0 | 1.51 | 0 | 1.51 | 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) | 251 | 239 | 222 | 222 | 0 | 0 | 13.1 | 0 | 13.1 | 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) | 258 | 232 | 421 | 421 | 0 | 0 | 24.8 | 0 | 24.8 | 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 | 0.19 |
| | 1 cup (250 mL) | 256 | 237 | 305 | 305 | 0 | 0 | 17.9 | 0 | 17.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0.49 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C1121 | Soft drink, assorted tea flavours, sugar-sweetened | 100 | 18 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 257 | 46 | 3 | 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 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 259 | 13 | 2 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1115 | Soft drink, carbonated, cola flavour, artificially sweetened, caffeinated | 100 | 3 | 16 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 252 | 7 | 41 | 2 | 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 | 3 | 16 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250 | 7 | 41 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1118 | Soft drink, carbonated, lemon flavour, artificially sweetened | 100 | 5 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 252 | 13 | 2 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1116 | Soft drink, carbonated, lemon flavour, sugar-sweetened | 100 | 5 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 257 | 13 | 2 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1114 | Soft drink, cola flavour, reduced sugar, caffeinated | 100 | 3 | 16 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 257 | 7 | 42 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1112 | Soft drink, cola flavour, sugar-sweetened, caffeinated | 100 | 3 | 16 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 254 | 7 | 42 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1135 | Soft drink, ginger beer, artificially sweetened, diet | 100 | 8 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 251 | 19 | 3 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1158 | Soft drink, ginger beer, reduced sugar | 100 | 8 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 251 | 19 | 3 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1134 | Soft drink, ginger beer, sugar-sweetened | 100 | 8 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 258 | 20 | 3 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1117 | Soft drink, lemon flavour, reduced sugar | 100 | 5 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 256 | 13 | 2 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| 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 | 0.24 |
| | 1 cup (250 mL) | 258 | 235 | 386 | 386 | 0 | 0 | 22.7 | 0 | 22.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0.62 |
| C166 | Soy drink, soy milk, So Good™ Essential, Sanitarium™, fortified vitamins A, B1, B2, B3, B6, B12, E & folate, Ca, Fe, Mg & P | 100 | 88.2 | 210 | 212 | 2.79 | 2.26 | 4.63 | 0.3 | 1.96 | 2.67 | 0.28 | 0.43 | 1.44 | 0.303 | | 0 | 32 | 2 |
| | 1 cup (250 mL) | 260 | 229 | 546 | 552 | 7.26 | 5.88 | 12 | 0.8 | 5.1 | 6.94 | 0.73 | 1.11 | 3.75 | 0.788 | | 0 | 83 | 5.2 |
| C30 | Soy milk, So Good™ Lite Soy Milk, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 90 | 171 | 177 | 2.91 | 1.59 | 3.67 | 0.8 | 1.83 | 1.84 | 0.25 | 0.53 | 0.73 | 0.024 | | 0 | 43 | 2 |
| | 1 cup (250 mL) | 260 | 234 | 444 | 460 | 7.56 | 4.13 | 9.54 | 2.1 | 4.76 | 4.78 | 0.64 | 1.38 | 1.91 | 0.063 | | 0 | 112 | 5.2 |
| C29 | Soy milk, So Good™ Regular Soy Milk, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 87.8 | 244 | 250 | 2.62 | 3.7 | 3.66 | 0.8 | 1.83 | 1.83 | 0.38 | 1.11 | 2 | 0.028 | | 0 | 43 | 2 |
| | 1 cup (250 mL) | 255 | 224 | 621 | 638 | 6.69 | 9.44 | 9.33 | 2 | 4.67 | 4.67 | 0.96 | 2.83 | 5.1 | 0.07 | | 0 | 110 | 5.1 |
| C92 | Soy milk, So Good™, Vanilla Flavoured, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 84.2 | 311 | 318 | 2.39 | 4.23 | 6.7 | 0.8 | 4.57 | 2.13 | 0.42 | 0.88 | 2.73 | 0.02 | | 0 | 43 | 2 |
| | 1 cup (250 mL) | 255 | 215 | 793 | 810 | 6.11 | 10.8 | 17.1 | 2 | 11.7 | 5.43 | 1.08 | 2.24 | 6.95 | 0.051 | | 0 | 110 | 5.1 |
| C1034 | Sports drink, assorted flavours, Isopower, Low Carb, Mizone®, fortified vitamins B3, B5, B6, B12 & C | 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 | 8.67 | 0 | 8.67 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 61 | 0 |
| C1033 | Sports drink, assorted flavours, Isopower, Mizone®, Frucor, fortified vitamins B3, B5, B6 & B12 | 100 | 97.2 | 102 | 102 | 0 | 0 | 6 | 0 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0 |
| | 1 cup (250 mL) | 257 | 250 | 262 | 262 | 0 | 0 | 15.4 | 0 | 15.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 72 | 0 |
| C18 | Sports drink, flavoured, Lucozade | 100 | 81.7 | 238 | 238 | 0 | 0 | 14 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 29 | 0.07 |
| | 1 cup (250 mL) | 265 | 217 | 631 | 631 | 0 | 0 | 37.1 | 0 | 37.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 77 | 0.19 |
| C86 | Sports drink, ready to drink, Gatorade® | 100 | 93 | 122 | 122 | 0.06 | 0.35 | 6.36 | 0 | 6.36 | 0 | 0 | 0 | 0 | | | 0 | 45 | 0.07 |
| | 1 cup (250 mL) | 256 | 238 | 313 | 313 | 0.16 | 0.9 | 16.3 | 0 | 16.3 | 0 | 0 | 0 | 0 | | | 0 | 115 | 0.18 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C81 | Soft drink, soda water | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C79 | Soft drink, tonic water | 100 | 0 | 0 | 1 | 0.01 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 258 | 0 | 0 | 3 | 0.03 | 0.26 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C166 | Soy drink, soy milk, So Good™ Essential, Sanitarium™, fortified vitamins A, B1, B2, B3, B6, B12, E & folate, Ca, Fe, Mg & P | 100 | 139 | 104 | 127 | 1.23 | 0.11 | 1.4 | 29 | 0 | 0.09 | 0.16 | 1.1 | 0.21 | 0.17 | 170 | 0 | 0 | 0.85 |
| | 1 cup (250 mL) | 260 | 361 | 270 | 330 | 3.2 | 0.29 | 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 vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 226 | 112 | 114 | 0.45 | 0.13 | 1.4 | 36 | 0 | 0.09 | 0.14 | 1.1 | 0.06 | 0.4 | 21 | 0 | 0 | 0.3 |
| | 1 cup (250 mL) | 260 | 588 | 291 | 296 | 1.17 | 0.34 | 3.6 | 94 | 0 | 0.23 | 0.36 | 2.9 | 0.16 | 1 | 55 | 0 | 0 | 0.79 |
| C29 | Soy milk, So Good™ Regular Soy Milk, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 226 | 112 | 114 | 0.45 | 0.13 | 1.4 | 36 | 0 | 0.1 | 0.14 | 1.1 | 0.06 | 0.36 | 21 | 0 | 0 | 1.9 |
| | 1 cup (250 mL) | 255 | 576 | 286 | 291 | 1.15 | 0.33 | 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 vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 226 | 112 | 114 | 0.45 | 0.13 | 1.4 | 36 | 0 | 0.08 | 0.14 | 1 | 0.06 | 0.5 | 21 | 0 | 0 | 1.9 |
| | 1 cup (250 mL) | 255 | 576 | 286 | 291 | 1.15 | 0.33 | 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 vitamins B3, B5, B6, B12 & C | 100 | 6 | 2 | trace | 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 | 1 | 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 vitamins B3, B5, B6 & B12 | 100 | 6 | 2 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.1 | 0.24 | 0.22 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 257 | 15 | 5 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2.9 | 0.62 | 0.57 | 0 | 0 | 0 | 0 |
| C18 | Sports drink, flavoured, Lucozade | 100 | 1 | 4 | 5 | 0.1 | 0 | 0 | 139 | 835 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 0 |
| | 1 cup (250 mL) | 265 | 3 | 11 | 13 | 0.27 | 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 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 256 | 26 | 0 | 6 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| C1032 | Sports water, assorted flavours, Mizone®, Frucor, fortified vitamins B3, B5, B6, B12 & C | 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, black, brewed | 100 | 99.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 255 | 255 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 |
| C1041 | Tea, black, decaffeinated, brewed | 100 | 99.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 255 | 255 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 |
| C1163 | Tea, fermented (Kombucha), with intense sweetener, ready to drink | 100 | 98 | 15 | 15 | 0.03 | 0 | 0.5 | 0 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1.1 |
| | 1 cup (250 mL) | 248 | 243 | 38 | 38 | 0.06 | 0 | 1.24 | 0 | 1.24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 2.6 |
| C1161 | Tea, fermented (kombucha), with cane sugar, ready to drink | 100 | 96.7 | 85 | 85 | 0.03 | 0 | 3.1 | 0 | 3.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1.1 |
| | 1 cup (250 mL) | 248 | 240 | 212 | 212 | 0.06 | 0 | 7.69 | 0 | 7.69 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 2.6 |
| C1162 | Tea, fermented (kombucha), with fruit juices, ready to drink | 100 | 97.5 | 66 | 66 | 0.03 | 0 | 2.7 | 0 | 2.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.21 |
| | 1 cup (250 mL) | 247 | 241 | 162 | 162 | 0.06 | 0 | 6.67 | 0 | 6.67 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0.52 |
| C1039 | Tea, green, brewed | 100 | 99.8 | 1 | 1 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.1 |
| | 1 cup (250 mL) | 253 | 253 | 2 | 2 | 0.11 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.25 |
| C76 | Tea, herbal, brewed | 100 | 99.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.06 |
| | 1 cup (250 mL) | 250 | 249 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.15 |
| C41 | Water, bottled, New Zealand | 100 | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.24 |
| | 1 cup (250 mL) | 250 | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0.6 |
| C40 | Water, tap | 100 | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.24 |
| | 1 cup (250 mL) | 250 | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0.6 |
| D | BREAKFAST CEREALS | | | | | | | | | | | | | | | | | | |
| D1046 | All Bran® Original, Kellogg's®, fortified vitamins B1, B2 & folate | 100 | 2.2 | 1090 | 1320 | 13.6 | 3.3 | 62.3 | 28.8 | 18.2 | 25.1 | 0.51 | 0.48 | 1.64 | 0.124 | 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 | 0.41 | 0.38 | 1.29 | 0.098 | 1.18 | 0 | 260 | 5.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| C1032 | Sports water, assorted flavours, Mizone®, Frucor, fortified vitamins B3, B5, B6, B12 & C | 100 | 6 | 2 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.1 | 0.24 | 0.22 | 0 | 35.6 | 0 | 0 |
| | 1 cup (250 mL) | 260 | 15 | 5 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.62 | 0.57 | 0 | 92.4 | 0 | 0 |
| C1040 | Tea, black, brewed | 100 | 18 | 1 | 1 | 0.01 | 0.02 | 0 | 0 | 0 | 0 | 0 | 1.7 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 255 | 45 | 3 | 2 | 0.03 | 0.04 | 0 | 0 | 0 | 0 | 0 | 4.4 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1041 | Tea, black, decaffeinated, brewed | 100 | 0 | 1 | 1 | 0.01 | 0.02 | 0 | 0 | 0 | 1 | 0 | 1.7 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 255 | 0 | 3 | 2 | 0.03 | 0.04 | 0 | 0 | 0 | 2.6 | 0 | 4.4 | 0 | 0 | 0 | 0 | 0 | 0 |
| C1163 | Tea, fermented (Kombucha), with intense sweetener, ready to drink | 100 | 10 | trace | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0.02 | 0 | 2 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 248 | 24 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0.05 | 0 | 0.05 | 0 | 4 | 0 | 0 | 0 |
| C1161 | Tea, fermented (kombucha), with cane sugar, ready to drink | 100 | 10 | trace | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0.02 | 0 | 2 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 248 | 24 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0.05 | 0 | 0.05 | 0 | 4 | 0 | 0 | 0 |
| C1162 | Tea, fermented (kombucha), with fruit juices, ready to drink | 100 | 7 | trace | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0 | 0.02 | 0 | 2 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 247 | 18 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0.049 | 0 | 0.049 | 0 | 4 | 0 | 0 | 0 |
| C1039 | Tea, green, brewed | 100 | 8 | trace | 1 | 0.03 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0.23 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 253 | 21 | 1 | 3 | 0.07 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0.58 | 0 | 0 | 0 | 0 | 0 | 0 |
| C76 | Tea, 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 | 0.25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| C41 | Water, bottled, New Zealand | 100 | trace | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250 | 1 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C40 | Water, tap | 100 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250 | 6 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| D | BREAKFAST CEREALS | | | | | | | | | | | | | | | | | | |
| D1046 | All Bran® Original, Kellogg's®, fortified vitamins B1, B2 & folate | 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 | 647 | 497 | 57 | 6.08 | 4.34 | 13 | 1 | 4 | 0.97 | 2.1 | 7.5 | 1.5 | 0 | 1000 | 0 | 0 | 1.1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| D1041 | Breakfast cereals, rice puffed, cocoa coated, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 4.2 | 1490 | 1500 | 5.55 | 1 | 80.1 | 1.3 | 34.5 | 45.6 | 0.46 | 0.25 | 0.12 | 0.004 | 0.117 | 0 | 430 | 0 |
| | 1 cup (250 mL) | 62.9 | 2.6 | 939 | 946 | 3.49 | 0.63 | 50.4 | 0.8 | 21.7 | 28.7 | 0.29 | 0.16 | 0.08 | 0.003 | 0.074 | 0 | 270 | 0 |
| D1053 | Cluster Crisp™, Manuka Honey with Roasted Cashew, Sanitarium™, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 3.4 | 1580 | 1620 | 7.81 | 12.9 | 56.8 | 5.1 | 21 | 35.8 | 2.67 | 7.11 | 2.21 | 0.049 | 2.16 | 0 | 250 | 0 |
| | 1 cup (250 mL) | 92.6 | 3.1 | 1460 | 1500 | 7.23 | 11.9 | 52.6 | 4.7 | 19.4 | 33.2 | 2.47 | 6.58 | 2.04 | 0.045 | 2 | 0 | 232 | 0 |
| D1045 | Cluster Crisp™, Sanitarium™, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 3.5 | 1570 | 1610 | 7.81 | 12.7 | 56.8 | 5.1 | 21 | 35.8 | 2.5 | 6.97 | 2.25 | 0.054 | 2.2 | 0 | 250 | 0 |
| | 1 cup (250 mL) | 92.8 | 3.2 | 1450 | 1490 | 7.25 | 11.7 | 52.7 | 4.7 | 19.5 | 33.2 | 2.32 | 6.47 | 2.09 | 0.05 | 2.04 | 0 | 232 | 0 |
| D1052 | Cluster Crisp™, Vanilla Almond, Sanitarium™, fortified vitamins, B1, B2, B3 & folate, & Fe | 100 | 3.4 | 1560 | 1600 | 7.81 | 12.4 | 56.8 | 5.1 | 21 | 35.8 | 2.33 | 6.84 | 2.3 | 0.058 | 2.24 | 0 | 250 | 0 |
| | 1 cup (250 mL) | 92.9 | 3.2 | 1450 | 1480 | 7.26 | 11.5 | 52.8 | 4.7 | 19.5 | 33.3 | 2.17 | 6.36 | 2.13 | 0.054 | 2.08 | 0 | 232 | 0 |
| D1038 | Coco Pops®, Kellogg's®, fortified vitamins B1, B2, B3, C & folate, Ca, Fe & Zn | 100 | 2.7 | 1570 | 1580 | 5.55 | 1.1 | 84.4 | 1.3 | 38.8 | 45.6 | 0.72 | 0 | trace | 0.005 | 0 | 0 | 430 | 0 |
| | 1 cup (250 mL) | 52.4 | 1.4 | 823 | 828 | 2.91 | 0.58 | 44.2 | 0.7 | 20.3 | 23.9 | 0.38 | 0 | trace | 0.002 | 0 | 0 | 225 | 0 |
| D1032 | Crunchy Nut Corn Flakes®, Kellogg's®, fortified vitamins B1, B2, B3, C & folate, & Fe | 100 | 5.1 | 1600 | 1620 | 7.7 | 3.3 | 79.3 | 2.5 | 31.7 | 47.6 | 0.5 | 1.18 | 0.78 | | | 0 | 470 | 0.69 |
| | 1 cup (250 mL) | 44 | 2.2 | 704 | 713 | 3.39 | 1.45 | 34.9 | 1.1 | 13.9 | 20.9 | 0.22 | 0.52 | 0.34 | | | 0 | 207 | 0.3 |
| D1036 | Fruitful Breakfast, Hubbards | 100 | 5.9 | 1610 | 1660 | 8.75 | 12 | 59.7 | 6 | 28.4 | 31.3 | 3.26 | 5.08 | 3.01 | 0.413 | 2.58 | 0 | 48 | 1.8 |
| | 1 cup (250 mL) | 148 | 8.7 | 2380 | 2450 | 13 | 17.8 | 88.4 | 8.9 | 42 | 46.3 | 4.82 | 7.52 | 4.45 | 0.611 | 3.82 | 0 | 71 | 2.7 |
| D1043 | Just Right®, Original Kellogg's®, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 6.4 | 1510 | 1580 | 7.94 | 2.1 | 76.3 | 9 | 32.2 | 44.1 | 0.4 | 0.6 | 0.7 | 0.031 | 0.657 | 0 | 30 | 1.9 |
| | 1 cup (250 mL) | 53.1 | 3.4 | 802 | 840 | 4.21 | 1.12 | 40.5 | 4.8 | 17.1 | 23.4 | 0.21 | 0.32 | 0.37 | 0.017 | 0.349 | 0 | 16 | 1 |
| D1049 | Light 'n' Tasty™, Apricot, Sanitarium™, fortified vitamins B1, B2, B3, E & folate, Ca & Fe | 100 | 5.9 | 1420 | 1480 | 7.39 | 2.9 | 69.9 | 7.1 | 25.2 | 44.7 | 0.52 | 0.78 | 0.91 | 0.041 | 0.856 | 0 | 320 | 0 |
| | 1 cup (250 mL) | 77.5 | 4.5 | 1100 | 1150 | 5.73 | 2.25 | 54.2 | 5.5 | 19.5 | 34.6 | 0.4 | 0.61 | 0.7 | 0.032 | 0.663 | 0 | 248 | 0 |
| D1050 | Light 'n' Tasty™, Berry, Sanitarium™, fortified vitamins B1, B2, B3 & folate, Ca & Fe | 100 | 5.9 | 1400 | 1460 | 7.39 | 2.6 | 69.6 | 7.1 | 24.9 | 44.7 | 0.42 | 0.77 | 0.8 | 0.033 | 0.761 | 0 | 230 | 0 |
| | 1 cup (250 mL) | 82.4 | 4.9 | 1160 | 1200 | 6.09 | 2.14 | 57.4 | 5.9 | 20.5 | 36.8 | 0.35 | 0.63 | 0.66 | 0.027 | 0.627 | 0 | 190 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| D1041 | Breakfast cereals, rice puffed, cocoa coated, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 230 | 99 | 10 | 8.9 | 8.3 | 8 | trace | 2 | 1.9 | 0.87 | 8.9 | 0.48 | 0 | 850 | 0 | 0 | 0.1 |
| | 1 cup (250 mL) | 62.9 | 145 | 62 | 6 | 5.6 | 5.22 | 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 vitamins B1, B2, B3 & folate, & Fe | 100 | 210 | 193 | 26 | 5 | 1.41 | 5 | 4 | 22 | 0.72 | 0.49 | 5.4 | 0.33 | 0 | 100 | 0 | 0 | 2 |
| | 1 cup (250 mL) | 92.6 | 194 | 179 | 24 | 4.63 | 1.31 | 4.6 | 3 | 21 | 0.67 | 0.45 | 5 | 0.31 | 0 | 93 | 0 | 0 | 1.8 |
| D1045 | Cluster Crisp™, Sanitarium™, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 210 | 193 | 26 | 5 | 1.41 | 5 | 4 | 22 | 0.72 | 0.49 | 5.4 | 0.33 | 0 | 120 | 0 | 0 | 2 |
| | 1 cup (250 mL) | 92.8 | 195 | 179 | 24 | 4.64 | 1.31 | 4.6 | 3 | 21 | 0.67 | 0.46 | 5 | 0.31 | 0 | 110 | 0 | 0 | 1.8 |
| D1052 | Cluster Crisp™, Vanilla Almond, Sanitarium™, fortified vitamins, B1, B2, B3 & folate, & Fe | 100 | 210 | 193 | 26 | 5 | 1.41 | 5 | 4 | 22 | 0.72 | 0.49 | 5.3 | 0.33 | 0 | 130 | 0 | 0 | 2 |
| | 1 cup (250 mL) | 92.9 | 195 | 179 | 24 | 4.65 | 1.31 | 4.6 | 3 | 21 | 0.67 | 0.46 | 4.9 | 0.31 | 0 | 120 | 0 | 0 | 1.8 |
| D1038 | Coco Pops®, Kellogg's®, fortified vitamins B1, B2, B3, C & folate, Ca, Fe & Zn | 100 | 230 | 99 | 370 | 11.6 | 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 | 121 | 52 | 194 | 6.08 | 2.57 | 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 vitamins B1, B2, B3, C & folate, & Fe | 100 | 134 | 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 | 1.76 | 0.22 | 0.88 | 2 | 13 | 0.41 | 0.26 | 4 | 0.044 | 0 | 120 | 14.7 | 0 | 0.26 |
| D1036 | Fruitful Breakfast, Hubbards | 100 | 330 | 240 | 45 | 2.5 | 1.48 | 9 | 5 | 32 | 0.21 | 0.13 | 2.1 | 0.25 | 0 | 23 | 0 | 0 | 0.58 |
| | 1 cup (250 mL) | 148 | 488 | 355 | 67 | 3.7 | 2.19 | 13 | 8 | 47 | 0.31 | 0.19 | 3.1 | 0.37 | 0 | 34 | 0 | 0 | 0.85 |
| D1043 | Just Right®, Original Kellogg's®, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 450 | 191 | 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 | 239 | 101 | 16 | 4.46 | 0.69 | 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 vitamins B1, B2, B3, E & folate, Ca & Fe | 100 | 310 | 530 | 820 | 13.4 | 1.32 | 8 | 4 | 23 | 0.86 | 3.4 | 4.8 | 0.33 | 0 | 550 | 2 | 0 | 0.4 |
| | 1 cup (250 mL) | 77.5 | 240 | 411 | 636 | 10.4 | 1.02 | 6.2 | 3 | 18 | 0.67 | 2.6 | 3.7 | 0.26 | 0 | 430 | 1.55 | 0 | 0.31 |
| D1050 | Light 'n' Tasty™, Berry, Sanitarium™, fortified vitamins B1, B2, B3 & folate, Ca & Fe | 100 | 310 | 420 | 550 | 13.4 | 1.32 | 8 | 4 | 23 | 0.86 | 3.4 | 4.8 | 0.33 | 0 | 550 | 2 | 0 | 0.31 |
| | 1 cup (250 mL) | 82.4 | 255 | 346 | 453 | 11 | 1.09 | 6.6 | 3 | 19 | 0.71 | 2.8 | 3.9 | 0.27 | 0 | 460 | 1.65 | 0 | 0.26 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|--|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| D1051 | Light 'n' Tasty™, Peach & Raspberry, Sanitarium™, fortified vitamins B1, B2, B3, E & folate, Ca & Fe | 100 | 5.6 | 1420 | 1470 | 7.39 | 3.8 | 67.6 | 7.1 | 22.9 | 44.7 | 0.64 | 1.49 | 0.77 | 0.03 | 0.743 | 0 | 260 | 0 |
| | 1 cup (250 mL) | 75.7 | 4.2 | 1070 | 1110 | 5.59 | 2.88 | 51.2 | 5.4 | 17.3 | 33.8 | 0.49 | 1.13 | 0.59 | 0.023 | 0.562 | 0 | 197 | 0 |
| D1037 | Nutri-Grain®, Kellogg's®, fortified vitamins B1, B2, B3, B6, C & folate, Ca & Fe | 100 | 3.9 | 1630 | 1650 | 22.4 | 2.7 | 67.8 | 1.7 | 35.1 | 32.7 | 0.39 | 0.69 | 0.97 | 0.04 | 0.92 | 0 | 520 | 5.7 |
| | 1 cup (250 mL) | 36.8 | 1.4 | 601 | 606 | 8.25 | 0.99 | 25 | 0.6 | 12.9 | 12 | 0.14 | 0.25 | 0.36 | 0.015 | 0.339 | 0 | 191 | 2.1 |
| D1069 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with water | 100 | 73.1 | 386 | 403 | 2.63 | 1.8 | 16.2 | 2.1 | 6.2 | 9.96 | 0.34 | 0.69 | 0.67 | 0.021 | 0.644 | 0 | 9 | 1.5 |
| | 1 cup (250 mL) | 252 | 184 | 972 | 1010 | 6.63 | 4.54 | 40.7 | 5.3 | 15.6 | 25.1 | 0.86 | 1.74 | 1.68 | 0.053 | 1.62 | 0 | 23 | 3.9 |
| D1066 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with water | 100 | 72.9 | 436 | 451 | 2.65 | 2 | 18.7 | 1.9 | 7.25 | 11.4 | 0.34 | 0.68 | 0.66 | 0.02 | 0.628 | 0 | 5 | 1.1 |
| | 1 cup (250 mL) | 251 | 183 | 1090 | 1130 | 6.64 | 5.02 | 46.8 | 4.8 | 18.2 | 28.6 | 0.85 | 1.71 | 1.65 | 0.05 | 1.58 | 0 | 12 | 2.7 |
| D10005 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with standard milk | 100 | 64.5 | 612 | 629 | 5.61 | 4.3 | 21 | 2.1 | 9.39 | 11.6 | 1.86 | 1.19 | 0.71 | 0.035 | 0.644 | 7.86 | 34 | 7.1 |
| | 1 cup (250 mL) | 251 | 162 | 1540 | 1580 | 14.1 | 10.8 | 52.8 | 5.3 | 23.6 | 29.2 | 4.68 | 2.99 | 1.79 | 0.088 | 1.62 | 19.7 | 86 | 18 |
| D10006 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with trim milk | 100 | 66.8 | 513 | 529 | 5.71 | 2 | 20.1 | 2.1 | 9.39 | 10.7 | 0.4 | 0.7 | 0.65 | 0.021 | 0.627 | 3.59 | 35 | 6.9 |
| | 1 cup (250 mL) | 252 | 168 | 1290 | 1330 | 14.4 | 5.04 | 50.6 | 5.3 | 23.7 | 27 | 1.01 | 1.75 | 1.64 | 0.054 | 1.58 | 9.05 | 89 | 17 |
| D10003 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with standard milk | 100 | 64.4 | 646 | 661 | 5.82 | 4.7 | 21.9 | 1.9 | 10.6 | 11.4 | 1.87 | 1.2 | 0.72 | 0.034 | 0.643 | 7.85 | 30 | 6.7 |
| | 1 cup (250 mL) | 251 | 162 | 1620 | 1660 | 14.6 | 11.8 | 55.1 | 4.8 | 26.5 | 28.5 | 4.69 | 3 | 1.8 | 0.086 | 1.61 | 19.7 | 75 | 17 |
| D10004 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with trim milk | 100 | 66.2 | 545 | 560 | 5.81 | 1.9 | 22.1 | 1.9 | 10.5 | 11.6 | 0.4 | 0.69 | 0.65 | 0.02 | 0.62 | 3.6 | 31 | 6.5 |
| | 1 cup (250 mL) | 252 | 167 | 1370 | 1410 | 14.6 | 4.79 | 55.7 | 4.8 | 26.5 | 29.2 | 1.02 | 1.75 | 1.64 | 0.051 | 1.56 | 9.07 | 79 | 16 |
| D10002 | Porridge, oats, rolled, prepared with trim milk, unsweetened | 100 | 70.9 | 450 | 468 | 6.03 | 1.8 | 16.5 | 2.3 | 3.94 | 12.6 | 0.37 | 0.54 | 0.64 | 0.022 | 0.617 | 3.97 | 30 | 6.6 |
| | 1 cup (250 mL) | 259 | 184 | 1170 | 1210 | 15.6 | 4.66 | 42.8 | 5.9 | 10.2 | 32.6 | 0.96 | 1.39 | 1.66 | 0.058 | 1.6 | 10.3 | 78 | 17 |
| D1060 | Porridge, oats, rolled, prepared with water, unsweetened, no salt added | 100 | 79.5 | 319 | 337 | 2.85 | 1.7 | 12.2 | 2.3 | 0.22 | 12 | 0.29 | 0.51 | 0.63 | 0.021 | 0.611 | 0 | 1 | 0.21 |
| | 1 cup (250 mL) | 261 | 207 | 831 | 879 | 7.43 | 4.44 | 31.8 | 5.9 | 0.58 | 31.2 | 0.76 | 1.33 | 1.65 | 0.055 | 1.6 | 0 | 2 | 0.54 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| D1051 | Light 'n' Tasty™, Peach & Raspberry, Sanitarium™, fortified vitamins B1, B2, B3, E & folate, Ca & Fe | 100 | 310 | 410 | 620 | 13.4 | 1.32 | 8 | 4 | 23 | 0.86 | 3.4 | 4.8 | 0.33 | 0 | 550 | 0 | 0 | 0.55 |
| | 1 cup (250 mL) | 75.7 | 235 | 310 | 469 | 10.1 | 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 vitamins B1, B2, B3, B6, C & folate, Ca & Fe | 100 | 146 | 99 | 310 | 9.3 | 1.39 | 22 | 3 | 18 | 2.9 | 1.6 | 13 | 2 | 0 | 250 | 34.7 | 0 | 0.19 |
| | 1 cup (250 mL) | 36.8 | 54 | 36 | 114 | 3.42 | 0.51 | 8.1 | 1 | 7 | 1.1 | 0.6 | 4.7 | 0.75 | 0 | 91 | 12.8 | 0 | 0.07 |
| D1069 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with water | 100 | 104 | 89 | 24 | 0.81 | 0.43 | 1.6 | 0 | 0 | 0.078 | 0.035 | 0.75 | 0.067 | 0 | 0 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 252 | 261 | 223 | 61 | 2.03 | 1.08 | 4.1 | 0 | 0 | 0.2 | 0.088 | 1.9 | 0.17 | 0 | 0 | 0 | 0 | 0.21 |
| D1066 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with water | 100 | 83 | 76 | 22 | 0.74 | 0.41 | 1.6 | 0 | 0 | 0.076 | 0.034 | 0.73 | 0.066 | 0 | 0 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 251 | 209 | 191 | 56 | 1.85 | 1.02 | 4 | 0 | 0 | 0.19 | 0.086 | 1.8 | 0.17 | 0 | 0 | 0 | 0 | 0.2 |
| D10005 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with standard milk | 100 | 221 | 158 | 113 | 0.78 | 0.68 | 2.9 | 33 | 21 | 0.11 | 0.24 | 1.5 | 0.1 | 0.19 | 16 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 251 | 556 | 398 | 284 | 1.95 | 1.72 | 7.3 | 82 | 53 | 0.26 | 0.6 | 3.8 | 0.26 | 0.47 | 40 | 0 | 0 | 0.2 |
| D10006 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with trim milk | 100 | 228 | 167 | 124 | 0.78 | 0.78 | 3.2 | 0 | 0 | 0.11 | 0.24 | 1.5 | 0.1 | 0.27 | 23 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 252 | 575 | 420 | 312 | 1.98 | 1.96 | 8.1 | 0 | 0 | 0.27 | 0.6 | 3.7 | 0.26 | 0.67 | 57 | 0 | 0 | 0.2 |
| D10003 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with standard milk | 100 | 203 | 148 | 112 | 0.73 | 0.67 | 2.9 | 33 | 21 | 0.11 | 0.24 | 1.5 | 0.1 | 0.19 | 16 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 251 | 510 | 372 | 280 | 1.82 | 1.69 | 7.3 | 82 | 53 | 0.26 | 0.6 | 3.8 | 0.26 | 0.47 | 40 | 0 | 0 | 0.2 |
| D10004 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with trim milk | 100 | 209 | 156 | 122 | 0.73 | 0.76 | 3.2 | 0 | 0 | 0.11 | 0.24 | 1.5 | 0.1 | 0.27 | 23 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 252 | 528 | 392 | 308 | 1.83 | 1.92 | 8.1 | 0 | 0 | 0.26 | 0.6 | 3.7 | 0.26 | 0.68 | 57 | 0 | 0 | 0.2 |
| D10002 | Porridge, oats, rolled, prepared with trim milk, unsweetened | 100 | 221 | 178 | 125 | 0.83 | 0.93 | 3.8 | 0 | 0 | 0.14 | 0.24 | 1.7 | 0.092 | 0.31 | 24 | 0 | 0 | 0.07 |
| | 1 cup (250 mL) | 259 | 572 | 462 | 323 | 2.14 | 2.42 | 9.9 | 0 | 0 | 0.37 | 0.63 | 4.4 | 0.24 | 0.81 | 63 | 0 | 0 | 0.18 |
| D1060 | Porridge, oats, rolled, prepared with water, unsweetened, no salt added | 100 | 80 | 89 | 14 | 0.82 | 0.53 | 2 | 0 | 0 | 0.11 | 0.018 | 0.84 | 0.049 | 0 | 0 | 0 | 0 | 0.07 |
| | 1 cup (250 mL) | 261 | 208 | 232 | 37 | 2.14 | 1.39 | 5.2 | 0 | 0 | 0.28 | 0.046 | 2.2 | 0.13 | 0 | 0 | 0 | 0 | 0.18 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| D22 | Porridge, prepared with water, salt added | 100 | 87.4 | 206 | 219 | 1.52 | 1.1 | 8.2 | 1.7 | 0 | 8.2 | 0.17 | 0.39 | 0.44 | | | 0 | 160 | 0.15 |
| | 1 cup (250 mL) | 260 | 227 | 535 | 571 | 3.94 | 2.86 | 21.3 | 4.4 | 0 | 21.3 | 0.44 | 1.01 | 1.15 | | | 0 | 416 | 0.39 |
| D1017 | Puffed Wheat™, Sanitarium™ | 100 | 7.3 | 1570 | 1630 | 11.6 | 1.4 | 77.9 | 6.7 | 6.7 | 71.2 | 0.3 | 0.15 | 0.55 | | | 0 | 6 | 0.5 |
| | 1 cup (250 mL) | 30 | 2.2 | 472 | 488 | 3.48 | 0.42 | 23.4 | 2 | 2.01 | 21.4 | 0.09 | 0.05 | 0.17 | | | 0 | 2 | 0.15 |
| D1029 | Ricies™, Sanitarium™, fortified vitamins B1, B2 & B3, & Fe | 100 | 4.1 | 1470 | 1470 | 5.95 | 1.1 | 77.9 | 0.8 | 8.05 | 69.8 | 0.32 | 0.18 | 0.34 | | | 0 | 890 | 0.5 |
| | 1 cup (250 mL) | 32 | 1.3 | 469 | 471 | 1.9 | 0.35 | 24.9 | 0.3 | 2.58 | 22.3 | 0.1 | 0.06 | 0.11 | | | 0 | 285 | 0.16 |
| 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 | 0.74 | | | 0 | 870 | 0.5 |
| D1048 | Simply Toasted Muesli Apricot, Hubbards | 100 | 3.9 | 1520 | 1600 | 8.81 | 10.3 | 58.4 | 10 | 22.7 | 35.7 | 3.57 | 3.51 | 2.46 | 0.165 | 2.29 | 0 | 19 | 4.3 |
| | 1 cup (250 mL) | 143 | 5.6 | 2180 | 2290 | 12.6 | 14.7 | 83.5 | 14.3 | 32.5 | 51.1 | 5.11 | 5.01 | 3.52 | 0.235 | 3.27 | 0 | 27 | 6.1 |
| D1057 | Skippy™ Cornflakes, Sanitarium™, fortified vitamins B1, B2, B3 & folate & Fe | 100 | 4.1 | 1470 | 1500 | 7.5 | 1.3 | 76.2 | 3.3 | 7.3 | 68.9 | 0.1 | 0.13 | 0.5 | | | 0 | 610 | 0 |
| | 1 cup (250 mL) | 33.4 | 1.4 | 491 | 500 | 2.51 | 0.43 | 25.5 | 1.1 | 2.44 | 23 | 0.03 | 0.04 | 0.17 | | | 0 | 204 | 0 |
| D1016 | Special K®, Forest Berries, Kellogg's®, fortified vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn | 100 | 3 | 1530 | 1570 | 18.1 | 0.9 | 70.2 | 4.3 | 25.7 | 44.5 | 0.14 | 0.14 | 0.42 | | | 0 | 335 | 2 |
| | 1 cup (250 mL) | 40 | 1.2 | 614 | 628 | 7.24 | 0.36 | 28.1 | 1.7 | 10.3 | 17.8 | 0.06 | 0.06 | 0.17 | | | 0 | 134 | 0.78 |
| D1042 | Special K®, Original, Kellogg's®, fortified vitamins B1, B2, B3, B6 & folate, Ca & Fe | 100 | 3.2 | 1480 | 1500 | 18.4 | 2 | 64.3 | 2.5 | 14.2 | 50.1 | 0.55 | 0.23 | 0.77 | 0.071 | 0.702 | 0 | 400 | 1.6 |
| | 1 cup (250 mL) | 41.5 | 1.3 | 614 | 622 | 7.64 | 0.83 | 26.7 | 1 | 5.89 | 20.8 | 0.23 | 0.1 | 0.32 | 0.029 | 0.291 | 0 | 166 | 0.66 |
| D43 | Sultana Bran®, Kellogg's®, fortified vitamins B1, B2, B3, B6 & folate, Fe & Zn | 100 | 7.8 | 1300 | 1460 | 9.22 | 1.6 | 63.9 | 19.5 | 32.2 | 31.7 | 0.4 | 0.4 | 0.23 | | | 0 | 663 | 1 |
| | 1 cup (250 mL) | 45 | 3.5 | 586 | 656 | 4.15 | 0.72 | 28.8 | 8.8 | 14.5 | 14.3 | 0.18 | 0.18 | 0.1 | | | 0 | 298 | 0.45 |
| D1047 | Toasted Muesli Golden Oats & Fruit, Sanitarium™ | 100 | 4.1 | 1700 | 1780 | 8.81 | 14.4 | 60 | 10 | 24.3 | 35.7 | 2.47 | 5.25 | 3.92 | 0.956 | 2.96 | 0 | 270 | 3.4 |
| | 1 cup (250 mL) | 129 | 5.3 | 2200 | 2300 | 11.4 | 18.6 | 77.4 | 12.9 | 31.3 | 46.1 | 3.19 | 6.77 | 5.06 | 1.23 | 3.82 | 0 | 348 | 4.4 |
| D1055 | Toasted Muesli Super Fruity, Sanitarium™, fortified vitamin E | 100 | 6.4 | 1610 | 1690 | 8.81 | 9.8 | 64.8 | 10 | 29.1 | 35.7 | 1.6 | 4.02 | 2.78 | 0.293 | 2.48 | 0 | 91 | 3.4 |
| | 1 cup (250 mL) | 133 | 8.5 | 2150 | 2250 | 11.7 | 13 | 86.2 | 13.3 | 38.7 | 47.5 | 2.13 | 5.35 | 3.69 | 0.39 | 3.3 | 0 | 121 | 4.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| 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 | 122 | 18 | 1.3 | 1.04 | 0 | 0 | 0 | 0.16 | 0.026 | 1.2 | 0.026 | 0 | 10 | 0 | 0 | 0.55 |
| D1017 | Puffed Wheat™, Sanitarium™ | 100 | 300 | 310 | 40 | 2.6 | 2.4 | 9.1 | 1 | 5 | 0.06 | 0.12 | 4.4 | 0.22 | 0 | 20 | 0 | 0 | 0.5 |
| | 1 cup (250 mL) | 30 | 90 | 93 | 12 | 0.78 | 0.72 | 2.7 | trace | 1 | 0.018 | 0.036 | 1.3 | 0.066 | 0 | 6 | 0 | 0 | 0.15 |
| D1029 | Ricies™, Sanitarium™, fortified vitamins B1, B2 & B3, & Fe | 100 | 99 | 84 | 4 | 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 | 3.2 | 0.32 | 0.64 | 0 | 0 | 0.47 | 0.2 | 4.9 | 0.083 | 0 | 5 | 0 | 0 | 0.04 |
| D1018 | San Bran™, Sanitarium™ | 100 | 1020 | 818 | 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) | 143 | 558 | 400 | 60 | 4.29 | 3.15 | 10 | 3 | 21 | 0.69 | 0.3 | 3.8 | 0.52 | 0 | 42 | 1.29 | 0 | 0.75 |
| D1057 | Skippy™ Cornflakes, Sanitarium™, fortified vitamins B1, B2, B3 & folate & Fe | 100 | 105 | 53 | 9 | 11.2 | 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 | 3.74 | 0.9 | 0.67 | 5 | 27 | 0.56 | 0.21 | 4.1 | 0.17 | 0 | 190 | 0 | 0 | 0.03 |
| D1016 | Special K®, Forest Berries, Kellogg's®, fortified vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn | 100 | 190 | 162 | 667 | 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 | 267 | 4 | 0.64 | 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 vitamins B1, B2, B3, B6 & folate, Ca & Fe | 100 | 137 | 147 | 780 | 11.6 | 1.44 | 19 | 1 | 4 | 1.6 | 1.7 | 14 | 2.8 | 0 | 590 | 0 | 0 | 0.15 |
| | 1 cup (250 mL) | 41.5 | 57 | 61 | 324 | 4.81 | 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 vitamins B1, B2, B3, B6 & folate, Fe & Zn | 100 | 696 | 399 | 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 | 313 | 180 | 24 | 3.02 | 1.8 | 0 | 0 | 0 | 0.27 | 0.45 | 3.4 | 0.41 | 0 | 150 | 0 | 0 | 0.41 |
| 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) | 129 | 503 | 361 | 54 | 3.87 | 2.84 | 9 | 3 | 19 | 0.62 | 0.27 | 3.4 | 0.46 | 0 | 38 | 0.77 | 0 | 1.8 |
| D1055 | Toasted Muesli Super Fruity, Sanitarium™, fortified vitamin E | 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 | 519 | 372 | 56 | 3.99 | 2.93 | 9.3 | 3 | 19 | 0.64 | 0.28 | 3.5 | 0.48 | 0 | 39 | 0.93 | 0 | 1.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| D1054 | Toasted Strawberry and Rhubarb, Sanitarium™ | 100 | 4.8 | 1530 | 1610 | 8.81 | 11.7 | 55.9 | 10 | 20.2 | 35.7 | 2.9 | 4.59 | 3.21 | 0.803 | 2.41 | 0 | 68 | 4.1 | |
| | 1 cup (250 mL) | 126 | 6 | 1930 | 2030 | 11.1 | 14.7 | 70.4 | 12.6 | 25.5 | 45 | 3.66 | 5.78 | 4.05 | 1.01 | 3.04 | 0 | 86 | 5.2 | |
| D1056 | Weet-Bix™, Sanitarium™, fortified vitamins B1, B2, B3 & folate & Fe | 100 | 6.6 | 1290 | 1380 | 12.5 | 2.3 | 58.4 | 10.7 | 1.7 | 56.7 | 0.04 | 0.3 | 1.03 | 0.071 | 0.96 | 0 | 280 | 0 | |
| | 1 biscuit (8.4 x 4.2 x 1.9 cm) | 16.8 | 1.1 | 217 | 231 | 2.11 | 0.39 | 9.81 | 1.8 | 0.29 | 9.53 | 0.01 | 0.05 | 0.17 | 0.012 | 0.161 | 0 | 47 | 0 | |
| D1012 | Weet-Bix™ Oat Bran, Sanitarium™, fortified vitamins E & folate | 100 | 1.1 | 1540 | 1640 | 12.8 | 2.5 | 72.6 | 11.7 | 6.8 | 65.8 | 0.4 | 0.4 | 1.3 | | | 0 | 304 | 0.5 | |
| | 1 biscuit (8.6 x 4.3 x 1.8 cm) | 22.2 | 0.2 | 343 | 364 | 2.84 | 0.56 | 16.1 | 2.6 | 1.51 | 14.6 | 0.09 | 0.09 | 0.29 | | | 0 | 67 | 0.11 | |
| D1035 | Weeties™, Sanitarium™ | 100 | 3.4 | 1330 | 1390 | 11.9 | 2.1 | 61.5 | 7.8 | 0.6 | 60.9 | 1.16 | 0.49 | 0.2 | 0.018 | 0.153 | 0 | 460 | 0 | |
| | 1 cup (250 mL) | 51.5 | 1.8 | 682 | 715 | 6.12 | 1.08 | 31.7 | 4 | 0.31 | 31.4 | 0.6 | 0.25 | 0.1 | 0.009 | 0.079 | 0 | 237 | 0 | |
| E | CEREALS AND PSEUDO-CEREALS | | | | | | | | | | | | | | | | | | | |
| E3 | Barley, pearl, boiled | 100 | 69.6 | 494 | 521 | 2.68 | 0.6 | 25.1 | 3.3 | 0 | 25.1 | 0.11 | 0.05 | 0.27 | | | 0 | 1 | 0.15 | |
| | 1 cup (250 mL) | 165 | 115 | 816 | 860 | 4.43 | 0.99 | 41.4 | 5.5 | 0 | 41.4 | 0.17 | 0.09 | 0.45 | | | 0 | 2 | 0.25 | |
| E68 | Bulgur, boiled | 100 | 76.2 | 359 | 393 | 3.07 | 0.4 | 17.2 | 4.2 | 0 | 17.2 | 0.1 | 0 | 0.2 | | | 0 | 10 | 0.15 | |
| | 1 cup (250 mL) | 192 | 146 | 690 | 755 | 5.9 | 0.77 | 33 | 8.1 | 0 | 33 | 0.19 | 0 | 0.38 | | | 0 | 19 | 0.29 | |
| E99 | Cornmeal, wholegrain, yellow | 100 | 10.3 | 1350 | 1410 | 8.13 | 3.59 | 63.5 | 7.3 | 2.3 | 61.2 | 0.47 | 0.88 | 1.52 | | | 0 | 35 | 0.5 | |
| | 1 cup (250 mL) | 122 | 12.5 | 1650 | 1720 | 9.91 | 4.38 | 77.4 | 8.9 | 2.81 | 74.6 | 0.57 | 1.08 | 1.85 | | | 0 | 43 | 0.61 | |
| E1068 | Couscous, white wheat, cooked in water, not drained, no salt or fat added | 100 | 55.6 | 707 | 731 | 6.69 | 1 | 32.7 | 3 | 0.8 | 31.9 | 0.17 | 0.11 | 0.52 | 0.029 | 0.439 | 0 | 13 | 15 | |
| | 1 cup (250 mL) | 143 | 79.5 | 1010 | 1050 | 9.56 | 1.43 | 46.8 | 4.3 | 1.14 | 45.7 | 0.24 | 0.16 | 0.74 | 0.041 | 0.628 | 0 | 19 | 22 | |
| E1067 | Couscous, white wheat, dry | 100 | 9.2 | 1440 | 1480 | 13.1 | 1.9 | 67.3 | 5.3 | 1.5 | 65.8 | 0.42 | 0.28 | 1.3 | 0.072 | 1.11 | 0 | 34 | 40 | |
| | 1 cup (250 mL) | 211 | 19.4 | 3030 | 3120 | 27.6 | 4.01 | 142 | 11.1 | 3.17 | 139 | 0.88 | 0.58 | 2.75 | 0.153 | 2.34 | 0 | 72 | 84 | |
| E1071 | Couscous, wholemeal wheat, cooked in water, not drained, no salt or fat added | 100 | 59.9 | 564 | 601 | 5.94 | 1.2 | 24.6 | 4.6 | 0 | 24.6 | 0.24 | 0.2 | 0.65 | 0.043 | 0.602 | 0 | 11 | 12 | |
| | 1 cup (250 mL) | 128 | 76.7 | 722 | 769 | 7.6 | 1.54 | 31.5 | 5.9 | 0 | 31.5 | 0.31 | 0.26 | 0.83 | 0.055 | 0.77 | 0 | 14 | 15 | |
| E6 | Custard, dry powder | 100 | 12.5 | 1460 | 1460 | 0.56 | 0.7 | 83.6 | 0.5 | 0 | 83.6 | 0.1 | 0.2 | 0.32 | | | 0 | 320 | 1 | |
| | 1 tablespoon (15 mL) | 8.6 | 1.1 | 125 | 126 | 0.05 | 0.06 | 7.19 | trace | 0 | 7.19 | 0.01 | 0.02 | 0.03 | | | 0 | 28 | 0.09 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| 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) | 126 | 491 | 353 | 53 | 3.78 | 2.77 | 8.8 | 3 | 18 | 0.61 | 0.27 | 3.3 | 0.45 | 0 | 37 | 1.26 | 0 | 0.77 |
| D1056 | Weet-Bix™, Sanitarium™, fortified vitamins B1, B2, B3 & folate & Fe | 100 | 390 | 280 | 32 | 15.4 | 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 | 2.59 | 0.37 | 2.2 | 0 | 0 | 0.95 | 0.26 | 2.6 | 0.13 | 0 | 99 | 0 | 0 | 0.1 |
| D1012 | Weet-Bix™ Oat Bran, Sanitarium™, fortified vitamins E & folate | 100 | 331 | 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 | 2.89 | 0.58 | 3.1 | 0 | 0 | 0.24 | 0.22 | 2 | 0.069 | 0 | 90 | 0 | 0 | 1.4 |
| D1035 | Weeties™, Sanitarium™ | 100 | 370 | 280 | 27 | 3.2 | 1.74 | 10 | 2 | 15 | 0 | 0.16 | 7.1 | 0.88 | 0 | 34 | 0 | 0 | 0.3 |
| | 1 cup (250 mL) | 51.5 | 191 | 144 | 14 | 1.65 | 0.9 | 5.2 | 1 | 8 | 0 | 0.082 | 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 | 152 | 117 | 12 | 1.65 | 1.16 | 0 | 0 | 0 | 0.033 | 0.017 | 2.1 | 0.066 | 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 | 92 | 167 | 23 | 1.92 | 0.96 | 0 | 0 | 0 | 0.65 | 0 | 4.4 | 1.6 | 0 | 35 | 0 | 0 | 0.06 |
| E99 | Cornmeal, wholegrain, yellow | 100 | 287 | 241 | 6 | 3.45 | 1.82 | 1.9 | 47 | 282 | 0.23 | 0.2 | 4.6 | 0.3 | 0 | 25 | 0 | 0 | 2.2 |
| | 1 cup (250 mL) | 122 | 350 | 294 | 7 | 4.21 | 2.22 | 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 | 111 | 78 | 12 | 0.68 | 0.6 | 5.2 | 1 | 5 | 0.079 | 0.014 | 1.6 | 0.086 | 0 | 5 | 0 | 0 | 0.07 |
| | 1 cup (250 mL) | 143 | 159 | 112 | 17 | 0.97 | 0.86 | 7.4 | 1 | 7 | 0.11 | 0.02 | 2.2 | 0.12 | 0 | 7 | 0 | 0 | 0.09 |
| E1067 | Couscous, white wheat, dry | 100 | 280 | 197 | 30 | 1.7 | 1.51 | 13 | 2 | 13 | 0.25 | 0.04 | 4.1 | 0.24 | 0 | 19 | 0 | 0 | 0.17 |
| | 1 cup (250 mL) | 211 | 591 | 416 | 63 | 3.59 | 3.19 | 27 | 5 | 27 | 0.53 | 0.084 | 8.7 | 0.51 | 0 | 39 | 0 | 0 | 0.35 |
| E1071 | Couscous, wholemeal wheat, cooked in water, not drained, no salt or fat added | 100 | 197 | 145 | 16 | 1.54 | 1.27 | 4.8 | 1 | 4 | 0.17 | 0.032 | 2.4 | 0.16 | 0 | 8 | 0 | 0 | 0.05 |
| | 1 cup (250 mL) | 128 | 253 | 185 | 21 | 1.97 | 1.63 | 6.2 | 1 | 5 | 0.21 | 0.04 | 3.1 | 0.2 | 0 | 10 | 0 | 0 | 0.06 |
| E6 | Custard, dry powder | 100 | 61 | 39 | 15 | 1.4 | 0.3 | 0.5 | 0 | 0 | 0.04 | 0.08 | 0.47 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 8.6 | 5 | 3 | 1 | 0.12 | 0.03 | 0.04 | 0 | 0 | 0.003 | 0.007 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| E1096 | Flour or meal, from hemp seed, defatted | 100 | 8.2 | 835 | 1230 | 22.3 | 11.1 | 2.68 | 49.4 | 2.5 | 0.18 | 1.22 | 1.29 | 8.22 | 1.88 | 6.02 | 0 | 7 | 1.9 |
| | 1 tablespoon (15 mL) | 7.6 | 0.6 | 63 | 94 | 1.7 | 0.84 | 0.2 | 3.8 | 0.19 | 0.01 | 0.09 | 0.1 | 0.63 | 0.143 | 0.457 | 0 | trace | 0.14 |
| | 1 cup (250 mL) | 127 | 10.4 | 1060 | 1560 | 28.3 | 14.1 | 3.4 | 62.7 | 3.18 | 0.22 | 1.55 | 1.64 | 10.4 | 2.39 | 7.64 | 0 | 9 | 2.4 |
| E1085 | Flour, almond | 100 | 4.1 | 2500 | 2560 | 21.7 | 55.6 | 4.1 | 8.1 | 4.1 | 0 | 3.92 | 37.7 | 14.9 | 0.018 | 14.9 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 6.04 | 0.2 | 151 | 155 | 1.31 | 3.36 | 0.25 | 0.5 | 0.25 | 0 | 0.24 | 2.28 | 0.9 | 0.001 | 0.9 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 101 | 4.1 | 2520 | 2590 | 21.9 | 56.2 | 4.14 | 8.2 | 4.14 | 0 | 3.96 | 38.1 | 15.1 | 0.018 | 15.1 | 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 | 0.93 | 1.45 | 4.77 | 0.237 | 4.52 | 0 | 9 | 0 |
| | 1 tablespoon (15 mL) | 7.89 | 0.4 | 109 | 115 | 1.69 | 0.5 | 3.62 | 0.8 | 0.35 | 3.27 | 0.07 | 0.11 | 0.38 | 0.019 | 0.357 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 132 | 7 | 1820 | 1920 | 28.3 | 8.32 | 60.5 | 12.6 | 5.81 | 54.7 | 1.23 | 1.91 | 6.29 | 0.313 | 5.97 | 0 | 12 | 0 |
| E1087 | Flour, coconut | 100 | 6.5 | 1130 | 1410 | 16.6 | 14 | 19.5 | 35.5 | 19.4 | 0.06 | 13.1 | 0.77 | 0.11 | 0 | 0.111 | 0 | 40 | 2.4 |
| | 1 tablespoon (15 mL) | 8.1 | 0.5 | 91 | 114 | 1.34 | 1.13 | 1.58 | 2.9 | 1.57 | trace | 1.06 | 0.06 | 0.01 | 0 | 0.009 | 0 | 3 | 0.19 |
| | 1 cup (250 mL) | 134 | 8.7 | 1510 | 1890 | 22.2 | 18.7 | 26.1 | 47.6 | 26 | 0.08 | 17.5 | 1.03 | 0.15 | 0 | 0.149 | 0 | 54 | 3.2 |
| E9 | Flour, corn | 100 | 12.5 | 1460 | 1460 | 0.56 | 0.7 | 83.6 | 0.9 | 0 | 83.6 | 0.08 | 0.14 | 0.24 | | | 0 | 52 | 0.5 |
| | 1 tablespoon (15 mL) | 7.5 | 0.9 | 109 | 110 | 0.04 | 0.05 | 6.27 | 0.1 | 0 | 6.27 | 0.01 | 0.01 | 0.02 | | | 0 | 4 | 0.04 |
| E1098 | Flour, from quinoa seed, wholegrain | 100 | 13.5 | 1300 | 1390 | 14.3 | 5.58 | 50.2 | 11.4 | 2.7 | 47.5 | 0.68 | 1.22 | 3.17 | 0.335 | 2.82 | 0 | 0 | 1.1 |
| | 1 cup ground (250 mL) | 128 | 17.3 | 1670 | 1780 | 18.3 | 7.15 | 64.3 | 14.6 | 3.46 | 60.8 | 0.87 | 1.56 | 4.05 | 0.429 | 3.61 | 0 | 0 | 1.4 |
| | 1 cup seed (250 mL) | 189 | 25.5 | 2460 | 2630 | 27 | 10.6 | 94.9 | 21.5 | 5.1 | 89.8 | 1.29 | 2.3 | 5.99 | 0.633 | 5.32 | 0 | 0 | 2.1 |
| E1093 | Flour, gluten free | 100 | 11.7 | 1390 | 1400 | 2.98 | 0.8 | 77 | 1.4 | 0 | 77 | 0.25 | 0.12 | 0.3 | 0.015 | 0.286 | 0 | 13 | 3.1 |
| | 1 tablespoon (15 mL) | 9 | 1.1 | 125 | 126 | 0.27 | 0.07 | 6.93 | 0.1 | 0 | 6.93 | 0.02 | 0.01 | 0.03 | 0.001 | 0.026 | 0 | 1 | 0.28 |
| | 1 cup (250 mL) | 151 | 17.7 | 2100 | 2120 | 4.5 | 1.21 | 116 | 2.2 | 0 | 116 | 0.37 | 0.18 | 0.46 | 0.023 | 0.432 | 0 | 20 | 4.7 |
| E1083 | Flour, pea, yellow | 100 | 5.4 | 1180 | 1260 | 23.4 | 2.7 | 40.3 | 10.1 | 3 | 37.3 | 0.5 | 0.75 | 1.94 | 0.318 | 1.62 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 9.01 | 0.5 | 107 | 114 | 2.11 | 0.24 | 3.63 | 0.9 | 0.27 | 3.36 | 0.05 | 0.07 | 0.18 | 0.029 | 0.146 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 150 | 8.1 | 1770 | 1890 | 35.1 | 4.05 | 60.4 | 15.2 | 4.5 | 55.9 | 0.76 | 1.13 | 2.91 | 0.477 | 2.43 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| E1096 | Flour or meal, from hemp seed, defatted | 100 | 880 | 940 | 117 | 15.5 | 7.1 | 5 | 4 | 26 | 0.85 | 0.22 | 7.2 | 0.37 | 0 | 120 | 0 | 0 | 0.57 |
| | 1 tablespoon (15 mL) | 7.6 | 67 | 71 | 9 | 1.18 | 0.54 | 0.38 | trace | 2 | 0.065 | 0.017 | 0.54 | 0.028 | 0 | 9 | 0 | 0 | 0.04 |
| | 1 cup (250 mL) | 127 | 1120 | 1190 | 149 | 19.7 | 9.02 | 6.4 | 6 | 33 | 1.1 | 0.28 | 9.1 | 0.47 | 0 | 150 | 0 | 0 | 0.72 |
| E1085 | Flour, almond | 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) | 6.04 | 45 | 31 | 16 | 0.19 | 0.19 | 0 | 0 | 0 | 0.008 | 0.053 | 0.22 | 0.014 | 0 | 1 | 0 | 0 | 0.99 |
| | 1 cup (250 mL) | 101 | 747 | 525 | 263 | 3.23 | 3.23 | 0 | 0 | 0 | 0.14 | 0.89 | 3.6 | 0.24 | 0 | 21 | 0 | 0 | 17 |
| E1086 | Flour, chickpea or channa (besan), yellow | 100 | 1060 | 450 | 40 | 4.7 | 3.7 | 30 | 11 | 64 | 0.39 | 0.14 | 2.7 | 0.64 | 0 | 180 | 0 | 0 | 1.9 |
| | 1 tablespoon (15 mL) | 7.89 | 84 | 36 | 3 | 0.37 | 0.29 | 2.4 | 1 | 5 | 0.031 | 0.011 | 0.22 | 0.051 | 0 | 14 | 0 | 0 | 0.15 |
| | 1 cup (250 mL) | 132 | 1400 | 594 | 53 | 6.2 | 4.88 | 40 | 14 | 85 | 0.52 | 0.19 | 3.6 | 0.85 | 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 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 8.1 | 162 | 41 | 3 | 0.61 | 0.29 | 2.3 | 0 | 0 | 0.007 | 0.002 | 0.52 | 0.02 | 0 | 1 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 134 | 2680 | 683 | 46 | 10.1 | 4.82 | 39 | 0 | 0 | 0.12 | 0.027 | 8.6 | 0.34 | 0 | 10 | 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 | 5 | 3 | 1 | 0.11 | 0.02 | 0.04 | 0 | 0 | 0.003 | 0.006 | 0.034 | 0 | 0 | 0 | 0 | 0 | 0 |
| E1098 | Flour, from quinoa seed, wholegrain | 100 | 880 | 320 | 58 | 5.8 | 2.9 | 0 | 2 | 14 | 0.52 | 0.27 | 3.7 | 0.27 | 0 | 230 | 0 | 0 | 2.7 |
| | 1 cup ground (250 mL) | 128 | 1130 | 410 | 74 | 7.42 | 3.71 | 0 | 3 | 18 | 0.67 | 0.35 | 4.7 | 0.35 | 0 | 290 | 0 | 0 | 3.4 |
| | 1 cup seed (250 mL) | 189 | 1660 | 605 | 110 | 11 | 5.48 | 0 | 5 | 27 | 0.98 | 0.51 | 6.9 | 0.51 | 0 | 430 | 0 | 0 | 5.1 |
| E1093 | Flour, gluten free | 100 | 54 | trace | 11 | 0 | 0.49 | 0 | 0 | 0 | 0.02 | 0.01 | 0.86 | 0.1 | 0 | 11 | 0 | 0 | trace |
| | 1 tablespoon (15 mL) | 9 | 5 | trace | 1 | 0 | 0.04 | 0 | 0 | 0 | 0.002 | 0.001 | 0.077 | 0.009 | 0 | 1 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 151 | 82 | trace | 17 | 0 | 0.74 | 0 | 0 | 0 | 0.03 | 0.015 | 1.3 | 0.15 | 0 | 16 | 0 | 0 | 0.01 |
| E1083 | Flour, pea, yellow | 100 | 1020 | 390 | 44 | 4.4 | 3.1 | 4 | 1 | 9 | 0.83 | 0.17 | 2.1 | 0.25 | 0 | 5 | 0 | 0 | 0.13 |
| | 1 tablespoon (15 mL) | 9.01 | 92 | 35 | 4 | 0.4 | 0.28 | 0.36 | trace | 1 | 0.075 | 0.016 | 0.19 | 0.023 | 0 | trace | 0 | 0 | 0.01 |
| | 1 cup (250 mL) | 150 | 1530 | 585 | 66 | 6.6 | 4.65 | 6 | 2 | 13 | 1.2 | 0.26 | 3.1 | 0.38 | 0 | 7 | 0 | 0 | 0.19 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| E1082 | Flour, rice, brown | 100 | 11.7 | 1380 | 1410 | 7.37 | 2.8 | 67.7 | 3.6 | 1 | 66.7 | 0.67 | 0.83 | 0.97 | 0.032 | 0.938 | 0 | 0 | 1.2 |
| | 1 tablespoon (15 mL) | 10.3 | 1.2 | 142 | 145 | 0.76 | 0.29 | 6.97 | 0.4 | 0.1 | 6.87 | 0.07 | 0.09 | 0.1 | 0.003 | 0.097 | 0 | 0 | 0.12 |
| | 1 cup (250 mL) | 169 | 19.8 | 2330 | 2380 | 12.4 | 4.73 | 114 | 6 | 1.69 | 113 | 1.13 | 1.4 | 1.64 | 0.054 | 1.58 | 0 | 0 | 2 |
| E1081 | Flour, rice, white | 100 | 12 | 1420 | 1430 | 7.03 | 1.1 | 74.3 | 0.5 | 0.2 | 74.1 | 0.41 | 0.24 | 0.45 | 0.015 | 0.432 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 10.3 | 1.2 | 147 | 147 | 0.72 | 0.11 | 7.65 | 0.1 | 0.02 | 7.63 | 0.04 | 0.02 | 0.05 | 0.002 | 0.045 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 171 | 20.5 | 2430 | 2440 | 12 | 1.88 | 127 | 0.9 | 0.34 | 127 | 0.7 | 0.4 | 0.76 | 0.025 | 0.739 | 0 | 0 | 0 |
| E12 | Flour, soy, full fat | 100 | 8.3 | 1590 | 1700 | 29.5 | 18.2 | 24.4 | 13.9 | 13.4 | 11 | 2.47 | 3.01 | 11.4 | | | 0 | 10 | 3 |
| | 1 cup (250 mL) | 68 | 5.6 | 1080 | 1160 | 20.1 | 12.4 | 16.6 | 9.5 | 9.11 | 7.48 | 1.68 | 2.05 | 7.73 | | | 0 | 7 | 2 |
| E1097 | Flour, spelt, white | 100 | 12.6 | 1460 | 1480 | 10.7 | 1.5 | 71.8 | 2.3 | 1.1 | 70.7 | 0.37 | 0.2 | 0.89 | 0.043 | 0.841 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 9.6 | 1.2 | 140 | 142 | 1.03 | 0.14 | 6.89 | 0.2 | 0.11 | 6.79 | 0.04 | 0.02 | 0.09 | 0.004 | 0.081 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 153 | 19.2 | 2230 | 2260 | 16.4 | 2.3 | 110 | 3.5 | 1.68 | 108 | 0.56 | 0.31 | 1.36 | 0.066 | 1.29 | 0 | 0 | 0 |
| E1095 | Flour, spelt, wholemeal | 100 | 12.4 | 1330 | 1400 | 12.6 | 2.4 | 60.2 | 9.4 | 2.6 | 57.6 | 0.53 | 0.47 | 1.47 | 0.074 | 1.39 | 0 | 0 | 1.1 |
| | 1 tablespoon (15 mL) | 8.06 | 1 | 107 | 113 | 1.01 | 0.19 | 4.86 | 0.8 | 0.21 | 4.65 | 0.04 | 0.04 | 0.12 | 0.006 | 0.112 | 0 | 0 | 0.09 |
| | 1 cup (250 mL) | 134 | 16.6 | 1780 | 1880 | 16.9 | 3.22 | 80.7 | 12.5 | 3.48 | 77.2 | 0.71 | 0.63 | 1.97 | 0.099 | 1.87 | 0 | 0 | 1.5 |
| E1088 | Flour, wheat, white, standard | 100 | 13.2 | 1410 | 1440 | 10.9 | 1.7 | 68.3 | 3.2 | 2 | 66.3 | 0.35 | 0.18 | 1.01 | 0.06 | 0.945 | 0 | 7 | 0 |
| | 1 tablespoon (15 mL) | 8.9 | 1.2 | 126 | 128 | 0.97 | 0.15 | 6.08 | 0.3 | 0.18 | 5.91 | 0.03 | 0.02 | 0.09 | 0.005 | 0.084 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 146 | 19.3 | 2060 | 2100 | 15.9 | 2.48 | 99.8 | 4.6 | 2.92 | 96.9 | 0.51 | 0.26 | 1.47 | 0.088 | 1.38 | 0 | 10 | 0 |
| E1091 | Flour, wheat, wholemeal | 100 | 12.3 | 1280 | 1370 | 12.7 | 2 | 58.5 | 11.2 | 4.3 | 54.2 | 0.49 | 0.32 | 1.61 | 0.144 | 1.45 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 9.1 | 1.1 | 117 | 125 | 1.15 | 0.18 | 5.32 | 1 | 0.39 | 4.93 | 0.05 | 0.03 | 0.15 | 0.013 | 0.131 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 151 | 18.6 | 1940 | 2070 | 19.1 | 3.02 | 88.3 | 16.9 | 6.49 | 81.8 | 0.74 | 0.48 | 2.42 | 0.217 | 2.18 | 0 | 0 | 0 |
| E1074 | Noodle, chow mein style, fried, as purchased | 100 | 1.7 | 1720 | 1750 | 9.86 | 14.2 | 60.4 | 3.9 | 3.3 | 57.1 | 6.67 | 4.22 | 1.66 | 0.062 | 1.6 | 5.4 | 1130 | 0 |
| | 1 cup (250 mL) | 66.4 | 1.1 | 1140 | 1160 | 6.55 | 9.43 | 40.1 | 2.6 | 2.19 | 37.9 | 4.43 | 2.8 | 1.1 | 0.041 | 1.06 | 3.59 | 750 | 0 |
| E81 | Noodle, instant, boiled, drained | 100 | 59.3 | 758 | 786 | 4.67 | 6.99 | 24.7 | 3.4 | 0 | 24.7 | 2.63 | 1.62 | 0.44 | | 0.437 | 2 | 130 | 1 |
| | 1 cup (250 mL) | 123 | 73 | 933 | 966 | 5.75 | 8.6 | 30.4 | 4.2 | 0 | 30.4 | 3.23 | 1.99 | 0.54 | | 0.538 | 2.46 | 160 | 1.2 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| E1082 | Flour, rice, brown | 100 | 240 | 290 | 8 | 0.9 | 1.7 | 6 | 0 | 0 | 0.33 | 0.06 | 3.9 | 0.46 | 0 | 8 | 0 | 0 | 0.13 |
| | 1 tablespoon (15 mL) | 10.3 | 25 | 30 | 1 | 0.09 | 0.18 | 0.62 | 0 | 0 | 0.034 | 0.006 | 0.4 | 0.047 | 0 | 1 | 0 | 0 | 0.01 |
| | 1 cup (250 mL) | 169 | 406 | 490 | 13 | 1.52 | 2.87 | 10 | 0 | 0 | 0.56 | 0.1 | 6.6 | 0.78 | 0 | 13 | 0 | 0 | 0.22 |
| E1081 | Flour, rice, white | 100 | 89 | 93 | 8 | 0 | 1.29 | 6 | 0 | 0 | 0.07 | 0.04 | 1.9 | 0.17 | 0 | 0 | 0 | 0 | trace |
| | 1 tablespoon (15 mL) | 10.3 | 9 | 10 | 1 | 0 | 0.13 | 0.62 | 0 | 0 | 0.007 | 0.004 | 0.2 | 0.018 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 171 | 152 | 159 | 13 | 0 | 2.21 | 10 | 0 | 0 | 0.12 | 0.068 | 3.2 | 0.29 | 0 | 0 | 0 | 0 | trace |
| E12 | Flour, soy, full fat | 100 | 2060 | 505 | 168 | 15.1 | 5.58 | 13 | 12 | 72 | 0.57 | 0.16 | 12 | 0.45 | 0 | 340 | 0 | 0 | 0.54 |
| | 1 cup (250 mL) | 68 | 1400 | 343 | 114 | 10.3 | 3.79 | 8.6 | 8 | 49 | 0.39 | 0.11 | 8.1 | 0.31 | 0 | 230 | 0 | 0 | 0.37 |
| E1097 | Flour, spelt, white | 100 | 163 | 131 | 18 | 0.8 | 1.19 | 3 | 0 | 0 | 0.18 | 0.05 | 2.8 | 0.07 | 0 | 41 | 0 | 0 | 0.28 |
| | 1 tablespoon (15 mL) | 9.6 | 16 | 13 | 2 | 0.08 | 0.11 | 0.29 | 0 | 0 | 0.017 | 0.005 | 0.27 | 0.007 | 0 | 4 | 0 | 0 | 0.03 |
| | 1 cup (250 mL) | 153 | 249 | 200 | 28 | 1.22 | 1.82 | 4.6 | 0 | 0 | 0.28 | 0.076 | 4.3 | 0.11 | 0 | 62 | 0 | 0 | 0.43 |
| E1095 | Flour, spelt, wholemeal | 100 | 450 | 450 | 30 | 3.7 | 3.6 | 6 | 0 | 0 | 0.36 | 0.11 | 5.5 | 0.29 | 0 | 75 | 0 | 0 | 0.44 |
| | 1 tablespoon (15 mL) | 8.06 | 36 | 36 | 2 | 0.3 | 0.29 | 0.48 | 0 | 0 | 0.029 | 0.009 | 0.44 | 0.023 | 0 | 6 | 0 | 0 | 0.04 |
| | 1 cup (250 mL) | 134 | 603 | 603 | 40 | 4.96 | 4.82 | 8 | 0 | 0 | 0.48 | 0.15 | 7.4 | 0.39 | 0 | 100 | 0 | 0 | 0.59 |
| E1088 | Flour, wheat, white, standard | 100 | 174 | 118 | 22 | 1.2 | 0.71 | 9 | 0 | 0 | 0.26 | 0.03 | 2.5 | 0.1 | 0 | 22 | 0 | 0 | 0.34 |
| | 1 tablespoon (15 mL) | 8.9 | 15 | 11 | 2 | 0.11 | 0.06 | 0.8 | 0 | 0 | 0.023 | 0.003 | 0.22 | 0.009 | 0 | 2 | 0 | 0 | 0.03 |
| | 1 cup (250 mL) | 146 | 254 | 172 | 32 | 1.75 | 1.04 | 13 | 0 | 0 | 0.38 | 0.044 | 3.6 | 0.15 | 0 | 33 | 0 | 0 | 0.5 |
| E1091 | Flour, wheat, wholemeal | 100 | 420 | 340 | 34 | 2.9 | 2.5 | 0 | 0 | 0 | 0.43 | 0.12 | 4.8 | 0.3 | 0 | 81 | 0 | 0 | 0.38 |
| | 1 tablespoon (15 mL) | 9.1 | 38 | 31 | 3 | 0.26 | 0.23 | 0 | 0 | 0 | 0.039 | 0.011 | 0.44 | 0.027 | 0 | 7 | 0 | 0 | 0.03 |
| | 1 cup (250 mL) | 151 | 634 | 513 | 51 | 4.38 | 3.78 | 0 | 0 | 0 | 0.65 | 0.18 | 7.3 | 0.45 | 0 | 120 | 0 | 0 | 0.57 |
| E1074 | Noodle, chow mein style, fried, as purchased | 100 | 170 | 127 | 21 | 1.3 | 0.68 | 18 | 0 | 0 | 0.22 | 0.04 | 2 | 0 | 0 | 6 | 0 | 0 | 0.32 |
| | 1 cup (250 mL) | 66.4 | 113 | 84 | 14 | 0.86 | 0.45 | 12 | 0 | 0 | 0.15 | 0.027 | 1.3 | 0 | 0 | 4 | 0 | 0 | 0.21 |
| E81 | Noodle, instant, boiled, drained | 100 | 39 | 74 | 8 | 0 | 0.44 | 7.1 | 0 | 0 | 0.08 | 0.31 | 0.93 | 0.09 | 0 | 6 | 0 | 0 | 0.32 |
| | 1 cup (250 mL) | 123 | 48 | 91 | 10 | 0 | 0.54 | 8.7 | 0 | 0 | 0.098 | 0.38 | 1.1 | 0.11 | 0 | 8 | 0 | 0 | 0.39 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| E1053 | Noodle, rice flour, dry, boiled, drained | 100 | 71 | 518 | 521 | 2.2 | 0.34 | 27.5 | 0.4 | 0 | 27.5 | 0.11 | 0.09 | 0.11 | 0.005 | 0.107 | 0 | 10 | 2.4 |
| | 1 cup (250 mL) | 222 | 158 | 1150 | 1160 | 4.88 | 0.75 | 61.2 | 0.8 | 0 | 61.2 | 0.25 | 0.2 | 0.25 | 0.012 | 0.238 | 0 | 22 | 5.4 |
| E1056 | Noodle, shelf-fresh, boiled, drained, Japanese udon noodles | 100 | 72.7 | 409 | 417 | 2.64 | 0.5 | 20.4 | 0.9 | 0 | 20.4 | 0.08 | 0.1 | 0.15 | 0.005 | 0.14 | 0 | 67 | 0.63 |
| | 1 cup (250 mL) | 186 | 135 | 762 | 775 | 4.92 | 0.93 | 37.9 | 1.7 | 0 | 37.9 | 0.14 | 0.18 | 0.28 | 0.01 | 0.261 | 0 | 125 | 1.2 |
| E1057 | Noodle, shelf-fresh, stir fried, Japanese udon noodles | 100 | 57.9 | 744 | 754 | 3.68 | 5.4 | 28.3 | 1.3 | 0 | 28.3 | 0.45 | 3.05 | 1.47 | 0.391 | 1.07 | 0 | 187 | 3.5 |
| | 1 cup (250 mL) | 192 | 111 | 1430 | 1450 | 7.06 | 10.4 | 54.4 | 2.5 | 0 | 54.4 | 0.87 | 5.85 | 2.82 | 0.751 | 2.05 | 0 | 359 | 6.7 |
| E39 | Noodle, wheat flour with egg, boiled, drained | 100 | 84.3 | 258 | 272 | 2.28 | 0.5 | 11.8 | 1.8 | 0.2 | 11.6 | 0.09 | 0.1 | 0.14 | | | 6 | 15 | 6.8 |
| | 1 cup (250 mL) | 169 | 142 | 436 | 460 | 3.85 | 0.85 | 19.9 | 3 | 0.34 | 19.6 | 0.15 | 0.18 | 0.24 | | | 10.1 | 25 | 11 |
| E40 | Noodle, wheat flour with egg, fried | 100 | 75.1 | 630 | 643 | 1.94 | 11.5 | 10.1 | 1.6 | 0.5 | 9.6 | 2.03 | 2.38 | 3.3 | | | 5 | 84 | 6.8 |
| | 1 cup (250 mL) | 169 | 127 | 1060 | 1090 | 3.28 | 19.4 | 17.1 | 2.7 | 0.85 | 16.2 | 3.44 | 4.02 | 5.57 | | | 8.45 | 142 | 11 |
| E1050 | Noodle, wheat flour, assorted flavours, boiled, undrained, 2 Minutes, Maggi® | 100 | 81.2 | 274 | 276 | 2.2 | 0.57 | 12.7 | 0.2 | 0.63 | 12.1 | 0.21 | 0.18 | 0.14 | 0.007 | 0.135 | 0 | 242 | 8.9 |
| | 1 cup (250 mL) | 285 | 231 | 782 | 788 | 6.26 | 1.62 | 36.2 | 0.7 | 1.79 | 34.4 | 0.61 | 0.52 | 0.41 | 0.019 | 0.385 | 0 | 690 | 25 |
| | 1 cake (11.5 x 8.0 x 2.6 cm) | 396 | 322 | 1090 | 1090 | 8.69 | 2.25 | 50.3 | 1 | 2.49 | 47.8 | 0.84 | 0.72 | 0.56 | 0.026 | 0.535 | 0 | 958 | 35 |
| E1049 | Noodle, wheat, Shin Ramyun Noodle Soup Hot & Spicy, Nong Shim, boiled, undrained | 100 | 84.7 | 276 | 279 | 1.41 | 2.48 | 9.41 | 0.4 | 0.31 | 9.1 | 1.2 | 0.88 | 0.28 | 0.005 | 0.27 | 0 | 286 | 32 |
| | 1 cup (250 mL) | 284 | 241 | 783 | 792 | 4 | 7.05 | 26.7 | 1.1 | 0.87 | 25.8 | 3.42 | 2.51 | 0.78 | 0.013 | 0.768 | 0 | 812 | 92 |
| | 1 cake (11.5 x 8.0 x 2.6 cm) | 732 | 620 | 2020 | 2040 | 10.3 | 18.2 | 68.9 | 2.9 | 2.24 | 66.6 | 8.8 | 6.46 | 2.01 | 0.035 | 1.98 | 0 | 2090 | 240 |
| E23 | Oat bran | 100 | 9.1 | 1370 | 1490 | 14.6 | 5.1 | 54.9 | 15.3 | 3.4 | 51.5 | 0.9 | 1.72 | 2.01 | | | 0 | 4 | 0.15 |
| | 1 cup (250 mL) | 120 | 11 | 1640 | 1790 | 17.5 | 6.12 | 65.9 | 18.4 | 4.08 | 61.8 | 1.08 | 2.07 | 2.41 | | | 0 | 5 | 0.18 |
| E22 | Oatmeal, dry | 100 | 6.9 | 1540 | 1620 | 14.1 | 4.74 | 66.2 | 10.5 | 0 | 66.2 | 0.98 | 1.47 | 1.99 | | | 0 | 9 | 0.12 |
| | 1 cup (250 mL) | 90 | 6.2 | 1390 | 1460 | 12.6 | 4.27 | 59.6 | 9.5 | 0 | 59.6 | 0.88 | 1.32 | 1.79 | | | 0 | 8 | 0.11 |
| E1022 | Oats, Traditional Wholegrain Oats, Harraways™ | 100 | 1.3 | 1500 | 1600 | 14.3 | 7 | 58.9 | 11.9 | 0 | 58.9 | 1.3 | 2.67 | 2.57 | 0.079 | 2.49 | 0 | 3 | 0 |
| | 1 cup (250 mL) | 112 | 1.4 | 1680 | 1790 | 16 | 7.84 | 66 | 13.3 | 0 | 66 | 1.46 | 2.99 | 2.88 | 0.088 | 2.79 | 0 | 3 | 0 |
| E1075 | Oats, rolled, raw, New Zealand | 100 | 9.6 | 1440 | 1510 | 12.2 | 7.24 | 56.7 | 8.4 | 1 | 55.7 | 1.32 | 2.29 | 2.85 | 0.096 | 2.76 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 130 | 12.5 | 1870 | 1960 | 15.9 | 9.41 | 73.7 | 10.9 | 1.3 | 72.4 | 1.71 | 2.98 | 3.71 | 0.125 | 3.58 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| E1053 | Noodle, rice flour, dry, boiled, drained | 100 | 6 | 22 | 11 | 0.1 | 0.46 | 0.75 | 0 | 0 | 0 | 0.023 | 0.17 | 0.015 | 0 | 1 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 222 | 14 | 49 | 24 | 0.23 | 1.02 | 1.7 | 0 | 0 | 0 | 0.05 | 0.37 | 0.033 | 0 | 2 | 0 | 0 | 0 |
| E1056 | Noodle, shelf-fresh, boiled, drained, Japanese udon noodles | 100 | 3 | 15 | 5 | 0 | 0.12 | 1.4 | 0 | 0 | 0.023 | 0.037 | 0.55 | 0 | 0 | 0 | 0 | 0 | 0.02 |
| | 1 cup (250 mL) | 186 | 6 | 28 | 9 | 0 | 0.23 | 2.7 | 0 | 0 | 0.043 | 0.07 | 1 | 0 | 0 | 0 | 0 | 0 | 0.03 |
| E1057 | Noodle, shelf-fresh, stir fried, Japanese udon noodles | 100 | 15 | 25 | 7 | 0 | 0.17 | 2 | 0 | 0 | 0.04 | 0.063 | 1.1 | 0 | 0 | 0 | 0 | 0 | 0.75 |
| | 1 cup (250 mL) | 192 | 29 | 48 | 13 | 0 | 0.32 | 3.8 | 0 | 0 | 0.076 | 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 | 0.42 | 2 | 0 | 0.02 | 0.01 | 0.54 | 0.01 | 0.09 | 1 | 0 | 0 | 0.7 |
| | 1 cup (250 mL) | 169 | 42 | 52 | 7 | 0.34 | 0.51 | 0.71 | 3 | 0 | 0.034 | 0.017 | 0.91 | 0.017 | 0.15 | 2 | 0 | 0 | 1.2 |
| E40 | Noodle, wheat flour with egg, fried | 100 | 28 | 27 | 5 | 0.2 | 0.3 | 0.42 | 2 | 0 | 0.02 | 0.01 | 0.44 | 0.01 | 0 | 1 | 0 | 0 | 2.7 |
| | 1 cup (250 mL) | 169 | 47 | 46 | 8 | 0.34 | 0.51 | 0.71 | 3 | 0 | 0.034 | 0.017 | 0.74 | 0.017 | 0 | 2 | 0 | 0 | 4.5 |
| E1050 | Noodle, wheat flour, assorted flavours, boiled, undrained, 2 Minutes, Maggi® | 100 | 119 | 28 | 6 | 0.2 | 0.14 | 1.6 | 1 | 4 | 0.11 | 0.46 | 0.11 | 0.055 | 0 | 0 | 0 | 0 | 0.02 |
| | 1 cup (250 mL) | 285 | 341 | 80 | 18 | 0.58 | 0.41 | 4.6 | 2 | 10 | 0.31 | 1.3 | 0.3 | 0.16 | 0 | 0 | 0 | 0 | 0.06 |
| | 1 cake (11.5 x 8.0 x 2.6 cm) | 396 | 473 | 112 | 25 | 0.8 | 0.57 | 6.4 | 2 | 14 | 0.43 | 1.8 | 0.42 | 0.22 | 0 | 0 | 0 | 0 | 0.08 |
| E1049 | Noodle, wheat, Shin Ramyun Noodle Soup Hot & Spicy, Nong Shim, boiled, undrained | 100 | 46 | 15 | 5 | 0.02 | 0.06 | 1.6 | 0 | 0 | 0.072 | 0.036 | 0.65 | 0.013 | 0 | 3 | 0 | 0 | 0.27 |
| | 1 cup (250 mL) | 284 | 129 | 43 | 13 | 0.06 | 0.17 | 4.6 | 0 | 0 | 0.2 | 0.1 | 1.9 | 0.036 | 0 | 10 | 0 | 0 | 0.75 |
| | 1 cake (11.5 x 8.0 x 2.6 cm) | 732 | 334 | 111 | 33 | 0.14 | 0.45 | 12 | 0 | 0 | 0.53 | 0.27 | 4.8 | 0.093 | 0 | 26 | 0 | 0 | 1.9 |
| E23 | Oat bran | 100 | 550 | 714 | 56 | 5.26 | 3.02 | 2 | 0 | 0 | 1.1 | 0.21 | 4.1 | 0.16 | 0 | 51 | 0 | 0 | 2.6 |
| | 1 cup (250 mL) | 120 | 660 | 857 | 67 | 6.31 | 3.62 | 2.4 | 0 | 0 | 1.4 | 0.25 | 4.9 | 0.19 | 0 | 61 | 0 | 0 | 3.1 |
| E22 | Oatmeal, dry | 100 | 484 | 363 | 102 | 6.93 | 2.66 | 2 | 0 | 0 | 0.56 | 0.19 | 4.1 | 0.12 | 0 | 46 | 0 | 0 | 0.41 |
| | 1 cup (250 mL) | 90 | 436 | 327 | 92 | 6.24 | 2.39 | 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 | 426 | 515 | 86 | 6.83 | 2.24 | 2.2 | 0 | 0 | 0.48 | 0.13 | 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 | 455 | 520 | 73 | 4.81 | 3.12 | 12 | 0 | 0 | 0.62 | 0.1 | 4.9 | 0.29 | 0 | 31 | 0 | 0 | 0.41 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|---|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| E1015 | Oats, toasted, Rolled Oats, Harraways™ | 100 | 0.8 | 1540 | 1630 | 12.5 | 7.5 | 61.6 | 11.5 | 1 | 60.6 | 1.45 | 2.98 | 2.56 | 0.07 | 2.49 | 0 | 3 | 0 |
| | 1 cup (250 mL) | 102 | 0.8 | 1570 | 1660 | 12.8 | 7.65 | 62.8 | 11.7 | 1.02 | 61.8 | 1.47 | 3.04 | 2.61 | 0.072 | 2.54 | 0 | 3 | 0 |
| E1076 | Oats, wholegrain, raw, New Zealand | 100 | 9.2 | 1420 | 1500 | 12.8 | 6.71 | 56.1 | 9.4 | 1 | 55.1 | 1.28 | 2.15 | 2.8 | 0.097 | 2.7 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 130 | 12 | 1850 | 1940 | 16.7 | 8.73 | 72.9 | 12.2 | 1.3 | 71.6 | 1.66 | 2.79 | 3.64 | 0.126 | 3.51 | 0 | 0 | 0 |
| E10001 | Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled | 100 | 68.3 | 520 | 529 | 4.86 | 3.1 | 19 | 1.1 | 2.3 | 16.7 | 1.42 | 0.49 | 1.42 | 0.034 | 1.37 | 7.15 | 142 | 8.9 |
| | 1 cup (250 mL) | 181 | 124 | 942 | 958 | 8.8 | 5.61 | 34.4 | 2 | 4.16 | 30.2 | 2.57 | 0.89 | 2.58 | 0.061 | 2.48 | 12.9 | 257 | 16 |
| E55 | Pasta, fresh, assorted type, cooked | 100 | 60.5 | 549 | 571 | 6.88 | 0.58 | 24.2 | 2.7 | 0 | 24.2 | 0 | 0 | 0 | 0 | 0 | 6 | 287 | 1.5 |
| | 1 cup (250 mL) | 150 | 90.8 | 824 | 856 | 10.3 | 0.87 | 36.3 | 4.1 | 0 | 36.3 | 0 | 0 | 0 | 0 | 0 | 9 | 431 | 2.2 |
| E56 | Pasta, fresh, fettuccine, herb & garlic, cooked | 100 | 63.8 | 533 | 545 | 5.74 | 1.7 | 21.9 | 1.5 | 0.38 | 21.5 | 0.1 | 0.1 | 0.3 | | | 0 | 215 | 1.5 |
| | 1 cup (250 mL) | 148 | 94.4 | 789 | 807 | 8.5 | 2.52 | 32.4 | 2.2 | 0.56 | 31.9 | 0.15 | 0.15 | 0.44 | | | 0 | 318 | 2.2 |
| E57 | Pasta, fresh, ravioli, beef & pork, cooked | 100 | 56 | 674 | 690 | 8.87 | 3.13 | 24 | 2 | 0.75 | 23.2 | 1.25 | 1.13 | 0.36 | | 0.33 | 51 | 412 | 0.76 |
| | 1 cup (250 mL) | 150 | 83.9 | 1010 | 1040 | 13.3 | 4.7 | 36 | 3 | 1.13 | 34.8 | 1.88 | 1.7 | 0.54 | | 0.495 | 76.5 | 618 | 1.1 |
| E118 | Pasta, wheat flour with egg, boiled, drained | 100 | 63.5 | 600 | 609 | 5.75 | 0.28 | 28.9 | 1.1 | 0 | 28.9 | 0.06 | 0.06 | 0.1 | | | 2.22 | 3 | 0 |
| | 1 cup (250 mL) | 120 | 76.2 | 720 | 731 | 6.9 | 0.34 | 34.7 | 1.4 | 0 | 34.7 | 0.07 | 0.07 | 0.12 | | | 2.66 | 3 | 0 |
| E119 | Pasta, wheat flour with vegetable flavours, boiled, drained | 100 | 61.8 | 617 | 631 | 5.48 | 0.32 | 30.1 | 1.8 | 0.08 | 30 | 0.08 | 0.06 | 0.06 | | | 0 | 3 | 0 |
| | 1 cup (250 mL) | 114 | 70.5 | 703 | 720 | 6.25 | 0.36 | 34.3 | 2.1 | 0.1 | 34.2 | 0.1 | 0.07 | 0.07 | | | 0 | 3 | 0 |
| E1064 | Pasta, white wheat flour, assorted shapes, regular, boiled, drained, no salt added | 100 | 65.3 | 548 | 566 | 5.05 | 0.8 | 25.4 | 2.3 | 0 | 25.4 | 0.16 | 0.11 | 0.5 | 0.03 | 0.465 | 0 | 4 | 2.7 |
| | 1 cup spirals (250 mL) | 110 | 71.8 | 602 | 623 | 5.55 | 0.88 | 28 | 2.6 | 0 | 28 | 0.18 | 0.12 | 0.55 | 0.033 | 0.511 | 0 | 5 | 3 |
| | 1 cup macaroni elbow (250 mL) | 113 | 73.8 | 619 | 640 | 5.7 | 0.9 | 28.7 | 2.6 | 0 | 28.7 | 0.19 | 0.12 | 0.56 | 0.034 | 0.525 | 0 | 5 | 3.1 |
| | 1 cup risoni (250 mL) | 201 | 131 | 1100 | 1140 | 10.1 | 1.61 | 51.1 | 4.7 | 0 | 51.1 | 0.33 | 0.22 | 1 | 0.06 | 0.934 | 0 | 8 | 5.4 |
| E1066 | Pasta, wholemeal wheat flour, assorted shapes, boiled, drained, no salt added | 100 | 62.2 | 526 | 572 | 6.31 | 1.3 | 21.8 | 5.8 | 0 | 21.8 | 0.23 | 0.2 | 0.76 | 0.049 | 0.713 | 0 | 6 | 3.4 |
| | 1 cup spirals or penne (250 mL) | 111 | 69 | 584 | 635 | 7.01 | 1.44 | 24.2 | 6.5 | 0 | 24.2 | 0.26 | 0.23 | 0.85 | 0.055 | 0.791 | 0 | 6 | 3.8 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| 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) | 102 | 377 | 449 | 69 | 4.59 | 2.75 | 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) | 130 | 507 | 585 | 99 | 5.59 | 3.25 | 2.6 | 0 | 0 | 0.69 | 0.1 | 5.3 | 0.29 | 0 | 38 | 0 | 0 | 0.3 |
| E10001 | Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled | 100 | 127 | trace | 49 | 0.53 | 0.52 | 30 | 35 | 106 | 0.16 | 0.11 | 1.3 | 0.13 | 0.06 | 11 | trace | 0.09 | 0.1 |
| | 1 cup (250 mL) | 181 | 230 | trace | 89 | 0.96 | 0.94 | 54 | 64 | 192 | 0.29 | 0.2 | 2.3 | 0.24 | 0.11 | 20 | trace | 0.16 | 0.18 |
| E55 | Pasta, fresh, assorted type, cooked | 100 | 81 | 170 | 38 | 1.27 | 1.46 | 17 | 0 | 0 | 0.11 | 0.27 | 1.2 | 0.03 | 0.15 | 6 | 0 | 0 | 0.27 |
| | 1 cup (250 mL) | 150 | 122 | 255 | 57 | 1.91 | 2.19 | 26 | 0 | 0 | 0.17 | 0.41 | 1.7 | 0.045 | 0.23 | 9 | 0 | 0 | 0.41 |
| E56 | Pasta, fresh, fettuccine, herb & garlic, cooked | 100 | 84 | 172 | 44 | 1.46 | 1.26 | 18 | 0 | 0 | 0.06 | 0.25 | 1.2 | 0.03 | 0.45 | 0 | 0 | 0 | 0.44 |
| | 1 cup (250 mL) | 148 | 124 | 255 | 66 | 2.16 | 1.87 | 26 | 0 | 0 | 0.089 | 0.37 | 1.7 | 0.044 | 0.67 | 0 | 0 | 0 | 0.65 |
| E57 | Pasta, fresh, ravioli, beef & pork, cooked | 100 | 185 | 206 | 80 | 1.63 | 2.7 | 18 | 34 | 204 | 0.09 | 0.72 | 2.3 | 0.05 | 0.83 | 7 | 0 | 0 | 0.56 |
| | 1 cup (250 mL) | 150 | 278 | 309 | 120 | 2.45 | 4.05 | 27 | 51 | 306 | 0.14 | 1.1 | 3.5 | 0.075 | 1.2 | 10 | 0 | 0 | 0.84 |
| E118 | Pasta, wheat flour with egg, boiled, drained | 100 | 28 | 58 | 10 | 0.48 | 0.45 | 4.9 | 0 | 0 | 0.028 | 0.02 | 1.4 | 0.035 | 0 | 10 | 0 | 0 | 0.1 |
| | 1 cup (250 mL) | 120 | 34 | 69 | 12 | 0.57 | 0.53 | 5.9 | 0 | 0 | 0.034 | 0.024 | 1.7 | 0.042 | 0 | 12 | 0 | 0 | 0.12 |
| E119 | Pasta, wheat flour with vegetable flavours, boiled, drained | 100 | 36 | 64 | 13 | 0.62 | 0.54 | 3.5 | 1 | 4 | 0.055 | 0.013 | 1.5 | 0.057 | 0 | 10 | 0 | 0 | 0.1 |
| | 1 cup (250 mL) | 114 | 41 | 73 | 15 | 0.7 | 0.62 | 4 | 1 | 5 | 0.062 | 0.014 | 1.7 | 0.065 | 0 | 11 | 0 | 0 | 0.11 |
| E1064 | Pasta, white wheat flour, assorted shapes, regular, boiled, drained, no salt added | 100 | 33 | 67 | 10 | 0.51 | 0.57 | 4.4 | 2 | 10 | 0.065 | 0.012 | 1.3 | 0.061 | 0 | 6 | 0 | 0 | 0.08 |
| | 1 cup spirals (250 mL) | 110 | 36 | 73 | 11 | 0.56 | 0.62 | 4.9 | 2 | 11 | 0.072 | 0.013 | 1.4 | 0.067 | 0 | 7 | 0 | 0 | 0.09 |
| | 1 cup macaroni elbow (250 mL) | 113 | 37 | 75 | 12 | 0.58 | 0.64 | 5 | 2 | 12 | 0.074 | 0.014 | 1.4 | 0.069 | 0 | 7 | 0 | 0 | 0.09 |
| | 1 cup risoni (250 mL) | 201 | 65 | 134 | 21 | 1.03 | 1.14 | 8.9 | 3 | 21 | 0.13 | 0.024 | 2.6 | 0.12 | 0 | 13 | 0 | 0 | 0.16 |
| E1066 | Pasta, wholemeal wheat flour, assorted shapes, boiled, drained, no salt added | 100 | 67 | 139 | 18 | 1.26 | 1.25 | 6 | 1 | 6 | 0.17 | 0.032 | 1.7 | 0.14 | 0 | 17 | 0 | 0 | 0.19 |
| | 1 cup spirals or penne (250 mL) | 111 | 75 | 155 | 20 | 1.4 | 1.39 | 6.7 | 1 | 7 | 0.19 | 0.036 | 1.9 | 0.15 | 0 | 18 | 0 | 0 | 0.21 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| E1025 | Quinoa, cooked | 100 | 71.6 | 445 | 467 | 4.37 | 1.92 | 17.6 | 2.8 | 0 | 17.6 | 0.22 | 0.51 | 1.04 | | | 0 | 7 | 0.15 |
| | 1 cup (250 mL) | 146 | 105 | 650 | 683 | 6.38 | 2.8 | 25.7 | 4.1 | 0 | 25.7 | 0.33 | 0.75 | 1.52 | | | 0 | 10 | 0.22 |
| E1080 | Rice, brown, assorted grains, cooked in unsalted water | 100 | 65.7 | 594 | 604 | 3.23 | 1.18 | 29.2 | 1.2 | 0.51 | 28.7 | 0.29 | 0.35 | 0.42 | 0.014 | 0.401 | 0 | 2 | 0.6 |
| | 1 cup (250 mL) | 149 | 97.9 | 886 | 900 | 4.81 | 1.76 | 43.5 | 1.8 | 0.75 | 42.7 | 0.43 | 0.53 | 0.62 | 0.02 | 0.597 | 0 | 2 | 0.89 |
| E1069 | Rice, creamed, canned | 100 | 74.6 | 428 | 434 | 2.94 | 1.7 | 18.6 | 0.7 | 11.7 | 6.85 | 0.96 | 0.34 | 0.07 | 0.012 | 0.05 | 30 | 44 | 7.5 |
| | 1 cup (250 mL) | 258 | 192 | 1100 | 1120 | 7.58 | 4.39 | 47.9 | 1.9 | 30.2 | 17.7 | 2.46 | 0.88 | 0.18 | 0.032 | 0.129 | 77.4 | 114 | 19 |
| E1046 | Rice, white, Basmati, boiled, undrained | 100 | 66.6 | 534 | 539 | 3.13 | 0.4 | 27.4 | 0.6 | 0 | 27.4 | 0.22 | 0.07 | 0.08 | 0.002 | 0.075 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 162 | 108 | 865 | 872 | 5.06 | 0.65 | 44.4 | 1 | 0 | 44.4 | 0.36 | 0.11 | 0.13 | 0.004 | 0.121 | 0 | 2 | 0 |
| E1078 | Rice, white, assorted grains, cooked in unsalted water | 100 | 66.4 | 549 | 554 | 2.78 | 0.4 | 28.7 | 0.6 | 0.12 | 28.6 | 0.13 | 0.07 | 0.14 | 0.005 | 0.135 | 0 | 1 | 0.2 |
| | 1 cup (250 mL) | 158 | 105 | 868 | 876 | 4.39 | 0.63 | 45.3 | 0.9 | 0.18 | 45.1 | 0.2 | 0.12 | 0.22 | 0.007 | 0.213 | 0 | 2 | 0.32 |
| E1016 | Rice, wild, cooked | 100 | 73.9 | 413 | 428 | 4.05 | 0.34 | 19.5 | 1.8 | 0.73 | 18.8 | 0 | 0 | 0 | | | 0 | 3 | 0 |
| | 1 cup (250 mL) | 173 | 128 | 715 | 740 | 7 | 0.59 | 33.8 | 3.1 | 1.26 | 32.5 | 0 | 0 | 0 | | | 0 | 5 | 0 |
| E73 | Semolina, cooked | 100 | 91.6 | 128 | 129 | 0.99 | 0.1 | 6.3 | 0.2 | 0.6 | 5.7 | 0 | 0 | 0.06 | | | 0 | 10 | 1.1 |
| | 1 cup (250 mL) | 245 | 224 | 313 | 316 | 2.42 | 0.25 | 15.4 | 0.5 | 1.47 | 14 | 0 | 0 | 0.15 | | | 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 | 7.41 | 0.11 | 0.05 | 0.13 | 0.011 | 0.118 | 0 | 350 | 1.8 |
| | 1 cup (250 mL) | 295 | 241 | 771 | 797 | 7.07 | 1.18 | 35.7 | 3.2 | 13.9 | 21.9 | 0.31 | 0.14 | 0.38 | 0.031 | 0.349 | 0 | 1030 | 5.3 |
| E1054 | Taco shell, corn flour, baked, commercial | 100 | 7.4 | 1890 | 1920 | 7.08 | 20.8 | 58.5 | 4.6 | 1.21 | 57.3 | 6.23 | 6.36 | 7.26 | 0.11 | 7.03 | 0 | 389 | 3 |
| | 1 shell small (13.2 cm diameter) | 11 | 0.8 | 207 | 212 | 0.78 | 2.29 | 6.44 | 0.5 | 0.13 | 6.31 | 0.69 | 0.7 | 0.8 | 0.012 | 0.774 | 0 | 43 | 0.33 |
| | 1 shell standard | 14 | 1 | 264 | 269 | 0.99 | 2.92 | 8.2 | 0.6 | 0.17 | 8.03 | 0.87 | 0.89 | 1.02 | 0.015 | 0.985 | 0 | 54 | 0.42 |
| | 1 shell jumbo | 19 | 1.4 | 358 | 365 | 1.35 | 3.96 | 11.1 | 0.9 | 0.23 | 10.9 | 1.18 | 1.21 | 1.38 | 0.021 | 1.34 | 0 | 74 | 0.57 |
| E34 | Tapioca, pearl, dry | 100 | 12.2 | 1480 | 1480 | 0.44 | 0.1 | 86.4 | 0.3 | 0 | 86.4 | 0.03 | 0.02 | 0.01 | | | 0 | 4 | 14 |
| | 1 cup (250 mL) | 160 | 19.5 | 2370 | 2370 | 0.7 | 0.16 | 138 | 0.5 | 0 | 138 | 0.05 | 0.03 | 0.02 | | | 0 | 6 | 22 |
| E1012 | Tempeh | 100 | 59.7 | 847 | 858 | 18.5 | 10.8 | 7.84 | 1.3 | 1.1 | 6.74 | 2.25 | 3 | 3.81 | | | 0 | 9 | 0 |
| | 1 cup (250 mL) | 262 | 156 | 2220 | 2250 | 48.5 | 28.3 | 20.5 | 3.5 | 2.88 | 17.7 | 5.9 | 7.86 | 9.99 | | | 0 | 24 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| E1025 | Quinoa, cooked | 100 | 172 | 152 | 17 | 1.49 | 1.09 | 2.8 | 0 | 0 | 0.11 | 0.11 | 0.87 | 0.12 | 0 | 42 | 0 | 0 | 0.63 |
| | 1 cup (250 mL) | 146 | 251 | 222 | 25 | 2.18 | 1.59 | 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 | 102 | 131 | 5 | 0.41 | 0.73 | 2.4 | 0 | 0 | 0.15 | 0.03 | 1.7 | 0.18 | 0 | 2 | 0 | 0 | 0.16 |
| | 1 cup (250 mL) | 149 | 152 | 195 | 7 | 0.61 | 1.09 | 3.6 | 0 | 0 | 0.22 | 0.045 | 2.6 | 0.27 | 0 | 3 | 0 | 0 | 0.24 |
| E1069 | Rice, creamed, canned | 100 | 153 | 93 | 96 | 0.21 | 0.48 | 0 | 17 | 20 | 0.08 | 0.19 | 0.71 | 0.08 | 0 | 0 | 0 | 0 | trace |
| | 1 cup (250 mL) | 258 | 395 | 240 | 248 | 0.54 | 1.24 | 0 | 45 | 52 | 0.21 | 0.49 | 1.8 | 0.21 | 0 | 0 | 0 | 0 | trace |
| E1046 | Rice, white, Basmati, boiled, undrained | 100 | 29 | 35 | 3 | 0.16 | 0.58 | 3 | 1 | 8 | 0 | 0.07 | 0.53 | 0.07 | 0 | 3 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 162 | 47 | 57 | 5 | 0.26 | 0.94 | 4.9 | 2 | 13 | 0 | 0.11 | 0.85 | 0.11 | 0 | 5 | 0 | 0 | 0 |
| E1078 | Rice, white, assorted grains, cooked in unsalted water | 100 | 28 | 31 | 3 | 0 | 0.46 | 2.3 | 0 | 0 | 0.03 | 0.04 | 0.61 | 0.06 | 0 | 0 | 0 | 0 | trace |
| | 1 cup (250 mL) | 158 | 44 | 49 | 5 | 0 | 0.73 | 3.6 | 0 | 0 | 0.047 | 0.063 | 0.96 | 0.095 | 0 | 0 | 0 | 0 | trace |
| E1016 | Rice, wild, cooked | 100 | 101 | 82 | 3 | 0.6 | 1.34 | 0.8 | trace | 2 | 0.052 | 0.087 | 1.9 | 0.14 | 0 | 26 | 0 | 0 | 0.2 |
| | 1 cup (250 mL) | 173 | 175 | 142 | 5 | 1.04 | 2.32 | 1.4 | 1 | 3 | 0.09 | 0.15 | 3.2 | 0.23 | 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 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.2 | 0.15 | 0 | 10 | 0 | 0 | 0.27 |
| E1005 | Spaghetti, canned in tomato sauce | 100 | 109 | 24 | 6 | 0.3 | 0.17 | 1.1 | 17 | 95 | 0.04 | 0.02 | 0.42 | 0.11 | 0 | 4 | 0 | 0 | 0.33 |
| | 1 cup (250 mL) | 295 | 322 | 71 | 18 | 0.89 | 0.49 | 3.3 | 51 | 279 | 0.12 | 0.059 | 1.2 | 0.33 | 0 | 12 | 0 | 0 | 0.97 |
| E1054 | Taco shell, corn flour, baked, commercial | 100 | 223 | 226 | 101 | 1.86 | 1.61 | 4.8 | 1 | 5 | 0.22 | 0.08 | 2.6 | 0.2 | 0 | 45 | 0 | 0 | 0.69 |
| | 1 shell small (13.2 cm diameter) | 11 | 25 | 25 | 11 | 0.21 | 0.18 | 0.53 | trace | trace | 0.024 | 0.009 | 0.29 | 0.022 | 0 | 5 | 0 | 0 | 0.08 |
| | 1 shell standard | 14 | 31 | 32 | 14 | 0.26 | 0.23 | 0.67 | trace | 1 | 0.03 | 0.011 | 0.37 | 0.028 | 0 | 6 | 0 | 0 | 0.1 |
| | 1 shell jumbo | 19 | 42 | 43 | 19 | 0.35 | 0.31 | 0.91 | trace | 1 | 0.041 | 0.015 | 0.5 | 0.039 | 0 | 9 | 0 | 0 | 0.13 |
| E34 | Tapioca, pearl, dry | 100 | 20 | 30 | 8 | 0.3 | 0.12 | 1.5 | 0 | 0 | 0 | 0 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 160 | 32 | 48 | 13 | 0.48 | 0.19 | 2.4 | 0 | 0 | 0 | 0 | 0.16 | 0 | 0 | 0 | 0 | 0 | 0 |
| E1012 | Tempeh | 100 | 412 | 266 | 111 | 2.7 | 1.14 | 0 | 0 | 0 | 0.078 | 0.36 | 5.8 | 0.22 | 0.08 | 24 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 262 | 1080 | 697 | 291 | 7.07 | 2.99 | 0 | 0 | 0 | 0.2 | 0.94 | 15 | 0.56 | 0.21 | 63 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| 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 | 955 | 0 |
| | 1 cup (250 mL) | 175 | 48.1 | 3240 | 3280 | 40.6 | 59.2 | 21.4 | 5.1 | 1.58 | 19.8 | 7.88 | 13.5 | 33.1 | | | 0 | 1670 | 0 |
| E1043 | Wafer, wholegrain rice | 100 | 6.3 | 1470 | 1500 | 8.33 | 3.5 | 70.5 | 3.9 | 0 | 70.5 | 0.69 | 1.37 | 1.25 | 0.047 | 1.21 | 0 | 0 | 4.1 |
| | 1 thin wafer (0.6 x 9.9 cm diameter) | 7.3 | 0.5 | 107 | 110 | 0.61 | 0.26 | 5.15 | 0.3 | 0 | 5.15 | 0.05 | 0.1 | 0.09 | 0.003 | 0.088 | 0 | 0 | 0.3 |
| | 1 thick wafer (1.1 x 9.9 cm diameter) | 13.1 | 0.8 | 193 | 197 | 1.09 | 0.46 | 9.24 | 0.5 | 0 | 9.24 | 0.09 | 0.18 | 0.16 | 0.006 | 0.158 | 0 | 0 | 0.54 |
| E111 | Wheat bran | 100 | 8.8 | 897 | 1250 | 15 | 6.66 | 23.3 | 44.7 | 2.95 | 20.4 | 1.11 | 0.77 | 3.52 | 0.348 | 3.17 | 0 | 11 | 2 |
| | 1 cup (250 mL) | 63 | 5.6 | 565 | 790 | 9.42 | 4.19 | 14.7 | 28.2 | 1.86 | 12.8 | 0.7 | 0.48 | 2.21 | 0.219 | 2 | 0 | 7 | 1.3 |
| E112 | Wheat germ | 100 | 9.2 | 1450 | 1570 | 27.9 | 9.69 | 36.4 | 14.3 | 9.64 | 26.8 | 1.32 | 1.17 | 4.38 | 0.384 | 4 | 0 | 5 | 2 |
| | 1 cup (250 mL) | 98 | 9 | 1420 | 1530 | 27.3 | 9.49 | 35.7 | 14 | 9.45 | 26.3 | 1.3 | 1.15 | 4.3 | 0.376 | 3.92 | 0 | 5 | 2 |
| E43 | Yoghurt, soy | 100 | 82.4 | 306 | 306 | 5.02 | 4.2 | 3.82 | 0 | 3.82 | 0 | 0.6 | 0.9 | 2.4 | | | 0 | 7 | 130 |
| F | DAIRY | | | | | | | | | | | | | | | | | | |
| F1046 | Butter, salted | 100 | 15.4 | 3050 | 3050 | 0.45 | 82.1 | 0.44 | 0 | 0.44 | 0 | 53.1 | 20 | 3 | 0.621 | 2.15 | 207 | 547 | 2.2 |
| | 1 teaspoon (5 mL) | 4.55 | 0.7 | 139 | 139 | 0.02 | 3.74 | 0.02 | 0 | 0.02 | 0 | 2.42 | 0.91 | 0.14 | 0.028 | 0.098 | 9.4 | 25 | 0.1 |
| | 1 tablespoon (15 mL) | 13.8 | 2.1 | 421 | 421 | 0.06 | 11.3 | 0.06 | 0 | 0.06 | 0 | 7.32 | 2.76 | 0.41 | 0.086 | 0.296 | 28.5 | 75 | 0.3 |
| F1051 | Butter, semisoft | 100 | 15.2 | 3060 | 3060 | 0.48 | 82.3 | 0.29 | 0 | 0.29 | 0 | 51.8 | 21.7 | 3.27 | 0.7 | 2.26 | 190 | 470 | 2.8 |
| | 1 teaspoon (5 mL) | 4.55 | 0.7 | 139 | 139 | 0.02 | 3.75 | 0.01 | 0 | 0.01 | 0 | 2.36 | 0.99 | 0.15 | 0.032 | 0.103 | 8.65 | 21 | 0.13 |
| | 1 tablespoon (15 mL) | 13.2 | 2 | 404 | 404 | 0.06 | 10.9 | 0.04 | 0 | 0.04 | 0 | 6.84 | 2.86 | 0.43 | 0.092 | 0.298 | 25.1 | 62 | 0.37 |
| F1050 | Butter, unsalted | 100 | 15.3 | 3110 | 3110 | 0.32 | 83.6 | 0.54 | 0 | 0.54 | 0 | 54.1 | 20.8 | 2.68 | 0.553 | 1.9 | 220 | 7 | 2 |
| | 1 teaspoon (5 mL) | 4.55 | 0.7 | 141 | 141 | 0.02 | 3.8 | 0.02 | 0 | 0.02 | 0 | 2.46 | 0.95 | 0.12 | 0.025 | 0.086 | 10 | trace | 0.09 |
| | 1 tablespoon (15 mL) | 13.8 | 2.1 | 429 | 429 | 0.04 | 11.5 | 0.07 | 0 | 0.07 | 0 | 7.46 | 2.87 | 0.37 | 0.076 | 0.261 | 30.4 | 1 | 0.28 |
| F98 | Cheese spread, light, Philadelphia | 100 | 73.2 | 625 | 625 | 9.57 | 12.5 | 0 | 0 | 0 | 0 | 7.95 | 3.32 | 0.37 | | | 59.1 | 240 | 11 |
| | 1 tablespoon (15 mL) | 18.6 | 13.6 | 116 | 116 | 1.78 | 2.32 | 0 | 0 | 0 | 0 | 1.48 | 0.62 | 0.07 | | | 11 | 45 | 2 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|---------------------------------------|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| E1011 | Tempeh, fried in sunflower oil | 100 | 542 | 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 | 949 | 350 | 130 | 16.1 | 2.98 | 0 | 39 | 235 | 0.16 | 0.18 | 14 | 0.28 | 0 | 51 | 0 | 0 | 0 |
| E1043 | Wafer, wholegrain rice | 100 | 290 | 330 | 24 | 1.14 | 1.95 | 4 | 0 | 0 | 0 | 0.14 | 1.8 | 1.2 | 0 | 3 | 0 | 0 | 0.73 |
| | 1 thin wafer (0.6 x 9.9 cm diameter) | 7.3 | 21 | 24 | 2 | 0.08 | 0.14 | 0.29 | 0 | 0 | 0 | 0.01 | 0.13 | 0.086 | 0 | trace | 0 | 0 | 0.05 |
| | 1 thick wafer (1.1 x 9.9 cm diameter) | 13.1 | 38 | 43 | 3 | 0.15 | 0.26 | 0.52 | 0 | 0 | 0 | 0.018 | 0.24 | 0.16 | 0 | trace | 0 | 0 | 0.1 |
| E111 | Wheat bran | 100 | 1450 | 1400 | 140 | 13.5 | 8.75 | 6.3 | 0 | 0 | 0.6 | 0.17 | 10 | 0.69 | 0 | 95 | 0 | 0 | 0.65 |
| | 1 cup (250 mL) | 63 | 914 | 882 | 88 | 8.51 | 5.51 | 4 | 0 | 0 | 0.38 | 0.1 | 6.4 | 0.44 | 0 | 60 | 0 | 0 | 0.41 |
| E112 | Wheat germ | 100 | 955 | 1100 | 63 | 9.75 | 16.5 | 9 | 3 | 17 | 1.9 | 0.21 | 6.5 | 0.72 | 0 | 280 | 0 | 0 | 14 |
| | 1 cup (250 mL) | 98 | 936 | 1080 | 62 | 9.56 | 16.2 | 8.8 | 3 | 17 | 1.8 | 0.21 | 6.4 | 0.71 | 0 | 270 | 0 | 0 | 14 |
| E43 | Yoghurt, soy | 100 | 121 | 97 | 105 | 5.36 | 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 | 0.05 | 0.05 | 1 | 907 | 570 | 0 | 0.06 | 0.2 | 0.01 | 0.68 | 0 | 0.05 | 5.2 | 2.3 |
| | 1 teaspoon (5 mL) | 4.55 | 1 | 1 | 1 | trace | trace | 0.05 | 41 | 26 | 0 | 0.003 | 0.009 | 0 | 0.03 | 0 | trace | 0.24 | 0.1 |
| | 1 tablespoon (15 mL) | 13.8 | 3 | 2 | 3 | 0.01 | 0.01 | 0.14 | 125 | 79 | 0 | 0.008 | 0.028 | 0.001 | 0.09 | 0 | 0.01 | 0.72 | 0.31 |
| F1051 | Butter, semisoft | 100 | 24 | 18 | 19 | 0.14 | 0.07 | 1 | 970 | 598 | 0 | 0.06 | 0.2 | 0.01 | 0.68 | 0 | 0 | 4.5 | 2.3 |
| | 1 teaspoon (5 mL) | 4.55 | 1 | 1 | 1 | 0.01 | trace | 0.05 | 44 | 27 | 0 | 0.003 | 0.009 | 0 | 0.03 | 0 | 0 | 0.2 | 0.11 |
| | 1 tablespoon (15 mL) | 13.2 | 3 | 2 | 3 | 0.02 | 0.01 | 0.13 | 128 | 79 | 0 | 0.008 | 0.026 | 0.001 | 0.09 | 0 | 0 | 0.59 | 0.31 |
| F1050 | Butter, unsalted | 100 | 20 | 16 | 16 | 0.05 | 0.03 | 1 | 802 | 491 | 0 | 0.06 | 0.2 | 0.01 | 0.68 | 0 | 0 | 5.2 | 2.1 |
| | 1 teaspoon (5 mL) | 4.55 | 1 | 1 | 1 | trace | trace | 0.05 | 36 | 22 | 0 | 0.003 | 0.009 | 0 | 0.03 | 0 | 0 | 0.24 | 0.1 |
| | 1 tablespoon (15 mL) | 13.8 | 3 | 2 | 2 | 0.01 | trace | 0.14 | 111 | 68 | 0 | 0.008 | 0.028 | 0.001 | 0.09 | 0 | 0 | 0.72 | 0.3 |
| F98 | Cheese spread, light, Philadelphia | 100 | 140 | 130 | 110 | 0.23 | 0.49 | 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 | 0.04 | 0.09 | 0 | 55 | 48 | 0.006 | 0.05 | 0.61 | 0.015 | 0.05 | 4 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| F5 | Cheese, Camembert | 100 | 52.4 | 1190 | 1190 | 22.6 | 21.7 | 0.1 | 0 | 0.1 | 0 | 13.8 | 5.27 | 0.51 | | | 88.2 | 574 | 2.5 |
| | 1 cube (2 cm) | 7.5 | 3.9 | 89 | 89 | 1.69 | 1.63 | 0.01 | 0 | 0.01 | 0 | 1.04 | 0.4 | 0.04 | | | 6.62 | 43 | 0.19 |
| | 1 round (2.7 x 8.8 cm diameter) | 150 | 78.5 | 1780 | 1780 | 33.9 | 32.6 | 0.15 | 0 | 0.15 | 0 | 20.7 | 7.9 | 0.76 | | | 132 | 861 | 3.8 |
| F1015 | Cheese, Cheddar Mild | 100 | 34.2 | 1750 | 1750 | 24.2 | 36.2 | 0 | 0 | 0 | 0 | 23.6 | 6.45 | 1.69 | 0.274 | 0.992 | 0 | 740 | 3.9 |
| | 1 cube (2 cm) | 8 | 2.7 | 140 | 140 | 1.94 | 2.9 | 0 | 0 | 0 | 0 | 1.89 | 0.52 | 0.14 | 0.022 | 0.079 | 0 | 59 | 0.31 |
| | 1 cup grated (250 mL) | 119 | 40.7 | 2080 | 2080 | 28.9 | 43.1 | 0 | 0 | 0 | 0 | 28.1 | 7.67 | 2.02 | 0.326 | 1.18 | 0 | 881 | 4.6 |
| F1014 | Cheese, Cheddar, Tasty | 100 | 34 | 1730 | 1730 | 24.6 | 35.6 | 0 | 0 | 0 | 0 | 22.7 | 6.7 | 1.65 | 0.235 | 1.03 | 0 | 675 | 11 |
| | 1 cube (2 cm) | 8 | 2.7 | 139 | 139 | 1.97 | 2.84 | 0 | 0 | 0 | 0 | 1.82 | 0.54 | 0.13 | 0.019 | 0.082 | 0 | 54 | 0.86 |
| | 1 cup grated (250 mL) | 119 | 40.5 | 2060 | 2060 | 29.2 | 42.3 | 0 | 0 | 0 | 0 | 27 | 7.98 | 1.96 | 0.28 | 1.22 | 0 | 803 | 13 |
| F1057 | Cheese, Cheddar, light, Mainland™ | 100 | 42.1 | 1330 | 1330 | 29.3 | 22.4 | 0 | 0 | 0 | 0 | 15.2 | 4.42 | 0.42 | 0.127 | 0.169 | 49 | 500 | 7.3 |
| | 1 cube (2 cm) | 8 | 3.4 | 106 | 106 | 2.35 | 1.79 | 0 | 0 | 0 | 0 | 1.22 | 0.35 | 0.03 | 0.01 | 0.014 | 3.92 | 40 | 0.58 |
| | 1 cup grated (250 mL) | 119 | 50.1 | 1580 | 1580 | 34.9 | 26.7 | 0 | 0 | 0 | 0 | 18.1 | 5.27 | 0.5 | 0.151 | 0.202 | 58.3 | 595 | 8.7 |
| F1006 | Cheese, Colby | 100 | 36.9 | 1660 | 1660 | 23.9 | 34 | 0 | 0 | 0 | 0 | 22.1 | 6.09 | 1.46 | 0.214 | 0.878 | 54 | 677 | 3.8 |
| | 1 cube (2 cm) | 8 | 2.9 | 133 | 133 | 1.91 | 2.72 | 0 | 0 | 0 | 0 | 1.77 | 0.49 | 0.12 | 0.017 | 0.07 | 4.32 | 54 | 0.3 |
| | 1 cup (250 mL) grated | 119 | 43.9 | 1980 | 1980 | 28.5 | 40.4 | 0 | 0 | 0 | 0 | 26.3 | 7.25 | 1.73 | 0.255 | 1.05 | 64.3 | 805 | 4.5 |
| F1001 | Cheese, Edam | 100 | 40.6 | 1470 | 1470 | 28.1 | 26.9 | 0 | 0 | 0 | 0 | 16.9 | 5.14 | 1.21 | 0.184 | 0.723 | 14.3 | 768 | 5 |
| | 1 cube (2 cm) | 8 | 3.2 | 118 | 118 | 2.25 | 2.15 | 0 | 0 | 0 | 0 | 1.35 | 0.41 | 0.1 | 0.015 | 0.058 | 1.14 | 61 | 0.4 |
| | 1 cup grated (250 mL) | 119 | 48.3 | 1750 | 1750 | 33.4 | 32 | 0 | 0 | 0 | 0 | 20.1 | 6.12 | 1.44 | 0.219 | 0.861 | 17 | 913 | 5.9 |
| F17 | Cheese, Mozzarella | 100 | 51.6 | 1130 | 1130 | 27.6 | 17.8 | 0.1 | 0 | 0.1 | 0 | 11.9 | 3.8 | 0.47 | | | 60 | 527 | 17 |
| | 1 cube (2 cm) | 8 | 4.1 | 90 | 90 | 2.21 | 1.43 | 0.01 | 0 | 0.01 | 0 | 0.95 | 0.3 | 0.04 | | | 4.8 | 42 | 1.4 |
| | 1 cup grated (250 mL) | 101 | 52.1 | 1140 | 1140 | 27.8 | 18 | 0.1 | 0 | 0.1 | 0 | 12 | 3.84 | 0.48 | | | 60.6 | 532 | 17 |
| F4 | Cheese, blue vein | 100 | 42.5 | 1480 | 1490 | 21.7 | 29.9 | 0 | 0 | 0 | 0 | 19.9 | 6.55 | 0.65 | | | 104 | 1050 | 4 |
| | 1 cube (2 cm) | 3.5 | 1.5 | 52 | 52 | 0.76 | 1.05 | 0 | 0 | 0 | 0 | 0.7 | 0.23 | 0.02 | | | 3.64 | 37 | 0.14 |
| | 1 wedge (9.0 x 5.5 x 1.0 cm) | 22 | 9.3 | 325 | 327 | 4.77 | 6.59 | 0 | 0 | 0 | 0 | 4.38 | 1.44 | 0.14 | | | 22.9 | 231 | 0.88 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|-----------------------------------|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F5 | Cheese, Camembert | 100 | 104 | 380 | 547 | 0.13 | 2.94 | 2 | 241 | 228 | 0.05 | 0.7 | 5.3 | 0.22 | 0.8 | 51 | 0.1 | 0.17 | 0.5 |
| | 1 cube (2 cm) | 7.5 | 8 | 29 | 41 | 0.01 | 0.22 | 0.15 | 18 | 17 | 0.004 | 0.052 | 0.4 | 0.017 | 0.06 | 4 | 0.01 | 0.01 | 0.04 |
| | 1 round (2.7 x 8.8 cm diameter) | 150 | 156 | 570 | 821 | 0.2 | 4.41 | 3 | 362 | 342 | 0.075 | 1.1 | 8 | 0.33 | 1.2 | 77 | 0.15 | 0.26 | 0.75 |
| F1015 | Cheese, Cheddar Mild | 100 | 73 | 500 | 780 | 0.07 | 3.25 | 7.4 | 367 | 260 | 0.06 | 0.49 | 6.1 | 0.13 | 0.73 | 13 | 0 | 0.3 | 0.84 |
| | 1 cube (2 cm) | 8 | 6 | 40 | 62 | 0.01 | 0.26 | 0.59 | 29 | 21 | 0.005 | 0.039 | 0.49 | 0.01 | 0.06 | 1 | 0 | 0.02 | 0.07 |
| | 1 cup grated (250 mL) | 119 | 86 | 595 | 928 | 0.09 | 3.87 | 8.8 | 437 | 309 | 0.071 | 0.58 | 7.3 | 0.16 | 0.87 | 15 | 0 | 0.36 | 1 |
| F1014 | Cheese, Cheddar, Tasty | 100 | 73 | 535 | 845 | 0.05 | 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 | 6 | 43 | 68 | trace | 0.27 | 0.74 | 32 | 22 | 0.005 | 0.041 | 0.49 | 0.01 | 0.07 | 1 | 0 | 0.02 | 0.01 |
| | 1 cup grated (250 mL) | 119 | 87 | 637 | 1010 | 0.06 | 4.05 | 11 | 470 | 333 | 0.071 | 0.61 | 7.3 | 0.16 | 1.1 | 17 | 0 | 0.36 | 0.16 |
| F1057 | Cheese, Cheddar, light, Mainland™ | 100 | 190 | 650 | 1000 | 0.09 | 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 | 0.01 | 0.3 | 0.69 | 16 | 10 | 0.005 | 0.005 | 0.7 | 0.006 | 0.16 | 4 | 0 | 1.4 | 0.01 |
| | 1 cup grated (250 mL) | 119 | 226 | 774 | 1190 | 0.11 | 4.52 | 10 | 244 | 146 | 0.071 | 0.071 | 10 | 0.095 | 2.4 | 58 | 0 | 21 | 0.21 |
| F1006 | Cheese, Colby | 100 | 71 | 508 | 810 | 0.06 | 3.12 | 9.6 | 371 | 230 | 0.06 | 0.52 | 5.9 | 0.13 | 1.2 | 23 | 0 | 0.28 | 1 |
| | 1 cube (2 cm) | 8 | 6 | 41 | 65 | trace | 0.25 | 0.77 | 30 | 18 | 0.005 | 0.042 | 0.48 | 0.01 | 0.1 | 2 | 0 | 0.02 | 0.08 |
| | 1 cup (250 mL) grated | 119 | 85 | 605 | 964 | 0.07 | 3.71 | 11 | 442 | 274 | 0.071 | 0.62 | 7.1 | 0.16 | 1.5 | 28 | 0 | 0.33 | 1.2 |
| F1001 | Cheese, Edam | 100 | 73 | 580 | 940 | 0.11 | 3.83 | 12 | 312 | 220 | 0.06 | 0.56 | 5.8 | 0.13 | 4.6 | 28 | 0 | 0.2 | 0.67 |
| | 1 cube (2 cm) | 8 | 6 | 46 | 75 | 0.01 | 0.31 | 0.92 | 25 | 18 | 0.005 | 0.045 | 0.46 | 0.01 | 0.36 | 2 | 0 | 0.02 | 0.05 |
| | 1 cup grated (250 mL) | 119 | 87 | 690 | 1120 | 0.13 | 4.55 | 14 | 371 | 262 | 0.071 | 0.67 | 6.9 | 0.16 | 5.4 | 34 | 0 | 0.24 | 0.8 |
| F17 | Cheese, Mozzarella | 100 | 30 | 517 | 714 | 0.25 | 2.6 | 3 | 243 | 153 | 0.03 | 0.28 | 5.6 | 0.07 | 1.4 | 13 | 0 | 0.15 | 0.3 |
| | 1 cube (2 cm) | 8 | 2 | 41 | 57 | 0.02 | 0.21 | 0.24 | 19 | 12 | 0.002 | 0.022 | 0.45 | 0.006 | 0.11 | 1 | 0 | 0.01 | 0.02 |
| | 1 cup grated (250 mL) | 101 | 31 | 522 | 721 | 0.25 | 2.63 | 3 | 245 | 155 | 0.03 | 0.28 | 5.6 | 0.071 | 1.4 | 13 | 0 | 0.15 | 0.3 |
| F4 | Cheese, blue vein | 100 | 86 | 348 | 489 | 0.1 | 2.68 | 2 | 221 | 138 | 0.1 | 0.72 | 4.5 | 0.14 | 0.6 | 24 | 0.5 | 0.23 | 0.6 |
| | 1 cube (2 cm) | 3.5 | 3 | 12 | 17 | trace | 0.09 | 0.07 | 8 | 5 | 0.004 | 0.025 | 0.16 | 0.005 | 0.02 | 1 | 0.02 | 0.01 | 0.02 |
| | 1 wedge (9.0 x 5.5 x 1.0 cm) | 22 | 19 | 77 | 108 | 0.02 | 0.59 | 0.44 | 49 | 30 | 0.022 | 0.16 | 0.99 | 0.031 | 0.13 | 5 | 0.11 | 0.05 | 0.13 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| F11 | Cheese, cottage | 100 | 79 | 396 | 396 | 13.7 | 3.5 | 2 | 0 | 2 | 0 | 2.16 | 0.94 | 0.12 | | | 9 | 394 | 4.5 |
| | 1 tablespoon (15 mL) | 16.7 | 13.2 | 66 | 66 | 2.28 | 0.59 | 0.33 | 0 | 0.33 | 0 | 0.36 | 0.16 | 0.02 | | | 1.5 | 66 | 0.75 |
| | 1 cup (250 mL) | 278 | 220 | 1100 | 1100 | 38 | 9.73 | 5.56 | 0 | 5.56 | 0 | 6 | 2.61 | 0.32 | | | 25 | 1100 | 13 |
| F1056 | Cheese, cottage, light, 1% fat | 100 | 83 | 247 | 247 | 10.8 | 0.6 | 2.4 | 0 | 2.4 | 0 | 0.41 | 0.12 | 0.01 | 0.003 | 0.005 | 5.3 | 360 | 5 |
| | 1 tablespoon (15 mL) | 16.1 | 13.4 | 40 | 40 | 1.75 | 0.1 | 0.39 | 0 | 0.39 | 0 | 0.07 | 0.02 | trace | 0.001 | 0.001 | 0.85 | 58 | 0.81 |
| | 1 cup (250 mL) | 269 | 223 | 665 | 665 | 29.2 | 1.61 | 6.46 | 0 | 6.46 | 0 | 1.11 | 0.33 | 0.03 | 0.009 | 0.012 | 14.3 | 968 | 13 |
| F12 | Cheese, cream | 100 | 52.5 | 1540 | 1540 | 3.06 | 37.4 | 6.36 | 0 | 6.36 | 0 | 23 | 10 | 1.24 | | | 98 | 509 | 9.5 |
| | 1 tablespoon (15 mL) | 14.4 | 7.6 | 222 | 222 | 0.44 | 5.39 | 0.92 | 0 | 0.92 | 0 | 3.32 | 1.44 | 0.18 | | | 14.1 | 73 | 1.4 |
| F69 | Cheese, cream, reduced fat 16%, Country Goodness | 100 | 55.5 | 1060 | 1060 | 10.5 | 16.7 | 15.7 | 0 | 15.7 | 0 | 9.66 | 5.02 | 0.57 | | 0.412 | 45.3 | 638 | 9.5 |
| | 1 cup (250 mL) | 254 | 141 | 2700 | 2700 | 26.7 | 42.4 | 39.9 | 0 | 39.9 | 0 | 24.5 | 12.7 | 1.46 | | 1.05 | 115 | 1620 | 24 |
| F1089 | Cheese, feta, from cows' milk, reduced fat | 100 | 70.3 | 438 | 438 | 19.2 | 2.4 | 1.3 | 0 | 1.3 | 0 | 1.36 | 0.47 | 0.07 | 0.012 | 0.043 | 24 | 1270 | 3.8 |
| | 1 cube (2.5 cm) | 17.8 | 12.5 | 78 | 78 | 3.43 | 0.43 | 0.23 | 0 | 0.23 | 0 | 0.24 | 0.08 | 0.01 | 0.002 | 0.008 | 4.27 | 226 | 0.67 |
| | 1 cup crumbled (250 mL) | 158 | 111 | 692 | 692 | 30.4 | 3.79 | 2.05 | 0 | 2.05 | 0 | 2.14 | 0.75 | 0.11 | 0.019 | 0.067 | 37.9 | 2010 | 6 |
| F1088 | Cheese, feta, from cows' milk, traditional | 100 | 54.4 | 1170 | 1170 | 16.9 | 23.4 | 1.1 | 0 | 1.1 | 0 | 13.2 | 4.57 | 0.43 | 0.16 | 0.183 | 65 | 970 | 5.8 |
| | 1 cube (2.5 cm) | 17.8 | 9.7 | 209 | 209 | 3 | 4.17 | 0.2 | 0 | 0.2 | 0 | 2.35 | 0.81 | 0.08 | 0.028 | 0.033 | 11.6 | 173 | 1 |
| | 1 cup crumbled (250 mL) | 158 | 86 | 1850 | 1850 | 26.7 | 37 | 1.74 | 0 | 1.74 | 0 | 20.9 | 7.22 | 0.68 | 0.253 | 0.29 | 103 | 1530 | 9.2 |
| 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 | 0.66 | 0.089 | 0.499 | 78 | 1100 | 9.4 |
| | 1 cube (2.5 cm) | 17.6 | 10.2 | 177 | 177 | 2.57 | 3.54 | 0.16 | 0 | 0.16 | 0 | 2.1 | 0.74 | 0.12 | 0.016 | 0.088 | 13.7 | 194 | 1.7 |
| | 1 cup crumbled (250 mL) | 158 | 91.2 | 1590 | 1590 | 23.1 | 31.8 | 1.42 | 0 | 1.42 | 0 | 18.9 | 6.63 | 1.04 | 0.141 | 0.788 | 123 | 1740 | 15 |
| F1091 | Cheese, haloumi, from cows' milk | 100 | 48.4 | 1350 | 1350 | 20 | 26.5 | 1.5 | 0 | 1.5 | 0 | 15 | 5.56 | 0.56 | 0.163 | 0.27 | 84 | 960 | 5.1 |
| | 1 cube (2.5 cm) | 17 | 8.2 | 229 | 229 | 3.4 | 4.51 | 0.26 | 0 | 0.26 | 0 | 2.55 | 0.95 | 0.1 | 0.028 | 0.046 | 14.3 | 163 | 0.87 |
| | 1 cup crumbled (250 mL) | 118 | 57.1 | 1590 | 1590 | 23.6 | 31.3 | 1.77 | 0 | 1.77 | 0 | 17.7 | 6.56 | 0.66 | 0.193 | 0.318 | 99.1 | 1130 | 6 |
| F1092 | Cheese, parmesan, from cows' milk, ungrated | 100 | 34.1 | 1510 | 1510 | 32.6 | 25.9 | 0 | 0 | 0 | 0 | 15.6 | 4.64 | 0.47 | 0.163 | 0.193 | 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 | 3.83 | 0.38 | 0.135 | 0.159 | 64.3 | 569 | 7.9 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F11 | Cheese, cottage | 100 | 100 | 121 | 61 | 0.05 | 0.4 | 1.9 | 69 | 25 | 0.02 | 0.26 | 2.6 | 0.07 | 0.6 | 17 | 0.4 | 0.03 | 0.05 |
| | 1 tablespoon (15 mL) | 16.7 | 17 | 20 | 10 | 0.01 | 0.07 | 0.32 | 12 | 4 | 0.003 | 0.043 | 0.43 | 0.012 | 0.1 | 3 | 0.07 | trace | 0.01 |
| | 1 cup (250 mL) | 278 | 278 | 336 | 170 | 0.14 | 1.11 | 5.3 | 192 | 70 | 0.056 | 0.72 | 7.2 | 0.2 | 1.7 | 47 | 1.11 | 0.08 | 0.14 |
| F1056 | Cheese, cottage, light, 1% fat | 100 | 120 | 140 | 86 | 0.04 | 0.32 | 3.1 | 6 | 3 | 0.04 | 0.12 | 2.6 | 0.068 | 0.36 | 30 | 0 | 4 | 0.02 |
| | 1 tablespoon (15 mL) | 16.1 | 19 | 23 | 14 | 0.01 | 0.05 | 0.5 | 1 | trace | 0.006 | 0.019 | 0.42 | 0.011 | 0.06 | 5 | 0 | 0.64 | trace |
| | 1 cup (250 mL) | 269 | 323 | 377 | 231 | 0.11 | 0.86 | 8.3 | 17 | 8 | 0.11 | 0.32 | 7 | 0.18 | 0.97 | 81 | 0 | 11 | 0.05 |
| F12 | Cheese, cream | 100 | 152 | 202 | 100 | 0.15 | 0.3 | 1.7 | 495 | 536 | 0.03 | 0.23 | 0.75 | 0.04 | 0.3 | 11 | 0 | 0.24 | 0.87 |
| | 1 tablespoon (15 mL) | 14.4 | 22 | 29 | 14 | 0.02 | 0.04 | 0.24 | 71 | 77 | 0.004 | 0.033 | 0.11 | 0.006 | 0.04 | 2 | 0 | 0.04 | 0.13 |
| F69 | Cheese, cream, reduced fat 16%, Country Goodness | 100 | 431 | 458 | 328 | 0.17 | 1.07 | 0 | 210 | 0 | 0.1 | 0.72 | 0.65 | 0.04 | 0.15 | 9 | 0 | 0 | 0.81 |
| | 1 cup (250 mL) | 254 | 1090 | 1160 | 833 | 0.43 | 2.72 | 0 | 532 | 0 | 0.25 | 1.8 | 1.7 | 0.1 | 0.38 | 23 | 0 | 0 | 2.1 |
| F1089 | Cheese, feta, from cows' milk, reduced fat | 100 | 143 | 250 | 360 | 0 | 1.27 | 3.4 | 19 | 13 | 0.03 | 0.25 | 3.8 | 0.05 | 1.5 | 9 | 0 | 0 | trace |
| | 1 cube (2.5 cm) | 17.8 | 25 | 45 | 64 | 0 | 0.23 | 0.6 | 3 | 2 | 0.005 | 0.045 | 0.68 | 0.009 | 0.27 | 2 | 0 | 0 | 0 |
| | 1 cup crumbled (250 mL) | 158 | 226 | 395 | 569 | 0 | 2.01 | 5.4 | 30 | 21 | 0.047 | 0.4 | 6 | 0.079 | 2.4 | 14 | 0 | 0 | trace |
| F1088 | Cheese, feta, from cows' milk, traditional | 100 | 108 | 310 | 440 | 0 | 1.95 | 5.2 | 249 | 116 | 0.05 | 0.39 | 3.6 | 0.07 | 0.9 | 9 | 0 | 0 | 0.38 |
| | 1 cube (2.5 cm) | 17.8 | 19 | 55 | 78 | 0 | 0.35 | 0.93 | 44 | 21 | 0.009 | 0.069 | 0.65 | 0.012 | 0.16 | 2 | 0 | 0 | 0.07 |
| | 1 cup crumbled (250 mL) | 158 | 171 | 490 | 695 | 0 | 3.08 | 8.2 | 394 | 182 | 0.079 | 0.62 | 5.8 | 0.11 | 1.4 | 14 | 0 | 0 | 0.6 |
| F1090 | Cheese, feta, from goats' milk | 100 | 140 | 290 | 390 | 0 | 1.69 | 9 | 151 | 18 | 0.06 | 0.13 | 3.4 | 0.09 | 0 | 6 | 0 | 0 | 0.22 |
| | 1 cube (2.5 cm) | 17.6 | 25 | 51 | 69 | 0 | 0.3 | 1.6 | 27 | 3 | 0.011 | 0.023 | 0.61 | 0.016 | 0 | 1 | 0 | 0 | 0.04 |
| | 1 cup crumbled (250 mL) | 158 | 221 | 458 | 616 | 0 | 2.67 | 14 | 239 | 28 | 0.095 | 0.21 | 5.4 | 0.14 | 0 | 10 | 0 | 0 | 0.34 |
| 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 | 109 | 0 | 0.51 | 1.3 | 57 | 27 | 0.009 | 0.066 | 0.68 | 0.005 | 0.26 | 0 | 0 | 0 | 0.05 |
| | 1 cup crumbled (250 mL) | 118 | 89 | 484 | 755 | 0 | 3.54 | 9.2 | 396 | 189 | 0.059 | 0.46 | 4.7 | 0.035 | 1.8 | 0 | 0 | 0 | 0.36 |
| 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 | 0.67 | 0.34 |
| | 1 cup grated or shaved (250 mL) | 82.4 | 67 | 577 | 906 | 0 | 4.12 | 12 | 177 | 115 | 0.058 | 0.4 | 5.5 | 0.36 | 0.99 | 0 | 0 | 0.55 | 0.28 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| F18 | Cheese, parmesan, powder | 100 | 15.5 | 1850 | 1850 | 44.9 | 29.3 | 0.1 | 0 | 0.1 | 0 | 19 | 7.8 | 0.78 | | | 112 | 1300 | 38 |
| | 1 tablespoon (15 mL) | 6 | 0.9 | 111 | 111 | 2.7 | 1.76 | 0.01 | 0 | 0.01 | 0 | 1.14 | 0.47 | 0.05 | | | 6.72 | 78 | 2.3 |
| | 1 cup (250 mL) | 108 | 16.8 | 2000 | 2000 | 48.5 | 31.7 | 0.11 | 0 | 0.11 | 0 | 20.6 | 8.43 | 0.85 | | | 121 | 1400 | 41 |
| F19 | Cheese, processed | 100 | 43.3 | 1410 | 1410 | 21.2 | 28.2 | 0.6 | 0 | 0.6 | 0 | 17.4 | 7.57 | 0.94 | | | 87 | 1140 | 5.5 |
| | 1 slice (8.4 x 8.4 x 0.3 cm) | 20.7 | 9 | 293 | 293 | 4.39 | 5.84 | 0.12 | 0 | 0.12 | 0 | 3.6 | 1.57 | 0.19 | | | 18 | 236 | 1.1 |
| F79 | Cheese, processed, sliced, reduced fat | 100 | 52.5 | 871 | 871 | 22.5 | 11.4 | 3.95 | 0 | 3.95 | 0 | 6.5 | 3.72 | 0.33 | | 0.251 | 36.9 | 1690 | 5.5 |
| | 1 slice (8.4 x 8.4 x 0.3 cm) | 20.7 | 10.9 | 180 | 180 | 4.66 | 2.36 | 0.82 | 0 | 0.82 | 0 | 1.35 | 0.77 | 0.07 | | 0.052 | 7.64 | 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 | 2.43 | 0.26 | 0.068 | 0.131 | 51 | 168 | 13 |
| | 1 tablespoon (15 mL) | 16 | 11.6 | 113 | 113 | 1.65 | 2.05 | 0.53 | 0 | 0.53 | 0 | 1.23 | 0.39 | 0.04 | 0.011 | 0.021 | 8.16 | 27 | 2.1 |
| | 100 mL | 107 | 77.5 | 754 | 754 | 11 | 13.7 | 3.53 | 0 | 3.53 | 0 | 8.24 | 2.6 | 0.27 | 0.073 | 0.14 | 54.6 | 180 | 14 |
| F22 | Cream, reduced fat | 100 | 72.4 | 878 | 878 | 2.74 | 20.8 | 3.65 | 0 | 3.65 | 0 | 13 | 5.19 | 0.65 | | | 68 | 41 | 6.1 |
| | 1 tablespoon (15 mL) | 15 | 10.9 | 132 | 132 | 0.41 | 3.12 | 0.55 | 0 | 0.55 | 0 | 1.96 | 0.78 | 0.1 | | | 10.2 | 6 | 0.91 |
| F23 | Cream, sour | 100 | 70.6 | 921 | 921 | 3.25 | 22.1 | 2.8 | 0 | 2.8 | 0 | 13.8 | 6.38 | 0.75 | | | 51 | 37 | 5.5 |
| | 1 tablespoon (15 mL) | 14 | 9.9 | 129 | 129 | 0.46 | 3.1 | 0.39 | 0 | 0.39 | 0 | 1.93 | 0.89 | 0.11 | | | 7.14 | 5 | 0.77 |
| | 1 cup (250 mL) | 232 | 164 | 2140 | 2140 | 7.55 | 51.3 | 6.5 | 0 | 6.5 | 0 | 31.9 | 14.8 | 1.75 | | | 118 | 85 | 13 |
| F24 | Cream, standard | 100 | 55 | 1560 | 1560 | 1.98 | 40 | 2.82 | 0 | 2.82 | 0 | 24.9 | 9.94 | 1.25 | | | 104 | 25 | 6.1 |
| | 1 tablespoon (15 mL) | 15 | 8.2 | 234 | 234 | 0.3 | 5.99 | 0.42 | 0 | 0.42 | 0 | 3.74 | 1.49 | 0.19 | | | 15.6 | 4 | 0.91 |
| F25 | Cream, whipping, ultra-high-temperature (UHT) processed | 100 | 57.6 | 1450 | 1450 | 2.17 | 36.9 | 2.91 | 0 | 2.91 | 0 | 22.6 | 8.71 | 0.91 | | | 100 | 33 | 6.1 |
| | 1 tablespoon (15 mL) | 15.2 | 8.7 | 220 | 220 | 0.33 | 5.6 | 0.44 | 0 | 0.44 | 0 | 3.43 | 1.32 | 0.14 | | | 15.2 | 5 | 0.93 |
| | 1 cup (250 mL) | 253 | 146 | 3670 | 3670 | 5.49 | 93.3 | 7.36 | 0 | 7.36 | 0 | 57.1 | 22 | 2.29 | | | 253 | 83 | 15 |
| F1061 | Crème fraiche | 100 | 56.1 | 1430 | 1430 | 2.65 | 36.2 | 2.46 | 0 | 2.46 | 0 | 23.6 | 6.94 | 0.48 | 0.171 | 0.239 | 59 | 34 | 6.8 |
| | 1 tablespoon (15 mL) | 14.4 | 8.1 | 205 | 205 | 0.38 | 5.21 | 0.35 | 0 | 0.35 | 0 | 3.4 | 1 | 0.07 | 0.025 | 0.034 | 8.5 | 5 | 0.98 |
| F1062 | Crème fraiche, light | 100 | 73 | 714 | 714 | 3.19 | 16.3 | 3.33 | 0 | 3.33 | 0 | 10.5 | 3.25 | 0.25 | 0.077 | 0.123 | 38 | 38 | 6.8 |
| | 1 tablespoon (15 mL) | 15 | 11 | 107 | 107 | 0.48 | 2.45 | 0.5 | 0 | 0.5 | 0 | 1.57 | 0.49 | 0.04 | 0.012 | 0.018 | 5.7 | 6 | 1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F18 | Cheese, parmesan, powder | 100 | 100 | 970 | 1200 | 0.87 | 5.8 | 0 | 349 | 179 | 0 | 0.39 | 7.5 | 0 | 2.2 | 13 | 0 | 0.27 | 0.75 |
| | 1 tablespoon (15 mL) | 6 | 6 | 58 | 72 | 0.05 | 0.35 | 0 | 21 | 11 | 0 | 0.023 | 0.45 | 0 | 0.13 | 1 | 0 | 0.02 | 0.05 |
| | 1 cup (250 mL) | 108 | 108 | 1050 | 1300 | 0.94 | 6.26 | 0 | 377 | 193 | 0 | 0.42 | 8.1 | 0 | 2.4 | 14 | 0 | 0.29 | 0.81 |
| F19 | Cheese, processed | 100 | 48 | 482 | 630 | 0.2 | 2.6 | 3.2 | 262 | 301 | 0.02 | 0.4 | 4 | 0.08 | 0.9 | 19 | 0 | 0.22 | 0.58 |
| | 1 slice (8.4 x 8.4 x 0.3 cm) | 20.7 | 10 | 100 | 130 | 0.04 | 0.54 | 0.66 | 54 | 62 | 0.004 | 0.083 | 0.82 | 0.017 | 0.19 | 4 | 0 | 0.05 | 0.12 |
| F79 | Cheese, processed, sliced, reduced fat | 100 | 198 | 552 | 635 | 0.24 | 3.07 | 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 | 114 | 131 | 0.05 | 0.64 | 1.3 | 29 | 20 | 0.002 | 0.11 | 1 | 0.004 | 0.05 | 4 | 0 | 0 | 0.11 |
| F1093 | Cheese, ricotta, from cows' milk | 100 | 120 | 131 | 195 | 0 | 0.93 | 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 | 0.15 | 0.64 | 19 | 11 | 0.006 | 0.024 | 0.32 | 0.002 | 0.12 | 0 | 0 | 0 | 0.03 |
| | 100 mL | 107 | 128 | 140 | 209 | 0 | 1 | 4.3 | 130 | 73 | 0.043 | 0.16 | 2.1 | 0.011 | 0.81 | 0 | 0 | 0 | 0.18 |
| F22 | Cream, reduced fat | 100 | 102 | 69 | 76 | 0.17 | 0.27 | 0.42 | 120 | 0 | 0.04 | 0.2 | 0.55 | 0.04 | 0.3 | 5 | 0.9 | 0.14 | 0.4 |
| | 1 tablespoon (15 mL) | 15 | 15 | 10 | 11 | 0.03 | 0.04 | 0.06 | 18 | 0 | 0.006 | 0.03 | 0.083 | 0.006 | 0.05 | 1 | 0.14 | 0.02 | 0.06 |
| F23 | Cream, sour | 100 | 127 | 73 | 92 | 0.03 | 0.3 | 2 | 269 | 153 | 0.04 | 0.22 | 0.65 | 0.03 | 0.3 | 12 | 0.87 | 0.16 | 0.47 |
| | 1 tablespoon (15 mL) | 14 | 18 | 10 | 13 | trace | 0.04 | 0.28 | 38 | 21 | 0.006 | 0.031 | 0.091 | 0.004 | 0.04 | 2 | 0.12 | 0.02 | 0.07 |
| | 1 cup (250 mL) | 232 | 295 | 168 | 213 | 0.07 | 0.7 | 4.6 | 623 | 355 | 0.093 | 0.51 | 1.5 | 0.07 | 0.7 | 28 | 2.02 | 0.37 | 1.1 |
| F24 | Cream, standard | 100 | 96 | 51 | 55 | 0.04 | 0.25 | 1.6 | 335 | 278 | 0.06 | 0.14 | 0.52 | 0.04 | 0.24 | 6 | 1 | 0.15 | 0.9 |
| | 1 tablespoon (15 mL) | 15 | 14 | 8 | 8 | 0.01 | 0.04 | 0.24 | 50 | 42 | 0.009 | 0.021 | 0.078 | 0.006 | 0.04 | 1 | 0.15 | 0.02 | 0.14 |
| F25 | Cream, whipping, ultra-high-temperature (UHT) processed | 100 | 90 | 56 | 56 | 0.05 | 0.22 | 2 | 435 | 209 | 0.05 | 0.18 | 0.54 | 0.03 | 0.19 | 4 | 0.2 | 0.2 | 1 |
| | 1 tablespoon (15 mL) | 15.2 | 14 | 8 | 9 | 0.01 | 0.03 | 0.3 | 66 | 32 | 0.008 | 0.027 | 0.082 | 0.005 | 0.03 | 1 | 0.03 | 0.03 | 0.15 |
| | 1 cup (250 mL) | 253 | 228 | 141 | 142 | 0.13 | 0.56 | 5.1 | 1100 | 529 | 0.13 | 0.46 | 1.4 | 0.076 | 0.48 | 9 | 0.51 | 0.51 | 2.5 |
| F1061 | Crème fraiche | 100 | 110 | 63 | 75 | 0.05 | 0.33 | 1 | 406 | 250 | 0.03 | 0.23 | 0.51 | 0.05 | 0.08 | 3 | 0 | 0.08 | 1.4 |
| | 1 tablespoon (15 mL) | 14.4 | 16 | 9 | 11 | 0.01 | 0.05 | 0.14 | 59 | 36 | 0.004 | 0.033 | 0.073 | 0.007 | 0.01 | trace | 0 | 0.01 | 0.2 |
| F1062 | Crème fraiche, light | 100 | 150 | 83 | 110 | 0.05 | 0.39 | 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 | 0.01 | 0.06 | 0.15 | 33 | 38 | 0.004 | 0.035 | 0.076 | 0.007 | 0.01 | trace | 0 | 0 | 0.12 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | 3.27 | 2.7 | 12.9 | 0.6 | 10.2 | 2.7 | 1.44 | 0.56 | 0.09 | 0.022 | 0.022 | 7.9 | 44 | 5 |
| | 1 cup (250 mL) | 269 | 206 | 1010 | 1020 | 8.8 | 7.26 | 34.7 | 1.6 | 27.4 | 7.26 | 3.88 | 1.51 | 0.23 | 0.06 | 0.06 | 21.3 | 118 | 13 |
| F1099 | Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy | 100 | 70 | 618 | 622 | 3.39 | 8.2 | 15.1 | 0.5 | 12.4 | 2.7 | 4.34 | 1.73 | 0.26 | 0.064 | 0.07 | 18 | 51 | 5.3 |
| | 1 cup (250 mL) | 269 | 188 | 1660 | 1670 | 9.11 | 22.1 | 40.6 | 1.3 | 33.4 | 7.26 | 11.7 | 4.66 | 0.69 | 0.172 | 0.19 | 48.4 | 137 | 14 |
| F76 | Dessert, vanilla, 99% fat free, frozen, WeightWatchers | 100 | 71.1 | 365 | 365 | 3.25 | 0.03 | 18.2 | 0 | 18.2 | 0 | 0 | 0 | 0 | 0 | 0 | 3.3 | 57 | 6.5 |
| | 1 cup (250 mL) | 138 | 98.1 | 504 | 504 | 4.49 | 0.04 | 25 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 4.55 | 78 | 9 |
| F1064 | Fromage frais, assorted fruits & flavours, Frûche® | 100 | 78.4 | 364 | 364 | 5.26 | 0.7 | 14.7 | 0 | 12.7 | 2 | 0.35 | 0.15 | 0.15 | | | 10 | 50 | 8.5 |
| | 100 mL | 104 | 81.5 | 379 | 379 | 5.47 | 0.72 | 15.2 | 0 | 13.2 | 2.08 | 0.36 | 0.16 | 0.16 | | | 10.4 | 52 | 8.8 |
| F1063 | Fromage frais, vanilla, Frûche® | 100 | 77.7 | 367 | 367 | 5.33 | 0.83 | 14.5 | 0 | 12.8 | 1.7 | 0.3 | 0.23 | 0.23 | | | 10 | 32 | 10 |
| | 100 mL | 105 | 81.6 | 386 | 386 | 5.59 | 0.87 | 15.2 | 0 | 13.4 | 1.79 | 0.32 | 0.24 | 0.24 | | | 10.5 | 34 | 11 |
| F110 | Ice cream, Jelly Tip, Tip Top™ | 100 | 60 | 992 | 992 | 2.74 | 13.8 | 25.6 | 0 | 25.4 | 0.23 | 8.32 | 2.71 | 0.77 | | | 18.4 | 41 | 5 |
| | 1 cup (250 mL) | 201 | 121 | 1990 | 1990 | 5.51 | 27.7 | 51.4 | 0 | 51 | 0.46 | 16.7 | 5.44 | 1.55 | | | 37 | 82 | 10 |
| F113 | Ice cream, Paddle Pop®, chocolate | 100 | 66.1 | 580 | 583 | 3.32 | 3.84 | 22.5 | 0.4 | 22.3 | 0.2 | 1.94 | 1.37 | 0.32 | | 0.316 | 34 | 46 | 11 |
| | 1 ice-block | 90.6 | 59.9 | 526 | 528 | 3.01 | 3.48 | 20.3 | 0.4 | 20.2 | 0.18 | 1.76 | 1.24 | 0.29 | | 0.287 | 30.8 | 42 | 10 |
| F1095 | Ice cream, assorted berry flavours, standard | 100 | 58.3 | 825 | 830 | 1.92 | 9.48 | 26 | 0.6 | 26 | 0 | 5.65 | 1.72 | 0.18 | 0.064 | 0.079 | 31 | 35 | 4.5 |
| | 1 scoop (22 mL) | 21.6 | 12.6 | 178 | 179 | 0.42 | 2.05 | 5.62 | 0.1 | 5.62 | 0 | 1.22 | 0.37 | 0.04 | 0.014 | 0.017 | 6.7 | 8 | 0.97 |
| | 1 scoop (64 mL) | 56.3 | 32.8 | 465 | 467 | 1.08 | 5.34 | 14.6 | 0.3 | 14.6 | 0 | 3.18 | 0.97 | 0.1 | 0.036 | 0.045 | 17.5 | 20 | 2.5 |
| | 1 cup (250 mL) | 192 | 112 | 1580 | 1590 | 3.69 | 18.2 | 49.9 | 1.1 | 49.9 | 0 | 10.9 | 3.31 | 0.34 | 0.122 | 0.152 | 59.5 | 67 | 8.6 |
| F1070 | Ice cream, chocolate, standard | 100 | 62.1 | 811 | 811 | 3.13 | 10.8 | 21 | 0 | 21 | 0 | 7.62 | 2.1 | 0.24 | 0.041 | 0.093 | 22.1 | 44 | 6.5 |
| | 1 scoop (22 mL) | 13.4 | 8.3 | 109 | 109 | 0.42 | 1.45 | 2.81 | 0 | 2.81 | 0 | 1.02 | 0.28 | 0.03 | 0.006 | 0.012 | 2.96 | 6 | 0.87 |
| | 1 scoop (64 mL) | 38.9 | 24.2 | 316 | 316 | 1.22 | 4.22 | 8.17 | 0 | 8.17 | 0 | 2.96 | 0.82 | 0.09 | 0.016 | 0.036 | 8.6 | 17 | 2.5 |
| | 1 cup (250 mL) | 152 | 94.4 | 1230 | 1230 | 4.75 | 16.5 | 31.9 | 0 | 31.9 | 0 | 11.6 | 3.2 | 0.36 | 0.063 | 0.142 | 33.6 | 67 | 9.9 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F1098 | Custard, from milk, vanilla flavour, sugar-sweetened, regular | 100 | 143 | 91 | 109 | 0 | 0.39 | 0.9 | 29 | 21 | 0.05 | 0.23 | 0.76 | 0.04 | 0.15 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 269 | 385 | 245 | 293 | 0 | 1.05 | 2.4 | 77 | 58 | 0.14 | 0.62 | 2.1 | 0.11 | 0.4 | 0 | 0 | 0 | 0 |
| F1099 | Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy | 100 | 157 | 100 | 114 | 0 | 0.42 | 1.1 | 98 | 85 | 0.05 | 0.26 | 0.72 | 0.05 | 0 | 0 | 0 | 0 | 0.14 |
| | 1 cup (250 mL) | 269 | 422 | 269 | 307 | 0 | 1.13 | 3 | 263 | 227 | 0.14 | 0.7 | 1.9 | 0.14 | 0 | 0 | 0 | 0 | 0.38 |
| F76 | Dessert, vanilla, 99% fat free, frozen, WeightWatchers | 100 | 190 | 94 | 115 | 0.43 | 0.34 | 0 | 0 | 0 | 0.06 | 0.29 | 0.6 | 0.04 | 0.52 | 2 | 0 | 0 | 0.38 |
| | 1 cup (250 mL) | 138 | 262 | 130 | 159 | 0.59 | 0.47 | 0 | 0 | 0 | 0.083 | 0.4 | 0.83 | 0.055 | 0.72 | 3 | 0 | 0 | 0.52 |
| F1064 | Fromage frais, assorted fruits & flavours, Frûche® | 100 | 96 | 72 | 63 | 0.11 | 0.28 | 1 | 10 | 17 | 0.04 | 0.14 | 0.11 | 0.06 | 0.11 | 15 | 0 | 0 | 0.2 |
| | 100 mL | 104 | 100 | 75 | 66 | 0.11 | 0.29 | 1 | 10 | 18 | 0.042 | 0.15 | 0.11 | 0.062 | 0.12 | 16 | 0 | 0 | 0.21 |
| F1063 | Fromage frais, vanilla, Frûche® | 100 | 92 | 77 | 67 | 0.1 | 0.29 | 0.88 | 7 | 0 | 0.04 | 0.14 | 0.11 | 0.06 | 0.11 | 15 | 0 | 0 | 0.2 |
| | 100 mL | 105 | 97 | 81 | 70 | 0.11 | 0.3 | 0.92 | 8 | 0 | 0.042 | 0.15 | 0.11 | 0.063 | 0.12 | 16 | 0 | 0 | 0.21 |
| F110 | Ice cream, Jelly Tip, Tip Top™ | 100 | 130 | 69 | 65 | 0 | 0.28 | 0 | 54 | 5 | 0 | 0.16 | 0.73 | 0.08 | 0.38 | 5 | 0.5 | 0.1 | 0.22 |
| | 1 cup (250 mL) | 201 | 261 | 139 | 131 | 0 | 0.56 | 0 | 108 | 10 | 0 | 0.32 | 1.5 | 0.16 | 0.76 | 11 | 1.01 | 0.2 | 0.44 |
| F113 | Ice cream, Paddle Pop®, chocolate | 100 | 210 | 94 | 110 | 0 | 0.34 | 0 | 0 | 0 | 0.08 | 0.32 | 1.1 | 0.06 | 0.28 | 4 | 0.6 | 0.1 | 0.26 |
| | 1 ice-block | 90.6 | 190 | 85 | 100 | 0 | 0.31 | 0 | 0 | 0 | 0.072 | 0.29 | 1 | 0.054 | 0.25 | 4 | 0.54 | 0.09 | 0.24 |
| F1095 | Ice cream, assorted berry flavours, standard | 100 | 148 | 57 | 64 | 0.3 | 0.27 | 0.5 | 98 | 49 | 0.04 | 0.25 | 0.5 | 0.06 | 0.8 | 0 | 0 | 0.78 | 0.43 |
| | 1 scoop (22 mL) | 21.6 | 32 | 12 | 14 | 0.07 | 0.06 | 0.11 | 21 | 11 | 0.009 | 0.054 | 0.11 | 0.013 | 0.17 | 0 | 0 | 0.17 | 0.09 |
| | 1 scoop (64 mL) | 56.3 | 83 | 32 | 36 | 0.17 | 0.15 | 0.28 | 55 | 28 | 0.023 | 0.14 | 0.28 | 0.034 | 0.45 | 0 | 0 | 0.44 | 0.24 |
| | 1 cup (250 mL) | 192 | 284 | 109 | 123 | 0.58 | 0.52 | 0.96 | 189 | 94 | 0.077 | 0.48 | 0.97 | 0.12 | 1.5 | 0 | 0 | 1.5 | 0.83 |
| F1070 | Ice cream, chocolate, standard | 100 | 280 | 93 | 87 | 1.02 | 0.48 | 0.9 | 270 | 51 | 0 | 0.31 | 0.77 | 0.2 | 0.06 | 3 | 0 | 0 | 0.41 |
| | 1 scoop (22 mL) | 13.4 | 38 | 12 | 12 | 0.14 | 0.06 | 0.12 | 36 | 7 | 0 | 0.042 | 0.1 | 0.027 | 0.01 | trace | 0 | 0 | 0.06 |
| | 1 scoop (64 mL) | 38.9 | 109 | 36 | 34 | 0.4 | 0.19 | 0.35 | 105 | 20 | 0 | 0.12 | 0.3 | 0.079 | 0.02 | 1 | 0 | 0 | 0.16 |
| | 1 cup (250 mL) | 152 | 426 | 141 | 132 | 1.55 | 0.73 | 1.4 | 410 | 78 | 0 | 0.47 | 1.2 | 0.31 | 0.09 | 4 | 0 | 0 | 0.62 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|---------------------------------|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| F118 | Ice cream, creamy, fruit ripple | 100 | 62.2 | 742 | 742 | 2.68 | 8.32 | 22.8 | 0 | 22 | 0.83 | 4.99 | 2.12 | 0.17 | 0.045 | 0.122 | 23.4 | 37 | 1.9 |
| | 1 scoop (22 mL) | 14.9 | 9.3 | 110 | 110 | 0.4 | 1.24 | 3.4 | 0 | 3.28 | 0.12 | 0.74 | 0.32 | 0.03 | 0.007 | 0.018 | 3.49 | 6 | 0.28 |
| | 1 scoop (64 mL) | 43.3 | 26.9 | 321 | 321 | 1.16 | 3.6 | 9.89 | 0 | 9.53 | 0.36 | 2.16 | 0.92 | 0.07 | 0.019 | 0.053 | 10.1 | 16 | 0.82 |
| | 1 cup (250 mL) | 169 | 105 | 1250 | 1250 | 4.53 | 14.1 | 38.6 | 0 | 37.2 | 1.4 | 8.43 | 3.58 | 0.28 | 0.076 | 0.206 | 39.5 | 63 | 3.2 |
| F111 | Ice cream, hokey pokey | 100 | 58.8 | 692 | 692 | 4.28 | 6.28 | 22.7 | 0 | 22.3 | 0.41 | 3.93 | 1.32 | 0.33 | | | 32.5 | 46 | 7 |
| | 1 scoop (22 mL) | 13.8 | 8.1 | 95 | 95 | 0.59 | 0.87 | 3.14 | 0 | 3.08 | 0.06 | 0.54 | 0.18 | 0.05 | | | 4.49 | 6 | 0.97 |
| | 1 scoop (64 mL) | 40.2 | 23.6 | 278 | 278 | 1.72 | 2.53 | 9.14 | 0 | 8.98 | 0.17 | 1.58 | 0.53 | 0.13 | | | 13.1 | 18 | 2.8 |
| | 1 cup (250 mL) | 157 | 92.3 | 1090 | 1090 | 6.71 | 9.86 | 35.7 | 0 | 35.1 | 0.64 | 6.16 | 2.08 | 0.53 | | | 51 | 72 | 11 |
| F78 | Ice cream, soft serve | 100 | 71.5 | 415 | 415 | 3.7 | 0.36 | 20 | 0 | 17.8 | 2.2 | 0 | 0 | 0 | 0 | 0 | 7 | 49 | 6.8 |
| | 1 cup (250 mL) | 140 | 100 | 582 | 582 | 5.18 | 0.5 | 27.9 | 0 | 24.9 | 3.08 | 0 | 0 | 0 | 0 | 0 | 9.8 | 68 | 9.5 |
| F122 | Ice cream, vanilla, low fat | 100 | 66.8 | 545 | 545 | 4.85 | 3.08 | 20.5 | 0 | 18.4 | 2.13 | 2.15 | 0.5 | 0.03 | | | 10.5 | 61 | 13 |
| | 1 scoop (22 mL) | 11.7 | 7.8 | 64 | 64 | 0.57 | 0.36 | 2.4 | 0 | 2.15 | 0.25 | 0.25 | 0.06 | trace | | | 1.23 | 7 | 1.5 |
| | 1 scoop (64 mL) | 34 | 22.7 | 185 | 185 | 1.65 | 1.05 | 6.96 | 0 | 6.24 | 0.72 | 0.73 | 0.17 | 0.01 | | | 3.57 | 21 | 4.4 |
| | 1 cup (250 mL) | 133 | 88.8 | 724 | 724 | 6.45 | 4.1 | 27.2 | 0 | 24.4 | 2.83 | 2.86 | 0.67 | 0.04 | | | 14 | 81 | 17 |
| F29 | Ice cream, vanilla, premium | 100 | 60.5 | 899 | 899 | 3.32 | 14.6 | 17.8 | 0 | 17.4 | 0.46 | 9.02 | 3.76 | 0.15 | | | 46.6 | 42 | 7.2 |
| | 1 scoop (22 mL) | 12.4 | 7.5 | 112 | 112 | 0.41 | 1.81 | 2.21 | 0 | 2.15 | 0.06 | 1.12 | 0.47 | 0.02 | | | 5.78 | 5 | 0.89 |
| | 1 scoop (64 mL) | 36.1 | 21.8 | 325 | 325 | 1.2 | 5.27 | 6.43 | 0 | 6.26 | 0.17 | 3.26 | 1.36 | 0.05 | | | 16.8 | 15 | 2.6 |
| | 1 cup (250 mL) | 141 | 85.2 | 1270 | 1270 | 4.68 | 20.6 | 25.1 | 0 | 24.5 | 0.65 | 12.7 | 5.3 | 0.21 | | | 65.7 | 59 | 10 |
| F28 | Ice cream, vanilla, standard | 100 | 63.4 | 796 | 796 | 3.32 | 10.8 | 19.9 | 0 | 19.9 | 0.02 | 7.1 | 2.46 | 0.22 | | | 30.8 | 45 | 6.8 |
| | 1 scoop (22 mL) | 12.6 | 8 | 100 | 100 | 0.42 | 1.37 | 2.51 | 0 | 2.51 | trace | 0.89 | 0.31 | 0.03 | | | 3.88 | 6 | 0.86 |
| | 1 scoop (64 mL) | 36.6 | 23.2 | 291 | 291 | 1.21 | 3.97 | 7.29 | 0 | 7.28 | 0.01 | 2.6 | 0.9 | 0.08 | | | 11.3 | 16 | 2.5 |
| | 1 cup (250 mL) | 143 | 90.7 | 1140 | 1140 | 4.74 | 15.5 | 28.5 | 0 | 28.5 | 0.03 | 10.2 | 3.52 | 0.32 | | | 44 | 64 | 9.7 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---------------------------------|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F118 | Ice cream, creamy, fruit ripple | 100 | 140 | 76 | 110 | 0.06 | 0.31 | 1 | 116 | 107 | 0 | 0.2 | 0.7 | 0.07 | 0.3 | 4 | 0 | 0.1 | 0.39 |
| | 1 scoop (22 mL) | 14.9 | 21 | 11 | 16 | 0.01 | 0.05 | 0.15 | 17 | 16 | 0 | 0.03 | 0.1 | 0.01 | 0.05 | 1 | 0 | 0.02 | 0.06 |
| | 1 scoop (64 mL) | 43.3 | 61 | 33 | 48 | 0.03 | 0.13 | 0.43 | 50 | 46 | 0 | 0.087 | 0.3 | 0.03 | 0.13 | 2 | 0 | 0.04 | 0.17 |
| | 1 cup (250 mL) | 169 | 237 | 128 | 186 | 0.1 | 0.52 | 1.7 | 197 | 181 | 0 | 0.34 | 1.2 | 0.12 | 0.51 | 7 | 0 | 0.17 | 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 scoop (22 mL) | 13.8 | 21 | 12 | 2 | 0 | 0.04 | 0 | 12 | 13 | 0.006 | 0.035 | 0.21 | 0.008 | 0.09 | 2 | 0 | 0.01 | 0.04 |
| | 1 scoop (64 mL) | 40.2 | 60 | 35 | 4 | 0 | 0.12 | 0 | 35 | 39 | 0.016 | 0.1 | 0.6 | 0.024 | 0.25 | 5 | 0 | 0.04 | 0.11 |
| | 1 cup (250 mL) | 157 | 236 | 135 | 17 | 0 | 0.47 | 0 | 138 | 151 | 0.063 | 0.39 | 2.4 | 0.094 | 0.97 | 19 | 0 | 0.16 | 0.41 |
| F78 | Ice cream, soft serve | 100 | 175 | 106 | 131 | 0.07 | 0.46 | 1 | 27 | 6 | 0.05 | 0.24 | 0.75 | 0.07 | 0.31 | trace | 1 | 0 | 0.84 |
| | 1 cup (250 mL) | 140 | 245 | 148 | 183 | 0.1 | 0.64 | 1.4 | 38 | 8 | 0.07 | 0.34 | 1.1 | 0.098 | 0.43 | trace | 1.4 | 0 | 1.2 |
| F122 | Ice cream, vanilla, low fat | 100 | 207 | 131 | 161 | 0.04 | 0.53 | 0.63 | 33 | 14 | 0.03 | 0.18 | 0.8 | 0.08 | 0.46 | 5 | 0.5 | 0.1 | 0.11 |
| | 1 scoop (22 mL) | 11.7 | 24 | 15 | 19 | trace | 0.06 | 0.07 | 4 | 2 | 0.004 | 0.021 | 0.094 | 0.009 | 0.05 | 1 | 0.06 | 0.01 | 0.01 |
| | 1 scoop (64 mL) | 34 | 70 | 45 | 55 | 0.01 | 0.18 | 0.21 | 11 | 5 | 0.01 | 0.061 | 0.27 | 0.027 | 0.16 | 2 | 0.17 | 0.03 | 0.04 |
| | 1 cup (250 mL) | 133 | 275 | 174 | 214 | 0.05 | 0.71 | 0.84 | 44 | 19 | 0.04 | 0.24 | 1.1 | 0.11 | 0.61 | 7 | 0.67 | 0.13 | 0.15 |
| F29 | Ice cream, vanilla, premium | 100 | 129 | 86 | 101 | 0.09 | 0.34 | 0.63 | 217 | 106 | 0.04 | 0.21 | 0.9 | 0.09 | 0.46 | 5 | 1.4 | 0.1 | 0.59 |
| | 1 scoop (22 mL) | 12.4 | 16 | 11 | 13 | 0.01 | 0.04 | 0.08 | 27 | 13 | 0.005 | 0.026 | 0.11 | 0.011 | 0.06 | 1 | 0.17 | 0.01 | 0.07 |
| | 1 scoop (64 mL) | 36.1 | 47 | 31 | 36 | 0.03 | 0.12 | 0.23 | 78 | 38 | 0.014 | 0.076 | 0.33 | 0.032 | 0.17 | 2 | 0.51 | 0.04 | 0.21 |
| | 1 cup (250 mL) | 141 | 182 | 122 | 142 | 0.13 | 0.48 | 0.89 | 306 | 149 | 0.056 | 0.3 | 1.3 | 0.13 | 0.65 | 7 | 1.97 | 0.14 | 0.83 |
| F28 | Ice cream, vanilla, standard | 100 | 175 | 94 | 121 | 0.04 | 0.33 | 0.63 | 111 | 106 | 0.04 | 0.23 | 0.8 | 0.1 | 0.46 | 5 | 0.5 | 0.1 | 0.42 |
| | 1 scoop (22 mL) | 12.6 | 22 | 12 | 15 | trace | 0.04 | 0.08 | 14 | 13 | 0.005 | 0.029 | 0.1 | 0.013 | 0.06 | 1 | 0.06 | 0.01 | 0.05 |
| | 1 scoop (64 mL) | 36.6 | 64 | 34 | 44 | 0.02 | 0.12 | 0.23 | 41 | 39 | 0.015 | 0.084 | 0.29 | 0.037 | 0.17 | 2 | 0.18 | 0.04 | 0.15 |
| | 1 cup (250 mL) | 143 | 250 | 134 | 173 | 0.06 | 0.47 | 0.9 | 159 | 152 | 0.057 | 0.33 | 1.1 | 0.14 | 0.66 | 8 | 0.72 | 0.14 | 0.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| F1116 | Milk, A2, cow, lite, fluid, fresh | 100 | 89.8 | 177 | 177 | 3.11 | 1.43 | 4.2 | 0 | 4.2 | 0 | 0.85 | 0.28 | 0.03 | 0.005 | 0.01 | 6 | 33 | 2.4 |
| | 100 mL | 101 | 90.6 | 179 | 179 | 3.15 | 1.44 | 4.24 | 0 | 4.24 | 0 | 0.86 | 0.28 | 0.03 | 0.005 | 0.01 | 6.06 | 33 | 2.4 |
| | 1 cup (250 mL) | 252 | 226 | 447 | 447 | 7.85 | 3.6 | 10.6 | 0 | 10.6 | 0 | 2.15 | 0.7 | 0.08 | 0.014 | 0.024 | 15.1 | 83 | 6 |
| F1115 | Milk, A2, cow, standard, fluid, fresh | 100 | 87.7 | 259 | 259 | 3.25 | 3.54 | 4.3 | 0 | 4.3 | 0 | 2.12 | 0.69 | 0.09 | 0.016 | 0.027 | 12 | 33 | 3.8 |
| | 100 mL | 102 | 89.4 | 265 | 265 | 3.32 | 3.61 | 4.39 | 0 | 4.39 | 0 | 2.16 | 0.71 | 0.09 | 0.017 | 0.028 | 12.2 | 34 | 3.9 |
| | 1 cup (250 mL) | 254 | 223 | 659 | 659 | 8.27 | 8.99 | 10.9 | 0 | 10.9 | 0 | 5.39 | 1.76 | 0.22 | 0.042 | 0.069 | 30.5 | 84 | 9.7 |
| F1104 | Milk, coffee flavour, high fat, sugar-sweetened | 100 | 77 | 556 | 556 | 2.95 | 9.78 | 8.5 | 0 | 8.5 | 0 | 5.27 | 1.96 | 0.28 | 0.068 | 0.071 | 23 | 25 | 4.7 |
| | 100 mL | 105 | 80.9 | 584 | 584 | 3.1 | 10.3 | 8.93 | 0 | 8.93 | 0 | 5.53 | 2.06 | 0.29 | 0.072 | 0.074 | 24.2 | 26 | 4.9 |
| F1103 | Milk, coffee flavour, reduced fat, high protein, sugar-sweetened | 100 | 83 | 296 | 296 | 7.06 | 1.58 | 6.93 | 0 | 6.93 | 0 | 0.83 | 0.32 | 0.05 | 0.011 | 0.014 | 6 | 39 | 5 |
| | 100 mL | 104 | 86.3 | 308 | 308 | 7.35 | 1.64 | 7.21 | 0 | 7.21 | 0 | 0.86 | 0.33 | 0.05 | 0.011 | 0.015 | 6.24 | 41 | 5.2 |
| F1101 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamin A | 100 | 87.1 | 242 | 242 | 2.81 | 1.76 | 7.6 | 0 | 7.6 | 0 | 0.92 | 0.35 | 0.05 | 0.012 | 0.016 | 6 | 57 | 8 |
| | 100 mL | 105 | 91.5 | 254 | 254 | 2.95 | 1.85 | 7.98 | 0 | 7.98 | 0 | 0.97 | 0.37 | 0.06 | 0.013 | 0.017 | 6.3 | 60 | 8.4 |
| F1102 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 | 100 | 84.8 | 257 | 257 | 2.81 | 1.76 | 8.5 | 0 | 8.5 | 0 | 0.92 | 0.35 | 0.05 | 0.012 | 0.016 | 6 | 57 | 8 |
| | 100 mL | 106 | 89.9 | 273 | 273 | 2.98 | 1.87 | 9.01 | 0 | 9.01 | 0 | 0.98 | 0.37 | 0.06 | 0.013 | 0.017 | 6.36 | 60 | 8.5 |
| F1105 | Milk, coffee flavour, regular fat, sugar-sweetened | 100 | 85.6 | 291 | 291 | 3.14 | 3.49 | 6.4 | 0 | 6.4 | 0 | 1.86 | 0.79 | 0.11 | 0.024 | 0.03 | 10 | 26 | 4.7 |
| | 100 mL | 105 | 89.9 | 306 | 306 | 3.3 | 3.66 | 6.72 | 0 | 6.72 | 0 | 1.95 | 0.83 | 0.12 | 0.026 | 0.031 | 10.5 | 27 | 4.9 |
| F30 | Milk, condensed, sweetened, skim | 100 | 29.7 | 1150 | 1150 | 10 | 0.2 | 57.2 | 0 | 57.2 | 0 | 0.12 | 0.05 | 0.01 | | | 1 | 150 | 25 |
| | 1 tablespoon (15 mL) | 20 | 5.9 | 230 | 230 | 2 | 0.04 | 11.4 | 0 | 11.4 | 0 | 0.02 | 0.01 | trace | | | 0.2 | 30 | 4.9 |
| F31 | Milk, condensed, sweetened, whole | 100 | 25.6 | 1390 | 1390 | 9.19 | 8.2 | 54.7 | 0 | 54.7 | 0 | 5.05 | 2.07 | 0.25 | | | 33 | 82 | 25 |
| | 1 tablespoon (15 mL) | 19 | 4.9 | 264 | 264 | 1.75 | 1.56 | 10.4 | 0 | 10.4 | 0 | 0.96 | 0.39 | 0.05 | | | 6.27 | 16 | 4.7 |
| F1097 | Milk, cow, fresh or ultra-heat treated (UHT) milk with coffee flavour, fluid, sugar-sweetened | 100 | 85.8 | 251 | 251 | 2.81 | 1.76 | 8.1 | 0 | 8.1 | 0 | 0.92 | 0.35 | 0.05 | 0.012 | 0.016 | 6 | 57 | 8 |
| | 100 mL | 106 | 90.9 | 266 | 266 | 2.98 | 1.87 | 8.59 | 0 | 8.59 | 0 | 0.98 | 0.37 | 0.06 | 0.013 | 0.017 | 6.36 | 60 | 8.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F1116 | Milk, A2, cow, lite, fluid, fresh | 100 | 162 | 97 | 118 | 0 | 0.37 | 1.2 | 16 | 11 | 0.04 | 0.27 | 0.81 | 0.05 | 0.36 | 18 | 0 | 0 | 0 |
| | 100 mL | 101 | 164 | 98 | 119 | 0 | 0.37 | 1.2 | 16 | 12 | 0.04 | 0.27 | 0.82 | 0.051 | 0.36 | 18 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 252 | 408 | 244 | 297 | 0 | 0.93 | 3 | 40 | 29 | 0.1 | 0.68 | 2 | 0.13 | 0.91 | 45 | 0 | 0 | 0 |
| F1115 | Milk, A2, cow, standard, fluid, fresh | 100 | 162 | 97 | 119 | 0 | 0.37 | 1.4 | 42 | 25 | 0.04 | 0.28 | 1 | 0.05 | 0.47 | 16 | 0 | 0 | 0.08 |
| | 100 mL | 102 | 165 | 99 | 121 | 0 | 0.38 | 1.4 | 43 | 25 | 0.041 | 0.29 | 1 | 0.051 | 0.48 | 16 | 0 | 0 | 0.08 |
| | 1 cup (250 mL) | 254 | 411 | 246 | 302 | 0 | 0.94 | 3.6 | 107 | 63 | 0.1 | 0.71 | 2.6 | 0.13 | 1.2 | 41 | 0 | 0 | 0.2 |
| F1104 | Milk, coffee flavour, high fat, sugar-sweetened | 100 | 185 | 82 | 94 | 0 | 0.33 | 0.7 | 84 | 60 | 0.05 | 0.23 | 1.2 | 0.45 | 0.38 | 0 | 0 | 0.25 | 0.22 |
| | 100 mL | 105 | 194 | 86 | 99 | 0 | 0.35 | 0.74 | 88 | 63 | 0.052 | 0.24 | 1.2 | 0.47 | 0.4 | 0 | 0 | 0.26 | 0.23 |
| F1103 | Milk, coffee flavour, reduced fat, high protein, sugar-sweetened | 100 | 199 | 152 | 200 | 0.24 | 0.88 | 2 | 21 | 13 | 0.05 | 0.26 | 1.8 | 0.32 | 0.2 | 0 | 0 | 0 | 0 |
| | 100 mL | 104 | 207 | 158 | 208 | 0.25 | 0.92 | 2.1 | 22 | 14 | 0.052 | 0.27 | 1.8 | 0.33 | 0.21 | 0 | 0 | 0 | 0 |
| F1101 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamin A | 100 | 156 | 84 | 101 | 0 | 0.35 | 0.9 | 60 | 13 | 0.05 | 0.26 | 0.84 | 0.32 | 0.2 | 0 | 0 | 0 | 0.03 |
| | 100 mL | 105 | 164 | 88 | 106 | 0 | 0.37 | 0.95 | 63 | 14 | 0.052 | 0.27 | 0.88 | 0.34 | 0.21 | 0 | 0 | 0 | 0.04 |
| F1102 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 | 100 | 156 | 84 | 101 | 0 | 0.35 | 0.9 | 24 | 13 | 0.03 | 0.82 | 4.4 | 1 | 0.71 | 0 | 0 | 0 | 0.03 |
| | 100 mL | 106 | 165 | 89 | 107 | 0 | 0.37 | 0.95 | 25 | 14 | 0.032 | 0.87 | 4.7 | 1.1 | 0.75 | 0 | 0 | 0 | 0.04 |
| F1105 | Milk, coffee flavour, regular fat, sugar-sweetened | 100 | 240 | 86 | 100 | 0 | 0.37 | 1.5 | 40 | 25 | 0.05 | 0.25 | 1.6 | 0.68 | 0.48 | 0 | 0 | 0 | 0.08 |
| | 100 mL | 105 | 252 | 90 | 105 | 0 | 0.39 | 1.6 | 42 | 26 | 0.052 | 0.26 | 1.6 | 0.71 | 0.5 | 0 | 0 | 0 | 0.08 |
| F30 | Milk, condensed, sweetened, skim | 100 | 450 | 270 | 330 | 0.33 | 1.2 | 0.6 | 31 | 20 | 0.11 | 0.51 | 2.7 | 0.09 | 0.9 | 16 | 5 | 0.85 | 0.04 |
| | 1 tablespoon (15 mL) | 20 | 90 | 54 | 66 | 0.07 | 0.24 | 0.12 | 6 | 4 | 0.022 | 0.1 | 0.53 | 0.018 | 0.18 | 3 | 1 | 0.17 | 0.01 |
| F31 | Milk, condensed, sweetened, whole | 100 | 290 | 220 | 290 | 0.1 | 0.95 | 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 | 0.02 | 0.18 | 0.76 | 11 | 0 | 0.017 | 0.099 | 0.34 | 0.011 | 0.11 | 2 | 0.57 | 1 | 0.04 |
| F1097 | Milk, cow, fresh or ultra-heat treated (UHT) milk with coffee flavour, fluid, sugar-sweetened | 100 | 156 | 84 | 101 | 0 | 0.35 | 0.9 | 19 | 13 | 0.05 | 0.26 | 0.84 | 0.32 | 0.2 | 0 | 0 | 0 | 0.03 |
| | 100 mL | 106 | 165 | 89 | 107 | 0 | 0.37 | 0.95 | 21 | 14 | 0.053 | 0.28 | 0.89 | 0.34 | 0.21 | 0 | 0 | 0 | 0.04 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar sweetened, premium | 100 | 76.3 | 527 | 527 | 3.79 | 7.5 | 10.9 | 0 | 10.9 | 0 | 4.11 | 1.78 | 0.25 | 0.044 | 0.122 | 12 | 54 | 9 |
| | 100 mL | 107 | 81.6 | 564 | 564 | 4.06 | 8.03 | 11.7 | 0 | 11.7 | 0 | 4.4 | 1.9 | 0.27 | 0.048 | 0.131 | 12.8 | 58 | 9.6 |
| F1111 | Milk, cow, lite, fluid, fresh | 100 | 89.7 | 186 | 186 | 3.37 | 1.46 | 4.4 | 0 | 4.4 | 0 | 0.86 | 0.29 | 0.04 | 0.009 | 0.013 | 7.8 | 34 | 9.1 |
| | 1 cup (250 mL) | 252 | 226 | 469 | 469 | 8.49 | 3.68 | 11.1 | 0 | 11.1 | 0 | 2.17 | 0.73 | 0.1 | 0.022 | 0.033 | 19.7 | 86 | 23 |
| F1107 | Milk, cow, lite, fluid, ultra-heat treated (UHT) | 100 | 89.9 | 181 | 181 | 3.54 | 1.33 | 4.2 | 0 | 4.2 | 0 | 0.68 | 0.27 | 0.03 | 0.008 | 0.012 | 5.7 | 33 | 9.8 |
| | 1 cup (250 mL) | 251 | 226 | 454 | 454 | 8.88 | 3.34 | 10.5 | 0 | 10.5 | 0 | 1.71 | 0.67 | 0.08 | 0.021 | 0.031 | 14.3 | 83 | 25 |
| F1087 | Milk, cow, low fat 0.2%, fluid, ultra-filtered, Sun Latte®, fortified vitamin D | 100 | 88.9 | 151 | 151 | 4.85 | 0.1 | 3.8 | 0 | 3.8 | 0 | 0.06 | 0.03 | 0.01 | 0.001 | 0.003 | 3.92 | 38 | 5.8 |
| | 1 cup (250 mL) | 258 | 229 | 389 | 389 | 12.5 | 0.26 | 9.8 | 0 | 9.8 | 0 | 0.14 | 0.07 | 0.02 | 0.002 | 0.009 | 10.1 | 98 | 15 |
| F36 | Milk, cow, powder, instant, skim | 100 | 3.4 | 1450 | 1450 | 38.2 | 0.83 | 45.6 | 0 | 45.6 | 0 | 0.5 | 0.21 | 0.03 | | | 25 | 531 | 50 |
| | 1 tablespoon (15 mL) | 7.6 | 0.3 | 111 | 111 | 2.9 | 0.06 | 3.47 | 0 | 3.47 | 0 | 0.04 | 0.02 | trace | | | 1.9 | 40 | 3.8 |
| | 1 cup (250 mL) | 128 | 4.4 | 1860 | 1860 | 48.8 | 1.06 | 58.4 | 0 | 58.4 | 0 | 0.64 | 0.27 | 0.04 | | | 32 | 680 | 65 |
| F37 | Milk, cow, powder, instant, whole | 100 | 2.6 | 2050 | 2050 | 30.2 | 26.4 | 33 | 0 | 33 | 0 | 16.3 | 7.08 | 0.88 | | | 80 | 440 | 50 |
| | 1 tablespoon (15 mL) | 8.1 | 0.2 | 166 | 166 | 2.44 | 2.14 | 2.67 | 0 | 2.67 | 0 | 1.32 | 0.57 | 0.07 | | | 6.48 | 36 | 4.1 |
| | 1 cup (250 mL) | 135 | 3.5 | 2770 | 2770 | 40.7 | 35.6 | 44.6 | 0 | 44.6 | 0 | 22 | 9.56 | 1.18 | | | 108 | 594 | 68 |
| F1110 | Milk, cow, standard, fluid, fresh | 100 | 88.2 | 254 | 254 | 3.48 | 3.3 | 4.3 | 0 | 4.3 | 0 | 1.93 | 0.66 | 0.09 | 0.018 | 0.029 | 9.9 | 33 | 7.7 |
| | 1 cup (250 mL) | 253 | 223 | 644 | 644 | 8.8 | 8.35 | 10.9 | 0 | 10.9 | 0 | 4.89 | 1.67 | 0.23 | 0.046 | 0.073 | 25 | 83 | 19 |
| F1106 | Milk, cow, standard, fluid, ultra-heat treated (UHT) | 100 | 88.3 | 254 | 254 | 3.48 | 3.28 | 4.3 | 0 | 4.3 | 0 | 1.8 | 0.66 | 0.08 | 0.021 | 0.029 | 11 | 32 | 8.2 |
| | 1 cup (250 mL) | 253 | 224 | 641 | 641 | 8.81 | 8.29 | 10.9 | 0 | 10.9 | 0 | 4.56 | 1.66 | 0.21 | 0.053 | 0.073 | 27.8 | 81 | 21 |
| F1109 | Milk, cow, standard, lactose-free, fluid, ultra-heat treated (UHT) | 100 | 90.3 | 255 | 255 | 3.22 | 3.25 | 4.7 | 0 | 4.7 | 0 | 1.72 | 0.66 | 0.09 | 0.019 | 0.033 | 11 | 37 | 16 |
| | 1 cup (250 mL) | 254 | 229 | 647 | 647 | 8.17 | 8.26 | 11.9 | 0 | 11.9 | 0 | 4.36 | 1.69 | 0.22 | 0.048 | 0.083 | 27.9 | 94 | 40 |
| F1114 | Milk, cow, trim, fluid, fresh | 100 | 90 | 152 | 152 | 4.32 | 0.15 | 4.3 | 0 | 4.3 | 0 | 0.09 | 0.03 | trace | 0.001 | 0.001 | 4.6 | 35 | 7.6 |
| | 1 cup (250 mL) | 254 | 229 | 386 | 386 | 11 | 0.38 | 10.9 | 0 | 10.9 | 0 | 0.23 | 0.08 | 0.01 | 0.003 | 0.003 | 11.7 | 89 | 19 |
| F1113 | Milk, cow, trim, fluid, fresh, fortified Ca | 100 | 90 | 152 | 152 | 4.32 | 0.15 | 4.3 | 0 | 4.3 | 0 | 0.09 | 0.03 | trace | 0.001 | 0.001 | 4.6 | 35 | 7.6 |
| | 1 cup (250 mL) | 255 | 230 | 388 | 388 | 11 | 0.38 | 11 | 0 | 11 | 0 | 0.23 | 0.08 | 0.01 | 0.003 | 0.003 | 11.7 | 89 | 19 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar sweetened, premium | 100 | 185 | 106 | 123 | 0.31 | 0.51 | 1.1 | 50 | 34 | 0.06 | 0.25 | 1 | 0.1 | 0 | 0 | 0 | 0.79 | 0.19 |
| | 100 mL | 107 | 198 | 113 | 132 | 0.33 | 0.55 | 1.2 | 53 | 37 | 0.064 | 0.27 | 1.1 | 0.11 | 0 | 0 | 0 | 0.85 | 0.2 |
| F1111 | Milk, cow, lite, fluid, fresh | 100 | 158 | 97 | 120 | 0 | 0.36 | 1.7 | 16 | 11 | 0.05 | 0.24 | 0.81 | 0.05 | 0.33 | 20 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 252 | 398 | 244 | 302 | 0 | 0.91 | 4.3 | 40 | 28 | 0.13 | 0.61 | 2.1 | 0.13 | 0.83 | 49 | 0 | 0 | 0 |
| F1107 | Milk, cow, lite, fluid, ultra-heat treated (UHT) | 100 | 154 | 96 | 116 | 0 | 0.35 | 1.5 | 14 | 10 | 0.04 | 0.23 | 0.89 | 0.06 | 0.18 | 3 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 251 | 387 | 241 | 291 | 0 | 0.88 | 3.8 | 34 | 26 | 0.1 | 0.58 | 2.2 | 0.15 | 0.45 | 7 | 0 | 0 | 0 |
| F1087 | Milk, cow, low fat 0.2%, fluid, ultra-filtered, Sun Latte®, fortified vitamin D | 100 | 190 | 104 | 133 | 0 | 0.43 | 2.3 | 7 | 0 | 0.02 | 0.18 | 1.2 | 0.03 | 0 | 0 | 0.52 | 0.54 | 0 |
| | 1 cup (250 mL) | 258 | 490 | 268 | 343 | 0 | 1.11 | 5.9 | 19 | 0 | 0.052 | 0.46 | 3 | 0.077 | 0 | 0 | 1.34 | 1.4 | 0 |
| F36 | Milk, cow, powder, instant, skim | 100 | 1530 | 991 | 1220 | 0.07 | 4.1 | 0.75 | 9 | 7 | 0.28 | 2.3 | 8 | 0.5 | 5.3 | 38 | 8.5 | 0 | 0.01 |
| | 1 tablespoon (15 mL) | 7.6 | 116 | 75 | 93 | trace | 0.31 | 0.06 | 1 | trace | 0.021 | 0.18 | 0.61 | 0.038 | 0.4 | 3 | 0.65 | 0 | trace |
| | 1 cup (250 mL) | 128 | 1960 | 1270 | 1560 | 0.09 | 5.25 | 0.96 | 12 | 9 | 0.36 | 3 | 10 | 0.64 | 6.8 | 49 | 10.9 | 0 | 0.01 |
| F37 | Milk, cow, powder, instant, whole | 100 | 1560 | 770 | 960 | 0.18 | 3.3 | 0.41 | 245 | 149 | 0.29 | 2.1 | 6.3 | 0.39 | 3.1 | 32 | 11.5 | 0.75 | 1.1 |
| | 1 tablespoon (15 mL) | 8.1 | 126 | 62 | 78 | 0.02 | 0.27 | 0.03 | 20 | 12 | 0.023 | 0.17 | 0.51 | 0.032 | 0.25 | 3 | 0.93 | 0.06 | 0.09 |
| | 1 cup (250 mL) | 135 | 2110 | 1040 | 1300 | 0.24 | 4.46 | 0.55 | 331 | 201 | 0.39 | 2.8 | 8.5 | 0.53 | 4.2 | 43 | 15.5 | 1 | 1.5 |
| F1110 | Milk, cow, standard, fluid, fresh | 100 | 155 | 92 | 115 | 0 | 0.34 | 1.7 | 41 | 26 | 0.04 | 0.26 | 0.98 | 0.05 | 0.25 | 13 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 253 | 392 | 233 | 291 | 0 | 0.86 | 4.3 | 105 | 67 | 0.1 | 0.66 | 2.5 | 0.13 | 0.63 | 32 | 0 | 0 | 0 |
| F1106 | Milk, cow, standard, fluid, ultra-heat treated (UHT) | 100 | 154 | 96 | 118 | 0 | 0.37 | 1.2 | 34 | 18 | 0.04 | 0.24 | 1.1 | 0.05 | 0.16 | 3 | 0 | 0 | trace |
| | 1 cup (250 mL) | 253 | 390 | 243 | 299 | 0 | 0.94 | 3 | 86 | 46 | 0.1 | 0.61 | 2.7 | 0.13 | 0.41 | 9 | 0 | 0 | trace |
| F1109 | Milk, cow, standard, lactose-free, fluid, ultra-heat treated (UHT) | 100 | 160 | 96 | 111 | 0 | 0.32 | 1.1 | 43 | 18 | 0.03 | 0.19 | 0.79 | 0.04 | 0 | 1 | 0 | 0 | trace |
| | 1 cup (250 mL) | 254 | 406 | 244 | 282 | 0 | 0.81 | 2.8 | 109 | 46 | 0.076 | 0.48 | 2 | 0.1 | 0 | 4 | 0 | 0 | trace |
| F1114 | Milk, cow, trim, fluid, fresh | 100 | 165 | 103 | 130 | 0 | 0.46 | 2.1 | 0 | 0 | 0.04 | 0.26 | 0.97 | 0.05 | 0.36 | 22 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 254 | 419 | 262 | 330 | 0 | 1.17 | 5.3 | 0 | 0 | 0.1 | 0.66 | 2.5 | 0.13 | 0.91 | 56 | 0 | 0 | 0 |
| F1113 | Milk, cow, trim, fluid, fresh, fortified Ca | 100 | 165 | 132 | 180 | 0 | 0.46 | 2.1 | 0 | 0 | 0.04 | 0.26 | 0.97 | 0.05 | 0.36 | 22 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 255 | 421 | 337 | 459 | 0 | 1.17 | 5.4 | 0 | 0 | 0.1 | 0.66 | 2.5 | 0.13 | 0.92 | 57 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| F1112 | Milk, cow, trim, fluid, fresh, fortified Ca & vitamin D | 100 | 90 | 153 | 153 | 4.32 | 0.19 | 4.3 | 0 | 4.3 | 0 | 0.09 | 0.03 | trace | 0.001 | 0.001 | 4.6 | 35 | 7.6 |
| | 1 cup (250 mL) | 255 | 230 | 391 | 391 | 11 | 0.47 | 11 | 0 | 11 | 0 | 0.23 | 0.08 | 0.01 | 0.003 | 0.003 | 11.7 | 89 | 19 |
| F1108 | Milk, cow, trim, fluid, ultra-heat treated (UHT), fortified vitamin D | 100 | 90 | 159 | 159 | 4.98 | 0.07 | 4.2 | 0 | 4.2 | 0 | 0.03 | 0.01 | trace | 0 | 0.001 | 4.8 | 33 | 6 |
| | 1 cup (250 mL) | 252 | 227 | 400 | 400 | 12.6 | 0.18 | 10.6 | 0 | 10.6 | 0 | 0.07 | 0.03 | trace | 0.001 | 0.002 | 12.1 | 83 | 15 |
| F1086 | Milk, cow, whole 4% fat, fluid, non-homogenised | 100 | 87.6 | 278 | 278 | 3.51 | 3.95 | 4.25 | 0 | 4.25 | 0 | 2.5 | 0.85 | 0.14 | 0.028 | 0.049 | 13 | 42 | 9.7 |
| | 1 cup (250 mL) | 260 | 228 | 723 | 723 | 9.12 | 10.3 | 11.1 | 0 | 11.1 | 0 | 6.5 | 2.2 | 0.35 | 0.073 | 0.126 | 33.8 | 109 | 25 |
| F32 | Milk, cow, whole, evaporated, fluid | 100 | 73.6 | 616 | 616 | 8.42 | 8.4 | 9.51 | 0 | 9.51 | 0 | 5.18 | 2.25 | 0.28 | | | 26 | 88 | 8.6 |
| | 1 cup (250 mL) | 266 | 196 | 1640 | 1640 | 22.4 | 22.3 | 25.3 | 0 | 25.3 | 0 | 13.8 | 5.99 | 0.74 | | | 69.2 | 234 | 23 |
| F52 | Milk, goat, whole, fluid | 100 | 88.8 | 243 | 243 | 2.94 | 3.3 | 4.19 | 0 | 4.19 | 0 | 1.99 | 0.8 | 0.08 | | | 10 | 32 | 6 |
| | 1 cup (250 mL) | 258 | 229 | 628 | 628 | 7.57 | 8.51 | 10.8 | 0 | 10.8 | 0 | 5.14 | 2.06 | 0.19 | | | 25.8 | 82 | 15 |
| F54 | Milk, human, transitional, fluid | 100 | 87.4 | 274 | 274 | 1.47 | 3.7 | 6.6 | 0 | 6.6 | 0 | 1.76 | 1.42 | 0.28 | | | 24 | 30 | 4.3 |
| | 1 cup (250 mL) | 260 | 227 | 713 | 713 | 3.82 | 9.62 | 17.2 | 0 | 17.2 | 0 | 4.58 | 3.68 | 0.73 | | | 62.4 | 78 | 11 |
| F1100 | Milk, sheep, whole, fluid, fresh | 100 | 83.1 | 414 | 414 | 5.51 | 6.45 | 4.8 | 0 | 4.8 | 0 | 2.98 | 1.09 | 0.33 | 0.091 | 0.103 | 19 | 39 | 170 |
| | 100 mL | 104 | 86.4 | 431 | 431 | 5.73 | 6.71 | 4.99 | 0 | 4.99 | 0 | 3.1 | 1.13 | 0.35 | 0.095 | 0.107 | 19.8 | 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 | 1.09 | 0.72 | 2.03 | 0.137 | 1.88 | 88.4 | 131 | 8.9 |
| | 1 tablespoon (15 mL) | 5.3 | 0.3 | 83 | 83 | 4.17 | 0.22 | 0.22 | 0 | 0.22 | 0 | 0.06 | 0.04 | 0.11 | 0.007 | 0.1 | 4.69 | 7 | 0.47 |
| | 1 cup (250 mL) | 87.5 | 4.6 | 1370 | 1370 | 68.9 | 3.59 | 3.68 | 0 | 3.68 | 0 | 0.95 | 0.63 | 1.78 | 0.12 | 1.64 | 77.4 | 115 | 7.8 |
| F1080 | Yoghurt dessert, Greek-style, chocolate flavoured, sweetened, premium | 100 | 70.7 | 515 | 519 | 7.59 | 6.4 | 8.8 | 0.4 | 8.7 | 0.1 | 3.92 | 1.8 | 0.22 | 0.03 | 0.157 | 9.69 | 45 | 12 |
| | 1 cup (250 mL) | 261 | 184 | 1350 | 1350 | 19.8 | 16.7 | 23 | 1 | 22.7 | 0.26 | 10.2 | 4.69 | 0.58 | 0.079 | 0.41 | 25.3 | 117 | 32 |
| F1083 | Yoghurt smoothie, assorted fruits, sweetened | 100 | 81 | 328 | 328 | 3.57 | 1.8 | 11.8 | 0 | 11.5 | 0.3 | 1.16 | 0.36 | 0.06 | 0.012 | 0.024 | 4.88 | 39 | 6.1 |
| | 1 cup (250 mL) | 272 | 220 | 892 | 892 | 9.72 | 4.9 | 32.1 | 0 | 31.3 | 0.82 | 3.14 | 0.98 | 0.16 | 0.032 | 0.065 | 13.3 | 106 | 17 |
| F1072 | Yoghurt, Fresh'n Fruity™, Lite, assorted fruits, non-fat, fortified Ca, vitamins A & D | 100 | 88.9 | 130 | 132 | 4.15 | 0.1 | 3.3 | 0.2 | 2.1 | 1.2 | 0.06 | 0.02 | 0.01 | 0.002 | 0.012 | 2.71 | 31 | 6.7 |
| | 1 cup (250 mL) | 258 | 229 | 336 | 340 | 10.7 | 0.26 | 8.51 | 0.5 | 5.42 | 3.1 | 0.14 | 0.05 | 0.04 | 0.004 | 0.03 | 6.99 | 80 | 17 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F1112 | Milk, cow, trim, fluid, fresh, fortified Ca & vitamin D | 100 | 165 | 131 | 173 | 0 | 0.46 | 2.1 | 0 | 0 | 0.04 | 0.26 | 0.97 | 0.05 | 0.36 | 22 | 0 | 0.47 | 0 |
| | 1 cup (250 mL) | 255 | 421 | 334 | 441 | 0 | 1.17 | 5.4 | 0 | 0 | 0.1 | 0.66 | 2.5 | 0.13 | 0.92 | 57 | 0 | 1.2 | 0 |
| F1108 | Milk, cow, trim, fluid, ultra-heat treated (UHT), fortified vitamin D | 100 | 161 | 111 | 140 | 0 | 0.43 | 1.7 | 0 | 0 | 0.05 | 0.25 | 1.1 | 0.08 | 0.19 | 2 | 0 | 0.15 | 0 |
| | 1 cup (250 mL) | 252 | 406 | 280 | 353 | 0 | 1.08 | 4.3 | 0 | 0 | 0.13 | 0.63 | 2.7 | 0.2 | 0.48 | 5 | 0 | 0.38 | 0 |
| F1086 | Milk, cow, whole 4% fat, fluid, non-homogenised | 100 | 168 | 88 | 116 | 0 | 0.33 | 1.2 | 41 | 30 | 0.03 | 0.18 | 0.77 | 0.02 | 0 | 0 | 0.36 | 0 | 0.09 |
| | 1 cup (250 mL) | 260 | 436 | 228 | 300 | 0 | 0.85 | 3 | 107 | 78 | 0.078 | 0.47 | 2 | 0.052 | 0 | 0 | 0.92 | 0 | 0.22 |
| F32 | Milk, cow, whole, evaporated, fluid | 100 | 290 | 204 | 275 | 0.2 | 0.91 | 2 | 60 | 0 | 0.04 | 0.49 | 1.6 | 0.06 | 0.1 | 9 | 1.1 | 0.08 | 0.3 |
| | 1 cup (250 mL) | 266 | 771 | 543 | 732 | 0.53 | 2.42 | 5.3 | 160 | 0 | 0.11 | 1.3 | 4.3 | 0.16 | 0.27 | 24 | 2.93 | 0.21 | 0.8 |
| F52 | Milk, goat, whole, fluid | 100 | 228 | 90 | 102 | 0.03 | 0.41 | 0.7 | 74 | 0 | 0.09 | 0.14 | 1 | 0.05 | 0.04 | trace | 1.1 | 0.12 | 0.06 |
| | 1 cup (250 mL) | 258 | 588 | 231 | 263 | 0.08 | 1.06 | 1.8 | 191 | 0 | 0.23 | 0.36 | 2.6 | 0.13 | 0.1 | 1 | 2.84 | 0.31 | 0.16 |
| F54 | Milk, human, transitional, fluid | 100 | 57 | 16 | 25 | 0.07 | 0.3 | 2 | 91 | 37 | 0.01 | 0.03 | 0.68 | 0 | 0.03 | 3 | 6 | 0.04 | 0.48 |
| | 1 cup (250 mL) | 260 | 148 | 42 | 65 | 0.18 | 0.78 | 5.2 | 237 | 96 | 0.026 | 0.078 | 1.8 | 0 | 0.08 | 8 | 15.6 | 0.1 | 1.2 |
| F1100 | Milk, sheep, whole, fluid, fresh | 100 | 133 | 150 | 183 | 0 | 0.61 | 2.7 | 61 | 0 | 0.11 | 0.41 | 1.6 | 0.06 | 0.48 | 0 | 0 | 2.8 | 0.12 |
| | 100 mL | 104 | 138 | 156 | 190 | 0 | 0.63 | 2.8 | 63 | 0 | 0.11 | 0.43 | 1.7 | 0.062 | 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 | 0.26 | 29 | 40 | 86 | 0 | 1 | 28 | 0.2 | 11 | 460 | 0 | 0.52 | 0.17 |
| | 1 tablespoon (15 mL) | 5.3 | 43 | 13 | 18 | 0.04 | 0.01 | 1.5 | 2 | 5 | 0 | 0.055 | 1.5 | 0.011 | 0.6 | 24 | 0 | 0.03 | 0.01 |
| | 1 cup (250 mL) | 87.5 | 718 | 210 | 298 | 0.61 | 0.23 | 25 | 35 | 75 | 0 | 0.9 | 25 | 0.18 | 10 | 400 | 0 | 0.46 | 0.15 |
| F1080 | Yoghurt dessert, Greek-style, chocolate flavoured, sweetened, premium | 100 | 172 | 131 | 123 | 0.23 | 0.59 | 2.5 | 54 | 70 | 0.02 | 0.44 | 1.6 | 0.06 | 0.42 | 0 | 0 | 0.75 | 0.53 |
| | 1 cup (250 mL) | 261 | 449 | 342 | 321 | 0.6 | 1.54 | 6.5 | 141 | 184 | 0.052 | 1.1 | 4.2 | 0.16 | 1.1 | 0 | 0 | 2 | 1.4 |
| F1083 | Yoghurt smoothie, assorted fruits, sweetened | 100 | 220 | 106 | 137 | 0.21 | 0.52 | 1.2 | 62 | 39 | 0 | 0.35 | 0.75 | 0.05 | 0 | 0 | 2.83 | 0 | 0.11 |
| | 1 cup (250 mL) | 272 | 598 | 288 | 373 | 0.57 | 1.41 | 3.3 | 169 | 105 | 0 | 0.95 | 2 | 0.14 | 0 | 0 | 7.7 | 0 | 0.29 |
| F1072 | Yoghurt, Fresh'n Fruity™, Lite, assorted fruits, non-fat, fortified Ca, vitamins A & D | 100 | 152 | 124 | 189 | 0.1 | 0.42 | 1.6 | 63 | 15 | 0 | 0.21 | 0.4 | 0.05 | 0.43 | 0 | 0 | 0.7 | trace |
| | 1 cup (250 mL) | 258 | 392 | 320 | 488 | 0.26 | 1.08 | 4.1 | 163 | 38 | 0 | 0.54 | 1 | 0.13 | 1.1 | 0 | 0 | 1.8 | trace |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| F1077 | Yoghurt, Fresh'n Fruity™, assorted fruits, regular fat, fortified Ca, vitamins A & D | 100 | 77.7 | 389 | 390 | 4.21 | 2.6 | 13 | 0.2 | 12.1 | 0.9 | 1.7 | 0.5 | 0.08 | 0.015 | 0.034 | 8.09 | 29 | 3.7 |
| | 1 cup (250 mL) | 261 | 203 | 1010 | 1020 | 11 | 6.79 | 33.9 | 0.5 | 31.6 | 2.35 | 4.44 | 1.3 | 0.21 | 0.038 | 0.09 | 21.1 | 76 | 9.7 |
| F1055 | Yoghurt, Greek-style, full-fat | 100 | 78.8 | 460 | 460 | 4.56 | 8.63 | 3.72 | 0 | 3.44 | 0.28 | 5.66 | 1.83 | 0.17 | 0.049 | 0.06 | 0 | 45 | 7.4 |
| | 1 cup (250 mL) | 262 | 207 | 1210 | 1210 | 12 | 22.6 | 9.75 | 0 | 9.01 | 0.73 | 14.8 | 4.8 | 0.44 | 0.128 | 0.157 | 0 | 117 | 19 |
| F1082 | Yoghurt, Greek-style, low fat, Fresh'n Fruity™ | 100 | 84.4 | 266 | 266 | 5.68 | 2.7 | 4.1 | 0 | 3.6 | 0.5 | 1.75 | 0.51 | 0.08 | 0.015 | 0.036 | 9.55 | 42 | 8.9 |
| | 1 cup (250 mL) | 273 | 230 | 727 | 727 | 15.5 | 7.37 | 11.2 | 0 | 9.83 | 1.37 | 4.78 | 1.4 | 0.23 | 0.042 | 0.098 | 26.1 | 115 | 24 |
| F1081 | Yoghurt, Greek-style, low fat, Cyclops® | 100 | 79.3 | 379 | 379 | 9.51 | 4.5 | 3 | 0 | 3 | 0 | 2.88 | 0.81 | 0.18 | 0.034 | 0.081 | 14.1 | 43 | 13 |
| | 1 cup (250 mL) | 260 | 206 | 986 | 986 | 24.7 | 11.7 | 7.8 | 0 | 7.8 | 0 | 7.5 | 2.1 | 0.46 | 0.088 | 0.21 | 36.7 | 112 | 33 |
| F1075 | Yoghurt, Meadow FreshYoghurt, assorted fruits, low fat, sweetened, Meadow Fresh®, fortified Ca, low fat, assorted fruits fortified Ca | 100 | 78.1 | 327 | 330 | 4.34 | 1 | 12.7 | 0.4 | 11.9 | 0.8 | 0.65 | 0.19 | 0.04 | 0.006 | 0.021 | 4.72 | 41 | 6.3 |
| | 1 cup (250 mL) | 260 | 203 | 849 | 858 | 11.3 | 2.6 | 33 | 1 | 30.9 | 2.08 | 1.68 | 0.5 | 0.1 | 0.015 | 0.054 | 12.3 | 107 | 16 |
| F1073 | Yoghurt, Meadow Fresh®, Live lite, assorted fruits, non-fat, fortified Ca, vitamins A & D | 100 | 85.4 | 217 | 218 | 4.91 | 0.2 | 8 | 0.2 | 6.5 | 0.9 | 0.11 | 0.04 | 0.03 | 0.003 | 0.023 | 2.71 | 28 | 5.3 |
| | 1 cup (250 mL) | 260 | 222 | 563 | 568 | 12.8 | 0.52 | 20.8 | 0.5 | 16.9 | 2.34 | 0.29 | 0.11 | 0.07 | 0.008 | 0.06 | 7.05 | 73 | 14 |
| F1076 | Yoghurt, Symbio Probalance™, assorted fruits, low fat, fortified Ca, vitamins A & D | 100 | 80.2 | 288 | 291 | 4.08 | 1 | 10.7 | 0.3 | 9.7 | 1 | 0.65 | 0.19 | 0.04 | 0.006 | 0.021 | 4.72 | 30 | 3.9 |
| | 1 cup (250 mL) | 259 | 208 | 747 | 753 | 10.6 | 2.59 | 27.7 | 0.8 | 25.1 | 2.59 | 1.67 | 0.5 | 0.1 | 0.015 | 0.054 | 12.2 | 78 | 10 |
| F1074 | Yoghurt, Yoplait, Delite, assorted fruits, low fat | 100 | 82.2 | 300 | 302 | 4.79 | 1 | 10.7 | 0.2 | 10.4 | 0.3 | 0.65 | 0.19 | 0.04 | 0.006 | 0.021 | 4.72 | 31 | 4 |
| | 1 cup (250 mL) | 260 | 214 | 781 | 785 | 12.4 | 2.6 | 27.8 | 0.5 | 27 | 0.78 | 1.68 | 0.5 | 0.1 | 0.015 | 0.054 | 12.3 | 81 | 10 |
| F1078 | Yoghurt, Yoplait, assorted fruits, regular fat | 100 | 80.8 | 349 | 350 | 4.15 | 2.7 | 10.5 | 0.2 | 10.3 | 0.2 | 1.76 | 0.5 | 0.09 | 0.018 | 0.041 | 7.67 | 33 | 3 |
| | 1 cup (250 mL) | 261 | 211 | 911 | 915 | 10.8 | 7.05 | 27.4 | 0.5 | 26.9 | 0.52 | 4.59 | 1.31 | 0.25 | 0.047 | 0.107 | 20 | 86 | 7.8 |
| F77 | Yoghurt, apricot, frozen, Tip Top™ | 100 | 76.4 | 382 | 382 | 2.49 | 1.03 | 17.8 | 0 | 17.8 | 0 | 0.6 | 0.33 | 0.05 | | 0.024 | 9.9 | 26 | 8.3 |
| | 1 cup (250 mL) | 204 | 156 | 780 | 780 | 5.08 | 2.1 | 36.2 | 0 | 36.2 | 0 | 1.22 | 0.68 | 0.09 | | 0.049 | 20.2 | 54 | 17 |
| F84 | Yoghurt, plain, low fat, unsweetened | 100 | 87.5 | 168 | 171 | 4.79 | 0.35 | 4.36 | 0.3 | 4.3 | 0.06 | 0.21 | 0.1 | 0.01 | | 0.001 | 5.13 | 48 | 10 |
| | 1 cup (250 mL) | 257 | 225 | 433 | 439 | 12.3 | 0.9 | 11.2 | 0.8 | 11.1 | 0.15 | 0.54 | 0.25 | 0.02 | | 0.002 | 13.2 | 123 | 26 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F1077 | Yoghurt, Fresh'n Fruity™, assorted fruits, regular fat, fortified Ca, vitamins A & D | 100 | 144 | 119 | 189 | 0 | 0.46 | 1.1 | 103 | 40 | 0 | 0.3 | 0.75 | 0.05 | 0.4 | 0 | 0 | 0.84 | 0.09 |
| | 1 cup (250 mL) | 261 | 376 | 311 | 493 | 0 | 1.2 | 2.9 | 269 | 103 | 0 | 0.78 | 2 | 0.13 | 1 | 0 | 0 | 2.2 | 0.25 |
| F1055 | Yoghurt, Greek-style, full-fat | 100 | 214 | 140 | 175 | 0.01 | 0.52 | 0.52 | 90 | 6 | 0.04 | 0.23 | 1.2 | 0 | 0.34 | 19 | 0 | 7.3 | 0.18 |
| | 1 cup (250 mL) | 262 | 559 | 367 | 457 | 0.04 | 1.35 | 1.4 | 235 | 16 | 0.11 | 0.6 | 3.1 | 0 | 0.89 | 50 | 0 | 19 | 0.47 |
| F1082 | Yoghurt, Greek-style, low fat , Fresh'n Fruity™ | 100 | 220 | 124 | 167 | 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 | 601 | 339 | 456 | 0 | 1.64 | 4.6 | 106 | 62 | 0.055 | 3.6 | 3.5 | 0.16 | 1.6 | 0 | 0 | 0 | 0 |
| F1081 | Yoghurt, Greek-style, low fat, Cyclops® | 100 | 210 | 172 | 185 | 0 | 0.71 | 4.4 | 53 | 39 | 0.02 | 0.5 | 2 | 0.09 | 0.34 | 0 | 0 | 0.53 | 0.09 |
| | 1 cup (250 mL) | 260 | 546 | 447 | 481 | 0 | 1.85 | 11 | 138 | 101 | 0.052 | 1.3 | 5.3 | 0.23 | 0.88 | 0 | 0 | 1.4 | 0.24 |
| F1075 | Yoghurt, Meadow FreshYoghurt, assorted fruits, low fat, sweetened, Meadow Fresh®, fortified Ca, low fat, assorted fruits fortified Ca | 100 | 198 | 103 | 167 | 0 | 0.48 | 1.5 | 30 | 18 | 0 | 0.3 | 0.82 | 0.05 | 0.24 | 0 | 0 | 0 | trace |
| | 1 cup (250 mL) | 260 | 515 | 268 | 434 | 0 | 1.25 | 3.9 | 79 | 47 | 0 | 0.78 | 2.1 | 0.13 | 0.62 | 0 | 0 | 0 | trace |
| F1073 | Yoghurt, Meadow Fresh®, Live lite, assorted fruits, non-fat, fortified Ca, vitamins A & D | 100 | 134 | 97 | 148 | 0 | 0.45 | 1.7 | 84 | 15 | 0 | 0.24 | 0.93 | 0.05 | 0.38 | 0 | 0 | 0.87 | trace |
| | 1 cup (250 mL) | 260 | 348 | 252 | 385 | 0 | 1.17 | 4.4 | 219 | 38 | 0 | 0.62 | 2.4 | 0.13 | 0.99 | 0 | 0 | 2.3 | trace |
| F1076 | Yoghurt, Symbio Probalance™, assorted fruits, low fat, fortified Ca, vitamins A & D | 100 | 145 | 114 | 182 | 0 | 0.41 | 1.2 | 77 | 18 | 0 | 0.25 | 0.78 | 0.05 | 0.49 | 0 | 0 | 0.68 | trace |
| | 1 cup (250 mL) | 259 | 376 | 295 | 471 | 0 | 1.06 | 3.1 | 199 | 47 | 0 | 0.65 | 2 | 0.13 | 1.3 | 0 | 0 | 1.8 | trace |
| F1074 | Yoghurt, Yoplait, Delite, assorted fruits, low fat | 100 | 158 | 106 | 150 | 0 | 0.51 | 2 | 26 | 18 | 0 | 0.25 | 1 | 0.05 | 0 | 0 | 0 | 0.19 | trace |
| | 1 cup (250 mL) | 260 | 411 | 276 | 390 | 0 | 1.33 | 5.2 | 68 | 47 | 0 | 0.65 | 2.6 | 0.13 | 0 | 0 | 0 | 0.49 | trace |
| F1078 | Yoghurt, Yoplait, assorted fruits, regular fat | 100 | 150 | 92 | 127 | 0 | 0.45 | 1.5 | 48 | 40 | 0 | 0.3 | 0.75 | 0.05 | 0.3 | 0 | 0 | 0.38 | 0.08 |
| | 1 cup (250 mL) | 261 | 392 | 240 | 331 | 0 | 1.18 | 3.9 | 126 | 103 | 0 | 0.78 | 2 | 0.13 | 0.78 | 0 | 0 | 0.99 | 0.21 |
| F77 | Yoghurt, apricot, frozen, Tip Top™ | 100 | 107 | 55 | 68 | 0.14 | 0.15 | 0 | 81 | 36 | 0.05 | 0.26 | 1.1 | 0.03 | 0.35 | 9 | 0.87 | 0 | 0.05 |
| | 1 cup (250 mL) | 204 | 218 | 113 | 139 | 0.29 | 0.31 | 0 | 164 | 73 | 0.1 | 0.53 | 2.3 | 0.061 | 0.71 | 18 | 1.78 | 0 | 0.1 |
| F84 | Yoghurt, plain, low fat, unsweetened | 100 | 210 | 130 | 160 | 0 | 0.48 | 1.3 | 5 | 6 | 0.1 | 0.33 | 1.2 | 0.09 | 0.31 | 8 | 0 | 0.01 | 0 |
| | 1 cup (250 mL) | 257 | 540 | 334 | 411 | 0 | 1.23 | 3.3 | 12 | 15 | 0.26 | 0.85 | 3.1 | 0.23 | 0.8 | 21 | 0 | 0.03 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| F57 | Yoghurt, plain, unsweetened | 100 | 86 | 305 | 323 | 3.7 | 5.17 | 3 | 0 | 3 | 0 | 3.09 | 1.47 | 0.09 | | 0.012 | 15.6 | 43 | 3 |
| | 1 cup (250 mL) | 241 | 207 | 736 | 778 | 8.92 | 12.5 | 7.23 | 0 | 7.23 | 0 | 7.44 | 3.54 | 0.21 | | 0.029 | 37.6 | 104 | 7.2 |
| F1079 | Yoghurt, premium, assorted fruits | 100 | 74.3 | 494 | 497 | 4.98 | 5 | 13.2 | 0.4 | 12.9 | 0.3 | 3.25 | 0.95 | 0.16 | 0.028 | 0.066 | 10.8 | 45 | 7.1 |
| | 1 cup (250 mL) | 261 | 194 | 1290 | 1300 | 13 | 13.1 | 34.5 | 1 | 33.7 | 0.78 | 8.49 | 2.48 | 0.41 | 0.074 | 0.173 | 28.2 | 117 | 19 |
| G | EGGS | | | | | | | | | | | | | | | | | | |
| G1024 | Egg, chicken, white & yolk, pan-fried with oil | 100 | 69.1 | 749 | 749 | 16.4 | 12.6 | 0.35 | 0 | 0.35 | 0 | 3.33 | 5.63 | 1.82 | 0.074 | 1.41 | 380 | 170 | 61 |
| | 1 egg (size 5, 48 g) | 35.3 | 24.4 | 264 | 264 | 5.78 | 4.44 | 0.12 | 0 | 0.12 | 0 | 1.18 | 1.99 | 0.64 | 0.026 | 0.498 | 134 | 60 | 21 |
| | 1 egg (size 6, 57 g) | 40.4 | 27.9 | 303 | 303 | 6.62 | 5.08 | 0.14 | 0 | 0.14 | 0 | 1.35 | 2.28 | 0.73 | 0.03 | 0.569 | 154 | 69 | 24 |
| | 1 egg (size 7, 64 g) | 47 | 32.5 | 352 | 352 | 7.7 | 5.91 | 0.16 | 0 | 0.16 | 0 | 1.57 | 2.65 | 0.85 | 0.035 | 0.663 | 179 | 80 | 28 |
| | 1 egg (size 8, 71 g) | 53.6 | 37 | 402 | 402 | 8.78 | 6.73 | 0.19 | 0 | 0.19 | 0 | 1.79 | 3.02 | 0.97 | 0.04 | 0.756 | 204 | 91 | 32 |
| G1019 | Egg, chicken, white, boiled | 100 | 86.7 | 233 | 233 | 13.4 | 0.05 | 0.2 | 0 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 192 | 5.6 |
| | 1 egg (size 5, 48 g) | 31.2 | 27 | 73 | 73 | 4.18 | 0.02 | 0.06 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 60 | 1.7 |
| | 1 egg (size 6, 57 g) | 36.3 | 31.5 | 85 | 85 | 4.87 | 0.02 | 0.07 | 0 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 70 | 2 |
| | 1 egg (size 7, 64 g) | 39.7 | 34.4 | 93 | 93 | 5.32 | 0.02 | 0.08 | 0 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 76 | 2.2 |
| | 1 egg (size 8, 71 g) | 44.2 | 38.3 | 103 | 103 | 5.93 | 0.02 | 0.09 | 0 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 2.5 |
| | 1 cup chopped (250 mL) | 162 | 140 | 378 | 378 | 21.7 | 0.08 | 0.32 | 0 | 0.32 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 311 | 9.1 |
| G1025 | Egg, chicken, white, raw, fresh | 100 | 87.4 | 213 | 213 | 12.3 | 0 | 0.2 | 0 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 192 | 5.6 |
| | 1 egg (size 5, 48 g) | 29.2 | 25.5 | 62 | 62 | 3.61 | 0 | 0.06 | 0 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 56 | 1.6 |
| | 1 egg (size 6, 57 g) | 33.2 | 29 | 71 | 71 | 4.1 | 0 | 0.07 | 0 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 64 | 1.9 |
| | 1 egg (size 7, 64 g) | 37.4 | 32.7 | 80 | 80 | 4.62 | 0 | 0.08 | 0 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 72 | 2.1 |
| | 1 egg (size 8, 71 g) | 40.9 | 35.7 | 87 | 87 | 5.05 | 0 | 0.08 | 0 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 79 | 2.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| F57 | Yoghurt, plain, unsweetened | 100 | 160 | 96 | 120 | 0 | 0.39 | 0.76 | 49 | 4 | 0.04 | 0.24 | 0.8 | 0.05 | 0.23 | 8 | 0.5 | 0 | 0 |
| | 1 cup (250 mL) | 241 | 386 | 231 | 289 | 0 | 0.94 | 1.8 | 117 | 10 | 0.096 | 0.58 | 1.9 | 0.12 | 0.55 | 19 | 1.21 | 0 | 0 |
| F1079 | Yoghurt, premium, assorted fruits | 100 | 195 | 115 | 151 | 0 | 0.54 | 1.6 | 84 | 70 | 0.02 | 0.4 | 0.94 | 0.06 | 0 | 0 | 2.57 | 0 | 0.16 |
| | 1 cup (250 mL) | 261 | 509 | 300 | 394 | 0 | 1.41 | 4.2 | 219 | 184 | 0.052 | 1 | 2.5 | 0.16 | 0 | 0 | 6.71 | 0 | 0.42 |
| G | EGGS | | | | | | | | | | | | | | | | | | |
| G1024 | Egg, chicken, white & yolk, pan-fried with oil | 100 | 167 | 197 | 53 | 1.58 | 1.04 | 29 | 108 | 0 | 0.059 | 0.47 | 3.1 | 0.077 | 2.8 | 87 | 0 | 1.8 | 2 |
| | 1 egg (size 5, 48 g) | 35.3 | 59 | 70 | 19 | 0.56 | 0.37 | 10 | 38 | 0 | 0.021 | 0.17 | 1.1 | 0.027 | 0.98 | 31 | 0 | 0.65 | 0.72 |
| | 1 egg (size 6, 57 g) | 40.4 | 67 | 80 | 22 | 0.64 | 0.42 | 12 | 44 | 0 | 0.024 | 0.19 | 1.3 | 0.031 | 1.1 | 35 | 0 | 0.74 | 0.82 |
| | 1 egg (size 7, 64 g) | 47 | 78 | 93 | 25 | 0.74 | 0.49 | 14 | 51 | 0 | 0.028 | 0.22 | 1.5 | 0.036 | 1.3 | 41 | 0 | 0.87 | 0.95 |
| | 1 egg (size 8, 71 g) | 53.6 | 89 | 106 | 29 | 0.85 | 0.56 | 16 | 58 | 0 | 0.032 | 0.25 | 1.7 | 0.041 | 1.5 | 46 | 0 | 0.99 | 1.1 |
| G1019 | Egg, chicken, white, boiled | 100 | 155 | 14 | 5 | 0 | 0 | 11 | 0 | 0 | 0 | 0.38 | 1.3 | 0.038 | 0.03 | 2 | 0 | 0 | 0 |
| | 1 egg (size 5, 48 g) | 31.2 | 48 | 4 | 2 | 0 | 0 | 3.4 | 0 | 0 | 0 | 0.12 | 0.42 | 0.012 | 0.01 | 1 | 0 | 0 | 0 |
| | 1 egg (size 6, 57 g) | 36.3 | 56 | 5 | 2 | 0 | 0 | 4 | 0 | 0 | 0 | 0.14 | 0.48 | 0.014 | 0.01 | 1 | 0 | 0 | 0 |
| | 1 egg (size 7, 64 g) | 39.7 | 62 | 5 | 2 | 0 | 0 | 4.4 | 0 | 0 | 0 | 0.15 | 0.53 | 0.015 | 0.01 | 1 | 0 | 0 | 0 |
| | 1 egg (size 8, 71 g) | 44.2 | 69 | 6 | 2 | 0 | 0 | 4.9 | 0 | 0 | 0 | 0.17 | 0.59 | 0.017 | 0.01 | 1 | 0 | 0 | 0 |
| | 1 cup chopped (250 mL) | 162 | 251 | 22 | 8 | 0 | 0 | 18 | 0 | 0 | 0 | 0.61 | 2.2 | 0.062 | 0.04 | 4 | 0 | 0 | 0 |
| G1025 | Egg, chicken, white, raw, fresh | 100 | 155 | 14 | 5 | 0 | 0 | 11 | 0 | 0 | 0 | 0.4 | 1.3 | 0.04 | 0.03 | 3 | 0 | 0 | 0 |
| | 1 egg (size 5, 48 g) | 29.2 | 45 | 4 | 2 | 0 | 0 | 3.2 | 0 | 0 | 0 | 0.12 | 0.39 | 0.012 | 0.01 | 1 | 0 | 0 | 0 |
| | 1 egg (size 6, 57 g) | 33.2 | 51 | 4 | 2 | 0 | 0 | 3.7 | 0 | 0 | 0 | 0.13 | 0.44 | 0.013 | 0.01 | 1 | 0 | 0 | 0 |
| | 1 egg (size 7, 64 g) | 37.4 | 58 | 5 | 2 | 0 | 0 | 4.1 | 0 | 0 | 0 | 0.15 | 0.5 | 0.015 | 0.01 | 1 | 0 | 0 | 0 |
| | 1 egg (size 8, 71 g) | 40.9 | 63 | 6 | 2 | 0 | 0 | 4.5 | 0 | 0 | 0 | 0.16 | 0.55 | 0.016 | 0.01 | 1 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| G1021 | Egg, chicken, whole, boiled | 100 | 76.5 | 546 | 546 | 14.6 | 7.9 | 0.3 | 0 | 0.3 | 0 | 2.67 | 4.12 | 1.48 | 0.051 | 1.15 | 362 | 147 | 55 |
| | 1 egg (size 5, 48 g) | 42.8 | 32.7 | 234 | 234 | 6.27 | 3.38 | 0.13 | 0 | 0.13 | 0 | 1.14 | 1.76 | 0.63 | 0.022 | 0.494 | 155 | 63 | 24 |
| | 1 egg (size 6, 57 g) | 50.5 | 38.6 | 276 | 276 | 7.4 | 3.99 | 0.15 | 0 | 0.15 | 0 | 1.35 | 2.08 | 0.75 | 0.026 | 0.583 | 183 | 74 | 28 |
| | 1 egg (size 7, 64 g) | 56.7 | 43.4 | 310 | 310 | 8.3 | 4.48 | 0.17 | 0 | 0.17 | 0 | 1.52 | 2.34 | 0.84 | 0.029 | 0.654 | 205 | 83 | 31 |
| | 1 egg (size 8, 71 g) | 62.1 | 47.5 | 339 | 339 | 9.09 | 4.91 | 0.19 | 0 | 0.19 | 0 | 1.66 | 2.56 | 0.92 | 0.032 | 0.717 | 225 | 91 | 34 |
| G1022 | Egg, chicken, whole, poached | 100 | 76.2 | 571 | 571 | 13.7 | 9 | 0.3 | 0 | 0.3 | 0 | 2.67 | 4.12 | 1.48 | 0.051 | 1.15 | 362 | 147 | 52 |
| | 1 egg (size 5, 48 g) | 40.8 | 31.1 | 233 | 233 | 5.6 | 3.67 | 0.12 | 0 | 0.12 | 0 | 1.09 | 1.68 | 0.61 | 0.021 | 0.471 | 148 | 60 | 21 |
| | 1 egg (size 6, 57 g) | 50.5 | 38.5 | 289 | 289 | 6.93 | 4.55 | 0.15 | 0 | 0.15 | 0 | 1.35 | 2.08 | 0.75 | 0.026 | 0.583 | 183 | 74 | 26 |
| | 1 egg (size 7, 64 g) | 53.8 | 41 | 307 | 307 | 7.38 | 4.84 | 0.16 | 0 | 0.16 | 0 | 1.44 | 2.22 | 0.8 | 0.028 | 0.621 | 195 | 79 | 28 |
| | 1 egg (size 8, 71 g) | 60.3 | 45.9 | 345 | 345 | 8.28 | 5.43 | 0.18 | 0 | 0.18 | 0 | 1.61 | 2.49 | 0.89 | 0.031 | 0.696 | 218 | 89 | 32 |
| | 1 cup (250 mL) | 258 | 197 | 1470 | 1470 | 35.4 | 23.2 | 0.77 | 0 | 0.77 | 0 | 6.9 | 10.6 | 3.82 | 0.132 | 2.98 | 934 | 379 | 130 |
| G1016 | Egg, chicken, whole, raw, fresh | 100 | 75.9 | 548 | 548 | 12.9 | 8.77 | 0.3 | 0 | 0.3 | 0 | 2.67 | 4.12 | 1.48 | 0.051 | 1.15 | 362 | 147 | 55 |
| | 1 egg (size 5, 48 g) | 41.9 | 31.8 | 230 | 230 | 5.39 | 3.68 | 0.13 | 0 | 0.13 | 0 | 1.12 | 1.73 | 0.62 | 0.022 | 0.483 | 152 | 62 | 23 |
| | 1 egg (size 6, 57 g) | 48.8 | 37 | 268 | 268 | 6.28 | 4.28 | 0.15 | 0 | 0.15 | 0 | 1.3 | 2.01 | 0.72 | 0.025 | 0.563 | 177 | 72 | 27 |
| | 1 egg (size 7, 64 g) | 55 | 41.7 | 302 | 302 | 7.07 | 4.82 | 0.17 | 0 | 0.17 | 0 | 1.47 | 2.27 | 0.82 | 0.028 | 0.635 | 199 | 81 | 30 |
| | 1 egg (size 8, 71 g) | 61.1 | 46.4 | 335 | 335 | 7.86 | 5.36 | 0.18 | 0 | 0.18 | 0 | 1.63 | 2.52 | 0.91 | 0.031 | 0.705 | 221 | 90 | 34 |
| | 1 cup (250 mL) | 252 | 191 | 1380 | 1380 | 32.4 | 22.1 | 0.76 | 0 | 0.76 | 0 | 6.74 | 10.4 | 3.73 | 0.129 | 2.91 | 912 | 370 | 140 |
| G1023 | Egg, chicken, whole, scrambled, no fat added | 100 | 69.8 | 746 | 746 | 14.8 | 13.2 | 0.31 | 0 | 0.31 | 0 | 3.32 | 6.74 | 1.85 | 0.077 | 1.46 | 377 | 153 | 54 |
| | 1 egg (size 5, 48 g) | 40 | 27.9 | 298 | 298 | 5.92 | 5.29 | 0.13 | 0 | 0.13 | 0 | 1.33 | 2.7 | 0.74 | 0.031 | 0.585 | 151 | 61 | 22 |
| | 1 egg (size 6, 57 g) | 46.3 | 32.3 | 345 | 345 | 6.85 | 6.13 | 0.15 | 0 | 0.15 | 0 | 1.54 | 3.12 | 0.86 | 0.036 | 0.677 | 175 | 71 | 25 |
| | 1 egg (size 7, 64 g) | 51.4 | 35.9 | 384 | 384 | 7.6 | 6.8 | 0.16 | 0 | 0.16 | 0 | 1.71 | 3.47 | 0.95 | 0.04 | 0.752 | 194 | 79 | 28 |
| | 1 egg (size 8, 71 g) | 57.4 | 40.1 | 428 | 428 | 8.49 | 7.59 | 0.18 | 0 | 0.18 | 0 | 1.91 | 3.87 | 1.06 | 0.044 | 0.84 | 216 | 88 | 31 |
| | 1 cup (250 mL) | 180 | 126 | 1340 | 1340 | 26.6 | 23.8 | 0.56 | 0 | 0.56 | 0 | 5.98 | 12.1 | 3.33 | 0.139 | 2.63 | 679 | 276 | 98 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| G1021 | Egg, chicken, whole, boiled | 100 | 144 | 170 | 46 | 1.36 | 0.9 | 25 | 93 | 0 | 0.051 | 0.41 | 2.7 | 0.067 | 2.4 | 75 | 0 | 1.3 | 2 |
| | 1 egg (size 5, 48 g) | 42.8 | 62 | 73 | 20 | 0.58 | 0.39 | 11 | 40 | 0 | 0.022 | 0.18 | 1.2 | 0.028 | 1 | 32 | 0 | 0.54 | 0.84 |
| | 1 egg (size 6, 57 g) | 50.5 | 73 | 86 | 23 | 0.69 | 0.46 | 13 | 47 | 0 | 0.026 | 0.21 | 1.4 | 0.034 | 1.2 | 38 | 0 | 0.64 | 0.99 |
| | 1 egg (size 7, 64 g) | 56.7 | 82 | 96 | 26 | 0.77 | 0.51 | 14 | 53 | 0 | 0.029 | 0.23 | 1.5 | 0.038 | 1.4 | 42 | 0 | 0.71 | 1.1 |
| | 1 egg (size 8, 71 g) | 62.1 | 89 | 106 | 29 | 0.85 | 0.56 | 16 | 58 | 0 | 0.032 | 0.25 | 1.7 | 0.041 | 1.5 | 46 | 0 | 0.78 | 1.2 |
| G1022 | Egg, chicken, whole, poached | 100 | 144 | 170 | 46 | 1.36 | 0.9 | 25 | 93 | 0 | 0.048 | 0.37 | 2.7 | 0.059 | 2.3 | 75 | 0 | 1.3 | 2 |
| | 1 egg (size 5, 48 g) | 40.8 | 59 | 69 | 19 | 0.56 | 0.37 | 10 | 38 | 0 | 0.02 | 0.15 | 1.1 | 0.024 | 0.92 | 30 | 0 | 0.51 | 0.8 |
| | 1 egg (size 6, 57 g) | 50.5 | 73 | 86 | 23 | 0.69 | 0.46 | 13 | 47 | 0 | 0.024 | 0.19 | 1.4 | 0.03 | 1.1 | 38 | 0 | 0.64 | 0.99 |
| | 1 egg (size 7, 64 g) | 53.8 | 77 | 91 | 25 | 0.73 | 0.48 | 13 | 50 | 0 | 0.026 | 0.2 | 1.5 | 0.032 | 1.2 | 40 | 0 | 0.68 | 1.1 |
| | 1 egg (size 8, 71 g) | 60.3 | 87 | 103 | 28 | 0.82 | 0.54 | 15 | 56 | 0 | 0.029 | 0.22 | 1.6 | 0.036 | 1.4 | 45 | 0 | 0.76 | 1.2 |
| | 1 cup (250 mL) | 258 | 372 | 439 | 119 | 3.51 | 2.32 | 65 | 240 | 0 | 0.12 | 0.94 | 7 | 0.15 | 5.8 | 190 | 0 | 3.3 | 5 |
| G1016 | Egg, chicken, whole, raw, fresh | 100 | 144 | 170 | 46 | 1.36 | 0.9 | 25 | 93 | 0 | 0.06 | 0.43 | 2.7 | 0.07 | 2.8 | 100 | 0 | 1.3 | 2 |
| | 1 egg (size 5, 48 g) | 41.9 | 60 | 71 | 19 | 0.57 | 0.38 | 10 | 39 | 0 | 0.025 | 0.18 | 1.1 | 0.029 | 1.2 | 42 | 0 | 0.53 | 0.82 |
| | 1 egg (size 6, 57 g) | 48.8 | 70 | 83 | 22 | 0.66 | 0.44 | 12 | 45 | 0 | 0.029 | 0.21 | 1.3 | 0.034 | 1.4 | 49 | 0 | 0.62 | 0.95 |
| | 1 egg (size 7, 64 g) | 55 | 79 | 94 | 25 | 0.75 | 0.5 | 14 | 51 | 0 | 0.033 | 0.24 | 1.5 | 0.039 | 1.6 | 55 | 0 | 0.69 | 1.1 |
| | 1 egg (size 8, 71 g) | 61.1 | 88 | 104 | 28 | 0.83 | 0.55 | 15 | 57 | 0 | 0.037 | 0.26 | 1.7 | 0.043 | 1.7 | 61 | 0 | 0.77 | 1.2 |
| | 1 cup (250 mL) | 252 | 363 | 428 | 116 | 3.43 | 2.27 | 63 | 234 | 0 | 0.15 | 1.1 | 6.8 | 0.18 | 7.1 | 250 | 0 | 3.2 | 4.9 |
| G1023 | Egg, chicken, whole, scrambled, no fat added | 100 | 150 | 177 | 48 | 1.42 | 0.94 | 26 | 97 | 0 | 0.053 | 0.43 | 2.8 | 0.069 | 2.5 | 78 | 0 | 1.3 | 2 |
| | 1 egg (size 5, 48 g) | 40 | 60 | 71 | 19 | 0.57 | 0.38 | 10 | 39 | 0 | 0.021 | 0.17 | 1.1 | 0.028 | 1 | 31 | 0 | 0.53 | 0.82 |
| | 1 egg (size 6, 57 g) | 46.3 | 69 | 82 | 22 | 0.66 | 0.43 | 12 | 45 | 0 | 0.025 | 0.2 | 1.3 | 0.032 | 1.2 | 36 | 0 | 0.61 | 0.94 |
| | 1 egg (size 7, 64 g) | 51.4 | 77 | 91 | 25 | 0.73 | 0.48 | 13 | 50 | 0 | 0.027 | 0.22 | 1.4 | 0.036 | 1.3 | 40 | 0 | 0.68 | 1 |
| | 1 egg (size 8, 71 g) | 57.4 | 86 | 102 | 28 | 0.81 | 0.54 | 15 | 56 | 0 | 0.03 | 0.24 | 1.6 | 0.04 | 1.4 | 45 | 0 | 0.75 | 1.2 |
| | 1 cup (250 mL) | 180 | 270 | 319 | 86 | 2.55 | 1.69 | 47 | 174 | 0 | 0.096 | 0.77 | 5.1 | 0.13 | 4.5 | 140 | 0 | 2.4 | 3.7 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| G1020 | Egg, chicken, yolk, boiled | 100 | 49.8 | 1410 | 1410 | 16.1 | 30.7 | 0.2 | 0 | 0.2 | 0 | 8.31 | 12.8 | 4.7 | 0.171 | 3.64 | 1200 | 58 | 160 | |
| | 1 egg (size 5, 48 g) | 11.6 | 5.8 | 164 | 164 | 1.87 | 3.56 | 0.02 | 0 | 0.02 | 0 | 0.96 | 1.49 | 0.55 | 0.02 | 0.422 | 139 | 7 | 18 | |
| | 1 egg (size 6, 57 g) | 14.2 | 7.1 | 200 | 200 | 2.29 | 4.36 | 0.03 | 0 | 0.03 | 0 | 1.18 | 1.82 | 0.67 | 0.024 | 0.517 | 170 | 8 | 22 | |
| | 1 egg (size 7, 64 g) | 17 | 8.5 | 240 | 240 | 2.74 | 5.22 | 0.03 | 0 | 0.03 | 0 | 1.41 | 2.18 | 0.8 | 0.029 | 0.619 | 204 | 10 | 27 | |
| | 1 egg (size 8, 71 g) | 17.9 | 8.9 | 253 | 253 | 2.88 | 5.49 | 0.04 | 0 | 0.04 | 0 | 1.49 | 2.3 | 0.84 | 0.031 | 0.652 | 215 | 10 | 28 | |
| | 1 cup (250 mL) | 146 | 72.6 | 2060 | 2060 | 23.5 | 44.8 | 0.29 | 0 | 0.29 | 0 | 12.1 | 18.7 | 6.86 | 0.249 | 5.32 | 1750 | 85 | 230 | |
| G1017 | Egg, chicken, yolk, raw, fresh | 100 | 52.3 | 1360 | 1360 | 16 | 29.3 | 0.2 | 0 | 0.2 | 0 | 8.31 | 12.8 | 4.7 | 0.171 | 3.64 | 1200 | 58 | 160 | |
| | 1 egg (size 5, 48 g) | 12.7 | 6.6 | 173 | 173 | 2.03 | 3.72 | 0.03 | 0 | 0.03 | 0 | 1.06 | 1.63 | 0.6 | 0.022 | 0.462 | 152 | 7 | 20 | |
| | 1 egg (size 6, 57 g) | 15.6 | 8.2 | 212 | 212 | 2.49 | 4.57 | 0.03 | 0 | 0.03 | 0 | 1.3 | 2 | 0.73 | 0.027 | 0.568 | 187 | 9 | 24 | |
| | 1 egg (size 7, 64 g) | 17.6 | 9.2 | 239 | 239 | 2.81 | 5.16 | 0.04 | 0 | 0.04 | 0 | 1.46 | 2.26 | 0.83 | 0.03 | 0.641 | 211 | 10 | 28 | |
| | 1 egg (size 8, 71 g) | 20.2 | 10.6 | 275 | 275 | 3.23 | 5.92 | 0.04 | 0 | 0.04 | 0 | 1.68 | 2.59 | 0.95 | 0.034 | 0.735 | 242 | 12 | 32 | |
| H | FAST FOODS AND READY TO EAT MEALS | | | | | | | | | | | | | | | | | | | |
| H1020 | Beef salad, Thai, takeaway | 100 | 76.8 | 399 | 414 | 11 | 2.48 | 7.05 | 1.9 | 6.55 | 0.5 | 1.1 | 1.06 | 0.11 | | | 21.2 | 706 | 2 | |
| | 1 cup (250 mL) | 214 | 164 | 853 | 885 | 23.5 | 5.31 | 15.1 | 4.1 | 14 | 1.06 | 2.35 | 2.27 | 0.24 | | | 45.4 | 1510 | 4.3 | |
| H1015 | Beef, black bean, stir fry, Chinese | 100 | 80.8 | 367 | 370 | 6.25 | 5.76 | 2.8 | 0.4 | 2 | 0.8 | 1.04 | 1.91 | 2.32 | | 2 | 14.2 | 534 | 8 | |
| | 1 cup (250 mL) | 247 | 200 | 906 | 914 | 15.4 | 14.2 | 6.92 | 1 | 4.94 | 1.98 | 2.56 | 4.73 | 5.74 | | 4.93 | 35.1 | 1320 | 20 | |
| H8 | Burger, Big Mac®, McDonald's® | 100 | 46.3 | 1130 | 1140 | 13.1 | 15.6 | 19.2 | 1.4 | 3.1 | 16.1 | 5.68 | 5.39 | 2.41 | | | 22 | 444 | 1.3 | |
| | 1 burger | 204 | 94.5 | 2300 | 2320 | 26.8 | 31.8 | 39.1 | 2.9 | 6.32 | 32.8 | 11.6 | 11 | 4.93 | | | 44.9 | 906 | 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 | 6.34 | 4.04 | 3.46 | | | 41 | 447 | 11 | |
| | 1 burger | 136 | 54 | 1620 | 1660 | 16.2 | 21.1 | 33.5 | 4.4 | 4.22 | 29.3 | 8.63 | 5.49 | 4.71 | | | 55.8 | 608 | 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 | 0.93 | | | 30 | 513 | 2.7 | |
| | 1 burger | 185 | 81.4 | 2090 | 2110 | 32.4 | 27.4 | 31.2 | 2 | 5.92 | 25.2 | 11.8 | 10.4 | 1.73 | | | 55.5 | 949 | 5 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| G1020 | Egg, chicken, yolk, boiled | 100 | 119 | 540 | 138 | 2 | 3.7 | 56 | 471 | 15 | 0.18 | 0.48 | 3.4 | 0.12 | 7.1 | 360 | 0 | 4.8 | 6.8 |
| | 1 egg (size 5, 48 g) | 11.6 | 14 | 63 | 16 | 0.23 | 0.43 | 6.5 | 55 | 2 | 0.021 | 0.055 | 0.39 | 0.014 | 0.83 | 42 | 0 | 0.55 | 0.79 |
| | 1 egg (size 6, 57 g) | 14.2 | 17 | 77 | 20 | 0.28 | 0.53 | 8 | 67 | 2 | 0.025 | 0.067 | 0.48 | 0.018 | 1 | 51 | 0 | 0.67 | 0.96 |
| | 1 egg (size 7, 64 g) | 17 | 20 | 92 | 23 | 0.34 | 0.63 | 9.5 | 80 | 3 | 0.03 | 0.081 | 0.58 | 0.021 | 1.2 | 61 | 0 | 0.81 | 1.2 |
| | 1 egg (size 8, 71 g) | 17.9 | 21 | 97 | 25 | 0.36 | 0.66 | 10 | 84 | 3 | 0.032 | 0.085 | 0.61 | 0.022 | 1.3 | 64 | 0 | 0.85 | 1.2 |
| | 1 cup (250 mL) | 146 | 174 | 788 | 201 | 2.92 | 5.4 | 82 | 687 | 23 | 0.26 | 0.69 | 4.9 | 0.18 | 10 | 520 | 0 | 6.9 | 9.9 |
| G1017 | Egg, chicken, yolk, raw, fresh | 100 | 119 | 540 | 138 | 2 | 3.7 | 56 | 436 | 7 | 0.21 | 0.5 | 3.4 | 0.13 | 5.4 | 350 | 0 | 3.3 | 6.8 |
| | 1 egg (size 5, 48 g) | 12.7 | 15 | 69 | 18 | 0.25 | 0.47 | 7.1 | 55 | 1 | 0.027 | 0.064 | 0.43 | 0.017 | 0.68 | 44 | 0 | 0.42 | 0.86 |
| | 1 egg (size 6, 57 g) | 15.6 | 19 | 84 | 22 | 0.31 | 0.58 | 8.7 | 68 | 1 | 0.033 | 0.078 | 0.53 | 0.02 | 0.84 | 54 | 0 | 0.52 | 1.1 |
| | 1 egg (size 7, 64 g) | 17.6 | 21 | 95 | 24 | 0.35 | 0.65 | 9.9 | 77 | 1 | 0.037 | 0.088 | 0.6 | 0.023 | 0.94 | 61 | 0 | 0.59 | 1.2 |
| | 1 egg (size 8, 71 g) | 20.2 | 24 | 109 | 28 | 0.4 | 0.75 | 11 | 88 | 1 | 0.042 | 0.1 | 0.68 | 0.026 | 1.1 | 70 | 0 | 0.68 | 1.4 |
| H | FAST FOODS AND READY TO EAT MEALS | | | | | | | | | | | | | | | | | | |
| H1020 | Beef salad, Thai, takeaway | 100 | 264 | 93 | 20 | 1.3 | 1.79 | 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 | 565 | 199 | 42 | 2.78 | 3.83 | 7.1 | 34 | 202 | 0.11 | 1.5 | 7.6 | 0.24 | 1.8 | 26 | 7.06 | 0 | 0.66 |
| H1015 | Beef, black bean, stir fry, Chinese | 100 | 192 | 66 | 20 | 1.34 | 1.16 | 3 | 8 | 32 | 0.11 | 0.13 | 2 | 0.26 | 0.69 | 10 | 8 | 0 | 0.55 |
| | 1 cup (250 mL) | 247 | 474 | 164 | 50 | 3.31 | 2.87 | 7.4 | 21 | 79 | 0.27 | 0.32 | 4.9 | 0.63 | 1.7 | 25 | 19.8 | 0 | 1.4 |
| H8 | Burger, Big Mac®, McDonald's® | 100 | 172 | 161 | 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 | 351 | 328 | 108 | 3.88 | 4.49 | 6.1 | 32 | 20 | 0.22 | 0.22 | 9.2 | 0.29 | 4.3 | 14 | 1.63 | 0 | 1.3 |
| H24 | Burger, Filet-o-Fish®, McDonald's® | 100 | 165 | 134 | 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 | 224 | 182 | 84 | 2.31 | 4.76 | 8.2 | 33 | 27 | 0.15 | 0.095 | 4.2 | 0.14 | 0.93 | 7 | 1.36 | 0 | 0 |
| H10 | Burger, Quarter Pounder® with cheese, McDonald's® | 100 | 214 | 175 | 78 | 1.9 | 3.2 | 3 | 59 | 100 | 0.1 | 0.12 | 5.4 | 0.13 | 1 | 9 | 1.47 | 0 | 0.65 |
| | 1 burger | 185 | 396 | 324 | 144 | 3.52 | 5.92 | 5.6 | 109 | 185 | 0.19 | 0.22 | 10 | 0.24 | 1.9 | 17 | 2.72 | 0 | 1.2 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| H3 | Burger, cheeseburger | 100 | 47.8 | 1090 | 1100 | 13.6 | 13.3 | 21.4 | 1.2 | 4.1 | 17.3 | 5.64 | 5.39 | 1.25 | | | 34 | 760 | 2.7 |
| | 1 burger | 255 | 122 | 2770 | 2800 | 34.7 | 33.9 | 54.6 | 3.1 | 10.5 | 44.1 | 14.4 | 13.7 | 3.2 | | | 86.7 | 1940 | 6.9 |
| H4 | Burger, cheeseburger, McDonald's® | 100 | 41.1 | 1080 | 1090 | 15.1 | 10.7 | 25.1 | 1.2 | 3.6 | 21.5 | 5.03 | 4.02 | 0.81 | | | 30 | 513 | 2.7 |
| | 1 burger | 137 | 56.3 | 1480 | 1490 | 20.7 | 14.7 | 34.3 | 1.6 | 4.93 | 29.4 | 6.89 | 5.51 | 1.1 | | | 41.1 | 703 | 3.7 |
| H6 | Burger, hamburger | 100 | 50.9 | 940 | 949 | 10.7 | 10.2 | 22.4 | 1.1 | 3.9 | 18.5 | 3.74 | 4.42 | 0.96 | | | 26 | 660 | 0.6 |
| | 1 burger | 172 | 87.5 | 1620 | 1630 | 18.4 | 17.5 | 38.5 | 1.9 | 6.71 | 31.8 | 6.44 | 7.59 | 1.65 | | | 44.7 | 1140 | 1 |
| H7 | Burger, hamburger, McDonald's® | 100 | 41.6 | 1050 | 1060 | 13.3 | 9.86 | 27.3 | 1.2 | 4.9 | 22.4 | 4.08 | 4.26 | 0.93 | | | 28 | 349 | 1.3 |
| | 1 burger | 98 | 40.8 | 1030 | 1040 | 13 | 9.66 | 26.7 | 1.2 | 4.8 | 21.9 | 4 | 4.18 | 0.91 | | | 27.4 | 342 | 1.3 |
| H1016 | Chicken and cashew, stir fry, Chinese | 100 | 74.6 | 504 | 512 | 7.72 | 9.1 | 2.1 | 1.1 | 0.5 | 1.6 | 1.58 | 4.46 | 2.53 | | 2.24 | 27.4 | 409 | 4 |
| | 1 cup (250 mL) | 205 | 153 | 1030 | 1050 | 15.8 | 18.7 | 4.31 | 2.3 | 1.03 | 3.28 | 3.24 | 9.15 | 5.19 | | 4.59 | 56.3 | 839 | 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 | 5.22 | 8.27 | 1.91 | | | 90 | 500 | 8.9 |
| | 1 piece | 89 | 45.3 | 1020 | 1020 | 22.8 | 14.5 | 5.34 | 0.2 | 0.09 | 5.25 | 4.65 | 7.36 | 1.7 | | | 80.1 | 445 | 7.9 |
| H18 | Chicken, crumbed, drumstick, fried, Kentucky Fried Chicken® | 100 | 49.2 | 1030 | 1030 | 22.3 | 13.7 | 8.34 | 0.3 | 0 | 8.34 | 5.65 | 5.71 | 1.23 | 0.052 | 1.17 | 52.3 | 790 | 8.9 |
| | 1 piece | 77.5 | 38.1 | 794 | 796 | 17.2 | 10.6 | 6.46 | 0.2 | 0 | 6.46 | 4.38 | 4.43 | 0.96 | 0.04 | 0.904 | 40.5 | 612 | 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 | 8.78 | 14 | 3.42 | | | 104 | 490 | 8.9 |
| | 1 piece | 82 | 36.5 | 1190 | 1190 | 15.3 | 22.8 | 4.84 | 0.2 | 0 | 4.84 | 7.2 | 11.5 | 2.8 | | | 85.3 | 402 | 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 | 9.39 | 14.5 | 3 | | | 116 | 700 | 8.9 |
| | 1 piece | 37 | 14.6 | 564 | 564 | 7.72 | 10.5 | 2.55 | 0.1 | 0.04 | 2.52 | 3.48 | 5.36 | 1.11 | | | 42.9 | 259 | 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 | 6.97 | 8.13 | 0.71 | | 0.648 | 81.2 | 731 | 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 | 1.04 | | 0.953 | 119 | 1070 | 4.6 |
| H173 | Chop suey, chicken, lean & fat, stir fried | 100 | 78.2 | 435 | 452 | 6.94 | 5.97 | 5.67 | 2.1 | 4.01 | 1.66 | 2.06 | 2.5 | 0.92 | | | 18.9 | 167 | 4.5 |
| | 1 cup (250 mL) | 253 | 198 | 1100 | 1140 | 17.6 | 15.1 | 14.4 | 5.3 | 10.2 | 4.2 | 5.21 | 6.33 | 2.33 | | | 47.8 | 423 | 11 |
| H71 | Chop suey, pork | 100 | 76.1 | 511 | 524 | 8.81 | 8.8 | 2.1 | 1.6 | 1.4 | 0.7 | 3.66 | 3.98 | 0.41 | | | 15 | 550 | 4.5 |
| | 1 cup (250 mL) | 253 | 193 | 1290 | 1330 | 22.3 | 22.3 | 5.31 | 4 | 3.54 | 1.77 | 9.25 | 10.1 | 1.03 | | | 38 | 1390 | 11 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| H3 | Burger, cheeseburger | 100 | 210 | 163 | 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 | 536 | 416 | 212 | 4.34 | 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 | 214 | 184 | 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 | 293 | 252 | 119 | 2.74 | 4.66 | 4.1 | 67 | 123 | 0.21 | 0.18 | 7 | 0.18 | 1.4 | 7 | 2.74 | 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 | 327 | 189 | 36 | 2.92 | 3.44 | 5.2 | 29 | 103 | 0.086 | 0.22 | 6.5 | 0.19 | 1.3 | 28 | 3.44 | 0 | 1.1 |
| H7 | Burger, hamburger, McDonald's® | 100 | 217 | 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 | 213 | 127 | 32 | 1.96 | 2.74 | 2.9 | 17 | 59 | 0.15 | 0.088 | 5.1 | 0.13 | 0.9 | 7 | 1.67 | 0 | 0.64 |
| H1016 | Chicken and cashew, stir fry, Chinese | 100 | 198 | 96 | 21 | 0.84 | 0.66 | 6.5 | 50 | 258 | 0.07 | 0.12 | 6.7 | 0.23 | 0.04 | 13 | 2 | 0 | 0.64 |
| | 1 cup (250 mL) | 205 | 406 | 197 | 43 | 1.72 | 1.35 | 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 | 188 | 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 | 267 | 167 | 12 | 0.71 | 0.62 | 12 | 40 | 0 | 0.071 | 0.18 | 10 | 0.31 | 0.33 | 4 | 0 | 0 | 1.3 |
| H18 | Chicken, crumbed, drumstick, fried, Kentucky Fried Chicken® | 100 | 260 | 190 | 32 | 0.94 | 2 | 26 | 40 | 0 | 0 | 0.27 | 9.2 | 0.17 | 0.21 | 19 | 0 | 0 | 1.6 |
| | 1 piece | 77.5 | 202 | 147 | 25 | 0.73 | 1.55 | 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 | 162 | 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 | 197 | 133 | 12 | 1.07 | 1.23 | 11 | 37 | 0 | 0.057 | 0.19 | 8.1 | 0.18 | 0.46 | 5 | 0 | 0 | 1.2 |
| H16 | Chicken, crumbed, wing, deep-fried, Kentucky Fried Chicken® | 100 | 190 | 188 | 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 | 7 | 0.52 | 0.44 | 5.2 | 24 | 0 | 0.018 | 0.056 | 3.2 | 0.13 | 0.15 | 2 | 0 | 0 | 0.56 |
| H159 | Chicken, nugget, deep-fried, McDonald's® | 100 | 356 | 278 | 8 | 0.57 | 0.88 | 0 | 0 | 0 | 0.17 | 0.1 | 7.9 | 0.26 | 1.1 | 11 | 0 | 0 | 0.42 |
| | 1 cup (250 mL) | 147 | 523 | 409 | 12 | 0.84 | 1.29 | 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 | 246 | 99 | 23 | 0.58 | 0.48 | 3.7 | 220 | 1300 | 0.037 | 0.07 | 3.3 | 0.19 | 0.04 | 22 | 7 | 0 | 0.92 |
| | 1 cup (250 mL) | 253 | 622 | 250 | 57 | 1.47 | 1.21 | 9.4 | 557 | 3290 | 0.094 | 0.18 | 8.3 | 0.48 | 0.09 | 56 | 17.7 | 0 | 2.3 |
| H71 | Chop suey, pork | 100 | 170 | 103 | 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 | 261 | 66 | 3.29 | 6.58 | 9.1 | 178 | 33 | 0.73 | 0.38 | 9.2 | 0.51 | 0.56 | 46 | 27.6 | 0 | 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 |
|--------|---|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-----------|----------|
| | | g | g | kJ | kJ | g | g | g | g | g | g | g | g | g | g | g | mg | mg | µg |
| H172 | Chow mein, beef, lean & fat, stir fried | 100 | 73.7 | 582 | 590 | 9.5 | 9.35 | 4.36 | 1 | 2.61 | 1.75 | 3.8 | 3.85 | 0.83 | | | 26.2 | 39 | 4.5 |
| | 1 cup (250 mL) | 253 | 186 | 1470 | 1490 | 24 | 23.7 | 11 | 2.5 | 6.6 | 4.43 | 9.61 | 9.74 | 2.1 | | | 66.3 | 98 | 11 |
| H199 | Chow mein, chicken | 100 | 74.5 | 371 | 378 | 6.16 | 1.02 | 13.5 | 0.8 | 2.25 | 11.2 | 0.39 | 0.46 | 0.13 | | | 5.48 | 434 | 3.5 |
| | 1 cup (250 mL) | 232 | 173 | 861 | 876 | 14.3 | 2.37 | 31.2 | 1.9 | 5.22 | 26 | 0.91 | 1.06 | 0.3 | | | 12.7 | 1010 | 8.1 |
| H89 | Chow mein, prawn | 100 | 73.2 | 603 | 625 | 5.63 | 10.9 | 6.1 | 2.8 | 0.4 | 5.7 | 4.03 | 4.33 | 1.61 | | | 26 | 330 | 4.5 |
| | 1 cup (250 mL) | 253 | 185 | 1520 | 1580 | 14.2 | 27.6 | 15.4 | 7.1 | 1.01 | 14.4 | 10.2 | 11 | 4.08 | | | 65.8 | 835 | 11 |
| H20 | Coleslaw, Kentucky Fried Chicken® | 100 | 77.3 | 410 | 417 | 2 | 4 | 13.4 | 0.9 | 13.1 | 0.3 | 0.56 | 0.91 | 2.04 | | | 12 | 270 | 0.69 |
| | 1 cup (250 mL) | 200 | 155 | 820 | 834 | 4 | 8 | 26.8 | 1.9 | 26.2 | 0.6 | 1.12 | 1.83 | 4.07 | | | 24 | 540 | 1.4 |
| H1026 | Curry, beef korma, Indian, takeaway | 100 | 61.1 | 944 | 946 | 13.6 | 16.9 | 5.13 | 0.2 | 5.03 | 0.1 | 6.53 | 6.16 | 2.95 | | 2.6 | 54.3 | 340 | 22 |
| | 1 cup (250 mL) | 248 | 152 | 2340 | 2350 | 33.8 | 41.9 | 12.7 | 0.5 | 12.5 | 0.25 | 16.2 | 15.3 | 7.32 | | 6.44 | 135 | 843 | 55 |
| H1027 | Curry, beef madras, Indian, takeaway | 100 | 65.9 | 877 | 878 | 13.3 | 15.5 | 4.5 | 0.2 | 4.4 | 0.1 | 7.43 | 4.2 | 2.78 | | 2.5 | 35.6 | 426 | 22 |
| | 1 cup (250 mL) | 252 | 166 | 2210 | 2210 | 33.4 | 39.2 | 11.3 | 0.5 | 11.1 | 0.25 | 18.7 | 10.6 | 7.02 | | 6.31 | 89.7 | 1070 | 55 |
| H1023 | Curry, butter chicken, Indian, takeaway | 100 | 61.3 | 728 | 746 | 11.7 | 12 | 5.07 | 2.2 | 4.97 | 0.1 | 5.59 | 4.05 | 1.08 | | 0.929 | 59.6 | 383 | 22 |
| | 1 cup (250 mL) | 258 | 158 | 1880 | 1920 | 30.1 | 31 | 13.1 | 5.7 | 12.8 | 0.26 | 14.4 | 10.5 | 2.79 | | 2.4 | 154 | 989 | 57 |
| H1024 | Curry, chicken masala, Indian, takeaway | 100 | 71.5 | 624 | 643 | 10.6 | 9.37 | 5.7 | 2.4 | 3.9 | 1.8 | 3.17 | 3.29 | 2.12 | | 1.88 | 55.1 | 529 | 22 |
| | 1 cup (250 mL) | 249 | 178 | 1550 | 1600 | 26.5 | 23.3 | 14.2 | 6 | 9.71 | 4.48 | 7.9 | 8.19 | 5.27 | | 4.69 | 137 | 1320 | 55 |
| H1021 | Curry, chicken, green, Thai, takeaway | 100 | 77 | 521 | 524 | 8.19 | 7.9 | 5.25 | 0.4 | 5.15 | 0.1 | 5.07 | 1.37 | 1.02 | | 0.871 | 21.4 | 530 | 12 |
| | 1 cup (250 mL) | 249 | 192 | 1300 | 1300 | 20.4 | 19.7 | 13.1 | 1 | 12.8 | 0.25 | 12.6 | 3.4 | 2.53 | | 2.17 | 53.4 | 1320 | 30 |
| H1028 | Curry, dhal makani, Indian, takeaway | 100 | 66 | 675 | 705 | 4.56 | 12.4 | 8.26 | 3.7 | 4.4 | 3.86 | 5.79 | 3.91 | 1.84 | | 1.53 | 0 | 475 | 30 |
| | 1 cup (250 mL) | 260 | 171 | 1760 | 1830 | 11.9 | 32.1 | 21.5 | 9.6 | 11.4 | 10 | 15.1 | 10.2 | 4.77 | | 3.99 | 0 | 1240 | 78 |
| H1025 | Curry, rogan josh, Indian, takeaway | 100 | 70.9 | 683 | 683 | 13.6 | 10.5 | 3.74 | 0 | 3.64 | 0.1 | 2.94 | 3.72 | 3.08 | | 2.73 | 41.8 | 460 | 22 |
| | 1 cup (250 mL) | 267 | 189 | 1820 | 1820 | 36.3 | 28 | 9.99 | 0 | 9.72 | 0.27 | 7.84 | 9.94 | 8.23 | | 7.28 | 112 | 1230 | 59 |
| H1012 | Egg foo young with chicken, omelette, Chinese, takeaway | 100 | 68.3 | 768 | 781 | 12.5 | 14.3 | 1.53 | 1.7 | 0.5 | 1.03 | 2.83 | 5.8 | 4.68 | | 4.09 | 139 | 421 | 31 |
| | 1 cup (250 mL) | 146 | 99.7 | 1120 | 1140 | 18.3 | 20.9 | 2.23 | 2.5 | 0.73 | 1.5 | 4.14 | 8.47 | 6.84 | | 5.97 | 203 | 615 | 45 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| H172 | Chow mein, beef, lean & fat, stir fried | 100 | 221 | 102 | 17 | 1.45 | 2.58 | 3.4 | 10 | 58 | 0.053 | 0.1 | 4.2 | 0.1 | 0.8 | 16 | 34 | 0 | 0.97 |
| | 1 cup (250 mL) | 253 | 559 | 258 | 42 | 3.67 | 6.53 | 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 | 0.34 | 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 | 219 | 149 | 29 | 0.79 | 0.7 | 17 | 77 | 377 | 0.86 | 0.12 | 5.9 | 0.35 | 0.21 | 26 | 13.9 | 0 | 0.53 |
| H89 | Chow mein, prawn | 100 | 66 | 121 | 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 | 167 | 306 | 86 | 2.53 | 1.27 | 66 | 21 | 5 | 0.25 | 0.3 | 8.3 | 0.23 | 0.96 | 43 | 9.36 | 0 | 2.9 |
| H20 | Coleslaw, Kentucky Fried Chicken® | 100 | 160 | 31 | 35 | 0.4 | 0.2 | 1 | 67 | 400 | 0.03 | 0.01 | 0.4 | 0.1 | 0.16 | 34 | 20 | 0 | 1 |
| | 1 cup (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 | 253 | 126 | 30 | 2.49 | 2.98 | 3.2 | 42 | 110 | 0.12 | 0.23 | 4.5 | 0.77 | 1.1 | 19 | 1 | 0 | 0.84 |
| | 1 cup (250 mL) | 248 | 627 | 312 | 74 | 6.18 | 7.39 | 7.9 | 105 | 273 | 0.3 | 0.57 | 11 | 1.9 | 2.7 | 47 | 2.48 | 0 | 2.1 |
| H1027 | Curry, beef madras, Indian, takeaway | 100 | 361 | 134 | 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 | 910 | 338 | 52 | 6.3 | 7.06 | 7.7 | 123 | 378 | 0.3 | 0.58 | 11 | 1.9 | 2.4 | 48 | 2.52 | 0 | 2.1 |
| H1023 | Curry, butter chicken, Indian, takeaway | 100 | 365 | 125 | 37 | 1.79 | 1.04 | 5.6 | 136 | 214 | 0.11 | 0.2 | 7.3 | 1.2 | 0.08 | 8 | 0 | 0 | 1.3 |
| | 1 cup (250 mL) | 258 | 942 | 323 | 96 | 4.61 | 2.69 | 14 | 350 | 552 | 0.28 | 0.52 | 19 | 3.1 | 0.21 | 21 | 0 | 0 | 3.4 |
| H1024 | Curry, chicken masala, Indian, takeaway | 100 | 332 | 116 | 32 | 2.15 | 0.85 | 5.6 | 136 | 214 | 0.11 | 0.2 | 7.3 | 1.2 | 0.08 | 8 | 1 | 0 | 1.3 |
| | 1 cup (250 mL) | 249 | 827 | 289 | 79 | 5.35 | 2.12 | 14 | 338 | 533 | 0.27 | 0.5 | 18 | 3 | 0.2 | 20 | 2.49 | 0 | 3.3 |
| H1021 | Curry, chicken, green, Thai, takeaway | 100 | 198 | 84 | 11 | 0.79 | 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 | 492 | 210 | 26 | 1.96 | 1 | 24 | 39 | 234 | 0.2 | 0.1 | 12 | 0.55 | 0.1 | 20 | 2.49 | 0 | 1.1 |
| H1028 | Curry, dhal makani, Indian, takeaway | 100 | 263 | 75 | 39 | 2.91 | 0.6 | 5.7 | 115 | 180 | 0.1 | 0.04 | 1.3 | 0.11 | 0 | 22 | 6 | 0 | 1 |
| | 1 cup (250 mL) | 260 | 684 | 195 | 102 | 7.57 | 1.57 | 15 | 299 | 468 | 0.26 | 0.1 | 3.3 | 0.29 | 0 | 57 | 15.6 | 0 | 2.6 |
| H1025 | Curry, rogan josh, Indian, takeaway | 100 | 314 | 127 | 19 | 2.5 | 2.36 | 3 | 42 | 110 | 0.12 | 0.23 | 4.5 | 0.77 | 0.96 | 19 | 1 | 0 | 0.54 |
| | 1 cup (250 mL) | 267 | 838 | 339 | 51 | 6.68 | 6.3 | 8 | 113 | 294 | 0.32 | 0.61 | 12 | 2.1 | 2.6 | 51 | 2.67 | 0 | 1.4 |
| H1012 | Egg foo young with chicken, omelette, Chinese, takeaway | 100 | 168 | 136 | 34 | 1.33 | 1.33 | 18 | 78 | 139 | 0.05 | 0.25 | 1.9 | 0.2 | 0.92 | 18 | 0 | 0.74 | 1.4 |
| | 1 cup (250 mL) | 146 | 245 | 199 | 49 | 1.94 | 1.94 | 26 | 114 | 203 | 0.073 | 0.36 | 2.7 | 0.29 | 1.3 | 26 | 0 | 1.1 | 2.1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| H22 | Fish, battered, deep-fried, Independent Shops | 100 | 51.1 | 1260 | 1260 | 15.2 | 20.3 | 14.6 | 0.1 | 0 | 14.6 | 9.95 | 7.93 | 0.69 | | | 41 | 314 | 17 |
| | 1 piece | 146 | 74.6 | 1830 | 1830 | 22.2 | 29.6 | 21.3 | 0.2 | 0 | 21.3 | 14.5 | 11.6 | 1.01 | | | 59.9 | 458 | 24 |
| H57 | Fish, cake, baked | 100 | 51.6 | 996 | 1000 | 11.5 | 12.8 | 19.2 | 0.8 | 3.7 | 15.5 | 1.3 | 6.93 | 3.39 | | | 26 | 806 | 2.1 |
| | 1 cake | 76 | 39.2 | 757 | 761 | 8.78 | 9.71 | 14.6 | 0.6 | 2.81 | 11.8 | 0.99 | 5.26 | 2.58 | | | 19.8 | 613 | 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 | 1.93 | 6.96 | 4.28 | | | 26 | 884 | 2.1 |
| | 1 cake (1.5 x 7 cm diameter) | 80 | 38.1 | 794 | 799 | 10.4 | 11.5 | 11.3 | 0.6 | 1.68 | 9.6 | 1.54 | 5.57 | 3.42 | | | 20.8 | 707 | 1.7 |
| H194 | Fish, fillet, crumbed, frozen, baked | 100 | 56 | 828 | 833 | 11 | 12 | 11.7 | 0.6 | 0 | 11.7 | 1.43 | 6.85 | 2.95 | | 2.19 | 13.7 | 275 | 2.9 |
| | 1 fillet | 70 | 39.2 | 580 | 583 | 7.7 | 8.37 | 8.18 | 0.4 | 0 | 8.18 | 1 | 4.79 | 2.07 | | 1.54 | 9.59 | 193 | 2 |
| H195 | Fish, fillet, crumbed, frozen, fried | 100 | 53.9 | 857 | 862 | 11.5 | 12.3 | 12.2 | 0.6 | 0 | 12.2 | 1.33 | 5.37 | 4.95 | | 4.07 | 14.3 | 288 | 3.1 |
| | 1 fillet | 65 | 35 | 557 | 560 | 7.5 | 7.96 | 7.95 | 0.4 | 0 | 7.95 | 0.86 | 3.49 | 3.22 | | 2.64 | 9.3 | 187 | 2 |
| H61 | Fish, fingers, baked | 100 | 57.1 | 881 | 887 | 9.04 | 10.3 | 20.3 | 0.8 | 1 | 19.3 | 1.61 | 5.2 | 2.58 | | | 32 | 436 | 3.2 |
| | 1 finger (8.3 x 2.2 x 1.3 cm) | 25 | 14.3 | 220 | 222 | 2.26 | 2.58 | 5.08 | 0.2 | 0.25 | 4.83 | 0.4 | 1.3 | 0.64 | | | 8 | 109 | 0.8 |
| H65 | Fish, fingers, deep-fried in peanut oil | 100 | 48.1 | 1130 | 1130 | 9.59 | 15.4 | 23.1 | 0.8 | 1.2 | 21.9 | 2.46 | 6.52 | 4.35 | | | 34 | 452 | 3.2 |
| | 1 finger (8.3 x 2.2 x 1.3 cm) | 25 | 12 | 282 | 283 | 2.4 | 3.86 | 5.78 | 0.2 | 0.3 | 5.48 | 0.61 | 1.63 | 1.09 | | | 8.5 | 113 | 0.8 |
| H1018 | Fried rice, combination, Chinese, takeaway | 100 | 62.1 | 590 | 598 | 8.94 | 5.02 | 14.8 | 1.1 | 0.4 | 14.4 | 0.88 | 2.19 | 1.58 | | 1.37 | 41.8 | 411 | 7 |
| | 1 cup (250 mL) | 157 | 97.5 | 926 | 940 | 14 | 7.88 | 23.3 | 1.7 | 0.63 | 22.6 | 1.39 | 3.43 | 2.49 | | 2.16 | 65.6 | 645 | 11 |
| H1046 | Fries, potato, Burger King® | 100 | 39.7 | 1320 | 1350 | 4.06 | 17.2 | 36 | 4.2 | 0 | 36 | 8.37 | 7.22 | 0.79 | 0.097 | 0.642 | 13.2 | 180 | 0.1 |
| | 10 fries | 69 | 27.4 | 909 | 932 | 2.8 | 11.9 | 24.8 | 2.9 | 0 | 24.8 | 5.78 | 4.98 | 0.55 | 0.067 | 0.443 | 9.13 | 124 | 0.07 |
| H1041 | Fries, potato, Kentucky Fried Chicken® | 100 | 52 | 963 | 1010 | 4.06 | 9.45 | 32 | 5.3 | 0 | 32 | 4.76 | 3.47 | 0.82 | 0.039 | 0.764 | 0 | 284 | 0.1 |
| | 10 fries | 69 | 35.9 | 664 | 694 | 2.8 | 6.52 | 22.1 | 3.7 | 0 | 22.1 | 3.28 | 2.4 | 0.57 | 0.027 | 0.527 | 0 | 196 | 0.07 |
| H1042 | Fries, potato, McDonald's® | 100 | 36.2 | 1370 | 1410 | 4 | 18 | 37.5 | 4.2 | 0 | 37.5 | 1.53 | 12.8 | 3.27 | 0.75 | 2.3 | 14.4 | 430 | 0.1 |
| | 10 fries | 69 | 25 | 946 | 970 | 2.76 | 12.4 | 25.9 | 2.9 | 0 | 25.9 | 1.06 | 8.81 | 2.26 | 0.518 | 1.59 | 9.94 | 297 | 0.07 |
| H1039 | Fries, potato, straight cut, Independent Shops | 100 | 54.6 | 917 | 950 | 4 | 10.7 | 26.7 | 4.2 | 0.25 | 26.4 | 5.17 | 4.33 | 0.65 | | 0.546 | 6 | 190 | 8.5 |
| | 10 fries | 89 | 48.6 | 816 | 846 | 3.56 | 9.51 | 23.7 | 3.7 | 0.22 | 23.5 | 4.6 | 3.86 | 0.58 | | 0.486 | 5.34 | 169 | 7.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| H22 | Fish, battered, deep-fried, Independent Shops | 100 | 287 | 23 | 25 | 2.3 | 0.46 | 51 | 2 | 0 | 0.05 | 0.04 | 4.7 | 0.28 | 1.1 | 5 | 0 | 0 | 0.21 |
| | 1 piece | 146 | 419 | 34 | 37 | 3.36 | 0.67 | 75 | 3 | 0 | 0.073 | 0.058 | 6.8 | 0.41 | 1.6 | 7 | 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 | 0 | 0 | 2 |
| | 1 cake | 76 | 68 | 62 | 31 | 0.38 | 0.38 | 30 | 166 | 4 | 0.053 | 0.038 | 3.9 | 0.068 | 0.53 | 3 | 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 | 6 | 0 | 0 | 0.97 |
| | 1 cake (1.5 x 7 cm diameter) | 80 | 78 | 74 | 37 | 0.64 | 0.4 | 26 | 244 | 4 | 0.056 | 0.04 | 4.4 | 0.14 | 0.72 | 5 | 0 | 0 | 0.78 |
| H194 | Fish, fillet, crumbed, frozen, baked | 100 | 221 | 157 | 16 | 0.24 | 0.39 | 18 | 0 | 0 | 0.07 | 0.24 | 3.4 | 0.1 | 0.46 | 2 | 0 | 0 | 3 |
| | 1 fillet | 70 | 155 | 110 | 11 | 0.17 | 0.27 | 13 | 0 | 0 | 0.049 | 0.17 | 2.4 | 0.07 | 0.32 | 1 | 0 | 0 | 2.1 |
| H195 | Fish, fillet, crumbed, frozen, fried | 100 | 231 | 164 | 16 | 0.25 | 0.41 | 19 | 0 | 0 | 0.07 | 0.24 | 3.5 | 0.1 | 0.46 | 2 | 0 | 0 | 3.1 |
| | 1 fillet | 65 | 150 | 107 | 11 | 0.16 | 0.27 | 13 | 0 | 0 | 0.046 | 0.16 | 2.3 | 0.065 | 0.3 | 1 | 0 | 0 | 2 |
| H61 | Fish, fingers, baked | 100 | 192 | 170 | 12 | 1 | 0.4 | 41 | 387 | 5 | 0.08 | 0.05 | 4.2 | 0.06 | 0.8 | 4 | 0 | 0 | 1.1 |
| | 1 finger (8.3 x 2.2 x 1.3 cm) | 25 | 48 | 43 | 3 | 0.25 | 0.1 | 10 | 97 | 1 | 0.02 | 0.013 | 1.1 | 0.015 | 0.2 | 1 | 0 | 0 | 0.28 |
| H65 | Fish, fingers, deep-fried in peanut oil | 100 | 180 | 178 | 13 | 1.4 | 0.4 | 42 | 391 | 5 | 0.06 | 0.05 | 4.8 | 0.08 | 0.7 | 10 | 0 | 0 | 1.5 |
| | 1 finger (8.3 x 2.2 x 1.3 cm) | 25 | 45 | 45 | 3 | 0.35 | 0.1 | 11 | 98 | 1 | 0.015 | 0.013 | 1.2 | 0.02 | 0.18 | 2 | 0 | 0 | 0.38 |
| H1018 | Fried rice, combination, Chinese, takeaway | 100 | 107 | 74 | 11 | 0.58 | 1.17 | 6.7 | 20 | 12 | 0.08 | 0.08 | 2.2 | 0.06 | 0.04 | 10 | 0 | 0 | 0.73 |
| | 1 cup (250 mL) | 157 | 168 | 117 | 18 | 0.91 | 1.84 | 11 | 31 | 19 | 0.13 | 0.13 | 3.5 | 0.094 | 0.06 | 16 | 0 | 0 | 1.1 |
| H1046 | Fries, potato, Burger King® | 100 | 630 | 160 | 10 | 0.96 | 0.62 | 0.35 | 0 | 0 | 0.11 | 0.04 | 3.5 | 0.08 | 0 | 41 | 0 | 0 | 0.5 |
| | 10 fries | 69 | 435 | 110 | 7 | 0.66 | 0.43 | 0.24 | 0 | 0 | 0.076 | 0.028 | 2.4 | 0.055 | 0 | 28 | 0 | 0 | 0.35 |
| H1041 | Fries, potato, Kentucky Fried Chicken® | 100 | 630 | 160 | 10 | 0.96 | 0.62 | 0.35 | 0 | 0 | 0.11 | 0.04 | 3.5 | 0.08 | 0 | 41 | 0 | 0 | 0.5 |
| | 10 fries | 69 | 435 | 110 | 7 | 0.66 | 0.43 | 0.24 | 0 | 0 | 0.076 | 0.028 | 2.4 | 0.055 | 0 | 28 | 0 | 0 | 0.35 |
| H1042 | Fries, potato, McDonald's® | 100 | 630 | 160 | 10 | 0.96 | 0.62 | 0.35 | 0 | 0 | 0.11 | 0.04 | 3.5 | 0.08 | 0 | 41 | 0 | 0 | 0.5 |
| | 10 fries | 69 | 435 | 110 | 7 | 0.66 | 0.43 | 0.24 | 0 | 0 | 0.076 | 0.028 | 2.4 | 0.055 | 0 | 28 | 0 | 0 | 0.35 |
| H1039 | Fries, potato, straight cut, Independent Shops | 100 | 550 | 100 | 9 | 0.75 | 0.52 | 0.47 | 0 | 0 | 0.12 | 0.06 | 3.7 | 0.12 | 0 | 16 | 0.13 | 0 | 0.25 |
| | 10 fries | 89 | 490 | 89 | 8 | 0.67 | 0.46 | 0.42 | 0 | 0 | 0.11 | 0.053 | 3.3 | 0.11 | 0 | 14 | 0.12 | 0 | 0.22 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| H10015 | Frozen meal, lasagne topper, baked or microwaved | 100 | 52.4 | 927 | 948 | 10.2 | 10.8 | 20.7 | 2.7 | 4.7 | 16 | 5.05 | 4.22 | 0.66 | | 0.656 | 21.6 | 542 | 2.6 |
| | 1 single meal | 139 | 72.8 | 1290 | 1320 | 14.2 | 15 | 28.8 | 3.7 | 6.53 | 22.3 | 7.01 | 5.87 | 0.91 | | 0.911 | 30 | 753 | 3.6 |
| H10016 | Frozen meal, lasagne with beef meat mince, baked or microwaved, | 100 | 70.3 | 532 | 546 | 6.81 | 4.42 | 14.9 | 1.7 | 3.1 | 11.8 | 2 | 1.62 | 0.37 | | 0.371 | 11.7 | 289 | 3.8 |
| | 1 single meal small | 296 | 208 | 1580 | 1620 | 20.2 | 13.1 | 44 | 5.1 | 9.18 | 34.9 | 5.93 | 4.78 | 1.1 | | 1.1 | 34.7 | 855 | 11 |
| | 1 single meal medium | 382 | 269 | 2030 | 2090 | 26 | 16.9 | 56.8 | 6.6 | 11.8 | 45 | 7.65 | 6.17 | 1.42 | | 1.42 | 44.8 | 1100 | 15 |
| H10018 | Frozen meal, macaroni pasta with cheese, microwaved | 100 | 69.1 | 601 | 613 | 7.11 | 6.21 | 14.7 | 1.6 | 1.95 | 12.8 | 3.62 | 1.8 | 0.37 | | 0.316 | 16.6 | 274 | 3.3 |
| | 1 single meal | 286 | 198 | 1720 | 1750 | 20.3 | 17.7 | 42.1 | 4.5 | 5.58 | 36.5 | 10.3 | 5.16 | 1.06 | | 0.903 | 47.5 | 784 | 9.4 |
| H10008 | Frozen meal, roast beef with mashed potato & vegetables, microwaved | 100 | 80 | 399 | 422 | 7.09 | 1.72 | 12.7 | 2.9 | 1.85 | 10.8 | 0.8 | 0.65 | 0.16 | | 0.139 | 20.7 | 282 | 1 |
| | 1 single meal | 411 | 329 | 1640 | 1730 | 29.2 | 7.06 | 52 | 11.8 | 7.6 | 44.4 | 3.29 | 2.66 | 0.67 | | 0.57 | 85 | 1160 | 4.1 |
| H10005 | Frozen meal, roast lamb with roast potato & vegetables, microwaved | 100 | 78.5 | 372 | 396 | 6.97 | 2.8 | 8.83 | 3 | 1.85 | 6.98 | 1.23 | 1.12 | 0.23 | | 0.186 | 16.8 | 317 | 0 |
| | 1 single meal | 388 | 305 | 1440 | 1540 | 27 | 10.9 | 34.2 | 11.5 | 7.18 | 27.1 | 4.78 | 4.36 | 0.9 | | 0.72 | 65.1 | 1230 | 0 |
| H10006 | Frozen meal, roast pork with mashed potato & vegetables, microwaved | 100 | 79.4 | 333 | 356 | 6.44 | 1.08 | 10.8 | 2.9 | 1.85 | 8.96 | 0.37 | 0.47 | 0.16 | | 0.145 | 13.8 | 346 | 1 |
| | 1 single meal | 449 | 357 | 1500 | 1600 | 28.9 | 4.83 | 48.5 | 12.8 | 8.31 | 40.2 | 1.66 | 2.11 | 0.71 | | 0.653 | 61.9 | 1550 | 4.5 |
| H10017 | Frozen meal, spaghetti with Bolognese sauce and beef mince, microwaved | 100 | 73 | 496 | 511 | 6.3 | 4.4 | 13.3 | 1.9 | 1.7 | 11.6 | 1.57 | 1.89 | 0.61 | | 0.519 | 7.62 | 236 | 1.9 |
| | 1 single meal small | 280 | 204 | 1390 | 1430 | 17.6 | 12.3 | 37.2 | 5.4 | 4.76 | 32.5 | 4.41 | 5.29 | 1.72 | | 1.45 | 21.3 | 661 | 5.3 |
| | 1 single meal medium | 347 | 253 | 1720 | 1770 | 21.9 | 15.3 | 46.1 | 6.7 | 5.9 | 40.2 | 5.46 | 6.55 | 2.13 | | 1.8 | 26.4 | 819 | 6.6 |
| H1017 | Noodle, chow mein, combination, Chinese | 100 | 78.1 | 328 | 340 | 7.34 | 5.01 | 1.05 | 1.5 | 0.5 | 0.55 | 1.26 | 2.02 | 1.36 | | 1.16 | 25.5 | 413 | 8 |
| | 1 cup (250 mL) | 194 | 152 | 637 | 660 | 14.2 | 9.72 | 2.04 | 3 | 0.97 | 1.07 | 2.44 | 3.92 | 2.64 | | 2.25 | 49.4 | 801 | 16 |
| H1022 | Noodle, pad thai with chicken & egg, Thai, takeaway | 100 | 58 | 708 | 724 | 8.13 | 8.05 | 16 | 1.9 | 5.1 | 10.9 | 1.28 | 3.17 | 3.03 | | 2.7 | 28.9 | 392 | 8 |
| | 1 cup (250 mL) | 132 | 76.5 | 935 | 955 | 10.7 | 10.6 | 21.2 | 2.5 | 6.73 | 14.4 | 1.69 | 4.19 | 4 | | 3.57 | 38.1 | 517 | 11 |
| H151 | Pancake, McDonald's® | 100 | 55.9 | 726 | 738 | 4.29 | 4.45 | 28.8 | 1.4 | 3.95 | 24.8 | 0.55 | 1.46 | 1.56 | | 1.41 | 28.7 | 408 | 0.33 |
| | 1 pancake | 49 | 27.4 | 356 | 361 | 2.1 | 2.18 | 14.1 | 0.7 | 1.94 | 12.2 | 0.27 | 0.72 | 0.76 | | 0.691 | 14.1 | 200 | 0.16 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| H10015 | Frozen meal, lasagne topper, baked or microwaved | 100 | 223 | 193 | 84 | 1.48 | 1.5 | 5000 | 10 | 56 | 0.08 | 0.14 | 3.1 | 0.067 | 0.55 | 25 | 5.4 | 0 | 0.86 |
| | 1 single meal | 139 | 310 | 268 | 117 | 2.06 | 2.09 | 6900 | 14 | 77 | 0.11 | 0.19 | 4.3 | 0.093 | 0.77 | 35 | 7.51 | 0 | 1.2 |
| H10016 | Frozen meal, lasagne with beef meat mince, baked or microwaved, | 100 | 227 | 88 | 58 | 0.74 | 1.03 | 3200 | 54 | 210 | 0.095 | 0.11 | 2.2 | 0.23 | 0.75 | 13 | 0 | 0.05 | 0.73 |
| | 1 single meal small | 296 | 672 | 260 | 173 | 2.19 | 3.05 | 9300 | 161 | 622 | 0.28 | 0.31 | 6.5 | 0.67 | 2.2 | 38 | 0 | 0.15 | 2.2 |
| | 1 single meal medium | 382 | 867 | 336 | 223 | 2.83 | 3.94 | 12000 | 208 | 802 | 0.36 | 0.4 | 8.4 | 0.86 | 2.9 | 50 | 0 | 0.19 | 2.8 |
| H10018 | Frozen meal, macaroni pasta with cheese, microwaved | 100 | 81 | 125 | 142 | 0.4 | 0.86 | 2800 | 92 | 111 | 0.04 | 0.18 | 1.7 | 0.05 | 0 | 5 | 0 | 0.05 | 0.45 |
| | 1 single meal | 286 | 232 | 358 | 406 | 1.14 | 2.46 | 8000 | 263 | 316 | 0.11 | 0.52 | 4.9 | 0.14 | 0 | 14 | 0 | 0.14 | 1.3 |
| H10008 | Frozen meal, roast beef with mashed potato & vegetables, microwaved | 100 | 198 | 84 | 15 | 0.88 | 1.28 | 1.6 | 78 | 467 | 0.12 | 0.095 | 3.1 | 0.22 | 0.42 | 1 | 7.19 | 0 | 0.37 |
| | 1 single meal | 411 | 814 | 344 | 62 | 3.62 | 5.26 | 6.4 | 320 | 1920 | 0.47 | 0.39 | 13 | 0.9 | 1.7 | 5 | 29.6 | 0 | 1.5 |
| H10005 | Frozen meal, roast lamb with roast potato & vegetables, microwaved | 100 | 214 | 83 | 14 | 0.87 | 1.1 | 1.7 | 78 | 467 | 0.16 | 0.08 | 3 | 0.28 | 0.39 | 1 | 7.19 | 0 | 0.25 |
| | 1 single meal | 388 | 830 | 321 | 54 | 3.38 | 4.27 | 6.6 | 302 | 1810 | 0.6 | 0.31 | 12 | 1.1 | 1.5 | 4 | 27.9 | 0 | 0.97 |
| H10006 | Frozen meal, roast pork with mashed potato & vegetables, microwaved | 100 | 229 | 105 | 16 | 0.63 | 0.77 | 7.6 | 78 | 467 | 0.08 | 0.095 | 2 | 0.21 | 0 | 1 | 7.19 | 0 | 0.25 |
| | 1 single meal | 449 | 1030 | 471 | 70 | 2.83 | 3.44 | 34 | 350 | 2100 | 0.36 | 0.43 | 9.1 | 0.92 | 0 | 5 | 32.3 | 0 | 1.1 |
| H10017 | Frozen meal, spaghetti with Bolognese sauce and beef mince, microwaved | 100 | 168 | 73 | 36 | 0.85 | 1.01 | 3200 | 49 | 179 | | 0.11 | 2.1 | 0.23 | 0.75 | 13 | 0 | 0 | 0.73 |
| | 1 single meal small | 280 | 470 | 205 | 101 | 2.38 | 2.83 | 8800 | 138 | 500 | | 0.29 | 5.9 | 0.63 | 2.1 | 36 | 0 | 0 | 2 |
| | 1 single meal medium | 347 | 583 | 254 | 126 | 2.95 | 3.51 | 11000 | 171 | 619 | | 0.36 | 7.3 | 0.78 | 2.6 | 45 | 0 | 0 | 2.5 |
| H1017 | Noodle, chow mein, combination, Chinese | 100 | 132 | 61 | 17 | 0.69 | 0.68 | 5 | 37 | 196 | 0.08 | 0.03 | 2 | 0.17 | 0.05 | 15 | 10.7 | 0 | 0.52 |
| | 1 cup (250 mL) | 194 | 256 | 118 | 33 | 1.34 | 1.31 | 9.7 | 71 | 380 | 0.16 | 0.058 | 3.8 | 0.33 | 0.1 | 29 | 20.8 | 0 | 1 |
| H1022 | Noodle, pad thai with chicken & egg, Thai, takeaway | 100 | 118 | 86 | 29 | 0.87 | 0.73 | 7.2 | 18 | 0 | 0.11 | 0.07 | 1.5 | 0.25 | 0.02 | 8 | 1 | 0 | 0.77 |
| | 1 cup (250 mL) | 132 | 156 | 113 | 38 | 1.15 | 0.96 | 9.5 | 23 | 0 | 0.15 | 0.092 | 2 | 0.33 | 0.03 | 11 | 1.32 | 0 | 1 |
| H151 | Pancake, McDonald's® | 100 | 129 | 296 | 48 | 0.49 | 0.39 | 0 | 17 | 12 | 0.1 | 0.09 | 1.4 | 0.06 | 0.22 | 8 | 0.3 | 0 | 0.33 |
| | 1 pancake | 49 | 63 | 145 | 23 | 0.24 | 0.19 | 0 | 8 | 6 | 0.049 | 0.044 | 0.69 | 0.029 | 0.11 | 4 | 0.15 | 0 | 0.16 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| H1061 | Patty, shredded potato, hash brown, pre-cooked, frozen, baked without oil | 100 | 52.8 | 909 | 935 | 2.76 | 11.7 | 25.3 | 3.3 | 0.52 | 24.8 | 0.92 | 6.88 | 3.85 | 1.1 | 2.74 | 0 | 520 | 0.4 |
| | 1 mini cylinder shaped patty (3.7 x 2.6 cm diameter) | 10.3 | 5.4 | 94 | 96 | 0.29 | 1.2 | 2.6 | 0.3 | 0.05 | 2.55 | 0.1 | 0.71 | 0.4 | 0.113 | 0.282 | 0 | 54 | 0.04 |
| | 1 rectangular shaped patty (10.0 x 6.9 x 1.1 cm) | 49 | 25.9 | 445 | 458 | 1.35 | 5.72 | 12.4 | 1.6 | 0.26 | 12.1 | 0.45 | 3.37 | 1.89 | 0.536 | 1.34 | 0 | 255 | 0.2 |
| H10001 | Patty, shredded potato, hash brown, pre-cooked, frozen, pan-fried with oil | 100 | 59.5 | 772 | 795 | 2.38 | 10.9 | 19.4 | 2.8 | 0.44 | 18.9 | 0.8 | 5.92 | 3.3 | 0.944 | 2.34 | 0 | 420 | 0.3 |
| | 1 mini cylinder shaped patty (3.5 x 2.4 cm diameter) | 14 | 8.3 | 108 | 111 | 0.33 | 1.52 | 2.71 | 0.4 | 0.06 | 2.65 | 0.11 | 0.83 | 0.46 | 0.132 | 0.328 | 0 | 59 | 0.04 |
| | 1 rectangular shaped patty (9.9 x 7.1 x 0.9 cm) | 53.5 | 31.8 | 413 | 425 | 1.27 | 5.82 | 10.4 | 1.5 | 0.24 | 10.1 | 0.43 | 3.17 | 1.77 | 0.505 | 1.25 | 0 | 225 | 0.16 |
| H27 | Pie, apple, McDonald's® | 100 | 48.4 | 1040 | 1050 | 2.26 | 14 | 28.4 | 1.6 | 11.4 | 17.1 | 6.84 | 5.37 | 0.57 | | 0.571 | 13.2 | 509 | 0.3 |
| | 1 pie | 85 | 41.1 | 883 | 894 | 1.92 | 11.9 | 24.2 | 1.4 | 9.65 | 14.5 | 5.82 | 4.56 | 0.49 | | 0.485 | 11.2 | 433 | 0.26 |
| H29 | Pie, mince, family size | 100 | 53.3 | 874 | 881 | 8.13 | 11 | 19.4 | 0.9 | 0.9 | 18.5 | 5.95 | 3.47 | 0.36 | | 0.365 | 14.3 | 455 | 0.76 |
| | 1 pie (4 x 18.5 cm diameter) | 635 | 338 | 5550 | 5590 | 51.6 | 69.8 | 123 | 5.7 | 5.72 | 117 | 37.8 | 22 | 2.31 | | 2.32 | 90.8 | 2890 | 4.8 |
| H1056 | Pie, savoury, chicken, individual size, ready to eat | 100 | 50.8 | 989 | 1000 | 8.41 | 13.5 | 20.4 | 1.5 | 1.2 | 19.2 | 6.73 | 3.66 | 0.89 | 0.079 | 0.779 | 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 | 2.75 | 44 | 15.4 | 8.38 | 2.04 | 0.18 | 1.78 | 48.1 | 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 | 6.58 | 4.76 | 1.2 | 0.087 | 0.986 | 116 | 520 | 18 |
| | 1 pie (3.9 x bottom 8.9 x top 11.0 cm diameters) | 195 | 93.2 | 2080 | 2200 | 19.9 | 30 | 37.1 | 14.6 | 1.56 | 35.5 | 12.8 | 9.27 | 2.34 | 0.169 | 1.92 | 226 | 1010 | 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 | 6.58 | 3.91 | 0.73 | 0.08 | 0.614 | 18 | 480 | 6.8 |
| | 1 pie (3.6 x bottom 8.9 x top 11.1 cm diameters) | 221 | 111 | 2170 | 2250 | 17.2 | 31.4 | 42.2 | 9.3 | 1.77 | 40.4 | 14.6 | 8.63 | 1.62 | 0.177 | 1.36 | 39.8 | 1060 | 15 |
| H191 | Pizza, Hawaiian, thick crust | 100 | 46.9 | 964 | 987 | 11.1 | 5.47 | 33.7 | 2.9 | 4.45 | 29.2 | 2.63 | 1.41 | 0.57 | | | 18.6 | 494 | 3.8 |
| | 1 pizza (2.25 x 28.3 cm diameter) | 742 | 348 | 7150 | 7320 | 82.5 | 40.6 | 250 | 21.5 | 33 | 217 | 19.5 | 10.4 | 4.25 | | | 138 | 3670 | 28 |
| H190 | Pizza, barbeque chicken, thick crust | 100 | 44 | 1020 | 1040 | 12.6 | 6.31 | 33.5 | 3 | 3.95 | 29.6 | 2.98 | 1.8 | 0.65 | | | 18.6 | 548 | 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 | 4.62 | | | 133 | 3920 | 27 |
| H179 | Pizza, frozen, Hawaiian & Combination, individual size, baked | 100 | 40.9 | 1010 | 1030 | 10.1 | 8.86 | 30.1 | 2.6 | 0 | 30.1 | 4.36 | 2.78 | 0.96 | 0.137 | 0.781 | 3.63 | 430 | 3 |
| | 1 pizza (1.8 x 12.2 cm diameter) | 116 | 47.4 | 1170 | 1200 | 11.7 | 10.3 | 35 | 3 | 0 | 35 | 5.05 | 3.22 | 1.12 | 0.158 | 0.906 | 4.21 | 499 | 3.5 |
| H177 | Pizza, frozen, Hawaiian & House special, premium, baked | 100 | 46.3 | 863 | 884 | 12.1 | 6.47 | 24.6 | 2.6 | 2.6 | 22 | 3.29 | 2.09 | 0.48 | 0.04 | 0.437 | 13.9 | 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 | 3.11 | 0.259 | 2.86 | 90.9 | 3990 | 33 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| H1061 | Patty, shredded potato, hash brown, pre-cooked, frozen, baked without oil | 100 | 429 | 108 | 13 | 0.6 | 0.34 | 0 | 0 | 0 | 0 | 0.025 | 1.6 | 0.15 | 0 | 13 | 0 | 0 | 1.6 |
| | 1 mini cylinder shaped patty (3.7 x 2.6 cm diameter) | 10.3 | 44 | 11 | 1 | 0.06 | 0.04 | 0 | 0 | 0 | 0 | 0.003 | 0.16 | 0.015 | 0 | 1 | 0 | 0 | 0.16 |
| | 1 rectangular shaped patty (10.0 x 6.9 x 1.1 cm) | 49 | 210 | 53 | 6 | 0.29 | 0.17 | 0 | 0 | 0 | 0 | 0.012 | 0.78 | 0.073 | 0 | 6 | 0 | 0 | 0.77 |
| H10001 | Patty, shredded potato, hash brown, pre-cooked, frozen, pan-fried with oil | 100 | 365 | 92 | 11 | 0.51 | 0.29 | 0 | 0 | 0 | 0 | 0.021 | 1.4 | 0.13 | 0 | 11 | 0 | 0 | 1.4 |
| | 1 mini cylinder shaped patty (3.5 x 2.4 cm diameter) | 14 | 51 | 13 | 2 | 0.07 | 0.04 | 0 | 0 | 0 | 0 | 0.003 | 0.19 | 0.018 | 0 | 1 | 0 | 0 | 0.19 |
| | 1 rectangular shaped patty (9.9 x 7.1 x 0.9 cm) | 53.5 | 195 | 49 | 6 | 0.27 | 0.15 | 0 | 0 | 0 | 0 | 0.011 | 0.73 | 0.067 | 0 | 6 | 0 | 0 | 0.73 |
| H27 | Pie, apple, McDonald's® | 100 | 86 | 39 | 13 | 0.38 | 0.29 | 0 | 2 | 13 | 0.006 | 0.015 | 0.87 | 0.06 | 0.09 | 4 | 0 | 0 | 0.76 |
| | 1 pie | 85 | 73 | 33 | 11 | 0.32 | 0.25 | 0 | 2 | 11 | 0.005 | 0.013 | 0.74 | 0.051 | 0.08 | 3 | 0 | 0 | 0.65 |
| H29 | Pie, mince, family size | 100 | 140 | 82 | 19 | 1.5 | 1.75 | 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 | 889 | 518 | 117 | 9.53 | 11.1 | 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 | 174 | 100 | 23 | 0.55 | 0.42 | 7 | 19 | 55 | 0.04 | 0.07 | 3.7 | 0.21 | 0 | 7 | 0 | 0.61 | 0.44 |
| | 1 pie (3.7 x bottom 9.2 x top 11.3 cm diameters) | 229 | 398 | 229 | 53 | 1.26 | 0.96 | 16 | 43 | 125 | 0.092 | 0.16 | 8.5 | 0.48 | 0 | 16 | 0 | 1.4 | 1 |
| H1055 | Pie, savoury, egg & bacon, individual size, ready to eat | 100 | 142 | 157 | 71 | 0.94 | 0.97 | 13 | 45 | 55 | 0.11 | 0.21 | 2.6 | 0.1 | 0.53 | 7 | 0 | 5.1 | 0.59 |
| | 1 pie (3.9 x bottom 8.9 x top 11.0 cm diameters) | 195 | 277 | 306 | 138 | 1.83 | 1.89 | 25 | 88 | 107 | 0.22 | 0.41 | 5 | 0.2 | 1 | 14 | 0 | 10 | 1.2 |
| H1054 | Pie, savoury, mince & cheese, individual size, ready to eat | 100 | 129 | 86 | 43 | 0.82 | 1.18 | 5 | 23 | 55 | 0.05 | 0.09 | 2.2 | 0.58 | 0.43 | 7 | 0 | 0.65 | 0.19 |
| | 1 pie (3.6 x bottom 8.9 x top 11.1 cm diameters) | 221 | 285 | 190 | 95 | 1.81 | 2.61 | 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 | 176 | 160 | 140 | 0.71 | 1.28 | 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 | 1310 | 1190 | 1040 | 5.27 | 9.5 | 59 | 361 | 111 | 1.2 | 1.4 | 28 | 0.45 | 1.4 | 160 | 37.8 | 0.74 | 3.5 |
| H190 | Pizza, barbeque chicken, thick crust | 100 | 181 | 185 | 144 | 0.75 | 1.33 | 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 | 1290 | 1320 | 1030 | 5.36 | 9.51 | 56 | 430 | 118 | 1.1 | 1.4 | 26 | 0.43 | 2.4 | 140 | 36.5 | 0.72 | 3.3 |
| H179 | Pizza, frozen, Hawaiian & Combination, individual size, baked | 100 | 180 | 170 | 150 | 0.76 | 1.3 | 7.2 | 81 | 109 | 0.23 | 0.16 | 3.1 | 0.06 | 0.15 | 20 | 0 | 0.06 | 0.45 |
| | 1 pizza (1.8 x 12.2 cm diameter) | 116 | 209 | 197 | 174 | 0.88 | 1.51 | 8.3 | 94 | 127 | 0.27 | 0.19 | 3.6 | 0.07 | 0.17 | 23 | 0 | 0.07 | 0.52 |
| H177 | Pizza, frozen, Hawaiian & House special, premium, baked | 100 | 200 | 220 | 190 | 0.98 | 1.5 | 9.1 | 65 | 109 | 0.26 | 0.17 | 3.6 | 0.06 | 0.35 | 21 | 0 | 0.06 | 0.53 |
| | 1 pizza (2.5 x 24.6 cm diameter) | 654 | 1310 | 1440 | 1240 | 6.41 | 9.81 | 60 | 426 | 715 | 1.7 | 1.1 | 23 | 0.39 | 2.3 | 140 | 0 | 0.39 | 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 |
| H176 | Pizza, frozen, meat lovers, premium, baked | 100 | 45.5 | 908 | 925 | 13.1 | 8.32 | 22.2 | 2.2 | 1.1 | 21.1 | 4.37 | 2.71 | 0.46 | 0.041 | 0.382 | 16.2 | 680 | 5 |
| | 1 pizza (2.5 x 24.6 cm diameter) | 675 | 307 | 6130 | 6250 | 88.6 | 56.2 | 150 | 14.9 | 7.43 | 142 | 29.5 | 18.3 | 3.1 | 0.28 | 2.58 | 109 | 4590 | 34 |
| H189 | Pizza, meat, thick crust | 100 | 40.5 | 1040 | 1060 | 13.2 | 6.63 | 33.3 | 3 | 3.45 | 29.8 | 3.17 | 1.96 | 0.59 | | | 18.6 | 679 | 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 | 4.12 | | | 130 | 4750 | 27 |
| H41 | Pizza, supreme, thin crust, Pizza Hut® | 100 | 52.4 | 933 | 946 | 12.8 | 8.8 | 22.9 | 1.6 | 0.9 | 22 | 3.39 | 3.06 | 1.49 | | | 11 | 640 | 3.1 |
| | 1 pizza | 384 | 201 | 3580 | 3630 | 49.2 | 33.8 | 87.9 | 6.1 | 3.46 | 84.5 | 13 | 11.8 | 5.72 | | | 42.2 | 2460 | 12 |
| H1014 | Pork, sweet & sour, Chinese, takeaway | 100 | 49.5 | 1090 | 1090 | 9.63 | 15.5 | 20.6 | 0.6 | 13.3 | 7.39 | 5 | 6.67 | 2.46 | | 2.12 | 31.7 | 278 | 3 |
| | 1 cup (250 mL) | 195 | 96.6 | 2120 | 2130 | 18.8 | 30.2 | 40.2 | 1.2 | 25.8 | 14.4 | 9.75 | 13 | 4.8 | | 4.13 | 61.7 | 542 | 5.9 |
| H1045 | Potato & Gravy, Kentucky Fried Chicken® | 100 | 80 | 280 | 291 | 2.19 | 1 | 12.1 | 1.4 | 0 | 12.1 | 0.5 | 0.3 | 0.1 | | | 2 | 328 | 1.1 |
| | 1 tablespoon (15 mL) | 18.3 | 14.6 | 51 | 53 | 0.4 | 0.18 | 2.21 | 0.3 | 0 | 2.21 | 0.09 | 0.06 | 0.02 | | | 0.37 | 60 | 0.2 |
| H152 | Potato, hash brown, McDonald's® | 100 | 59.6 | 881 | 893 | 1.97 | 11.3 | 25.2 | 1.4 | 0 | 25.2 | 5.12 | 4.29 | 0.23 | | 0.181 | 14.2 | 516 | 0.4 |
| | 1 piece | 68 | 40.5 | 599 | 607 | 1.34 | 7.7 | 17.2 | 1 | 0 | 17.2 | 3.48 | 2.92 | 0.16 | | 0.123 | 9.66 | 351 | 0.27 |
| H1058 | Salad, coleslaw with dressing, fresh, from deli | 100 | 85.2 | 277 | 303 | 1.24 | 3.6 | 7.23 | 3.3 | 7.1 | 0.13 | 0.26 | 1.4 | 1.05 | 0.303 | 0.738 | 3.3 | 174 | 0 |
| | 1 cup (250 mL) | 206 | 176 | 571 | 625 | 2.56 | 7.42 | 14.9 | 6.7 | 14.6 | 0.26 | 0.54 | 2.88 | 2.15 | 0.623 | 1.52 | 6.8 | 358 | 0 |
| H1043 | Sausage roll, individual size, microwaved | 100 | 41 | 1180 | 1190 | 8.22 | 15 | 28.4 | 1.6 | 2.8 | 25.6 | 7.34 | 5.51 | 0.77 | 0.013 | 0.758 | 28 | 550 | 1.7 |
| | 1 sausage roll (9.5 x 4.5 x 2.9 cm) | 110 | 45.1 | 1300 | 1310 | 9.04 | 16.5 | 31.2 | 1.8 | 3.08 | 28.2 | 8.07 | 6.06 | 0.85 | 0.014 | 0.834 | 30.8 | 605 | 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 | 7.65 | 5.72 | 0.64 | 0.099 | 0.526 | 27 | 540 | 0.79 |
| | 1 sausage roll (5.2 x 3.9 x 3.3 cm) | 40.8 | 18.1 | 468 | 474 | 3.55 | 6.32 | 10.2 | 0.7 | 1.14 | 9.1 | 3.12 | 2.33 | 0.26 | 0.04 | 0.215 | 11 | 220 | 0.32 |
| H1002 | Sausage roll, with cheese, baked | 100 | 40.6 | 1270 | 1280 | 9.87 | 18.5 | 24.7 | 1.6 | 2.2 | 22.5 | 9.9 | 6 | 0.73 | 0.011 | 0.721 | 28 | 550 | 1.9 |
| | 1 sausage roll (5.1 x 4 x 3.6 cm) | 36.8 | 14.9 | 468 | 472 | 3.63 | 6.79 | 9.1 | 0.6 | 0.81 | 8.29 | 3.64 | 2.21 | 0.27 | 0.004 | 0.265 | 10.3 | 202 | 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 | 9.09 | 8.69 | 0.79 | | | 23 | 1020 | 7.7 |
| | 1 sausage | 138 | 61.3 | 1770 | 1800 | 16.4 | 28.7 | 25.4 | 2.9 | 4.55 | 20.8 | 12.5 | 12 | 1.09 | | | 31.7 | 1410 | 11 |
| H1003 | Savoury, bacon & egg, baked | 100 | 42.1 | 1190 | 1200 | 12.3 | 18.3 | 17.9 | 1.4 | 0.8 | 17.1 | 9.57 | 5.89 | 0.9 | 0.007 | 0.892 | 105 | 620 | 12 |
| | 1 savoury (2.3 x 5.3 cm diameter) | 44.9 | 18.9 | 534 | 540 | 5.52 | 8.22 | 8.04 | 0.6 | 0.36 | 7.68 | 4.3 | 2.64 | 0.4 | 0.003 | 0.4 | 47.1 | 278 | 5.4 |

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| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| H176 | Pizza, frozen, meat lovers, premium, baked | 100 | 230 | 250 | 190 | 0.92 | 1.6 | 9.1 | 72 | 109 | 0.24 | 0.17 | 3.8 | 0.06 | 0.58 | 20 | 0 | 0.06 | 0.59 |
| | 1 pizza (2.5 x 24.6 cm diameter) | 675 | 1550 | 1690 | 1280 | 6.21 | 10.8 | 61 | 484 | 738 | 1.6 | 1.1 | 25 | 0.41 | 3.9 | 140 | 0 | 0.41 | 4 |
| H189 | Pizza, meat, thick crust | 100 | 195 | 205 | 161 | 1.05 | 1.81 | 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 | 1370 | 1440 | 1130 | 7.35 | 12.7 | 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 | 166 | 105 | 1.3 | 1.6 | 6 | 50 | 108 | 0.07 | 0.1 | 3.6 | 0.12 | 0.46 | 34 | 1 | 0.06 | 1.3 |
| | 1 pizza | 384 | 653 | 637 | 403 | 4.99 | 6.14 | 23 | 192 | 415 | 0.27 | 0.38 | 14 | 0.46 | 1.8 | 130 | 3.84 | 0.23 | 4.9 |
| H1014 | Pork, sweet & sour, Chinese, takeaway | 100 | 158 | 96 | 15 | 1.79 | 1.44 | 2.4 | 5 | 28 | 0.25 | 0.05 | 2 | 0.06 | 0.28 | 3 | 8 | 0 | 0.36 |
| | 1 cup (250 mL) | 195 | 307 | 187 | 29 | 3.49 | 2.81 | 4.7 | 10 | 55 | 0.49 | 0.098 | 3.9 | 0.12 | 0.55 | 6 | 15.6 | 0 | 0.71 |
| 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 |
| | 1 tablespoon (15 mL) | 18.3 | 31 | 10 | 2 | 0.13 | 0.04 | 0.07 | 3 | 5 | 0.011 | 0.007 | 0.11 | 0.038 | trace | 2 | 1.1 | 0 | 0 |
| H152 | Potato, hash brown, McDonald's® | 100 | 470 | 80 | 11 | 0.61 | 0.47 | 0 | 14 | 0 | 0.32 | 0.03 | 2.6 | 0.06 | 0.02 | 4 | 7.6 | 0 | 0.17 |
| | 1 piece | 68 | 320 | 54 | 7 | 0.42 | 0.32 | 0 | 9 | 0 | 0.22 | 0.02 | 1.8 | 0.041 | 0.01 | 3 | 5.17 | 0 | 0.12 |
| H1058 | Salad, coleslaw with dressing, fresh, from deli | 100 | 160 | 26 | 36 | 0.24 | 0.14 | 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 | 0.49 | 0.29 | 4.1 | 42 | 249 | 0.082 | 0.062 | 0.76 | 0.17 | 0 | 0 | 33 | 0 | 0.69 |
| 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 | 0.29 | 0.17 |
| | 1 sausage roll (9.5 x 4.5 x 2.9 cm) | 110 | 165 | 154 | 31 | 1.1 | 0.88 | 6.2 | 7 | trace | 0.14 | 0.066 | 2.4 | 0.088 | 0.24 | 31 | 0.55 | 0.32 | 0.19 |
| H1044 | Sausage roll, party size, baked | 100 | 160 | 95 | 26 | 0.94 | 0.83 | 4.9 | 6 | trace | 0.13 | 0.06 | 2.4 | 0.08 | 0.28 | 22 | 0.5 | 0.29 | 0.17 |
| | 1 sausage roll (5.2 x 3.9 x 3.3 cm) | 40.8 | 65 | 39 | 10 | 0.38 | 0.34 | 2 | 3 | trace | 0.051 | 0.024 | 0.98 | 0.033 | 0.11 | 9 | 0.2 | 0.12 | 0.07 |
| H1002 | Sausage roll, with cheese, baked | 100 | 150 | 110 | 68 | 0.89 | 0.98 | 5.1 | 23 | trace | 0.12 | 0.09 | 3.1 | 0.08 | 5.5 | 26 | 0.5 | 0.07 | 0.17 |
| | 1 sausage roll (5.1 x 4 x 3.6 cm) | 36.8 | 55 | 40 | 25 | 0.33 | 0.36 | 1.9 | 8 | trace | 0.044 | 0.033 | 1.1 | 0.029 | 2 | 9 | 0.18 | 0.03 | 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 | 0.23 | 0.08 |
| | 1 sausage | 138 | 166 | 135 | 48 | 2.76 | 8 | 2.8 | 0 | 0 | 0.069 | 0.12 | 4.7 | 0.069 | 0.36 | 48 | 0 | 0.32 | 0.11 |
| H1003 | Savoury, bacon & egg, baked | 100 | 160 | 230 | 144 | 1.1 | 1.1 | 11 | 95 | 0 | 0.17 | 0.22 | 1.8 | 0.06 | 0.47 | 35 | 0.5 | 0.46 | 0.4 |
| | 1 savoury (2.3 x 5.3 cm diameter) | 44.9 | 72 | 103 | 65 | 0.49 | 0.49 | 4.9 | 42 | 0 | 0.074 | 0.099 | 0.8 | 0.027 | 0.21 | 15 | 0.23 | 0.21 | 0.18 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| H1005 | Savoury, mince & cheese, heated | 100 | 44.4 | 1150 | 1160 | 8.78 | 16.3 | 23.3 | 1.4 | 0.8 | 22.5 | 8.22 | 5.91 | 0.12 | 0.014 | 0.11 | 29 | 400 | 0.99 | |
| | 1 savoury (2.7 x 5.1 cm diameter) | 59.4 | 26.3 | 681 | 687 | 5.22 | 9.65 | 13.8 | 0.8 | 0.48 | 13.3 | 4.88 | 3.51 | 0.07 | 0.008 | 0.065 | 17.2 | 238 | 0.59 | |
| H1004 | Savoury, mince, heated | 100 | 46.7 | 1090 | 1110 | 7.59 | 15.6 | 22.9 | 1.4 | 0.5 | 22.4 | 8.11 | 5.24 | 0.81 | 0.007 | 0.8 | 25.5 | 430 | 0.99 | |
| | 1 savoury (2.6 x 5.6 cm diameter) | 53.1 | 24.8 | 581 | 587 | 4.03 | 8.26 | 12.2 | 0.7 | 0.27 | 11.9 | 4.31 | 2.78 | 0.43 | 0.004 | 0.425 | 13.5 | 228 | 0.53 | |
| H1006 | Savoury, potato top, heated | 100 | 55.6 | 878 | 889 | 5.87 | 11.3 | 21.3 | 1.4 | 0.5 | 20.8 | 5.76 | 3.79 | 0.07 | 0.008 | 0.06 | 17 | 390 | 1.1 | |
| | 1 savoury (2.8 x 5.6 cm diameter) | 59.2 | 32.9 | 520 | 527 | 3.47 | 6.66 | 12.6 | 0.8 | 0.3 | 12.3 | 3.41 | 2.25 | 0.04 | 0.005 | 0.036 | 10.1 | 231 | 0.65 | |
| H1013 | Soup, chicken and sweet corn, Chinese, takeaway | 100 | 85.3 | 241 | 249 | 5.81 | 1.68 | 4.69 | 1 | 1.05 | 3.64 | 0.55 | 0.82 | 0.21 | | | 29.8 | 274 | 0.42 | |
| | 1 cup (250 mL) | 264 | 225 | 635 | 656 | 15.3 | 4.44 | 12.4 | 2.6 | 2.77 | 9.6 | 1.44 | 2.17 | 0.55 | | | 78.6 | 723 | 1.1 | |
| H1019 | Soup, tom yam gai, chicken, Thai, takeaway | 100 | 87.3 | 169 | 169 | 5.78 | 1.33 | 1.29 | 0 | 1.05 | 0.24 | 0.44 | 0.66 | 0.27 | | | 18.5 | 599 | 2 | |
| | 1 cup (250 mL) | 235 | 205 | 398 | 398 | 13.6 | 3.13 | 3.02 | 0 | 2.47 | 0.55 | 1.03 | 1.55 | 0.64 | | | 43.4 | 1410 | 4.7 | |
| H208 | Spring roll, traditional with meat, baked, Highmark | 100 | 59 | 990 | 1010 | 5.32 | 14.2 | 22 | 2.8 | 2.33 | 19.7 | 7.6 | 4.95 | 0.93 | | 0.933 | 10.9 | 469 | 4.1 | |
| | 1 roll (8.5 x 3 x 2.5 cm) | 42.9 | 25.3 | 425 | 434 | 2.28 | 6.08 | 9.45 | 1.2 | 1 | 8.45 | 3.26 | 2.12 | 0.4 | | 0.4 | 4.68 | 201 | 1.7 | |
| | 1 roll (12.2 x 4.5 x 3 cm) | 121 | 71.3 | 1200 | 1220 | 6.43 | 17.2 | 26.7 | 3.4 | 2.82 | 23.8 | 9.19 | 5.99 | 1.13 | | 1.13 | 13.2 | 567 | 4.9 | |
| H212 | Spring roll, traditional, with meat, deep-fried, Highmark | 100 | 53.5 | 1070 | 1100 | 5.38 | 16.3 | 22.3 | 2.8 | 2.35 | 19.9 | 6.83 | 6.71 | 1.72 | | | 11 | 474 | 4.1 | |
| | 1 roll (8.4 x 3.1 x 2.5 cm) | 43.1 | 23.1 | 463 | 472 | 2.32 | 7.03 | 9.59 | 1.2 | 1.01 | 8.58 | 2.94 | 2.89 | 0.74 | | | 4.74 | 204 | 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 | 2.84 | 24.1 | 8.26 | 8.12 | 2.08 | | | 13.3 | 574 | 5 | |
| H211 | Spring roll, vegetarian, baked, Highmark | 100 | 64 | 748 | 770 | 3.08 | 9.97 | 19.2 | 2.8 | 2.8 | 16.4 | 5.53 | 3.33 | 0.65 | | 0.651 | 0 | 429 | 0 | |
| | 1 roll (11.8 x 6 x 2.8 cm) | 108 | 69.1 | 807 | 832 | 3.32 | 10.8 | 20.7 | 3 | 3.02 | 17.7 | 5.97 | 3.59 | 0.7 | | 0.703 | 0 | 463 | 0 | |
| J | FATS AND OILS | | | | | | | | | | | | | | | | | | | |
| J1039 | Coconut oil | 100 | 0.8 | 3690 | 3690 | 0 | 99.7 | 0 | 0 | 0 | 0 | 91 | 4.37 | 0.8 | 0 | 0.804 | 0 | 0 | 0 | |
| | 1 tablespoon (15 mL) | 13.8 | 0.1 | 509 | 509 | 0 | 13.8 | 0 | 0 | 0 | 0 | 12.6 | 0.6 | 0.11 | 0 | 0.111 | 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 | 0.669 | 0.86 | 26.1 | 0 | 0 | |
| | 1 teaspoon (5 mL) | 3.5 | trace | 129 | 129 | 0 | 3.5 | 0 | 0 | 0 | 0 | 1.83 | 1.24 | 0.07 | 0.023 | 0.03 | 0.91 | 0 | 0 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg | |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|------|
| H1005 | Savoury, mince & cheese, heated | 100 | 110 | 100 | 66 | 0.74 | 1.1 | 4.5 | 34 | 70 | 0.17 | 0.09 | 6.8 | 0.06 | 0.21 | 27 | 0 | 0.06 | 0.6 | |
| | 1 savoury (2.7 x 5.1 cm diameter) | 59.4 | 65 | 59 | 39 | 0.44 | 0.65 | 2.7 | 20 | 42 | 0.098 | 0.053 | 4 | 0.036 | 0.13 | 16 | 0 | 0.04 | 0.36 | |
| H1004 | Savoury, mince, heated | 100 | 120 | 75 | 12 | 1.1 | 0.83 | 2.8 | 6 | trace | 0.13 | 0.09 | 2.3 | 0.08 | 0.43 | 37 | 0 | 0.07 | 0.6 | |
| | 1 savoury (2.6 x 5.6 cm diameter) | 53.1 | 64 | 40 | 6 | 0.58 | 0.44 | 1.5 | 3 | trace | 0.066 | 0.048 | 1.2 | 0.042 | 0.23 | 19 | 0 | 0.04 | 0.32 | |
| H1006 | Savoury, potato top, heated | 100 | 240 | 73 | 11 | 0.9 | 0.58 | 2 | 5 | 4 | 0.05 | 0.05 | 5.9 | 0.1 | 0.36 | 18 | 2.5 | 0.07 | 0.6 | |
| | 1 savoury (2.8 x 5.6 cm diameter) | 59.2 | 142 | 43 | 6 | 0.53 | 0.34 | 1.2 | 3 | 2 | 0.03 | 0.03 | 3.5 | 0.059 | 0.21 | 10 | 1.48 | 0.04 | 0.36 | |
| H1013 | Soup, chicken and sweet corn, Chinese, takeaway | 100 | 102 | 55 | 5 | 0.45 | 0.28 | 4.8 | 23 | 110 | 0.01 | 0.03 | 0.5 | 0.01 | 0.05 | 22 | 0 | 0 | 0.1 | |
| | 1 cup (250 mL) | 264 | 269 | 144 | 14 | 1.19 | 0.74 | 13 | 60 | 290 | 0.026 | 0.079 | 1.3 | 0.026 | 0.13 | 58 | 0 | 0 | 0.26 | |
| H1019 | Soup, tom yam gai, chicken, Thai, takeaway | 100 | 147 | 61 | 11 | 0.28 | 0.26 | 2 | 21 | 110 | 0.01 | 0.01 | 1.1 | 0.08 | 0.03 | 1 | 0 | 0 | 0.08 | |
| | 1 cup (250 mL) | 235 | 345 | 142 | 26 | 0.66 | 0.62 | 4.7 | 49 | 259 | 0.024 | 0.024 | 2.5 | 0.19 | 0.07 | 2 | 0 | 0 | 0.19 | |
| H208 | Spring roll, traditional with meat, baked, Highmark | 100 | 93 | 38 | 20 | 0.66 | 0.63 | 4.1 | 8 | 41 | 0.007 | 0.043 | 2.9 | 0.018 | 0.15 | 3 | 0 | 0 | 0.39 | |
| | 1 roll (8.5 x 3 x 2.5 cm) | 42.9 | 40 | 16 | 9 | 0.28 | 0.27 | 1.7 | 4 | 18 | 0.003 | 0.018 | 1.2 | 0.008 | 0.07 | 1 | 0 | 0 | 0.17 | |
| | 1 roll (12.2 x 4.5 x 3 cm) | 121 | 113 | 46 | 24 | 0.79 | 0.76 | 4.9 | 10 | 50 | 0.008 | 0.052 | 3.5 | 0.022 | 0.18 | 4 | 0 | 0 | 0.47 | |
| H212 | Spring roll, traditional, with meat, deep-fried, Highmark | 100 | 94 | 39 | 20 | 0.66 | 0.64 | 4.1 | 7 | 35 | 0.008 | 0.046 | 3 | 0.018 | 0.15 | 3 | 0 | 0 | 1.2 | |
| | 1 roll (8.4 x 3.1 x 2.5 cm) | 43.1 | 41 | 17 | 9 | 0.29 | 0.27 | 1.8 | 3 | 15 | 0.003 | 0.02 | 1.3 | 0.008 | 0.07 | 1 | 0 | 0 | 0.52 | |
| | 1 roll (12.2 x 4.5 x 3 cm) | 121 | 114 | 47 | 25 | 0.8 | 0.77 | 5 | 9 | 42 | 0.01 | 0.056 | 3.6 | 0.022 | 0.19 | 4 | 0 | 0 | 1.5 | |
| H211 | Spring roll, vegetarian, baked, Highmark | 100 | 73 | 23 | 22 | 0.72 | 0.17 | 2.4 | 7 | 41 | 0.007 | 0.043 | 1.1 | 0.018 | 0 | 3 | 0 | 0 | 0.38 | |
| | 1 roll (11.8 x 6 x 2.8 cm) | 108 | 78 | 25 | 24 | 0.78 | 0.18 | 2.5 | 7 | 44 | 0.008 | 0.046 | 1.2 | 0.019 | 0 | 3 | 0 | 0 | 0.41 | |
| 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 | 1 | 0.54 | 0 | 0 | 1060 | 50 | 0 | 0 | 0 | 0 | 0.22 | 0 | 0 | 0.71 | 0.13 | |
| | 1 teaspoon (5 mL) | 3.5 | 0 | 0 | trace | 0.02 | 0 | 0 | 37 | 2 | 0 | 0 | 0 | 0 | 0.01 | 0 | 0 | 0.03 | trace | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|--|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| | | | | | | | | | | | | | | | | | | | |
| J7 | Lard | 100 | 1 | 3670 | 3670 | 0.13 | 99 | 0 | 0 | 0 | 0 | 41.8 | 41.6 | 8.99 | | | 71 | 2 | 0.5 |
| | 1 tablespoon (15 mL) | 12 | 0.1 | 440 | 440 | 0.02 | 11.9 | 0 | 0 | 0 | 0 | 5.02 | 5 | 1.08 | | | 8.52 | trace | 0.06 |
| J1022 | Margarine, avocado, Olivani® | 100 | 42 | 2110 | 2110 | 0 | 57 | 0 | 0 | 0 | 0 | 14.1 | 27.8 | 12.4 | 1.53 | 10.8 | 2.5 | 330 | 0 |
| | 1 teaspoon (5 mL) | 4.71 | 2 | 99 | 99 | 0 | 2.69 | 0 | 0 | 0 | 0 | 0.67 | 1.31 | 0.59 | 0.072 | 0.509 | 0.12 | 16 | 0 |
| J1003 | Margarine, canola, monounsaturated, 50% fat, fortified vitamins A & D | 100 | 47.7 | 1910 | 1910 | 0.31 | 51.5 | 0 | 0 | 0 | 0 | 11.1 | 23.7 | 12.3 | 3.99 | 8.17 | 0 | 390 | 0.5 |
| | 1 teaspoon (5 mL) | 4.8 | 2.3 | 92 | 92 | 0.02 | 2.47 | 0 | 0 | 0 | 0 | 0.53 | 1.14 | 0.59 | 0.191 | 0.392 | 0 | 19 | 0.02 |
| J1001 | Margarine, canola, monounsaturated, 70% fat, fortified vitamins A & D | 100 | 28.5 | 2600 | 2600 | 0.31 | 70 | 0 | 0 | 0 | 0 | 16.1 | 31.3 | 16.5 | 5.35 | 11 | 0 | 390 | 0.5 |
| | 1 teaspoon (5 mL) | 4.8 | 1.4 | 125 | 125 | 0.02 | 3.36 | 0 | 0 | 0 | 0 | 0.77 | 1.5 | 0.79 | 0.257 | 0.53 | 0 | 19 | 0.02 |
| J1023 | Margarine, catering, Choice | 100 | 33.5 | 2380 | 2380 | 0 | 64.2 | 0 | 0 | 0 | 0 | 18.1 | 25.5 | 17 | 2.27 | 14.4 | 4.2 | 590 | 0.5 |
| | 1 teaspoon (5 mL) | 4.78 | 1.6 | 114 | 114 | 0 | 3.07 | 0 | 0 | 0 | 0 | 0.86 | 1.22 | 0.81 | 0.109 | 0.69 | 0.2 | 28 | 0.02 |
| J1029 | Margarine, light, Logical® | 100 | 39.8 | 2190 | 2190 | 0 | 59.1 | 0 | 0 | 0 | 0 | 13.6 | 29.3 | 12.9 | 4.18 | 8.48 | 0 | 320 | 1.3 |
| | 1 teaspoon (5 mL) | 4.9 | 2 | 107 | 107 | 0 | 2.9 | 0 | 0 | 0 | 0 | 0.66 | 1.43 | 0.63 | 0.205 | 0.415 | 0 | 16 | 0.06 |
| J1012 | Margarine, light, monounsaturated, 55% fat, Olivani® | 100 | 43.5 | 2060 | 2060 | 0.31 | 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 | 0.02 | 2.61 | 0 | 0 | 0 | 0 | 0.66 | 1.11 | 0.65 | 0.08 | 0.57 | 0 | 18 | 0.02 |
| J1008 | Margarine, light, polyunsaturated, 50% fat, Flora®, fortified vitamins A & D | 100 | 49.3 | 1800 | 1800 | 0.31 | 48.6 | 0 | 0 | 0 | 0 | 11.2 | 13.6 | 20.5 | 1.49 | 19 | 0 | 350 | 0.5 |
| | 1 teaspoon (5 mL) | 4.75 | 2.3 | 86 | 86 | 0.02 | 2.31 | 0 | 0 | 0 | 0 | 0.53 | 0.65 | 0.98 | 0.071 | 0.905 | 0 | 17 | 0.02 |
| J1009 | Margarine, monounsaturated, 75% fat, Olivani® | 100 | 28.7 | 2610 | 2610 | 0.31 | 70.3 | 0 | 0 | 0 | 0 | 18 | 29.8 | 17.4 | 2.22 | 15.1 | 0 | 370 | 0.5 |
| | 1 teaspoon (5 mL) | 4.7 | 1.3 | 123 | 123 | 0.02 | 3.3 | 0 | 0 | 0 | 0 | 0.85 | 1.4 | 0.82 | 0.104 | 0.711 | 0 | 17 | 0.02 |
| J1028 | Margarine, original, Flora®, fortified vitamin D | 100 | 33.3 | 2410 | 2410 | 0 | 65 | 0 | 0 | 0 | 0 | 15.7 | 18.8 | 27.1 | 1.43 | 25.7 | 0 | 580 | 0 |
| | 1 teaspoon (5 mL) | 4.5 | 1.5 | 108 | 108 | 0 | 2.93 | 0 | 0 | 0 | 0 | 0.71 | 0.85 | 1.22 | 0.064 | 1.16 | 0 | 26 | 0 |
| J1007 | Margarine, polyunsaturated, 60% fat, Sunrise® | 100 | 38.6 | 2230 | 2230 | 0.31 | 60.1 | 0 | 0 | 0 | 0 | 14.1 | 20.4 | 20.7 | 2.07 | 18.4 | 0 | 320 | 0.5 |
| | 1 teaspoon (5 mL) | 4.75 | 1.8 | 106 | 106 | 0.02 | 2.86 | 0 | 0 | 0 | 0 | 0.67 | 0.97 | 0.99 | 0.098 | 0.873 | 0 | 15 | 0.02 |
| J1005 | Margarine, polyunsaturated, 70% fat, fortified vitamins A & D | 100 | 27.6 | 2610 | 2610 | 0.31 | 70.3 | 0 | 0 | 0 | 0 | 16.3 | 25 | 24.1 | 3.5 | 20.5 | 0 | 610 | 0.5 |
| | 1 teaspoon (5 mL) | 4.75 | 1.3 | 124 | 124 | 0.02 | 3.34 | 0 | 0 | 0 | 0 | 0.77 | 1.19 | 1.14 | 0.166 | 0.974 | 0 | 29 | 0.02 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K | Phosphorus P | Calcium Ca | Iron Fe | Zinc Zn | Selenium Se | Vitamin A | Beta- carotene | Thiamin | Riboflavin | Niacin | Vitamin B6 | Vitamin B12 | Dietary folate | Vitamin C | Vitamin D | Vitamin E |
|--------|--|---------|----------------|-----------------|---------------|------------|------------|----------------|--------------|-------------------|---------|------------|--------|---------------|----------------|-------------------|--------------|--------------|--------------|
| | | g | mg | mg | mg | mg | mg | µg | µg | µg | mg | mg | mg | mg | µg | µg | mg | µg | mg |
| J7 | Lard | 100 | 1 | 3 | 1 | 0.1 | 0.11 | 1.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| | 1 tablespoon (15 mL) | 12 | trace | trace | trace | 0.01 | 0.01 | 0.21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.12 |
| J1022 | Margarine, avocado, Olivani® | 100 | 22 | 4 | 1 | 0.05 | 0.03 | 1 | 71 | 417 | 0 | 0 | 0 | 0 | 1.7 | 0 | 0 | 0 | 11 |
| | 1 teaspoon (5 mL) | 4.71 | 1 | trace | trace | trace | trace | 0.05 | 3 | 20 | 0 | 0 | 0 | 0 | 0.08 | 0 | 0 | 0 | 0.51 |
| J1003 | Margarine, canola, monounsaturated, 50% fat, fortified vitamins A & D | 100 | 27 | 2 | 1 | 0.05 | 0.03 | 1 | 1280 | 810 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 11 |
| | 1 teaspoon (5 mL) | 4.8 | 1 | trace | trace | trace | trace | 0.05 | 61 | 39 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.98 | 0.53 |
| J1001 | Margarine, canola, monounsaturated, 70% fat, fortified vitamins A & D | 100 | 41 | 10 | 11 | 0.05 | 0.03 | 1 | 822 | 470 | 0 | 0 | 0.1 | 0 | 0 | 0 | 0 | 15 | 20 |
| | 1 teaspoon (5 mL) | 4.8 | 2 | trace | trace | trace | trace | 0.05 | 39 | 23 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0.72 | 0.94 |
| J1023 | Margarine, catering, Choice | 100 | 3 | 2 | trace | 0.05 | 0.03 | 1 | 11 | 58 | 0 | 0 | 0 | 0 | 0.22 | 0 | 0 | 0 | 8.3 |
| | 1 teaspoon (5 mL) | 4.78 | trace | trace | trace | trace | trace | 0.05 | trace | 3 | 0 | 0 | 0 | 0 | 0.01 | 0 | 0 | 0 | 0.4 |
| J1029 | Margarine, light, Logical® | 100 | 34 | 7 | 5 | 0 | 0 | 0 | 74 | 445 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 5.6 |
| | 1 teaspoon (5 mL) | 4.9 | 2 | trace | trace | 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 | 0.05 | 0.03 | 1 | 105 | 630 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 |
| | 1 teaspoon (5 mL) | 4.7 | 1 | trace | trace | trace | trace | 0.05 | 5 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.69 |
| J1008 | Margarine, light, polyunsaturated, 50% fat, Flora®, fortified vitamins A & D | 100 | 34 | 4 | 3 | 0.05 | 0.03 | 1 | 1100 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 20 |
| | 1 teaspoon (5 mL) | 4.75 | 2 | trace | trace | trace | trace | 0.05 | 52 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.77 | 0.94 |
| J1009 | Margarine, monounsaturated, 75% fat, Olivani® | 100 | 24 | 2 | trace | 0.05 | 0.03 | 1 | 90 | 530 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18 |
| | 1 teaspoon (5 mL) | 4.7 | 1 | trace | trace | trace | trace | 0.05 | 4 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.82 |
| J1028 | Margarine, original, Flora®, fortified vitamin D | 100 | 30 | 6 | 3 | 0 | 0 | 0 | 8 | 46 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 22 |
| | 1 teaspoon (5 mL) | 4.5 | 1 | trace | trace | 0 | 0 | 0 | trace | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.86 | 0.97 |
| J1007 | Margarine, polyunsaturated, 60% fat, Sunrise® | 100 | 23 | 2 | trace | 0.05 | 0.03 | 1 | 94 | 560 | 0 | 0 | 0.1 | 0 | 0 | 0 | 0 | 0 | 9.7 |
| | 1 teaspoon (5 mL) | 4.75 | 1 | trace | trace | trace | trace | 0.05 | 4 | 27 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0.46 |
| J1005 | Margarine, polyunsaturated, 70% fat, fortified vitamins A & D | 100 | 18 | 8 | 8 | 0.05 | 0.03 | 1.1 | 1080 | 220 | 0 | 0 | 0.1 | 0 | 0 | 0 | 0 | 14 | 27 |
| | 1 teaspoon (5 mL) | 4.75 | 1 | trace | trace | trace | trace | 0.05 | 51 | 10 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0.67 | 1.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| J1006 | Margarine, polyunsaturated, 70% fat, reduced salt, fortified vitamins A & D | 100 | 28.3 | 2600 | 2600 | 0.31 | 70.2 | 0 | 0 | 0 | 0 | 16.2 | 25 | 23.8 | 3.49 | 20.2 | 0 | 370 | 0.5 |
| | 1 teaspoon (5 mL) | 4.75 | 1.3 | 124 | 124 | 0.02 | 3.34 | 0 | 0 | 0 | 0 | 0.77 | 1.19 | 1.13 | 0.166 | 0.96 | 0 | 18 | 0.02 |
| J1020 | Margarine, rice bran, Alfa™ One | 100 | 14.2 | 3050 | 3050 | 0 | 82.3 | 0 | 0 | 0 | 0 | 21.6 | 31.7 | 24.6 | 0.708 | 23.8 | 0 | 570 | 0 |
| | 1 teaspoon (5 mL) | 4.76 | 0.7 | 145 | 145 | 0 | 3.92 | 0 | 0 | 0 | 0 | 1.03 | 1.51 | 1.17 | 0.034 | 1.14 | 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) | 4.75 | 1.9 | 102 | 102 | 0 | 2.76 | 0 | 0 | 0 | 0 | 0.73 | 1.06 | 0.83 | 0.024 | 0.799 | 0 | 20 | 0 |
| J1002 | Margarine, summer gold, canola, monounsaturated, 70% fat, Pams | 100 | 27.2 | 2620 | 2620 | 0.31 | 70.6 | 0 | 0 | 0 | 0 | 13 | 26.7 | 25 | 2.16 | 22.5 | 0 | 570 | 0.5 |
| | 1 teaspoon (5 mL) | 4.8 | 1.3 | 126 | 126 | 0.02 | 3.39 | 0 | 0 | 0 | 0 | 0.62 | 1.28 | 1.2 | 0.104 | 1.08 | 0 | 27 | 0.02 |
| J1004 | Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams | 100 | 41.4 | 2160 | 2160 | 0.31 | 58.1 | 0 | 0 | 0 | 0 | 9.72 | 20.9 | 23.4 | 1.06 | 22.3 | 0 | 320 | 0.5 |
| | 1 teaspoon (5 mL) | 4.8 | 2 | 103 | 103 | 0.02 | 2.79 | 0 | 0 | 0 | 0 | 0.47 | 1 | 1.13 | 0.051 | 1.07 | 0 | 15 | 0.02 |
| 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 | 1.68 | 10.2 | 1.96 | | | 0 | 0 | 0.07 |
| J1033 | Oil, canola | 100 | 0.1 | 3700 | 3700 | 0 | 99.9 | 0 | 0 | 0 | 0 | 7.17 | 60.2 | 26.1 | 7.93 | 18.1 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 14.1 | trace | 521 | 521 | 0 | 14.1 | 0 | 0 | 0 | 0 | 1.01 | 8.49 | 3.68 | 1.12 | 2.55 | 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 | 4.11 | 6.9 | | | 0 | trace | 0.07 |
| J61 | Oil, flaxseed | 100 | 0.1 | 3700 | 3700 | 0.1 | 99.8 | 0 | 0 | 0 | 0 | 8.12 | 10.5 | 75.3 | 58.4 | 16.5 | 0 | 0 | 0.5 |
| | 1 tablespoon (15 mL) | 14 | trace | 517 | 517 | 0.01 | 14 | 0 | 0 | 0 | 0 | 1.14 | 1.47 | 10.5 | 8.18 | 2.31 | 0 | 0 | 0.07 |
| J1040 | Oil, hemp seed | 100 | 0.1 | 3700 | 3700 | 0 | 99.9 | 0 | 0 | 0 | 0 | 9.52 | 11.2 | 79 | 18 | 57.2 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 13.6 | trace | 503 | 503 | 0 | 13.6 | 0 | 0 | 0 | 0 | 1.29 | 1.52 | 10.7 | 2.45 | 7.78 | 0 | 0 | 0 |
| J10001 | Oil, olive | 100 | 0.1 | 3700 | 3700 | 0 | 99.9 | 0 | 0 | 0 | 0 | 15.1 | 74.5 | 7.86 | 0.633 | 7.19 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 14 | trace | 518 | 518 | 0 | 14 | 0 | 0 | 0 | 0 | 2.11 | 10.4 | 1.1 | 0.089 | 1.01 | 0 | 0 | 0 |
| J10002 | Oil, rice bran | 100 | 0.1 | 3700 | 3700 | 0 | 99.9 | 0 | 0 | 0 | 0 | 20.7 | 39.6 | 31.6 | 0.827 | 30.8 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 14 | trace | 518 | 518 | 0 | 14 | 0 | 0 | 0 | 0 | 2.9 | 5.54 | 4.43 | 0.116 | 4.31 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| J1006 | Margarine, polyunsaturated, 70% fat, reduced salt, fortified vitamins A & D | 100 | 20 | 9 | 9 | 0.05 | 0.03 | 1 | 1120 | 200 | 0 | 0 | 0.1 | 0 | 0 | 0 | 0 | 17 | 20 |
| | 1 teaspoon (5 mL) | 4.75 | 1 | trace | trace | trace | trace | 0.05 | 53 | 10 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0.82 | 0.95 |
| J1020 | Margarine, rice bran, Alfa™ One | 100 | 32 | 20 | 20 | 0.22 | 0.06 | 1 | 93 | 550 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4.1 |
| | 1 teaspoon (5 mL) | 4.76 | 2 | 1 | 1 | 0.01 | trace | 0.05 | 4 | 26 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.2 |
| J1021 | Margarine, rice bran, light, Alfa™ One | 100 | 61 | 3 | 1 | 0.05 | 0.03 | 1 | 93 | 550 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3.6 |
| | 1 teaspoon (5 mL) | 4.75 | 3 | trace | trace | trace | trace | 0.05 | 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 | 0.05 | 0.03 | 1 | 38 | 230 | 0 | 0 | 0.1 | 0 | 0 | 0 | 0 | 0 | 20 |
| | 1 teaspoon (5 mL) | 4.8 | 1 | 1 | 1 | trace | trace | 0.05 | 2 | 11 | 0 | 0 | 0.005 | 0 | 0 | 0 | 0 | 0 | 0.94 |
| J1004 | Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams | 100 | 22 | 2 | 1 | 0.05 | 0.03 | 1 | 80 | 480 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 29 |
| | 1 teaspoon (5 mL) | 4.8 | 1 | trace | trace | trace | trace | 0.05 | 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 | trace | 0 | 2 | 0.18 | 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 |
| J1040 | Oil, hemp seed | 100 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3.9 |
| | 1 tablespoon (15 mL) | 13.6 | 0 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.53 |
| J10001 | Oil, olive | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 13 |
| | 1 tablespoon (15 mL) | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.8 |
| J10002 | Oil, rice bran | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 |
| | 1 tablespoon (15 mL) | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| J14 | Oil, safflower | 100 | 0.2 | 3680 | 3680 | 0 | 99.5 | 0 | 0 | 0 | 0 | 11.4 | 19.2 | 64.1 | 1.17 | 63.3 | 0 | 0 | 0.5 | |
| | 1 tablespoon (15 mL) | 14 | trace | 515 | 515 | 0 | 13.9 | 0 | 0 | 0 | 0 | 1.59 | 2.69 | 8.97 | 0.164 | 8.86 | 0 | 0 | 0.07 | |
| 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 | 1.96 | 5.68 | 5.95 | 0.043 | 5.91 | 0 | 0 | 0 | |
| J1035 | Oil, soya bean | 100 | trace | 3700 | 3700 | 0 | 100 | 0 | 0 | 0 | 0 | 15 | 25 | 54.1 | 5.07 | 49 | 0 | 0 | 0 | |
| | 1 tablespoon (15 mL) | 14.2 | trace | 525 | 525 | 0 | 14.2 | 0 | 0 | 0 | 0 | 2.13 | 3.56 | 7.68 | 0.719 | 6.96 | 0 | 0 | 0 | |
| J1036 | Oil, sunflower | 100 | trace | 3700 | 3700 | 0 | 100 | 0 | 0 | 0 | 0 | 10.3 | 26 | 58.1 | 0.287 | 57.8 | 0 | 0 | 0 | |
| | 1 tablespoon (15 mL) | 13.9 | trace | 514 | 514 | 0 | 13.9 | 0 | 0 | 0 | 0 | 1.43 | 3.61 | 8.08 | 0.04 | 8.04 | 0 | 0 | 0 | |
| J31 | Oil, vegetable, blend | 100 | 0.2 | 3660 | 3660 | 0 | 99 | 0 | 0 | 0 | 0 | 10.5 | 45.1 | 37.6 | 7.09 | 29.7 | 2 | 0 | 0.5 | |
| | 1 tablespoon (15 mL) | 14 | trace | 513 | 513 | 0 | 13.9 | 0 | 0 | 0 | 0 | 1.47 | 6.31 | 5.26 | 0.992 | 4.15 | 0.28 | 0 | 0.07 | |
| J1013 | Semi soft butter, butter & canola oil, spreadable | 100 | 25.1 | 2710 | 2710 | 0.32 | 72.4 | 1.4 | 0 | 1.4 | 0 | 34.7 | 22.9 | 6.99 | 1.73 | 4.36 | 145 | 450 | 1.2 | |
| | 1 teaspoon (5 mL) | 4.75 | 1.2 | 129 | 129 | 0.02 | 3.44 | 0.07 | 0 | 0.07 | 0 | 1.65 | 1.09 | 0.33 | 0.082 | 0.207 | 6.89 | 21 | 0.06 | |
| J39 | Shortening, Chefade | 100 | 0.5 | 3610 | 3610 | 0.19 | 97.5 | 0 | 0 | 0 | 0 | 46.4 | 39.5 | 2.91 | 0.345 | 3.18 | 71 | 35 | 0.5 | |
| | 1 tablespoon (15 mL) | 12 | 0.1 | 433 | 433 | 0.02 | 11.7 | 0 | 0 | 0 | 0 | 5.57 | 4.74 | 0.35 | 0.041 | 0.381 | 8.52 | 4 | 0.06 | |
| J1032 | Shortening, suet, Shreddo® | 100 | 2.8 | 3150 | 3180 | 1.6 | 79.2 | 11.4 | 3 | 0 | 11.4 | 41.1 | 28.8 | 1.74 | 0.454 | 1.06 | 24.9 | 0 | 1.3 | |
| | 1 teaspoon (5 mL) | 2.6 | 0.1 | 82 | 83 | 0.04 | 2.06 | 0.3 | 0.1 | 0 | 0.3 | 1.07 | 0.75 | 0.05 | 0.012 | 0.028 | 0.65 | 0 | 0.03 | |
| J1031 | Shortening, vegetable, Kremelta™ | 100 | 0.1 | 3700 | 3700 | 0 | 99.9 | 0 | 0 | 0 | 0 | 94 | 0.86 | 0.19 | 0 | 0.191 | 0 | 0 | 0 | |
| | 1 teaspoon (5 mL) | 4.2 | trace | 155 | 155 | 0 | 4.2 | 0 | 0 | 0 | 0 | 3.95 | 0.04 | 0.01 | 0 | 0.008 | 0 | 0 | 0 | |
| K | FIN FISHES | | | | | | | | | | | | | | | | | | | |
| K1016 | Basa, fillet, frozen, flesh, pan-fried with oil, no salt added | 100 | 81.9 | 351 | 351 | 15.9 | 2.2 | 0 | 0 | 0 | 0 | 0.51 | 1 | 0.46 | 0.091 | 0.276 | 35.6 | 588 | 0.65 | |
| | 1 fillet (19.6 x 8.2 x 1.0 cm) | 159 | 130 | 558 | 558 | 25.2 | 3.5 | 0 | 0 | 0 | 0 | 0.81 | 1.59 | 0.73 | 0.145 | 0.438 | 56.6 | 935 | 1 | |
| K1063 | Blue Cod, fillet, flesh, fresh, pan-fried with canola oil | 100 | 69.9 | 586 | 586 | 25 | 4.38 | 0 | 0 | 0 | 0 | 0.72 | 1.59 | 1.33 | 0.212 | 0.38 | 185 | 85 | 25 | |
| | 1 medium fillet (14.3 x 4.6 x 1.5 cm) | 91 | 63.6 | 534 | 534 | 22.7 | 3.98 | 0 | 0 | 0 | 0 | 0.66 | 1.45 | 1.21 | 0.193 | 0.346 | 169 | 77 | 23 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| J14 | Oil, safflower | 100 | 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 | 5.4 |
| J1037 | Oil, sesame | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.4 |
| | 1 tablespoon (15 mL) | 14.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.2 |
| J1035 | Oil, soya bean | 100 | 0 | 0 | 0 | 0.05 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 11 |
| | 1 tablespoon (15 mL) | 14.2 | 0 | 0 | 0 | 0.01 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.6 |
| J1036 | Oil, sunflower | 100 | 0 | 0 | 0 | 0 | 0.01 | 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 | 6.7 |
| J31 | Oil, vegetable, blend | 100 | 0 | 0 | 0 | 0.3 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 |
| | 1 tablespoon (15 mL) | 14 | 0 | 0 | 0 | 0.04 | 0.03 | 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 | 0.25 | 0.37 | 1 | 499 | 690 | 0 | 0 | 0.2 | 0.01 | 0.06 | 0 | 0 | 2.6 | 16 |
| | 1 teaspoon (5 mL) | 4.75 | 1 | 1 | 1 | 0.01 | 0.02 | 0.05 | 24 | 33 | 0 | 0 | 0.009 | 0 | trace | 0 | 0 | 0.12 | 0.74 |
| J39 | Shortening, Chefade | 100 | 5 | 11 | 6 | 0.2 | 2 | 2 | 23 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 12 | 1 | 1 | 1 | 0.02 | 0.24 | 0.24 | 3 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| J1032 | Shortening, suet, Shreddo® | 100 | 3 | 15 | 6 | 0.3 | 0.25 | 0 | 27 | 0 | 0 | 0 | 0 | 0.03 | 0.3 | 0 | 0 | 0.36 | 0.14 |
| | 1 teaspoon (5 mL) | 2.6 | trace | trace | trace | 0.01 | 0.01 | 0 | 1 | 0 | 0 | 0 | 0 | 0.001 | 0.01 | 0 | 0 | 0.01 | trace |
| J1031 | Shortening, vegetable, Kremelta™ | 100 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 4.2 | 0 | 0 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| K | FIN FISHES | | | | | | | | | | | | | | | | | | |
| K1016 | Basa, fillet, frozen, flesh, pan-fried with oil, no salt added | 100 | 301 | 328 | 7 | 0 | 0.29 | 10 | 0 | 0 | 0.058 | 0.052 | 2.2 | 0.16 | 0 | 0 | 0 | 0 | 0.28 |
| | 1 fillet (19.6 x 8.2 x 1.0 cm) | 159 | 479 | 522 | 12 | 0 | 0.46 | 16 | 0 | 0 | 0.092 | 0.083 | 3.4 | 0.26 | 0 | 0 | 0 | 0 | 0.45 |
| K1063 | Blue Cod, fillet, flesh, fresh, pan-fried with canola oil | 100 | 550 | 310 | 14 | 0.14 | 0.41 | 41 | 4 | 0 | 0.15 | 0.051 | 7 | 0.29 | 1.2 | 16 | 0 | 1.4 | 0.58 |
| | 1 medium fillet (14.3 x 4.6 x 1.5 cm) | 91 | 501 | 282 | 13 | 0.13 | 0.37 | 37 | 4 | 0 | 0.13 | 0.046 | 6.4 | 0.26 | 1.1 | 14 | 0 | 1.3 | 0.53 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| K179 | Eel, smoked | 100 | 65.8 | 699 | 699 | 16.8 | 11.2 | 0 | 0 | 0 | 0 | 2.47 | 4.13 | 2.96 | | | 121 | 1880 | 23 |
| | 1 cup flaked (250 mL) | 144 | 94.8 | 1010 | 1010 | 24.2 | 16.1 | 0 | 0 | 0 | 0 | 3.56 | 5.94 | 4.27 | | | 175 | 2710 | 33 |
| K56 | Flounder, flesh, baked | 100 | 71.4 | 530 | 530 | 24.1 | 3.1 | 0.3 | 0 | 0.3 | 0 | 0.87 | 0.96 | 0.82 | | 0.11 | 70 | 112 | 22 |
| | 1 cup flaked (250 mL) | 144 | 103 | 763 | 763 | 34.7 | 4.46 | 0.43 | 0 | 0.43 | 0 | 1.25 | 1.39 | 1.18 | | 0.158 | 101 | 161 | 31 |
| K1065 | Groper, fillet, flesh, fresh, pan-fried with canola oil | 100 | 67.9 | 559 | 559 | 27.4 | 2.49 | 0 | 0 | 0 | 0 | 0.3 | 1.17 | 0.87 | 0.178 | 0.348 | 166 | 94 | 92 |
| | 1 medium fillet (14.9 x 4.1 x 1.6 cm) | 98.1 | 66.6 | 548 | 548 | 26.9 | 2.44 | 0 | 0 | 0 | 0 | 0.3 | 1.15 | 0.85 | 0.175 | 0.341 | 163 | 92 | 90 |
| K1046 | Gurnard, fillet, flesh, fresh, pan-fried with canola oil | 100 | 72.1 | 517 | 517 | 24.4 | 2.78 | 0 | 0 | 0 | 0 | 0.34 | 1.26 | 0.95 | 0.206 | 0.397 | 46 | 370 | 24 |
| | 1 medium fillet (16.0 x 3.7 x 1.6 cm) | 85.2 | 61.4 | 440 | 440 | 20.8 | 2.37 | 0 | 0 | 0 | 0 | 0.29 | 1.07 | 0.81 | 0.175 | 0.338 | 39.2 | 315 | 20 |
| K1047 | Gurnard, fillet, flesh, fresh, poached or simmered | 100 | 74.7 | 462 | 462 | 24.8 | 1.1 | 0 | 0 | 0 | 0 | 0.27 | 0.22 | 0.43 | 0.004 | 0.014 | 51 | 78 | 18 |
| | 1 medium fillet (14.7 x 4.0 x 1.6 cm) | 76.8 | 57.4 | 355 | 355 | 19.1 | 0.85 | 0 | 0 | 0 | 0 | 0.21 | 0.17 | 0.33 | 0.003 | 0.011 | 39.2 | 60 | 14 |
| K1051 | Hoki, fillet, flesh, fresh, pan-fried with canola oil | 100 | 74.2 | 423 | 423 | 19.2 | 2.62 | 0 | 0 | 0 | 0 | 0.34 | 1.43 | 1.02 | 0.235 | 0.455 | 54 | 88 | 7.2 |
| | 1 medium fillet (9.7 x 9.1 x 1.8 cm) | 160 | 119 | 677 | 677 | 30.7 | 4.19 | 0 | 0 | 0 | 0 | 0.54 | 2.29 | 1.63 | 0.376 | 0.728 | 86.4 | 141 | 12 |
| K1014 | Hoki, fillet, frozen, flesh, pan-fried with oil, no salt added | 100 | 74.5 | 561 | 561 | 21.2 | 5.4 | 0 | 0 | 0 | 0 | 0.77 | 2.33 | 1.3 | 0.231 | 0.456 | 44.9 | 74 | 6.2 |
| | 1 fillet (9.6 x 5.6 x 1.6 cm) | 159 | 118 | 891 | 891 | 33.7 | 8.59 | 0 | 0 | 0 | 0 | 1.23 | 3.71 | 2.07 | 0.367 | 0.725 | 71.3 | 118 | 9.8 |
| K1059 | Kahawai, fillet, flesh, fresh, crumbed, deep-fried in canola oil | 100 | 56 | 923 | 935 | 22.6 | 10.8 | 8.19 | 1.5 | 0.68 | 7.51 | 1.3 | 5.43 | 3.25 | 0.796 | 1.65 | 81.3 | 74 | 37 |
| | 1 medium fillet (17.4 x 5.8 x 2.0 cm) | 173 | 96.9 | 1600 | 1620 | 39.2 | 18.7 | 14.2 | 2.6 | 1.17 | 13 | 2.25 | 9.4 | 5.63 | 1.38 | 2.85 | 141 | 128 | 64 |
| K1055 | Kahawai, fillet, flesh, fresh, baked with canola oil | 100 | 69.3 | 550 | 550 | 27.7 | 2.12 | 0 | 0 | 0 | 0 | 0.55 | 0.38 | 0.8 | 0.014 | 0.013 | 110 | 68 | 39 |
| | 1 medium fillet (22.1 x 5.5 x 2.1 cm) | 228 | 158 | 1250 | 1250 | 63.2 | 4.84 | 0 | 0 | 0 | 0 | 1.25 | 0.85 | 1.82 | 0.032 | 0.03 | 251 | 155 | 89 |
| K1056 | Kahawai, fillet, flesh, fresh, battered, deep-fried in canola oil | 100 | 53.6 | 1160 | 1160 | 19.9 | 18 | 8.99 | 0.5 | 0.23 | 8.75 | 1.59 | 10.3 | 5.73 | 1.66 | 3.43 | 60.1 | 154 | 23 |
| | 1 medium fillet (21.5 x 3.9 x 3.0 cm) | 149 | 79.9 | 1720 | 1730 | 29.7 | 26.8 | 13.4 | 0.7 | 0.35 | 13 | 2.37 | 15.3 | 8.54 | 2.48 | 5.11 | 89.5 | 229 | 34 |
| K1060 | Kahawai, fillet, flesh, fresh, crumbed, pan-fried with canola oil | 100 | 62.3 | 797 | 806 | 21.9 | 7.8 | 8.01 | 1.1 | 0.71 | 7.3 | 0.92 | 3.98 | 2.36 | 0.591 | 1.29 | 91.4 | 75 | 42 |
| | 1 medium fillet (15.2 x 5.6 x 2.5 cm) | 154 | 95.9 | 1230 | 1240 | 33.7 | 12 | 12.3 | 1.7 | 1.09 | 11.2 | 1.42 | 6.14 | 3.64 | 0.91 | 1.98 | 141 | 116 | 65 |
| K1054 | Kahawai, fillet, flesh, fresh, pan-fried with canola oil | 100 | 66.9 | 596 | 596 | 28.5 | 2.99 | 0 | 0 | 0 | 0 | 0.54 | 0.9 | 1.05 | 0.121 | 0.231 | 111 | 70 | 36 |
| | 1 medium fillet (20.3 x 3.7 x 1.7 cm) | 137 | 91.7 | 816 | 816 | 39.1 | 4.1 | 0 | 0 | 0 | 0 | 0.74 | 1.23 | 1.43 | 0.166 | 0.316 | 152 | 96 | 49 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K | Phosphorus P | Calcium Ca | Iron Fe | Zinc Zn | Selenium Se | Vitamin A | Beta- carotene | Thiamin | Riboflavin | Niacin | Vitamin B6 | Vitamin B12 | Dietary folate | Vitamin C | Vitamin D | Vitamin E |
|--------|---|---------|----------------|-----------------|---------------|------------|------------|----------------|--------------|-------------------|---------|------------|--------|---------------|----------------|-------------------|--------------|--------------|--------------|
| | | g | mg | mg | mg | mg | mg | µg | µg | µg | mg | mg | mg | mg | µg | µg | mg | µg | mg |
| K179 | Eel, smoked | 100 | 409 | 233 | 20 | 0.88 | 2.12 | 54 | 1030 | 0 | 0.17 | 0.33 | 6.3 | 0.28 | 1.9 | 14 | 1.83 | 22 | 4 |
| | 1 cup flaked (250 mL) | 144 | 590 | 335 | 28 | 1.26 | 3.05 | 78 | 1490 | 0 | 0.24 | 0.47 | 9 | 0.4 | 2.8 | 21 | 2.63 | 32 | 5.7 |
| K56 | Flounder, flesh, baked | 100 | 550 | 292 | 30 | 0.98 | 0.87 | 81 | 16 | 0 | 0.045 | 0.03 | 6.6 | 0.1 | 0.63 | 6 | 0.2 | 3.5 | 0.3 |
| | 1 cup flaked (250 mL) | 144 | 792 | 420 | 43 | 1.41 | 1.25 | 120 | 23 | 0 | 0.065 | 0.043 | 9.5 | 0.14 | 0.91 | 9 | 0.29 | 5 | 0.43 |
| K1065 | Groper, fillet, flesh, fresh, pan-fried with canola oil | 100 | 530 | 290 | 10 | 0.18 | 0.4 | 81 | 3 | 0 | 0.076 | 0.057 | 9.8 | 0.4 | 0.79 | 6 | 0 | 0.76 | 1.1 |
| | 1 medium fillet (14.9 x 4.1 x 1.6 cm) | 98.1 | 520 | 284 | 10 | 0.18 | 0.39 | 79 | 3 | 0 | 0.075 | 0.056 | 9.6 | 0.4 | 0.78 | 6 | 0 | 0.75 | 1 |
| K1046 | Gurnard, fillet, flesh, fresh, pan-fried with canola oil | 100 | 500 | 260 | 9 | 0.18 | 0.31 | 51 | 0 | 0 | 0.023 | 0.077 | 11 | 0.66 | 1.3 | 6 | 0 | 1 | 0.45 |
| | 1 medium fillet (16.0 x 3.7 x 1.6 cm) | 85.2 | 426 | 222 | 8 | 0.15 | 0.26 | 43 | 0 | 0 | 0.02 | 0.066 | 9.2 | 0.56 | 1.1 | 5 | 0 | 0.88 | 0.39 |
| K1047 | Gurnard, fillet, flesh, fresh, poached or simmered | 100 | 370 | 200 | 10 | 0.18 | 0.33 | 42 | 0 | 0 | 0.02 | 0.067 | 9 | 0.53 | 1.7 | 5 | 0 | 0.95 | 0.25 |
| | 1 medium fillet (14.7 x 4.0 x 1.6 cm) | 76.8 | 284 | 154 | 8 | 0.14 | 0.25 | 32 | 0 | 0 | 0.015 | 0.051 | 6.9 | 0.41 | 1.3 | 4 | 0 | 0.73 | 0.19 |
| K1051 | Hoki, fillet, flesh, fresh, pan-fried with canola oil | 100 | 460 | 230 | 8 | 0.16 | 0.35 | 51 | 8 | 0 | 0.022 | 0.073 | 5.8 | 0.38 | 0.9 | 18 | 0 | 0.74 | 0.81 |
| | 1 medium fillet (9.7 x 9.1 x 1.8 cm) | 160 | 736 | 368 | 13 | 0.26 | 0.56 | 82 | 12 | 0 | 0.035 | 0.12 | 9.3 | 0.61 | 1.4 | 30 | 0 | 1.2 | 1.3 |
| K1014 | Hoki, fillet, frozen, flesh, pan-fried with oil, no salt added | 100 | 366 | 194 | 14 | 0.17 | 0.31 | 57 | 13 | 0 | 0.07 | 0.067 | 2.2 | 0.14 | 0.26 | 0 | 0 | 1 | 0.79 |
| | 1 fillet (9.6 x 5.6 x 1.6 cm) | 159 | 582 | 308 | 22 | 0.26 | 0.49 | 90 | 21 | 0 | 0.11 | 0.11 | 3.5 | 0.22 | 0.41 | 0 | 0 | 1.6 | 1.3 |
| K1059 | Kahawai, fillet, flesh, fresh, crumbed, deep-fried in canola oil | 100 | 380 | 240 | 11 | 1.36 | 0.65 | 38 | 4 | 0 | 0.25 | 0.23 | 9.1 | 0.92 | 8.4 | 14 | 0 | 4.4 | 1.8 |
| | 1 medium fillet (17.4 x 5.8 x 2.0 cm) | 173 | 657 | 415 | 19 | 2.35 | 1.13 | 66 | 7 | 0 | 0.43 | 0.4 | 16 | 1.6 | 15 | 24 | 0 | 7.7 | 3.2 |
| K1055 | Kahawai, fillet, flesh, fresh, baked with canola oil | 100 | 460 | 320 | 74 | 1.34 | 0.43 | 58 | 0 | 0 | 0.11 | 0.2 | 13 | 1.3 | 4.4 | 10 | 0 | 5.4 | 0.45 |
| | 1 medium fillet (22.1 x 5.5 x 2.1 cm) | 228 | 1050 | 730 | 169 | 3.06 | 0.98 | 130 | 0 | 0 | 0.25 | 0.46 | 29 | 2.9 | 10 | 23 | 0 | 12 | 1 |
| K1056 | Kahawai, fillet, flesh, fresh, battered, deep-fried in canola oil | 100 | 350 | 290 | 60 | 1.11 | 0.49 | 36 | 0 | 0 | 0.11 | 0.16 | 9.4 | 0.83 | 5.2 | 8 | 0 | 3.1 | 2.3 |
| | 1 medium fillet (21.5 x 3.9 x 3.0 cm) | 149 | 522 | 432 | 89 | 1.65 | 0.73 | 54 | 0 | 0 | 0.16 | 0.24 | 14 | 1.2 | 7.7 | 11 | 0 | 4.6 | 3.4 |
| K1060 | Kahawai, fillet, flesh, fresh, crumbed, pan-fried with canola oil | 100 | 360 | 230 | 11 | 1.59 | 0.62 | 43 | 6 | 0 | 0.25 | 0.24 | 9.6 | 0.92 | 6.1 | 15 | 0 | 4 | 1.1 |
| | 1 medium fillet (15.2 x 5.6 x 2.5 cm) | 154 | 554 | 354 | 16 | 2.45 | 0.96 | 66 | 9 | 0 | 0.39 | 0.37 | 15 | 1.4 | 9.4 | 23 | 0 | 6.1 | 1.7 |
| K1054 | Kahawai, fillet, flesh, fresh, pan-fried with canola oil | 100 | 510 | 310 | 8 | 1.42 | 0.58 | 55 | 0 | 0 | 0.1 | 0.2 | 14 | 1.5 | 5.1 | 10 | 0 | 5.5 | 0.47 |
| | 1 medium fillet (20.3 x 3.7 x 1.7 cm) | 137 | 699 | 425 | 10 | 1.95 | 0.8 | 75 | 0 | 0 | 0.14 | 0.27 | 19 | 2.1 | 6.9 | 14 | 0 | 7.6 | 0.64 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| K1057 | Kahawai, fillet, flesh, fresh, poached or simmered | 100 | 70.4 | 536 | 536 | 26.2 | 2.45 | 0 | 0 | 0 | 0 | 0.65 | 0.47 | 0.82 | 0.017 | 0.024 | 102 | 51 | 29 |
| | 1 medium fillet (19.4 x 5.4 x 2.0 cm) | 187 | 132 | 1000 | 1000 | 49 | 4.58 | 0 | 0 | 0 | 0 | 1.22 | 0.87 | 1.53 | 0.032 | 0.045 | 191 | 95 | 54 |
| K1058 | Kahawai, fillet, flesh, fresh, steamed or microwaved | 100 | 70.1 | 549 | 549 | 26.8 | 2.52 | 0 | 0 | 0 | 0 | 0.66 | 0.49 | 0.95 | 0.019 | 0.022 | 101 | 62 | 48 |
| | 1 medium fillet (11.9 x 8.1 x 2.1 cm) | 155 | 109 | 851 | 851 | 41.6 | 3.9 | 0 | 0 | 0 | 0 | 1.03 | 0.75 | 1.48 | 0.029 | 0.034 | 157 | 96 | 74 |
| K1067 | Kingfish, fillet, flesh, fresh, pan-fried with canola oil | 100 | 69 | 551 | 551 | 28 | 2.03 | 0 | 0 | 0 | 0 | 0.42 | 0.54 | 0.7 | 0.052 | 0.134 | 152 | 61 | 43 |
| | 1 medium fillet (11.5 x 6.8 x 2.3 cm) | 140 | 96.6 | 772 | 772 | 39.2 | 2.84 | 0 | 0 | 0 | 0 | 0.59 | 0.75 | 0.99 | 0.073 | 0.188 | 212 | 85 | 60 |
| K1026 | Mackerel, canned in oil, drained | 100 | 63 | 821 | 821 | 21.7 | 12.2 | 0 | 0 | 0 | 0 | 3.71 | 2.59 | 3.49 | 0.117 | 0.242 | 87 | 320 | 30 |
| | 1 cup (250 mL) | 182 | 115 | 1500 | 1500 | 39.5 | 22.3 | 0 | 0 | 0 | 0 | 6.74 | 4.71 | 6.34 | 0.213 | 0.44 | 158 | 582 | 55 |
| K1027 | Mackerel, canned in oil, undrained | 100 | 72 | 633 | 633 | 16.5 | 9.51 | 0 | 0 | 0 | 0 | 2.48 | 1.78 | 2.93 | 0.132 | 0.402 | 63 | 340 | 30 |
| | 1 cup (250 mL) | 257 | 185 | 1630 | 1630 | 42.5 | 24.4 | 0 | 0 | 0 | 0 | 6.37 | 4.57 | 7.54 | 0.338 | 1.03 | 162 | 874 | 77 |
| K1028 | Mackerel, canned in tomato sauce, undrained | 100 | 70.4 | 698 | 706 | 15 | 10.8 | 2.6 | 1 | 1.9 | 0.7 | 2.17 | 1.65 | 2.8 | 0.171 | 0.227 | 59 | 420 | 19 |
| | 1 cup (250 mL) | 242 | 170 | 1690 | 1710 | 36.4 | 26 | 6.28 | 2.4 | 4.6 | 1.68 | 5.25 | 3.98 | 6.77 | 0.413 | 0.548 | 143 | 1020 | 46 |
| K78 | Orange roughly, flesh, baked | 100 | 68.4 | 731 | 731 | 20.5 | 10.2 | 0.3 | 0 | 0.3 | 0 | 0.51 | 7.96 | 0.4 | 0.018 | 0.147 | 82 | 59 | 43 |
| | 1 cup flaked (250 mL) | 144 | 98.5 | 1050 | 1050 | 29.5 | 14.7 | 0.43 | 0 | 0.43 | 0 | 0.74 | 11.5 | 0.57 | 0.026 | 0.212 | 118 | 85 | 62 |
| K79 | Orange roughly, flesh, deep-fried | 100 | 65.2 | 797 | 797 | 22.6 | 11 | 0.29 | 0 | 0.29 | 0 | 1.39 | 6.64 | 2.37 | 0.021 | 2.07 | 54 | 74 | 43 |
| | 1 cup flaked (250 mL) | 144 | 93.9 | 1150 | 1150 | 32.6 | 15.8 | 0.42 | 0 | 0.42 | 0 | 2 | 9.56 | 3.41 | 0.03 | 2.98 | 77.8 | 107 | 62 |
| K1025 | Salmon, assorted flavours, canned, undrained | 100 | 74.6 | 606 | 606 | 14.6 | 9.2 | 1 | 0 | 1 | 0 | 1.14 | 3.2 | 3.5 | 0.097 | 2.94 | 37 | 410 | 11 |
| | 1 cup (250 mL) | 254 | 189 | 1540 | 1540 | 37.1 | 23.4 | 2.54 | 0 | 2.54 | 0 | 2.88 | 8.12 | 8.9 | 0.247 | 7.46 | 94 | 1040 | 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 | 3.65 | 9.15 | 4.36 | 0.552 | 2.29 | 59 | 675 | 4.9 |
| | 1 fillet (15.8 x 6.1 x 2.1 cm) | 164 | 92.8 | 1720 | 1720 | 35.9 | 30.1 | 0 | 0 | 0 | 0 | 5.99 | 15 | 7.15 | 0.906 | 3.75 | 96.8 | 1110 | 8 |
| | 1 cup pieces (250 mL) | 170 | 96.2 | 1790 | 1790 | 37.2 | 31.2 | 0 | 0 | 0 | 0 | 6.21 | 15.6 | 7.41 | 0.939 | 3.89 | 100 | 1150 | 8.3 |
| | 1 cup flaked (250 mL) | 196 | 111 | 2060 | 2060 | 42.9 | 36 | 0 | 0 | 0 | 0 | 7.16 | 17.9 | 8.55 | 1.08 | 4.48 | 116 | 1320 | 9.6 |
| K1018 | Salmon, king, fillet, skin & bones removed, fresh, baked without fat, no salt added, New Zealand | 100 | 54.3 | 1230 | 1230 | 20.5 | 23.9 | 0 | 0 | 0 | 0 | 4.97 | 11.1 | 5.14 | 0.509 | 2.54 | 67 | 53 | 2.9 |
| | 1 fillet (14.7 x 6.6 x 2.8 cm) | 199 | 108 | 2450 | 2450 | 40.7 | 47.6 | 0 | 0 | 0 | 0 | 9.9 | 22.1 | 10.2 | 1.01 | 5.06 | 133 | 105 | 5.7 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| K1057 | Kahawai, fillet, flesh, fresh, poached or simmered | 100 | 370 | 240 | 7 | 1.14 | 0.55 | 49 | 0 | 0 | 0.12 | 0.19 | 11 | 0.99 | 4.4 | 9 | 0 | 5.2 | 0.35 |
| | 1 medium fillet (19.4 x 5.4 x 2.0 cm) | 187 | 692 | 449 | 13 | 2.13 | 1.03 | 92 | 0 | 0 | 0.22 | 0.36 | 21 | 1.9 | 8.3 | 16 | 0 | 9.8 | 0.66 |
| K1058 | Kahawai, fillet, flesh, fresh, steamed or microwaved | 100 | 410 | 260 | 6 | 1.48 | 0.6 | 63 | 4 | 0 | 0.27 | 0.23 | 12 | 1.1 | 5.6 | 13 | 0 | 5.2 | 0.37 |
| | 1 medium fillet (11.9 x 8.1 x 2.1 cm) | 155 | 636 | 403 | 10 | 2.29 | 0.93 | 98 | 6 | 0 | 0.42 | 0.36 | 19 | 1.7 | 8.7 | 20 | 0 | 8 | 0.57 |
| K1067 | Kingfish, fillet, flesh, fresh, pan-fried with canola oil | 100 | 510 | 310 | 5 | 0.76 | 0.44 | 62 | 4 | 0 | 0.26 | 0.14 | 12 | 1.7 | 3.8 | 14 | 0 | 1.7 | 0.98 |
| | 1 medium fillet (11.5 x 6.8 x 2.3 cm) | 140 | 714 | 434 | 7 | 1.06 | 0.62 | 87 | 6 | 0 | 0.37 | 0.19 | 17 | 2.3 | 5.4 | 20 | 0 | 2.4 | 1.4 |
| K1026 | Mackerel, canned in oil, drained | 100 | 240 | 340 | 320 | 1.52 | 1.1 | 82 | 10 | 0 | 0 | 0.21 | 14 | 0.68 | 6.6 | 0 | 0 | 9.9 | 1.1 |
| | 1 cup (250 mL) | 182 | 437 | 619 | 582 | 2.77 | 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 | 1.29 | 0.89 | 69 | 0 | 0 | 0 | 7.7 | 11 | 0.52 | 5 | 9 | 0 | 2.7 | 0.72 |
| | 1 cup (250 mL) | 257 | 643 | 745 | 617 | 3.32 | 2.29 | 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 | 1.43 | 0.94 | 59 | 31 | 100 | 0 | 0.24 | 11 | 0.76 | 7.6 | 11 | 0 | 2.2 | 1.1 |
| | 1 cup (250 mL) | 242 | 629 | 702 | 678 | 3.46 | 2.28 | 140 | 74 | 242 | 0 | 0.58 | 28 | 1.8 | 18 | 26 | 0 | 5.4 | 2.6 |
| K78 | Orange roughly, flesh, baked | 100 | 297 | 145 | 9 | 2 | 0.33 | 100 | 126 | 0 | 0.01 | 0.02 | 5 | 0.12 | 0.4 | 5 | 0 | 3 | 0.83 |
| | 1 cup flaked (250 mL) | 144 | 428 | 209 | 13 | 2.88 | 0.48 | 150 | 181 | 0 | 0.014 | 0.029 | 7.2 | 0.17 | 0.58 | 7 | 0 | 4.3 | 1.2 |
| K79 | Orange roughly, flesh, deep-fried | 100 | 412 | 207 | 15 | 1.9 | 0.34 | 110 | 70 | 0 | 0.03 | 0.01 | 5.7 | 0.07 | 0.5 | 5 | 0 | 3 | 0.42 |
| | 1 cup flaked (250 mL) | 144 | 593 | 298 | 22 | 2.74 | 0.49 | 160 | 101 | 0 | 0.043 | 0.014 | 8.2 | 0.1 | 0.72 | 7 | 0 | 4.3 | 0.61 |
| K1025 | Salmon, assorted flavours, canned, undrained | 100 | 250 | 164 | 10 | 0.84 | 0.39 | 18 | 21 | 124 | 0.06 | 0.08 | 6.7 | 0.52 | 1.9 | 6 | 0 | 5.5 | 2.2 |
| | 1 cup (250 mL) | 254 | 635 | 417 | 26 | 2.13 | 0.99 | 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 | 405 | 265 | 10 | 0.25 | 0.39 | 27 | 33 | 0 | 0.13 | 0.12 | 9.3 | 0.62 | 1.3 | 0 | 0 | 27 | 3.2 |
| | 1 fillet (15.8 x 6.1 x 2.1 cm) | 164 | 664 | 435 | 16 | 0.41 | 0.63 | 44 | 55 | 0 | 0.21 | 0.2 | 15 | 1 | 2.2 | 0 | 0 | 44 | 5.3 |
| | 1 cup pieces (250 mL) | 170 | 689 | 451 | 17 | 0.43 | 0.65 | 46 | 57 | 0 | 0.22 | 0.2 | 16 | 1.1 | 2.3 | 0 | 0 | 45 | 5.5 |
| | 1 cup flaked (250 mL) | 196 | 794 | 519 | 20 | 0.49 | 0.76 | 53 | 65 | 0 | 0.26 | 0.24 | 18 | 1.2 | 2.6 | 0 | 0 | 52 | 6.3 |
| K1018 | Salmon, king, fillet, skin & bones removed, fresh, baked without fat, no salt added, New Zealand | 100 | 360 | 230 | 7 | 0.18 | 0.36 | 15 | 53 | 0 | 0.16 | 0.11 | 10 | 0.7 | 1.9 | 0 | 0 | 27 | 4.3 |
| | 1 fillet (14.7 x 6.6 x 2.8 cm) | 199 | 716 | 458 | 14 | 0.36 | 0.72 | 30 | 106 | 0 | 0.31 | 0.22 | 20 | 1.4 | 3.8 | 0 | 0 | 54 | 8.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| K10001 | Salmon, king, fillet, skin & bones removed, fresh, pan-fried with oil, New Zealand | 100 | 55.2 | 1320 | 1320 | 20.2 | 26.3 | 0 | 0 | 0 | 0 | 4.48 | 11.4 | 5.75 | 0.733 | 2.73 | 65 | 32 | 2.3 |
| | 1 fillet (15.1 x 5.0 x 2.7 cm) | 172 | 94.9 | 2260 | 2260 | 34.7 | 45.2 | 0 | 0 | 0 | 0 | 7.71 | 19.7 | 9.88 | 1.26 | 4.69 | 112 | 55 | 4 |
| K1017 | Salmon, king, fillet, skin & bones removed, fresh, raw, New Zealand | 100 | 60.5 | 1090 | 1090 | 18.2 | 21.2 | 0 | 0 | 0 | 0 | 4.11 | 9.42 | 4.51 | 0.486 | 2.21 | 59 | 46 | 2.7 |
| | 1 fillet (18.2 x 7.0 x 2.8 cm) | 188 | 114 | 2060 | 2060 | 34.2 | 39.9 | 0 | 0 | 0 | 0 | 7.73 | 17.7 | 8.48 | 0.914 | 4.15 | 111 | 86 | 5.1 |
| K1019 | Salmon, king, fillet, skin & bones removed, fresh, steamed, New Zealand | 100 | 54.9 | 1290 | 1290 | 19.1 | 26 | 0 | 0 | 0 | 0 | 4.81 | 11.9 | 5.58 | 0.556 | 2.74 | 62.8 | 48 | 2.8 |
| | 1 fillet (15.2 x 5.1 x 2.9 cm) | 145 | 79.6 | 1870 | 1870 | 27.7 | 37.7 | 0 | 0 | 0 | 0 | 6.97 | 17.2 | 8.09 | 0.806 | 3.98 | 91 | 70 | 4.1 |
| K1024 | Salmon, pink or red, flesh, canned in spring water, drained | 100 | 69.9 | 615 | 615 | 23.1 | 6 | 0 | 0 | 0 | 0 | 0.98 | 1.2 | 1.46 | 0.057 | 0.144 | 81 | 280 | 22 |
| | 1 cup (250 mL) | 251 | 175 | 1540 | 1540 | 58.1 | 15.1 | 0 | 0 | 0 | 0 | 2.46 | 3 | 3.66 | 0.144 | 0.361 | 203 | 703 | 55 |
| K1030 | Sardines, canned in oil, drained | 100 | 63.5 | 861 | 861 | 21.3 | 13.5 | 0 | 0 | 0 | 0 | 2.5 | 3.79 | 3.52 | 0.292 | 1.54 | 89 | 260 | 19 |
| | 1 cup (250 mL) | 170 | 108 | 1460 | 1460 | 36.3 | 22.9 | 0 | 0 | 0 | 0 | 4.25 | 6.44 | 5.98 | 0.497 | 2.61 | 151 | 442 | 32 |
| K1029 | Sardines, canned in oil, undrained | 100 | 56.9 | 1130 | 1130 | 18 | 22.4 | 0 | 0 | 0 | 0 | 3.79 | 7.05 | 7.72 | 0.751 | 5.19 | 87 | 280 | 20 |
| | 1 cup (250 mL) | 255 | 145 | 2890 | 2890 | 46 | 57 | 0 | 0 | 0 | 0 | 9.67 | 18 | 19.7 | 1.92 | 13.2 | 222 | 714 | 51 |
| K1031 | Sardines, canned in tomato sauce, undrained | 100 | 71.7 | 590 | 600 | 16.3 | 7.44 | 2.24 | 1.1 | 1.8 | 0.44 | 1.49 | 1.59 | 1.89 | 0.123 | 0.577 | 79 | 430 | 24 |
| | 1 cup (250 mL) | 255 | 183 | 1510 | 1530 | 41.5 | 19 | 5.71 | 2.9 | 4.59 | 1.12 | 3.79 | 4.05 | 4.81 | 0.314 | 1.47 | 201 | 1100 | 61 |
| K1032 | Sardines, canned in water, drained | 100 | 68.9 | 652 | 652 | 20.5 | 8.21 | 0 | 0 | 0 | 0 | 1.76 | 1.67 | 1.17 | 0.071 | 0.153 | 109 | 200 | 25 |
| | 1 cup (250 mL) | 163 | 112 | 1060 | 1060 | 33.4 | 13.4 | 0 | 0 | 0 | 0 | 2.86 | 2.73 | 1.9 | 0.116 | 0.25 | 178 | 326 | 41 |
| K1049 | Shark or lemonfish, fillet, flesh, fresh battered, deep-fried in canola oil | 100 | 58.6 | 965 | 979 | 23 | 12.1 | 7.4 | 1.8 | 0.17 | 7.23 | 0.95 | 6.74 | 3.8 | 1.15 | 2.37 | 28 | 154 | 8.1 |
| | 1 medium fillet (13.9 x 6.6 x 3.7 cm)) | 160 | 93.8 | 1540 | 1570 | 36.8 | 19.4 | 11.8 | 2.9 | 0.27 | 11.6 | 1.52 | 10.8 | 6.07 | 1.83 | 3.79 | 44.8 | 246 | 13 |
| K1036 | Snapper, fillet, flesh, fresh, baked without oil | 100 | 74 | 484 | 484 | 25.2 | 1.5 | 0 | 0 | 0 | 0 | 0.39 | 0.26 | 0.49 | 0.004 | 0.009 | 56 | 81 | 28 |
| | 1 medium fillet (17.6 x 4.5 x 1.1 cm) | 88.2 | 65.3 | 427 | 427 | 22.2 | 1.32 | 0 | 0 | 0 | 0 | 0.34 | 0.23 | 0.44 | 0.004 | 0.008 | 49.4 | 71 | 25 |
| K1040 | Snapper, fillet, flesh, fresh, battered, deep-fried in canola oil | 100 | 54.8 | 1060 | 1070 | 18.5 | 16.4 | 8.03 | 1.1 | 0.24 | 7.79 | 1.46 | 10.4 | 5.67 | 1.77 | 3.56 | 32 | 153 | 25 |
| | 1 medium fillet (18.6 x 4.7 x 2.5 cm) | 116 | 63.6 | 1230 | 1240 | 21.4 | 19 | 9.32 | 1.2 | 0.28 | 9.04 | 1.69 | 12 | 6.58 | 2.05 | 4.13 | 37.1 | 177 | 29 |
| K1039 | Snapper, fillet, flesh, fresh, crumbed, deep-fried in canola oil | 100 | 56.8 | 908 | 924 | 20.3 | 10.3 | 10.8 | 2 | 0.98 | 9.81 | 1.05 | 5.72 | 3.35 | 0.945 | 2.11 | 49 | 91 | 23 |
| | 1 medium fillet (17.3 x 5.4 x 1.7 cm) | 117 | 66.5 | 1060 | 1080 | 23.7 | 12 | 12.6 | 2.3 | 1.15 | 11.5 | 1.23 | 6.7 | 3.92 | 1.11 | 2.47 | 57.3 | 106 | 27 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| K10001 | Salmon, king, fillet, skin & bones removed, fresh, pan-fried with oil, New Zealand | 100 | 410 | 260 | 7 | 0.19 | 0.31 | 20 | 37 | 0 | 0.16 | 0.08 | 9.7 | 0.57 | 1.6 | 0 | 0 | 24 | 4.6 |
| | 1 fillet (15.1 x 5.0 x 2.7 cm) | 172 | 705 | 447 | 13 | 0.33 | 0.53 | 34 | 63 | 0 | 0.28 | 0.14 | 17 | 0.98 | 2.8 | 0 | 0 | 41 | 7.9 |
| K1017 | Salmon, king, fillet, skin & bones removed, fresh, raw, New Zealand | 100 | 350 | 230 | 8 | 0.18 | 0.32 | 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 | 658 | 432 | 15 | 0.34 | 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 | 7 | 0.17 | 0.34 | 14 | 45 | 0 | 0.12 | 0.09 | 8 | 0.56 | 1.8 | 0 | 0 | 26 | 4.1 |
| | 1 fillet (15.2 x 5.1 x 2.9 cm) | 145 | 450 | 290 | 9 | 0.25 | 0.49 | 21 | 65 | 0 | 0.17 | 0.13 | 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 | 0.66 | 0.89 | 33 | 23 | 0 | 0.09 | 0.18 | 11 | 0.6 | 4.9 | 0 | 0 | 17 | 0.51 |
| | 1 cup (250 mL) | 251 | 853 | 954 | 678 | 1.66 | 2.23 | 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 | 1.76 | 2 | 33 | 38 | 0 | 0 | 0.22 | 7.4 | 0.29 | 7.4 | 0 | 0 | 5 | 0.63 |
| | 1 cup (250 mL) | 170 | 595 | 663 | 544 | 2.99 | 3.4 | 56 | 64 | 0 | 0 | 0.37 | 13 | 0.5 | 13 | 0 | 0 | 8.4 | 1.1 |
| K1029 | Sardines, canned in oil, undrained | 100 | 280 | 320 | 250 | 1.5 | 1.42 | 30 | 46 | 0 | 0 | 0.17 | 6 | 0.23 | 5.8 | 0 | 0 | 8.2 | 1.7 |
| | 1 cup (250 mL) | 255 | 714 | 816 | 638 | 3.83 | 3.62 | 77 | 117 | 0 | 0 | 0.44 | 15 | 0.58 | 15 | 0 | 0 | 21 | 4.4 |
| K1031 | Sardines, canned in tomato sauce, undrained | 100 | 300 | 310 | 290 | 1.71 | 1.46 | 37 | 48 | 113 | 0 | 0.18 | 6.5 | 0.45 | 5.9 | 4 | 0 | 6.5 | 1.3 |
| | 1 cup (250 mL) | 255 | 765 | 791 | 740 | 4.36 | 3.72 | 94 | 123 | 289 | 0 | 0.46 | 17 | 1.1 | 15 | 9 | 0 | 17 | 3.3 |
| K1032 | Sardines, canned in water, drained | 100 | 270 | 380 | 340 | 1.98 | 1.71 | 40 | 13 | 0 | 0 | 0.22 | 8.9 | 0.29 | 7.4 | 0 | 0 | 6.3 | 0.43 |
| | 1 cup (250 mL) | 163 | 440 | 619 | 554 | 3.23 | 2.79 | 65 | 22 | 0 | 0 | 0.36 | 14 | 0.47 | 12 | 0 | 0 | 10 | 0.7 |
| K1049 | Shark or lemonfish, fillet, flesh, fresh battered, deep-fried in canola oil | 100 | 370 | 290 | 51 | 0.32 | 0.33 | 32 | 8 | 0 | 0.03 | 0.052 | 9.4 | 0.54 | 0.06 | 1 | 0 | 0 | 2 |
| | 1 medium fillet (13.9 x 6.6 x 3.7 cm)) | 160 | 592 | 464 | 82 | 0.51 | 0.53 | 51 | 12 | 0 | 0.049 | 0.084 | 15 | 0.86 | 0.1 | 2 | 0 | 0 | 3.2 |
| K1036 | Snapper, fillet, flesh, fresh, baked without oil | 100 | 530 | 280 | 10 | 0.23 | 0.41 | 45 | 0 | 0 | 0.44 | 0.08 | 10 | 0.48 | 1.1 | 14 | 0 | 0.91 | 0.54 |
| | 1 medium fillet (17.6 x 4.5 x 1.1 cm) | 88.2 | 467 | 247 | 9 | 0.2 | 0.36 | 40 | 0 | 0 | 0.39 | 0.071 | 9.1 | 0.42 | 0.96 | 12 | 0 | 0.8 | 0.47 |
| K1040 | Snapper, fillet, flesh, fresh, battered, deep-fried in canola oil | 100 | 420 | 300 | 56 | 0.32 | 0.36 | 39 | 0 | 0 | 0.23 | 0.09 | 6.9 | 0.5 | 1.1 | 10 | 0 | 0.52 | 2.6 |
| | 1 medium fillet (18.6 x 4.7 x 2.5 cm) | 116 | 487 | 348 | 65 | 0.37 | 0.42 | 45 | 0 | 0 | 0.27 | 0.1 | 8 | 0.58 | 1.3 | 11 | 0 | 0.61 | 3 |
| K1039 | Snapper, fillet, flesh, fresh, crumbed, deep-fried in canola oil | 100 | 440 | 250 | 17 | 0.54 | 0.51 | 32 | 6 | 0 | 0.3 | 0.13 | 7.7 | 0.38 | 1.1 | 19 | 0 | 0.64 | 1.7 |
| | 1 medium fillet (17.3 x 5.4 x 1.7 cm) | 117 | 515 | 293 | 20 | 0.63 | 0.6 | 37 | 6 | 0 | 0.35 | 0.15 | 9 | 0.45 | 1.3 | 22 | 0 | 0.75 | 1.9 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| K1041 | Snapper, fillet, flesh, fresh, crumbed, pan-fried with canola oil | 100 | 60.7 | 786 | 802 | 18.1 | 8.2 | 10.3 | 1.9 | 0.97 | 9.37 | 0.87 | 4.15 | 2.4 | 0.651 | 1.48 | 57 | 87 | 20 |
| | 1 medium fillet (22.8 x 5.3 x 1.5 cm) | 106 | 64.3 | 834 | 850 | 19.1 | 8.69 | 11 | 2 | 1.03 | 9.93 | 0.93 | 4.4 | 2.54 | 0.69 | 1.57 | 60.4 | 92 | 21 |
| K1035 | Snapper, fillet, flesh, fresh, pan-fried with canola oil | 100 | 70.4 | 567 | 567 | 25.9 | 3.44 | 0 | 0 | 0 | 0 | 0.58 | 1.27 | 1.05 | 0.18 | 0.34 | 57 | 76 | 28 |
| | 1 medium fillet (15.8 x 5.6 x 1.27 cm) | 120 | 84.5 | 680 | 680 | 31 | 4.13 | 0 | 0 | 0 | 0 | 0.7 | 1.53 | 1.26 | 0.216 | 0.407 | 68.4 | 91 | 34 |
| K1038 | Snapper, fillet, flesh, fresh, poached or simmered | 100 | 75 | 445 | 445 | 23.4 | 1.29 | 0 | 0 | 0 | 0 | 0.33 | 0.23 | 0.4 | 0 | 0.01 | 56 | 53 | 38 |
| | 1 medium fillet (18.9 x 6.3 x 1.4 cm) | 162 | 122 | 720 | 720 | 37.8 | 2.09 | 0 | 0 | 0 | 0 | 0.54 | 0.38 | 0.64 | 0 | 0.016 | 90.7 | 86 | 62 |
| K1037 | Snapper, fillet, flesh, fresh, steamed or microwaved | 100 | 75.6 | 433 | 433 | 22.4 | 1.4 | 0 | 0 | 0 | 0 | 0.36 | 0.27 | 0.41 | 0.007 | 0.009 | 52 | 60 | 32 |
| | 1 medium fillet (18.9 x 5.7 x 1.4 cm) | 137 | 104 | 593 | 593 | 30.7 | 1.91 | 0 | 0 | 0 | 0 | 0.5 | 0.37 | 0.57 | 0.01 | 0.012 | 71.2 | 82 | 44 |
| K1043 | Tarakihi, fillet, flesh, fresh, pan-fried with canola oil | 100 | 65.9 | 687 | 687 | 29.2 | 5.15 | 0 | 0 | 0 | 0 | 0.63 | 2.21 | 1.58 | 0.349 | 0.642 | 60 | 83 | 36 |
| | 1 medium fillet (18.1 x 5.1 x 1.3 cm) | 104 | 68.5 | 715 | 715 | 30.4 | 5.36 | 0 | 0 | 0 | 0 | 0.66 | 2.3 | 1.64 | 0.363 | 0.668 | 62.4 | 86 | 37 |
| K1044 | Tarakihi, fillet, flesh, fresh, poached or simmered | 100 | 72.2 | 539 | 539 | 25.6 | 2.8 | 0 | 0 | 0 | 0 | 0.63 | 0.68 | 0.68 | 0.008 | 0.022 | 57 | 63 | 35 |
| | 1 medium fillet (17.3 x 5.8 x 1.6 cm) | 133 | 96 | 716 | 716 | 34 | 3.73 | 0 | 0 | 0 | 0 | 0.84 | 0.9 | 0.91 | 0.01 | 0.029 | 75.8 | 84 | 47 |
| K1012 | Tuna, canned in assorted oil, plain, undrained | 100 | 56.2 | 1130 | 1130 | 19.9 | 21.3 | 0 | 0 | 0 | 0 | 3.17 | 10.4 | 8.24 | 0.39 | 7.44 | 29.4 | 320 | 10 |
| | 1 cup (250 mL) | 228 | 128 | 2570 | 2570 | 45.3 | 48.6 | 0 | 0 | 0 | 0 | 7.24 | 23.7 | 18.8 | 0.89 | 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 | 3.28 | 2.86 | 0.145 | 2.31 | 31.4 | 360 | 12 |
| | 1 cup (250 mL) | 154 | 100 | 1130 | 1130 | 40.7 | 11.7 | 0 | 0 | 0 | 0 | 1.85 | 5.05 | 4.41 | 0.223 | 3.55 | 48.4 | 554 | 19 |
| K1007 | Tuna, canned in brine, plain, drained | 100 | 71.1 | 492 | 492 | 26.8 | 1 | 0 | 0 | 0 | 0 | 0.25 | 0.13 | 0.35 | 0.001 | 0.007 | 45.1 | 310 | 13 |
| | 1 cup (250 mL) | 151 | 107 | 743 | 743 | 40.4 | 1.51 | 0 | 0 | 0 | 0 | 0.37 | 0.19 | 0.52 | 0.002 | 0.011 | 68.1 | 468 | 19 |
| K1008 | Tuna, canned in oil, assorted flavours, undrained | 100 | 71.6 | 559 | 559 | 15.4 | 7 | 2.3 | 0 | 1.8 | 0.5 | 1.01 | 2.13 | 3.62 | 0.152 | 3.22 | 26.4 | 350 | 8.8 |
| | 1 cup (250 mL) | 254 | 182 | 1420 | 1420 | 39.1 | 17.8 | 5.84 | 0 | 4.57 | 1.27 | 2.57 | 5.41 | 9.19 | 0.387 | 8.17 | 67.1 | 889 | 22 |
| K1006 | Tuna, canned in spring water, plain, salt added, drained | 100 | 72.1 | 490 | 490 | 26.6 | 1 | 0 | 0 | 0 | 0 | 0.25 | 0.13 | 0.35 | 0.001 | 0.007 | 45.1 | 310 | 13 |
| | 1 cup (250 mL) | 155 | 112 | 759 | 759 | 41.3 | 1.55 | 0 | 0 | 0 | 0 | 0.38 | 0.2 | 0.54 | 0.002 | 0.011 | 69.9 | 481 | 20 |
| K1010 | Tuna, canned in spring water, plain, salt added, undrained | 100 | 78.1 | 368 | 368 | 20.1 | 0.7 | 0 | 0 | 0 | 0 | 0.18 | 0.1 | 0.25 | 0.001 | 0.006 | 34.8 | 340 | 9.7 |
| | 1 cup (250 mL) | 250 | 195 | 920 | 920 | 50.3 | 1.75 | 0 | 0 | 0 | 0 | 0.46 | 0.24 | 0.62 | 0.003 | 0.014 | 87 | 850 | 24 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K | Phosphorus P | Calcium Ca | Iron Fe | Zinc Zn | Selenium Se | Vitamin A | Beta- carotene | Thiamin | Riboflavin | Niacin | Vitamin B6 | Vitamin B12 | Dietary folate | Vitamin C | Vitamin D | Vitamin E |
|--------|---|---------|----------------|-----------------|---------------|------------|------------|----------------|--------------|-------------------|---------|------------|--------|---------------|----------------|-------------------|--------------|--------------|--------------|
| | | g | mg | mg | mg | mg | mg | µg | µg | µg | mg | mg | mg | mg | µg | µg | mg | µg | mg |
| K1041 | Snapper, fillet, flesh, fresh, crumbed, pan-fried with canola oil | 100 | 430 | 230 | 16 | 0.54 | 0.46 | 32 | 12 | 0 | 0.35 | 0.14 | 7.1 | 0.31 | 1.1 | 20 | 0 | 0.61 | 1.6 |
| | 1 medium fillet (22.8 x 5.3 x 1.5 cm) | 106 | 456 | 244 | 17 | 0.57 | 0.49 | 34 | 13 | 0 | 0.37 | 0.15 | 7.5 | 0.33 | 1.2 | 21 | 0 | 0.65 | 1.7 |
| K1035 | Snapper, fillet, flesh, fresh, pan-fried with canola oil | 100 | 580 | 310 | 12 | 0.25 | 0.46 | 62 | 0 | 0 | 0.33 | 0.1 | 11 | 0.34 | 1.1 | 14 | 0 | 0.95 | 0.75 |
| | 1 medium fillet (15.8 x 5.6 x 1.27 cm) | 120 | 696 | 372 | 15 | 0.3 | 0.55 | 74 | 0 | 0 | 0.4 | 0.12 | 13 | 0.41 | 1.3 | 17 | 0 | 1.1 | 0.9 |
| K1038 | Snapper, fillet, flesh, fresh, poached or simmered | 100 | 450 | 240 | 8 | 0.21 | 0.38 | 51 | 0 | 0 | 0.32 | 0.07 | 8.9 | 0.44 | 1.2 | 11 | 0 | 0.84 | 0.56 |
| | 1 medium fillet (18.9 x 6.3 x 1.4 cm) | 162 | 729 | 389 | 13 | 0.34 | 0.62 | 83 | 0 | 0 | 0.52 | 0.11 | 14 | 0.71 | 1.9 | 18 | 0 | 1.4 | 0.9 |
| K1037 | Snapper, fillet, flesh, fresh, steamed or microwaved | 100 | 510 | 270 | 9 | 0.19 | 0.37 | 67 | 0 | 0 | 0.41 | 0.07 | 9.8 | 0.35 | 0.95 | 6 | 0 | 1.1 | 0.57 |
| | 1 medium fillet (18.9 x 5.7 x 1.4 cm) | 137 | 699 | 370 | 12 | 0.26 | 0.51 | 92 | 0 | 0 | 0.56 | 0.096 | 13 | 0.48 | 1.3 | 9 | 0 | 1.6 | 0.78 |
| K1043 | Tarakihi, fillet, flesh, fresh, pan-fried with canola oil | 100 | 430 | 240 | 14 | 0.27 | 0.36 | 67 | 0 | 0 | 0.12 | 0.089 | 11 | 0.88 | 1.6 | 7 | 0 | 2.9 | 1.2 |
| | 1 medium fillet (18.1 x 5.1 x 1.3 cm) | 104 | 447 | 250 | 14 | 0.28 | 0.37 | 70 | 0 | 0 | 0.12 | 0.092 | 12 | 0.92 | 1.7 | 8 | 0 | 3 | 1.2 |
| K1044 | Tarakihi, fillet, flesh, fresh, poached or simmered | 100 | 350 | 195 | 14 | 0.24 | 0.32 | 59 | 0 | 0 | 0.088 | 0.066 | 8.2 | 0.62 | 1.6 | 5 | 0 | 2.2 | 0.87 |
| | 1 medium fillet (17.3 x 5.8 x 1.6 cm) | 133 | 466 | 259 | 18 | 0.32 | 0.43 | 78 | 0 | 0 | 0.12 | 0.088 | 11 | 0.82 | 2.2 | 7 | 0 | 3 | 1.2 |
| K1012 | Tuna, canned in assorted oil, plain, undrained | 100 | 230 | 194 | 8 | 0.65 | 0.56 | 69 | 0 | 0 | 0 | 0.09 | 17 | 1.6 | 2.9 | 0 | 0 | 1.4 | 1.2 |
| | 1 cup (250 mL) | 228 | 524 | 442 | 18 | 1.48 | 1.28 | 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 | 0.83 | 0.71 | 90 | 0 | 0 | 0 | 0.11 | 20 | 1.9 | 2.5 | 0 | 0 | 1.8 | 1.2 |
| | 1 cup (250 mL) | 154 | 416 | 339 | 12 | 1.28 | 1.09 | 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 | 1.36 | 0.8 | 88 | 0 | 0 | 0 | 0.11 | 18 | 1.7 | 4.2 | 0 | 0 | 2.1 | 0.27 |
| | 1 cup (250 mL) | 151 | 332 | 317 | 9 | 2.05 | 1.21 | 130 | 0 | 0 | 0 | 0.17 | 28 | 2.6 | 6.3 | 0 | 0 | 3.2 | 0.4 |
| K1008 | Tuna, canned in oil, assorted flavours, undrained | 100 | 240 | 135 | 13 | 1.09 | 0.5 | 53 | 22 | 130 | 0 | 0.09 | 14 | 1.4 | 2.5 | 0 | 0 | 2.3 | 1.4 |
| | 1 cup (250 mL) | 254 | 610 | 343 | 33 | 2.77 | 1.27 | 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 | 1.36 | 0.8 | 88 | 0 | 0 | 0 | 0.11 | 18 | 1.7 | 4.2 | 0 | 0 | 2.1 | 0.27 |
| | 1 cup (250 mL) | 155 | 341 | 326 | 9 | 2.11 | 1.24 | 140 | 0 | 0 | 0 | 0.17 | 29 | 2.6 | 6.5 | 0 | 0 | 3.3 | 0.41 |
| K1010 | Tuna, canned in spring water, plain, salt added, undrained | 100 | 270 | 240 | 5 | 0.99 | 0.54 | 67 | 0 | 0 | 0.02 | 0.09 | 17 | 1.9 | 4.7 | 0 | 0 | 1.7 | 0.27 |
| | 1 cup (250 mL) | 250 | 675 | 600 | 13 | 2.48 | 1.35 | 170 | 0 | 0 | 0.05 | 0.23 | 42 | 4.8 | 12 | 0 | 0 | 4.1 | 0.66 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| K1009 | Tuna, canned in water, assorted flavours, undrained | 100 | 75.1 | 330 | 330 | 12.3 | 1.1 | 4.7 | 0 | 4 | 0.7 | 0.24 | 0.16 | 0.42 | 0.021 | 0.178 | 33.1 | 360 | 8.7 | |
| | 1 cup (250 mL) | 253 | 190 | 835 | 835 | 31.2 | 2.78 | 11.9 | 0 | 10.1 | 1.77 | 0.61 | 0.42 | 1.06 | 0.053 | 0.451 | 83.7 | 911 | 22 | |
| K1005 | Tuna, in brine, plain, canned, undrained | 100 | 77.8 | 378 | 378 | 20.7 | 0.7 | 0 | 0 | 0 | 0 | 0.18 | 0.1 | 0.25 | 0.001 | 0.006 | 34.8 | 340 | 9.7 | |
| | 1 cup (250 mL) | 251 | 195 | 948 | 948 | 51.9 | 1.76 | 0 | 0 | 0 | 0 | 0.46 | 0.24 | 0.63 | 0.003 | 0.014 | 87.3 | 853 | 24 | |
| L | FRUITS | | | | | | | | | | | | | | | | | | | |
| L16 | Apple, cooking, flesh, stewed | 100 | 87.7 | 153 | 163 | 0.25 | 0.26 | 8.2 | 1.2 | 7.9 | 0.3 | 0.07 | 0.02 | 0.12 | | | 0 | 2 | 0.16 | |
| | 1 cup (250 mL) | 180 | 158 | 276 | 293 | 0.45 | 0.47 | 14.8 | 2.2 | 14.2 | 0.54 | 0.12 | 0.03 | 0.22 | | | 0 | 4 | 0.29 | |
| L1153 | Apple, flesh & skin, raw, combined varieties | 100 | 86.2 | 196 | 213 | 0.21 | 0.3 | 10.7 | 2 | 10.4 | 0.29 | 0.02 | 0.01 | 0.03 | 0.005 | 0.023 | 0 | 0 | 0.5 | |
| | 1 fruit (7.0 cm diameter) | 163 | 141 | 320 | 347 | 0.35 | 0.49 | 17.4 | 3.3 | 17 | 0.48 | 0.03 | 0.01 | 0.05 | 0.009 | 0.038 | 0 | 0 | 0.82 | |
| L1154 | Apple, flesh, raw, combined varieties | 100 | 86.5 | 188 | 199 | 0.22 | 0.2 | 10.4 | 1.4 | 10.1 | 0.29 | 0.02 | 0.01 | 0.03 | 0.005 | 0.023 | 0 | 0 | 0 | |
| | 1 fruit (7.0 cm diameter) | 144 | 125 | 270 | 287 | 0.32 | 0.29 | 15 | 2.1 | 14.5 | 0.42 | 0.02 | 0.01 | 0.04 | 0.008 | 0.033 | 0 | 0 | 0 | |
| L1137 | Apricot, canned in juice, undrained | 100 | 87.6 | 174 | 181 | 0.38 | 0.2 | 9.4 | 0.9 | 9.2 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 1 | |
| | 1 cup halves (250 mL) | 261 | 229 | 453 | 472 | 0.98 | 0.52 | 24.5 | 2.3 | 24 | 0.52 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 2.6 | |
| L1140 | Apricot, canned in syrup, drained | 100 | 82.1 | 245 | 253 | 0.55 | 0.2 | 13.4 | 1 | 13.2 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0.6 | |
| | 1 half | 12.3 | 10.1 | 30 | 31 | 0.07 | 0.03 | 1.65 | 0.1 | 1.62 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.07 | |
| | 1 cup halves (250 mL) | 255 | 209 | 624 | 644 | 1.41 | 0.51 | 34.2 | 2.6 | 33.7 | 0.51 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 1.5 | |
| L1141 | Apricot, canned in syrup, undrained | 100 | 82.5 | 256 | 264 | 0.41 | 0.2 | 14.2 | 1 | 14 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 1 | |
| | 1 cup halves (250 mL) | 264 | 218 | 675 | 696 | 1.09 | 0.53 | 37.5 | 2.6 | 37 | 0.53 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 2.6 | |
| L1156 | Apricot, dried | 100 | 28.1 | 663 | 722 | 2.56 | 0.3 | 35.8 | 7.4 | 35.6 | 0.17 | 0.09 | 0.01 | 0.22 | 0.071 | 0.073 | 0 | 10 | 1 | |
| | 5 halves | 38.3 | 10.8 | 254 | 277 | 0.98 | 0.12 | 13.7 | 2.8 | 13.6 | 0.07 | 0.03 | trace | 0.08 | 0.027 | 0.028 | 0 | 4 | 0.38 | |
| | 1 cup halves (250 mL) | 229 | 64.3 | 1520 | 1650 | 5.87 | 0.69 | 81.9 | 17 | 81.5 | 0.39 | 0.19 | 0.02 | 0.5 | 0.162 | 0.167 | 0 | 24 | 2.3 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg | |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|--|
| K1009 | Tuna, canned in water, assorted flavours, undrained | 100 | 270 | 148 | 14 | 1.54 | 0.56 | 55 | 28 | 167 | 0.02 | 0.1 | 14 | 1.6 | 3.6 | 0 | 0 | 2.7 | 0.58 | |
| | 1 cup (250 mL) | 253 | 683 | 374 | 36 | 3.9 | 1.42 | 140 | 71 | 423 | 0.051 | 0.25 | 35 | 4 | 9.1 | 0 | 0 | 6.8 | 1.5 | |
| K1005 | Tuna, in brine, plain, canned, undrained | 100 | 270 | 240 | 5 | 0.99 | 0.54 | 67 | 0 | 0 | 0 | 0.09 | 17 | 1.9 | 4.7 | 0 | 0 | 1.7 | 0.27 | |
| | 1 cup (250 mL) | 251 | 678 | 602 | 13 | 2.49 | 1.36 | 170 | 0 | 0 | 0 | 0.23 | 43 | 4.8 | 12 | 0 | 0 | 4.1 | 0.67 | |
| L | FRUITS | | | | | | | | | | | | | | | | | | | |
| L16 | Apple, cooking, flesh, stewed | 100 | 100 | 14 | 3 | 0.3 | 0.1 | 0.09 | 7 | 39 | 0.03 | 0.02 | 0.13 | 0.02 | 0 | 2 | 12 | 0 | 0.2 | |
| | 1 cup (250 mL) | 180 | 180 | 25 | 5 | 0.54 | 0.18 | 0.16 | 12 | 70 | 0.054 | 0.036 | 0.24 | 0.036 | 0 | 4 | 21.6 | 0 | 0.36 | |
| L1153 | Apple, flesh & skin, raw, combined varieties | 100 | 100 | 9 | 5 | 0.11 | 0.03 | 0 | 3 | 21 | 0 | 0.07 | 0.04 | 0.04 | 0 | 0 | 4.81 | 0 | 0.74 | |
| | 1 fruit (7.0 cm diameter) | 163 | 163 | 15 | 8 | 0.18 | 0.05 | 0 | 6 | 34 | 0 | 0.11 | 0.065 | 0.065 | 0 | 0 | 7.84 | 0 | 1.2 | |
| L1154 | Apple, flesh, raw, combined varieties | 100 | 110 | 10 | 3 | 0 | 0 | 0 | 3 | 17 | 0 | 0.07 | 0.041 | 0.04 | 0 | 0 | 2.92 | 0 | 0 | |
| | 1 fruit (7.0 cm diameter) | 144 | 158 | 14 | 4 | 0 | 0 | 0 | 4 | 25 | 0 | 0.1 | 0.059 | 0.058 | 0 | 0 | 4.21 | 0 | 0 | |
| L1137 | Apricot, canned in juice, undrained | 100 | 149 | 11 | 47 | 0.18 | 0.06 | 0 | 109 | 656 | 0 | 0.3 | 0.24 | 0.03 | 0 | 0 | 2.76 | 0 | 0.6 | |
| | 1 cup halves (250 mL) | 261 | 389 | 29 | 123 | 0.47 | 0.16 | 0 | 286 | 1710 | 0 | 0.78 | 0.63 | 0.078 | 0 | 0 | 7.2 | 0 | 1.6 | |
| L1140 | Apricot, canned in syrup, drained | 100 | 131 | 10 | 37 | 0.21 | 0.08 | 0 | 109 | 656 | 0 | 0.4 | 0.3 | 0.03 | 0 | 0 | 4.02 | 0 | 0.89 | |
| | 1 half | 12.3 | 16 | 1 | 5 | 0.03 | 0.01 | 0 | 13 | 81 | 0 | 0.049 | 0.037 | 0.004 | 0 | 0 | 0.49 | 0 | 0.11 | |
| | 1 cup halves (250 mL) | 255 | 334 | 27 | 94 | 0.54 | 0.2 | 0 | 279 | 1670 | 0 | 1 | 0.77 | 0.076 | 0 | 0 | 10.3 | 0 | 2.3 | |
| L1141 | Apricot, canned in syrup, undrained | 100 | 149 | 11 | 47 | 0.18 | 0.06 | 0 | 109 | 656 | 0 | 0.3 | 0.25 | 0.03 | 0 | 0 | 5.33 | 0 | 0.66 | |
| | 1 cup halves (250 mL) | 264 | 393 | 29 | 124 | 0.48 | 0.16 | 0 | 289 | 1730 | 0 | 0.79 | 0.65 | 0.079 | 0 | 0 | 14.1 | 0 | 1.7 | |
| L1156 | Apricot, dried | 100 | 1200 | 73 | 62 | 1.22 | 0.35 | 0 | 59 | 352 | 0 | 0.11 | 2.6 | 0.58 | 0 | 0 | 0 | 0 | 0 | |
| | 5 halves | 38.3 | 460 | 28 | 24 | 0.47 | 0.13 | 0 | 22 | 135 | 0 | 0.042 | 1 | 0.22 | 0 | 0 | 0 | 0 | 0 | |
| | 1 cup halves (250 mL) | 229 | 2750 | 167 | 142 | 2.79 | 0.8 | 0 | 134 | 805 | 0 | 0.25 | 6 | 1.3 | 0 | 0 | 0 | 0 | 0 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| 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 fruit (5.2 cm diameter) | 71.9 | 62.5 | 93 | 104 | 0.65 | 0.14 | 4.53 | 1.4 | 4.53 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 176 | 153 | 228 | 255 | 1.58 | 0.35 | 11.1 | 3.3 | 11.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| L25 | Apricot, flesh & skin, stewed | 100 | 87.9 | 101 | 114 | 0.44 | 0.06 | 5.4 | 1.6 | 5.4 | 0 | trace | 0.03 | 0.01 | | | 0 | 3 | 1.5 |
| | 1 cup (250 mL) | 260 | 229 | 264 | 297 | 1.14 | 0.16 | 14 | 4.2 | 14 | 0 | 0.01 | 0.08 | 0.03 | | | 0 | 8 | 3.9 |
| L1159 | Avocado, 'Hass', New Zealand | 100 | 67.6 | 871 | 912 | 1.78 | 22.7 | 0.08 | 5.1 | 0 | 0.08 | 3.33 | 15 | 3 | 0.183 | 2.8 | 0 | 12 | 0.75 |
| | 1 fruit small (7.8 x 5.7 cm diameter) | 122 | 82.5 | 1060 | 1110 | 2.17 | 27.7 | 0.09 | 6.3 | 0 | 0.09 | 4.07 | 18.3 | 3.66 | 0.223 | 3.42 | 0 | 14 | 0.92 |
| | 1 fruit | 173 | 117 | 1510 | 1580 | 3.07 | 39.3 | 0.13 | 8.9 | 0 | 0.13 | 5.77 | 25.9 | 5.19 | 0.316 | 4.85 | 0 | 20 | 1.3 |
| L1101 | Banana, yellow, ripened, raw | 100 | 74.6 | 382 | 397 | 1.03 | 0.3 | 20.8 | 1.8 | 15.2 | 5.6 | 0.1 | 0.08 | 0.05 | 0.006 | 0.042 | 0 | 0 | 0 |
| | 1 fruit medium (19-20 cm long) | 111 | 82.8 | 424 | 440 | 1.14 | 0.33 | 23.1 | 2 | 16.9 | 6.22 | 0.11 | 0.09 | 0.06 | 0.006 | 0.047 | 0 | 0 | 0 |
| L1226 | Blackberries, whole fruit, frozen | 100 | 85.5 | 150 | 186 | 1.16 | 0.9 | 5.7 | 4.5 | 5.7 | 0 | 0.08 | 0.09 | 0.48 | 0.091 | 0.386 | 0 | 2 | 0.5 |
| | 5 fruits medium | 34 | 29.1 | 51 | 63 | 0.4 | 0.31 | 1.94 | 1.5 | 1.94 | 0 | 0.03 | 0.03 | 0.16 | 0.031 | 0.131 | 0 | trace | 0.17 |
| L34 | Blackberry, raw | 100 | 82 | 211 | 260 | 1.25 | 0.49 | 10.1 | 6.1 | 10.1 | 0 | 0.02 | 0.05 | 0.32 | | | 0 | 4 | 0.21 |
| | 1 cup (250 mL) | 123 | 101 | 260 | 320 | 1.54 | 0.6 | 12.4 | 7.5 | 12.4 | 0 | 0.02 | 0.07 | 0.39 | | | 0 | 5 | 0.26 |
| L1047 | Blackcurrant, 'Ben Ard', frozen | 100 | 79.4 | 184 | 229 | 1.25 | 0.5 | 8.5 | 5.6 | 8.5 | 0 | 0.08 | 0.05 | 0.22 | 0.08 | 0.113 | 0 | 2 | 0.4 |
| | 1 cup (250 mL) | 157 | 125 | 289 | 360 | 1.96 | 0.79 | 13.3 | 8.8 | 13.3 | 0 | 0.13 | 0.08 | 0.35 | 0.125 | 0.178 | 0 | 3 | 0.63 |
| L1225 | Blackcurrant, frozen | 100 | 79.7 | 186 | 225 | 1.36 | 0.92 | 7.6 | 4.8 | 7.6 | 0 | 0.1 | 0.1 | 0.61 | 0.128 | 0.364 | 0 | 2 | 0.4 |
| | 10 fruits medium | 8.9 | 7.1 | 17 | 20 | 0.12 | 0.08 | 0.68 | 0.4 | 0.68 | 0 | 0.01 | 0.01 | 0.05 | 0.011 | 0.032 | 0 | trace | 0.04 |
| | 1 cup (250 mL) | 129 | 103 | 241 | 290 | 1.76 | 1.19 | 9.8 | 6.2 | 9.8 | 0 | 0.13 | 0.13 | 0.78 | 0.165 | 0.469 | 0 | 2 | 0.52 |
| L1052 | Blackcurrant, puree, frozen | 100 | 84.1 | 146 | 168 | 0.63 | 0.4 | 7.1 | 2.7 | 7.1 | 0 | 0.08 | 0.05 | 0.15 | 0.06 | 0.075 | 0 | 2 | 0.6 |
| | 1 cup (250 mL) | 282 | 237 | 412 | 473 | 1.76 | 1.13 | 20 | 7.6 | 20 | 0 | 0.21 | 0.14 | 0.43 | 0.17 | 0.21 | 0 | 6 | 1.7 |
| L50 | Blackcurrant, raw | 100 | 82 | 283 | 318 | 0.94 | 0.41 | 14.8 | 4.3 | 14.8 | 0 | 0.04 | 0.07 | 0.22 | | | 0 | 2 | 0.21 |
| | 1 cup (250 mL) | 118 | 96.7 | 334 | 375 | 1.11 | 0.48 | 17.5 | 5.1 | 17.5 | 0 | 0.05 | 0.08 | 0.26 | | | 0 | 2 | 0.25 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---------------------------------------|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| L1168 | Apricot, flesh & skin, raw, fresh | 100 | 270 | 26 | 17 | 0.23 | 0.2 | 0 | 182 | 1090 | 0.01 | 0.07 | 0.57 | 0.05 | 0 | 0 | 3.55 | 0 | 0.28 |
| | 1 fruit (5.2 cm diameter) | 71.9 | 194 | 19 | 12 | 0.17 | 0.14 | 0 | 131 | 785 | 0.007 | 0.05 | 0.41 | 0.036 | 0 | 0 | 2.55 | 0 | 0.2 |
| | 1 cup cubed (250 mL) | 176 | 475 | 46 | 30 | 0.41 | 0.35 | 0 | 321 | 1920 | 0.018 | 0.12 | 1 | 0.088 | 0 | 0 | 6.25 | 0 | 0.48 |
| L25 | Apricot, flesh & skin, stewed | 100 | 270 | 18 | 15 | 0.3 | 0.1 | 0.07 | 18 | 110 | 0.03 | 0.04 | 0.47 | 0.04 | 0 | 2 | 5 | 0 | 0.96 |
| | 1 cup (250 mL) | 260 | 702 | 47 | 39 | 0.78 | 0.26 | 0.18 | 48 | 286 | 0.078 | 0.1 | 1.2 | 0.1 | 0 | 4 | 13 | 0 | 2.5 |
| L1159 | Avocado, 'Hass', New Zealand | 100 | 520 | 46 | 10 | 0.4 | 0.58 | 0.45 | 14 | 83 | 0.025 | 0.15 | 2.5 | 0.63 | 0 | 110 | 2.69 | 0 | 1.7 |
| | 1 fruit small (7.8 x 5.7 cm diameter) | 122 | 634 | 56 | 12 | 0.49 | 0.71 | 0.55 | 17 | 101 | 0.03 | 0.18 | 3 | 0.76 | 0 | 130 | 3.28 | 0 | 2 |
| | 1 fruit | 173 | 900 | 79 | 17 | 0.69 | 1 | 0.78 | 24 | 143 | 0.043 | 0.26 | 4.3 | 1.1 | 0 | 190 | 4.65 | 0 | 2.9 |
| L1101 | Banana, yellow, ripened, raw | 100 | 360 | 24 | 5 | 0.23 | 0.17 | 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) | 111 | 400 | 27 | 6 | 0.26 | 0.19 | 0.56 | 7 | 40 | 0.044 | 0.067 | 0.22 | 0.34 | 0 | 0 | 6.11 | 0 | 0.22 |
| L1226 | Blackberries, whole fruit, frozen | 100 | 146 | 21 | 30 | 0.38 | 0.18 | 0 | 9 | 52 | 0.03 | 0.03 | 0.25 | 0.04 | 0 | 37 | 3.32 | 0 | 1 |
| | 5 fruits medium | 34 | 50 | 7 | 10 | 0.13 | 0.06 | 0 | 3 | 18 | 0.01 | 0.01 | 0.085 | 0.014 | 0 | 13 | 1.13 | 0 | 0.35 |
| L34 | Blackberry, raw | 100 | 210 | 24 | 63 | 0.9 | 0.34 | 0.1 | 13 | 76 | 0.03 | 0.04 | 0.6 | 0.05 | 0 | 25 | 20 | 0 | 3.5 |
| | 1 cup (250 mL) | 123 | 258 | 30 | 77 | 1.11 | 0.42 | 0.12 | 16 | 93 | 0.037 | 0.049 | 0.74 | 0.061 | 0 | 31 | 24.6 | 0 | 4.3 |
| L1047 | Blackcurrant, 'Ben Ard', frozen | 100 | 300 | 59 | 34 | 0.42 | 0.24 | 0 | 11 | 65 | 0.04 | 0.05 | 2.6 | 0.24 | 0 | 33 | 185 | 0 | 1.6 |
| | 1 cup (250 mL) | 157 | 471 | 93 | 53 | 0.66 | 0.38 | 0 | 17 | 102 | 0.063 | 0.079 | 4.1 | 0.38 | 0 | 52 | 290 | 0 | 2.5 |
| L1225 | Blackcurrant, frozen | 100 | 320 | 62 | 37 | 0.44 | 0.19 | 0.7 | 8 | 50 | 0.04 | 0.04 | 0 | 0.19 | 0 | 54 | 222 | 0 | 1.3 |
| | 10 fruits medium | 8.9 | 28 | 6 | 3 | 0.04 | 0.02 | 0.06 | 1 | 4 | 0.004 | 0.004 | 0 | 0.017 | 0 | 5 | 19.8 | 0 | 0.11 |
| | 1 cup (250 mL) | 129 | 413 | 80 | 48 | 0.57 | 0.25 | 0.9 | 11 | 64 | 0.052 | 0.052 | 0 | 0.25 | 0 | 70 | 286 | 0 | 1.6 |
| L1052 | Blackcurrant, puree, frozen | 100 | 300 | 32 | 24 | 0.7 | 0.15 | 0 | 9 | 55 | 0.02 | 0.05 | 2.7 | 0.22 | 0 | 33 | 116 | 0 | 1 |
| | 1 cup (250 mL) | 282 | 846 | 90 | 68 | 1.97 | 0.42 | 0 | 26 | 155 | 0.056 | 0.14 | 7.5 | 0.62 | 0 | 93 | 327 | 0 | 2.9 |
| L50 | Blackcurrant, raw | 100 | 295 | 34 | 48 | 1.04 | 0.27 | 0.2 | 27 | 160 | 0.02 | 0.05 | 0.32 | 0.06 | 0 | 8 | 160 | 0 | 0.8 |
| | 1 cup (250 mL) | 118 | 348 | 40 | 57 | 1.23 | 0.32 | 0.24 | 32 | 189 | 0.024 | 0.059 | 0.38 | 0.071 | 0 | 9 | 189 | 0 | 0.94 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|--------------------------------------|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| | | | | | | | | | | | | | | | | | | | |
| L1234 | Blueberry, frozen | 100 | 83.7 | 193 | 221 | 0.29 | 0.45 | 10.1 | 3.5 | 10.1 | 0 | 0.03 | 0.03 | 0.11 | 0.041 | 0.068 | 0 | 1 | 0.5 |
| | 10 fruits | 9.8 | 8.2 | 19 | 22 | 0.03 | 0.04 | 0.99 | 0.3 | 0.99 | 0 | trace | trace | 0.01 | 0.004 | 0.007 | 0 | trace | 0.05 |
| | 1 cup (250 mL) | 125 | 105 | 242 | 276 | 0.36 | 0.57 | 12.6 | 4.3 | 12.6 | 0 | 0.04 | 0.04 | 0.14 | 0.052 | 0.086 | 0 | 2 | 0.63 |
| L1051 | Blueberry, frozen, New Zealand | 100 | 83.7 | 192 | 220 | 0.63 | 0.4 | 9.8 | 3.5 | 9.7 | 0.1 | 0.04 | 0.03 | 0.05 | 0.041 | 0 | 0 | 2 | 0.8 |
| | 1 cup (250 mL) | 159 | 133 | 305 | 350 | 0.99 | 0.64 | 15.6 | 5.6 | 15.4 | 0.16 | 0.07 | 0.04 | 0.07 | 0.066 | 0 | 0 | 3 | 1.3 |
| L1050 | Blueberry, raw | 100 | 84.1 | 180 | 211 | 0.63 | 0.3 | 9.3 | 3.9 | 9.2 | 0.1 | 0.03 | 0.02 | 0.08 | 0.031 | 0.043 | 0 | 2 | 0.6 |
| | 1 cup (250 mL) | 157 | 132 | 282 | 331 | 0.98 | 0.47 | 14.6 | 6.1 | 14.4 | 0.16 | 0.05 | 0.03 | 0.12 | 0.049 | 0.067 | 0 | 3 | 0.94 |
| L1231 | Boysenberry, frozen | 100 | 87.6 | 141 | 173 | 0.82 | 0.53 | 6.3 | 4 | 6.3 | 0 | 0.05 | 0.06 | 0.16 | 0.048 | 0.115 | 0 | 0 | 0 |
| | 10 fruits | 55.1 | 48.3 | 77 | 95 | 0.45 | 0.29 | 3.47 | 2.2 | 3.47 | 0 | 0.03 | 0.04 | 0.09 | 0.027 | 0.063 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 108 | 94.6 | 152 | 187 | 0.88 | 0.57 | 6.8 | 4.3 | 6.8 | 0 | 0.05 | 0.07 | 0.18 | 0.052 | 0.124 | 0 | 0 | 0 |
| L1045 | Boysenberry, frozen, New Zealand | 100 | 86.5 | 147 | 186 | 1.25 | 0.6 | 6.1 | 4.8 | 6 | 0.1 | 0.13 | 0.11 | 0.13 | 0.087 | 0.029 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 172 | 149 | 253 | 319 | 2.15 | 1.03 | 10.5 | 8.3 | 10.3 | 0.17 | 0.22 | 0.19 | 0.22 | 0.149 | 0.05 | 0 | 0 | 0 |
| L1046 | Boysenberry, puree, seedless, frozen | 100 | 88.7 | 162 | 173 | 1.25 | 0.6 | 7 | 1.3 | 6.9 | 0.1 | 0.15 | 0.12 | 0.09 | 0.056 | 0.032 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 265 | 235 | 430 | 458 | 3.31 | 1.59 | 18.6 | 3.4 | 18.3 | 0.27 | 0.41 | 0.31 | 0.25 | 0.148 | 0.084 | 0 | 0 | 0 |
| L40 | Boysenberry, raw | 100 | 85.2 | 168 | 227 | 1.13 | 0.7 | 7.21 | 4.3 | 7.13 | 0.08 | 0.03 | 0.08 | 0.46 | | | 0 | 3 | 0.21 |
| | 1 cup (250 mL) | 133 | 113 | 223 | 302 | 1.5 | 0.93 | 9.59 | 5.7 | 9.48 | 0.11 | 0.04 | 0.1 | 0.61 | | | 0 | 3 | 0.28 |
| L45 | Cherry, flesh & skin, raw | 100 | 79.6 | 263 | 273 | 0.94 | 0.25 | 14 | 1.3 | 13.9 | 0.08 | 0.06 | 0.07 | 0.08 | | | 0 | 3 | 0.13 |
| | 10 cherries | 67 | 53.3 | 176 | 183 | 0.63 | 0.17 | 9.37 | 0.9 | 9.31 | 0.05 | 0.04 | 0.05 | 0.05 | | | 0 | 2 | 0.09 |
| | 1 cup (250 mL) | 150 | 119 | 394 | 410 | 1.41 | 0.38 | 21 | 1.9 | 20.9 | 0.12 | 0.08 | 0.1 | 0.11 | | | 0 | 5 | 0.2 |
| L1232 | Cherry, frozen | 100 | 80.3 | 204 | 215 | 0.74 | 0.3 | 10.6 | 1.4 | 10.6 | 0 | 0.03 | 0.04 | 0.03 | 0.015 | 0.015 | 0 | 0 | 0 |
| | 10 fruits | 66.1 | 53.1 | 135 | 142 | 0.49 | 0.2 | 7.01 | 0.9 | 7.01 | 0 | 0.02 | 0.02 | 0.02 | 0.01 | 0.01 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 161 | 129 | 328 | 346 | 1.2 | 0.48 | 17.1 | 2.3 | 17.1 | 0 | 0.05 | 0.06 | 0.05 | 0.025 | 0.024 | 0 | 0 | 0 |
| L1023 | Cranberry, dried, sweetened | 100 | 16 | 1160 | 1200 | 0.07 | 1.37 | 65 | 5.7 | 65 | 0 | 0.1 | 0.2 | 0.66 | | | 0 | 3 | 0 |
| | 1 cup (250 mL) | 128 | 20.5 | 1480 | 1540 | 0.09 | 1.75 | 83.2 | 7.3 | 83.2 | 0 | 0.13 | 0.25 | 0.84 | | | 0 | 4 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--------------------------------------|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| L1234 | Blueberry, frozen | 100 | 86 | 11 | 9 | 0.21 | 0.07 | 0 | 3 | 16 | 0.04 | 0.03 | 0.25 | 0.04 | 0 | 11 | 4.51 | 0 | 0.44 |
| | 10 fruits | 9.8 | 8 | 1 | 1 | 0.02 | 0.01 | 0 | trace | 2 | 0.004 | 0.003 | 0.025 | 0.004 | 0 | 1 | 0.44 | 0 | 0.04 |
| | 1 cup (250 mL) | 125 | 108 | 14 | 11 | 0.26 | 0.09 | 0 | 3 | 20 | 0.05 | 0.037 | 0.31 | 0.05 | 0 | 14 | 5.64 | 0 | 0.55 |
| L1051 | Blueberry, frozen, New Zealand | 100 | 68 | 9 | 11 | 0.37 | 0.08 | 0 | 3 | 15 | 0.02 | 0.03 | 0.31 | 0.05 | 0 | 8 | 6.23 | 0 | 0.61 |
| | 1 cup (250 mL) | 159 | 108 | 15 | 17 | 0.59 | 0.13 | 0 | 4 | 24 | 0.032 | 0.048 | 0.49 | 0.08 | 0 | 13 | 9.91 | 0 | 0.97 |
| L1050 | Blueberry, raw | 100 | 67 | 11 | 11 | 0.17 | 0.08 | 0 | 1 | 8 | 0 | 0.02 | 0.17 | 0.04 | 0 | 12 | 3.84 | 0 | 0.91 |
| | 1 cup (250 mL) | 157 | 105 | 17 | 17 | 0.27 | 0.12 | 0 | 2 | 12 | 0 | 0.031 | 0.27 | 0.063 | 0 | 19 | 6.03 | 0 | 1.4 |
| L1231 | Boysenberry, frozen | 100 | 151 | 19 | 17 | 0.28 | 0.2 | 0 | 2 | 15 | 0.03 | 0.03 | 0.28 | 0.04 | 0 | 31 | 5.99 | 0 | 0.85 |
| | 10 fruits | 55.1 | 83 | 11 | 9 | 0.15 | 0.11 | 0 | 1 | 8 | 0.017 | 0.017 | 0.15 | 0.022 | 0 | 17 | 3.3 | 0 | 0.47 |
| | 1 cup (250 mL) | 108 | 163 | 21 | 18 | 0.3 | 0.22 | 0 | 3 | 16 | 0.032 | 0.032 | 0.3 | 0.043 | 0 | 34 | 6.47 | 0 | 0.92 |
| L1045 | Boysenberry, frozen, New Zealand | 100 | 158 | 32 | 27 | 0.78 | 0.27 | 0 | 2 | 13 | 0.09 | 0.06 | 0.5 | 0.05 | 0 | 59 | 1.61 | 0 | 0.69 |
| | 1 cup (250 mL) | 172 | 272 | 55 | 46 | 1.34 | 0.46 | 0 | 4 | 22 | 0.16 | 0.1 | 0.86 | 0.086 | 0 | 100 | 2.77 | 0 | 1.2 |
| L1046 | Boysenberry, puree, seedless, frozen | 100 | 161 | 22 | 18 | 0.7 | 0.21 | 0 | 3 | 18 | 0.08 | 0.06 | 0.58 | 0.05 | 0 | 23 | 0 | 0 | 0.61 |
| | 1 cup (250 mL) | 265 | 427 | 58 | 48 | 1.86 | 0.56 | 0 | 8 | 48 | 0.21 | 0.16 | 1.5 | 0.13 | 0 | 61 | 0 | 0 | 1.6 |
| L40 | Boysenberry, raw | 100 | 150 | 19 | 24 | 0.76 | 0.53 | 0.1 | 50 | 301 | 0.007 | 0.024 | 1.1 | 0.01 | 0 | 63 | 9.1 | 0 | 1.1 |
| | 1 cup (250 mL) | 133 | 200 | 25 | 32 | 1.01 | 0.71 | 0.13 | 67 | 400 | 0.009 | 0.032 | 1.4 | 0.013 | 0 | 84 | 12.1 | 0 | 1.5 |
| L45 | Cherry, flesh & skin, raw | 100 | 211 | 21 | 16 | 0.73 | 0.08 | 0.66 | 4 | 26 | 0.025 | 0 | 0.6 | 0.05 | 0 | 6 | 20 | 0 | 0.42 |
| | 10 cherries | 67 | 141 | 14 | 10 | 0.49 | 0.05 | 0.44 | 3 | 17 | 0.017 | 0 | 0.4 | 0.034 | 0 | 4 | 13.4 | 0 | 0.28 |
| | 1 cup (250 mL) | 150 | 317 | 32 | 23 | 1.1 | 0.12 | 0.99 | 7 | 39 | 0.037 | 0 | 0.9 | 0.075 | 0 | 9 | 30 | 0 | 0.63 |
| L1232 | Cherry, frozen | 100 | 210 | 24 | 17 | 0.19 | 0.05 | 0 | 7 | 39 | 0.04 | 0.04 | 0.13 | 0.04 | 0 | 13 | 0 | 0 | 0.09 |
| | 10 fruits | 66.1 | 139 | 16 | 11 | 0.13 | 0.03 | 0 | 4 | 26 | 0.026 | 0.026 | 0.086 | 0.026 | 0 | 9 | 0 | 0 | 0.06 |
| | 1 cup (250 mL) | 161 | 338 | 39 | 27 | 0.31 | 0.08 | 0 | 11 | 63 | 0.064 | 0.064 | 0.21 | 0.064 | 0 | 22 | 0 | 0 | 0.15 |
| L1023 | Cranberry, dried, sweetened | 100 | 40 | 8 | 10 | 0.53 | 0.11 | 0.5 | 0 | 0 | 0.007 | 0.016 | 0.99 | 0.038 | 0 | 0 | 0.2 | 0 | 1.1 |
| | 1 cup (250 mL) | 128 | 51 | 10 | 13 | 0.68 | 0.14 | 0.64 | 0 | 0 | 0.009 | 0.02 | 1.3 | 0.049 | 0 | 0 | 0.26 | 0 | 1.4 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| L1230 | Cranberry, frozen | 100 | 88.8 | 86 | 114 | 0.22 | 0.57 | 3.6 | 3.5 | 3.6 | 0 | 0.04 | 0.05 | 0.17 | 0.077 | 0.093 | 0 | 1 | 1.1 |
| | 10 fruits | 12.9 | 11.5 | 11 | 15 | 0.03 | 0.07 | 0.46 | 0.4 | 0.46 | 0 | trace | 0.01 | 0.02 | 0.01 | 0.012 | 0 | trace | 0.14 |
| | 1 cup (250 mL) | 107 | 95 | 92 | 122 | 0.23 | 0.61 | 3.85 | 3.7 | 3.85 | 0 | 0.04 | 0.05 | 0.18 | 0.082 | 0.1 | 0 | 1 | 1.2 |
| L49 | Currant, dried | 100 | 22 | 1190 | 1240 | 2.31 | 0.5 | 66.7 | 6 | 64.9 | 1.8 | 0.2 | 0.02 | 0.18 | | | 0 | 20 | 2.5 |
| | 1 cup (250 mL) | 154 | 33.9 | 1840 | 1910 | 3.56 | 0.77 | 103 | 9.2 | 100 | 2.77 | 0.31 | 0.04 | 0.27 | | | 0 | 31 | 3.9 |
| L1161 | Date, pitted, flesh, dried | 100 | 13 | 1160 | 1220 | 2.32 | 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 | 1.22 | 0.26 | 34.2 | 4.1 | 34.1 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1.7 |
| L67 | Feijoa, flesh, raw | 100 | 85.4 | 159 | 183 | 0.63 | 0.35 | 7.98 | 3 | 7.69 | 0.29 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.13 |
| | 1 feijoa (7.0 x 4.4 cm diameter) | 42.2 | 36 | 67 | 77 | 0.26 | 0.15 | 3.37 | 1.3 | 3.25 | 0.12 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.06 |
| | 1 cup (250 mL) | 260 | 222 | 414 | 476 | 1.63 | 0.91 | 20.7 | 7.8 | 20 | 0.75 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0.34 |
| L68 | Fig, dried | 100 | 21.3 | 1050 | 1170 | 3.63 | 1.6 | 54.5 | 14.3 | 52.6 | 1.9 | 0.29 | 0.31 | 0.68 | | | 0 | 39 | 0.79 |
| | 1 fig | 16 | 3.4 | 168 | 187 | 0.58 | 0.26 | 8.72 | 2.3 | 8.42 | 0.3 | 0.05 | 0.05 | 0.11 | | | 0 | 6 | 0.13 |
| | 1 cup (250 mL) | 210 | 44.7 | 2200 | 2460 | 7.61 | 3.36 | 114 | 30 | 110 | 3.99 | 0.6 | 0.66 | 1.43 | | | 0 | 82 | 1.7 |
| L196 | Fruit mix, dried | 100 | 17.9 | 1230 | 1270 | 2.31 | 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 | 4.02 | 1.57 | 118 | 9.7 | 118 | 0 | 0.52 | 0 | 0.52 | | | 0 | 136 | 3 |
| L1147 | Fruit salad, canned in syrup, undrained | 100 | 81.5 | 291 | 303 | 0.26 | 0.3 | 16.2 | 1.5 | 16.1 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 76 |
| | 1 cup (250 mL) | 271 | 221 | 788 | 821 | 0.7 | 0.81 | 43.9 | 4.1 | 43.6 | 0.27 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 210 |
| L78 | Gooseberry, flesh, skin & seeds, raw | 100 | 83.7 | 186 | 220 | 0.56 | 0.58 | 9.1 | 4.3 | 9.1 | 0 | 0.04 | 0.06 | 0.36 | | | 0 | 1 | 0.21 |
| | 1 cup (250 mL) | 158 | 132 | 293 | 348 | 0.89 | 0.92 | 14.4 | 6.8 | 14.4 | 0 | 0.07 | 0.09 | 0.57 | | | 0 | 2 | 0.33 |
| L82 | Grape, black, flesh, raw | 100 | 80.7 | 277 | 284 | 0.56 | 0.1 | 15.5 | 0.9 | 15.5 | 0 | 0.04 | trace | 0.04 | | | 0 | 2 | 0.49 |
| | 10 grapes | 54 | 43.6 | 149 | 153 | 0.3 | 0.05 | 8.37 | 0.5 | 8.37 | 0 | 0.02 | trace | 0.02 | | | 0 | 1 | 0.27 |
| L1018 | Grape, red or green, seedless, raw, European type | 100 | 80.5 | 282 | 282 | 0.75 | 0.16 | 15.5 | 0 | 15.5 | 0 | 0.05 | 0.01 | 0.05 | | | 0 | 2 | 0.49 |
| | 10 grapes | 50 | 40.3 | 141 | 141 | 0.38 | 0.08 | 7.74 | 0 | 7.74 | 0 | 0.03 | trace | 0.02 | | | 0 | 1 | 0.25 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K | Phosphorus P | Calcium Ca | Iron Fe | Zinc Zn | Selenium Se | Vitamin A | Beta- carotene | Thiamin | Riboflavin | Niacin | Vitamin B6 | Vitamin B12 | Dietary folate | Vitamin C | Vitamin D | Vitamin E |
|--------|---|---------|----------------|-----------------|---------------|------------|------------|----------------|--------------|-------------------|---------|------------|--------|---------------|----------------|-------------------|--------------|--------------|--------------|
| | | g | mg | mg | mg | mg | mg | µg | µg | µg | mg | mg | mg | mg | µg | µg | mg | µg | mg |
| L1230 | Cranberry, frozen | 100 | 83 | 11 | 7 | 0.14 | 0.08 | 0 | 5 | 28 | 0.03 | 0.02 | 0 | 0.07 | 0 | 5 | 6.73 | 0 | 0.68 |
| | 10 fruits | 12.9 | 11 | 1 | 1 | 0.02 | 0.01 | 0 | 1 | 4 | 0.004 | 0.003 | 0 | 0.009 | 0 | 1 | 0.87 | 0 | 0.09 |
| | 1 cup (250 mL) | 107 | 89 | 12 | 8 | 0.15 | 0.09 | 0 | 5 | 30 | 0.032 | 0.021 | 0 | 0.075 | 0 | 5 | 7.2 | 0 | 0.72 |
| L49 | Currant, dried | 100 | 710 | 40 | 95 | 1.8 | 0.5 | 0.94 | 5 | 30 | 0.03 | 0.08 | 1.1 | 0.3 | 0 | 10 | 0 | 0 | 3.5 |
| | 1 cup (250 mL) | 154 | 1090 | 62 | 146 | 2.77 | 0.77 | 1.4 | 8 | 46 | 0.046 | 0.12 | 1.7 | 0.46 | 0 | 15 | 0 | 0 | 5.4 |
| L1161 | Date, pitted, flesh, dried | 100 | 720 | 60 | 84 | 1.9 | 0.67 | 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 | 0.35 | 0 | 2 | 12 | 0.021 | 0.12 | 1 | 1.2 | 0 | 0 | 0 | 0 | 0.13 |
| L67 | Feijoa, flesh, raw | 100 | 124 | 14 | 6 | 0.11 | 0.06 | 0.2 | 5 | 31 | 0 | 0.007 | 0.29 | 0.05 | 0 | 0 | 30.3 | 0 | 0.18 |
| | 1 feijoa (7.0 x 4.4 cm diameter) | 42.2 | 52 | 6 | 2 | 0.05 | 0.03 | 0.08 | 2 | 13 | 0 | 0.003 | 0.12 | 0.021 | 0 | 0 | 12.8 | 0 | 0.07 |
| | 1 cup (250 mL) | 260 | 322 | 36 | 15 | 0.29 | 0.16 | 0.52 | 13 | 81 | 0 | 0.018 | 0.74 | 0.13 | 0 | 0 | 78.8 | 0 | 0.46 |
| 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 | 125 | 11 | 32 | 0.22 | 0.08 | 0.16 | trace | 1 | 0.008 | 0.014 | 0.16 | 0.04 | 0 | 1 | 0.14 | 0 | 0.06 |
| | 1 cup (250 mL) | 210 | 1640 | 141 | 420 | 2.94 | 1.05 | 2.1 | 3 | 19 | 0.11 | 0.19 | 2.1 | 0.53 | 0 | 19 | 1.89 | 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 | 922 | 125 | 111 | 3.13 | 0.7 | 0 | 2 | 14 | 0.17 | 0 | 1.2 | 0.38 | 0 | 26 | 0 | 0 | 0.19 |
| L1147 | Fruit salad, canned in syrup, undrained | 100 | 94 | 10 | 6 | 0.16 | 0.05 | 0 | 8 | 47 | 0 | 0.3 | 0.2 | 0.04 | 0 | 4 | 17.6 | 0 | 0.37 |
| | 1 cup (250 mL) | 271 | 255 | 26 | 17 | 0.43 | 0.14 | 0 | 21 | 127 | 0 | 0.81 | 0.54 | 0.11 | 0 | 9 | 47.8 | 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 | 269 | 30 | 30 | 0.95 | 0.16 | 0.16 | 47 | 284 | 0.063 | 0.047 | 0.63 | 0.032 | 0 | 9 | 63.2 | 0 | 0.63 |
| L82 | Grape, black, flesh, raw | 100 | 320 | 16 | 9 | 0.3 | 0.1 | 0.17 | 9 | 54 | 0.04 | 0.02 | 0.35 | 0.1 | 0 | 2 | 4 | 0 | 0.32 |
| | 10 grapes | 54 | 173 | 9 | 5 | 0.16 | 0.05 | 0.09 | 5 | 29 | 0.022 | 0.011 | 0.19 | 0.054 | 0 | 1 | 2.16 | 0 | 0.17 |
| L1018 | Grape, red or green, seedless, raw, European type | 100 | 191 | 20 | 10 | 0.36 | 0.07 | 0.1 | 7 | 40 | 0.069 | 0.07 | 0.19 | 0.086 | 0 | 2 | 10.8 | 0 | 0.2 |
| | 10 grapes | 50 | 96 | 10 | 5 | 0.18 | 0.04 | 0.05 | 3 | 20 | 0.035 | 0.035 | 0.094 | 0.043 | 0 | 1 | 5.4 | 0 | 0.1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| L83 | Grape, white, flesh & skin, raw | 100 | 79.3 | 288 | 295 | 0.63 | 0.1 | 16.1 | 0.9 | 16.1 | 0 | 0.04 | trace | 0.04 | | | 0 | 2 | 0.49 |
| | 10 grapes | 76.4 | 60.6 | 220 | 226 | 0.48 | 0.08 | 12.3 | 0.7 | 12.3 | 0 | 0.03 | trace | 0.03 | | | 0 | 2 | 0.37 |
| | 1 cup (250 mL) | 169 | 134 | 487 | 499 | 1.06 | 0.17 | 27.2 | 1.5 | 27.2 | 0 | 0.07 | 0.01 | 0.06 | | | 0 | 3 | 0.83 |
| L80 | Grapefruit, flesh, raw | 100 | 90.7 | 99 | 104 | 0.63 | 0.1 | 5 | 0.6 | 5 | 0 | 0.02 | 0.02 | 0.04 | | | 0 | 1 | 0.21 |
| | 1 grapefruit (6.8 cm diameter) | 236 | 214 | 234 | 246 | 1.48 | 0.24 | 11.8 | 1.4 | 11.8 | 0 | 0.05 | 0.05 | 0.09 | | | 0 | 2 | 0.5 |
| | 1 cup sections (250 mL) | 243 | 220 | 241 | 253 | 1.52 | 0.24 | 12.2 | 1.5 | 12.2 | 0 | 0.05 | 0.05 | 0.09 | | | 0 | 2 | 0.51 |
| L91 | Juice, lemon, raw | 100 | 91.3 | 40 | 100 | 0.31 | 0.2 | 1.6 | 0.4 | 1.6 | 0 | 0.04 | 0.03 | 0.09 | | | 0 | 2 | 0.21 |
| | 1 tablespoon (15 mL) | 16 | 14.6 | 6 | 16 | 0.05 | 0.03 | 0.26 | 0.1 | 0.26 | 0 | 0.01 | trace | 0.01 | | | 0 | trace | 0.03 |
| L113 | Juice, orange, raw | 100 | 87.7 | 174 | 176 | 0.63 | 0.2 | 9.2 | 0.2 | 9.2 | 0 | 0.04 | 0.06 | 0.06 | | | 0 | 2 | 0.94 |
| | 1 cup (250 mL) | 258 | 226 | 450 | 454 | 1.61 | 0.52 | 23.7 | 0.5 | 23.7 | 0 | 0.1 | 0.15 | 0.17 | | | 0 | 5 | 2.4 |
| L1212 | Kiwiberry, whole fruit, fresh, raw | 100 | 79.9 | 242 | 269 | 1.33 | 0.7 | 11.4 | 3.3 | 10.7 | 0.7 | 0.09 | 0.12 | 0.77 | 0.653 | 0.107 | 0 | 1 | 0.3 |
| | 1 fruit (3 cm diameter) | 17.4 | 13.9 | 42 | 47 | 0.23 | 0.12 | 1.98 | 0.6 | 1.86 | 0.12 | 0.02 | 0.02 | 0.13 | 0.114 | 0.019 | 0 | trace | 0.05 |
| | 1 cup whole (250 mL) | 119 | 95.1 | 288 | 320 | 1.58 | 0.83 | 13.6 | 3.9 | 12.7 | 0.83 | 0.11 | 0.14 | 0.91 | 0.777 | 0.128 | 0 | 2 | 0.36 |
| L1267 | Kiwifruit, Zespri™ Green Kiwifruit, flesh & seeds, raw | 100 | 82.2 | 202 | 220 | 0.82 | 0.59 | 9.75 | 2.3 | 9.67 | 0.08 | 0.05 | 0.08 | 0.44 | 0.351 | 0.085 | 0 | 1 | 0 |
| | 1 fruit (113 g) | 93 | 76.5 | 188 | 205 | 0.76 | 0.55 | 9.07 | 2.2 | 8.99 | 0.07 | 0.05 | 0.07 | 0.41 | 0.327 | 0.079 | 0 | 1 | 0 |
| L10022 | Kiwifruit, Zespri™ Organic Green ('Hayward') Kiwifruit, flesh & seeds, raw | 100 | 81.9 | 215 | 234 | 0.73 | 0.57 | 10.7 | 2.4 | 10.6 | 0.11 | 0.06 | 0.09 | 0.47 | 0.367 | 0.097 | 0 | 1 | 0 |
| | 1 fruit (110 g) | 87.3 | 71.5 | 188 | 204 | 0.64 | 0.5 | 9.33 | 2.1 | 9.24 | 0.09 | 0.05 | 0.08 | 0.41 | 0.321 | 0.085 | 0 | 1 | 0 |
| L10021 | Kiwifruit, Zespri™ Organic SunGold Kiwifruit, flesh & seeds, raw | 100 | 81.5 | 235 | 245 | 0.77 | 0.29 | 12.5 | 1.2 | 12.3 | 0.13 | 0.04 | 0.03 | 0.19 | 0.122 | 0.066 | 0 | trace | 0 |
| | 1 fruit (131 g) | 110 | 89.7 | 259 | 269 | 0.85 | 0.32 | 13.7 | 1.3 | 13.6 | 0.14 | 0.04 | 0.03 | 0.21 | 0.134 | 0.072 | 0 | trace | 0 |
| L1266 | Kiwifruit, Zespri™ RubyRed Kiwifruit, flesh & seeds, raw | 100 | 80.4 | 232 | 246 | 0.92 | 0.37 | 11.9 | 1.8 | 11.4 | 0.52 | 0.04 | 0.05 | 0.25 | 0.175 | 0.069 | 0 | 1 | 0.03 |
| | 1 fruit (78.9 g) | 65.8 | 52.9 | 153 | 162 | 0.61 | 0.25 | 7.83 | 1.2 | 7.49 | 0.35 | 0.03 | 0.03 | 0.16 | 0.115 | 0.046 | 0 | trace | 0.02 |
| L1268 | Kiwifruit, Zespri™ SunGold Kiwifruit, flesh & seeds, raw | 100 | 81.5 | 215 | 224 | 0.86 | 0.31 | 11.1 | 1.1 | 11 | 0.11 | 0.04 | 0.03 | 0.21 | 0.138 | 0.066 | 0 | 1 | 0 |
| | 1 fruit (113 g) | 89.7 | 73.1 | 193 | 201 | 0.77 | 0.28 | 9.96 | 1 | 9.87 | 0.1 | 0.04 | 0.03 | 0.19 | 0.123 | 0.059 | 0 | 1 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| L83 | Grape, white, flesh & skin, raw | 100 | 250 | 22 | 12 | 0.3 | 0.1 | 0.17 | 15 | 91 | 0.04 | 0.02 | 0.35 | 0.1 | 0 | 2 | 4 | 0 | 0.32 |
| | 10 grapes | 76.4 | 191 | 17 | 9 | 0.23 | 0.08 | 0.13 | 12 | 70 | 0.031 | 0.015 | 0.27 | 0.076 | 0 | 2 | 3.06 | 0 | 0.24 |
| | 1 cup (250 mL) | 169 | 423 | 37 | 20 | 0.51 | 0.17 | 0.29 | 26 | 154 | 0.068 | 0.034 | 0.59 | 0.17 | 0 | 3 | 6.76 | 0 | 0.54 |
| 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 | 543 | 38 | 40 | 0.71 | 0.24 | 0.24 | 0 | 0 | 0.12 | 0.047 | 0.63 | 0.071 | 0 | 42 | 94.4 | 0 | 0.45 |
| | 1 cup sections (250 mL) | 243 | 559 | 39 | 41 | 0.73 | 0.24 | 0.24 | 0 | 0 | 0.12 | 0.049 | 0.65 | 0.073 | 0 | 44 | 97.2 | 0 | 0.46 |
| L91 | Juice, lemon, raw | 100 | 140 | 10 | 8 | 0.1 | 0.05 | 0 | 2 | 11 | 0.02 | 0.01 | 0.1 | 0.05 | 0 | 20 | 50 | 0 | 0.22 |
| | 1 tablespoon (15 mL) | 16 | 22 | 2 | 1 | 0.02 | 0.01 | 0 | trace | 2 | 0.003 | 0.002 | 0.016 | 0.008 | 0 | 3 | 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 | 464 | 57 | 31 | 0.77 | 0 | 0 | 22 | 129 | 0.21 | 0.052 | 0.69 | 0.1 | 0 | 72 | 129 | 0 | 0.44 |
| L1212 | Kiwiberry, whole fruit, fresh, raw | 100 | 340 | 33 | 35 | 0.3 | 0.14 | 1.6 | 27 | 161 | 0 | 0.06 | 0.54 | 0.04 | 0 | 84 | 58.9 | 0 | 1 |
| | 1 fruit (3 cm diameter) | 17.4 | 59 | 6 | 6 | 0.05 | 0.02 | 0.28 | 5 | 28 | 0 | 0.01 | 0.094 | 0.007 | 0 | 15 | 10.3 | 0 | 0.18 |
| | 1 cup whole (250 mL) | 119 | 405 | 39 | 42 | 0.36 | 0.17 | 1.9 | 32 | 191 | 0 | 0.071 | 0.64 | 0.048 | 0 | 100 | 70.1 | 0 | 1.2 |
| L1267 | Kiwifruit, Zespri™ Green Kiwifruit, flesh & seeds, raw | 100 | 300 | 28 | 27 | 0.2 | 0.11 | 0.3 | 4 | 27 | 0.015 | 0.062 | 0.41 | 0.22 | 0 | 73 | 87.8 | 0 | 1.2 |
| | 1 fruit (113 g) | 93 | 279 | 26 | 25 | 0.19 | 0.1 | 0.28 | 4 | 25 | 0.014 | 0.058 | 0.38 | 0.2 | 0 | 68 | 81.6 | 0 | 1.1 |
| L10022 | Kiwifruit, Zespri™ Organic Green ('Hayward') Kiwifruit, flesh & seeds, raw | 100 | 286 | 30 | 28 | 0.19 | 0.11 | 0.72 | 5 | 32 | 0.014 | 0.032 | 0.33 | 0.21 | 0 | 79 | 96.9 | 0 | 1.1 |
| | 1 fruit (110 g) | 87.3 | 250 | 26 | 25 | 0.16 | 0.1 | 0.63 | 5 | 28 | 0.012 | 0.028 | 0.29 | 0.18 | 0 | 69 | 84.6 | 0 | 0.96 |
| L10021 | Kiwifruit, Zespri™ Organic SunGold Kiwifruit, flesh & seeds, raw | 100 | 267 | 26 | 13 | 0.17 | 0.07 | 0.62 | 4 | 23 | 0.022 | 0.033 | 0.35 | 0.17 | 0 | 82 | 151 | 0 | 1.1 |
| | 1 fruit (131 g) | 110 | 294 | 28 | 14 | 0.19 | 0.08 | 0.68 | 4 | 25 | 0.024 | 0.036 | 0.39 | 0.19 | 0 | 90 | 166 | 0 | 1.2 |
| L1266 | Kiwifruit, Zespri™ RubyRed Kiwifruit, flesh & seeds, raw | 100 | 338 | 28 | 16 | 0.2 | 0.07 | 0.69 | 8 | 50 | 0.02 | 0.029 | 0.3 | 0.1 | 0 | 69 | 189 | 0 | 1.6 |
| | 1 fruit (78.9 g) | 65.8 | 222 | 19 | 11 | 0.13 | 0.05 | 0.45 | 6 | 33 | 0.013 | 0.019 | 0.2 | 0.068 | 0 | 46 | 124 | 0 | 1 |
| L1268 | Kiwifruit, Zespri™ SunGold Kiwifruit, flesh & seeds, raw | 100 | 298 | 24 | 14 | 0.19 | 0.06 | 0.55 | 3 | 21 | 0.022 | 0.035 | 0.47 | 0.18 | 0 | 82 | 152 | 0 | 1.2 |
| | 1 fruit (113 g) | 89.7 | 267 | 21 | 12 | 0.17 | 0.06 | 0.49 | 3 | 19 | 0.02 | 0.031 | 0.42 | 0.16 | 0 | 73 | 136 | 0 | 1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| L1078 | Kiwifruit, Zespri™ Sweet Green Kiwifruit, flesh & seeds, raw | 100 | 80.3 | 239 | 289 | 1.27 | 0.24 | 12.3 | 2.4 | 12.1 | 0.18 | 0.05 | 0.03 | 0.1 | 0.042 | 0.053 | 0 | 3 | 0 |
| | 1 fruit | 80.9 | 65 | 193 | 234 | 1.03 | 0.19 | 9.91 | 1.9 | 9.77 | 0.15 | 0.04 | 0.03 | 0.08 | 0.034 | 0.043 | 0 | 2 | 0 |
| L183 | Lemon, flesh, raw | 100 | 92.2 | 57 | 80 | 0.63 | 0.3 | 2.1 | 2.8 | 2.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.21 |
| | 1 lemon (4.7cm diameter) | 64.5 | 59.5 | 37 | 51 | 0.4 | 0.19 | 1.36 | 1.8 | 1.36 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0.14 |
| | 1 cup sections (250 mL) | 224 | 207 | 129 | 179 | 1.4 | 0.67 | 4.7 | 6.3 | 4.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0.47 |
| L97 | Lychee, canned in syrup, undrained | 100 | 79.3 | 307 | 312 | 0.38 | 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 | 3.8 |
| L1183 | Mandarin, flesh, fresh, raw | 100 | 86.4 | 161 | 171 | 0.91 | 0.2 | 8.11 | 1.4 | 8.1 | trace | 0.05 | 0.11 | 0.09 | 0.036 | 0.057 | 0 | 1 | 0 |
| | 1 fruit (4.2 cm diameter) | 60.9 | 52.6 | 98 | 104 | 0.56 | 0.12 | 4.94 | 0.8 | 4.93 | trace | 0.03 | 0.07 | 0.06 | 0.022 | 0.035 | 0 | trace | 0 |
| | 1 cup sections (250 mL) | 184 | 159 | 296 | 316 | 1.68 | 0.37 | 14.9 | 2.5 | 14.9 | 0.01 | 0.09 | 0.2 | 0.17 | 0.066 | 0.106 | 0 | 1 | 0 |
| L100 | Mango, canned in syrup, undrained | 100 | 82.7 | 288 | 295 | 0.31 | 0.1 | 16.4 | 0.9 | 16.3 | 0.1 | 0.02 | 0.04 | 0.02 | | | 0 | 3 | 0.13 |
| | 1 cup (250 mL) | 260 | 215 | 748 | 767 | 0.81 | 0.26 | 42.6 | 2.3 | 42.4 | 0.26 | 0.06 | 0.1 | 0.05 | | | 0 | 8 | 0.34 |
| L101 | Mango, flesh, raw | 100 | 83 | 264 | 276 | 0.5 | 0.2 | 14.6 | 1.5 | 14.1 | 0.5 | 0.05 | 0.07 | 0.04 | | | 0 | 7 | 0.13 |
| | 1 cup sliced (250 mL) | 176 | 146 | 465 | 486 | 0.88 | 0.35 | 25.7 | 2.6 | 24.8 | 0.88 | 0.08 | 0.13 | 0.07 | | | 0 | 12 | 0.23 |
| | 1 mango | 203 | 168 | 536 | 560 | 1.02 | 0.41 | 29.6 | 3 | 28.6 | 1.02 | 0.1 | 0.15 | 0.08 | | | 0 | 14 | 0.26 |
| L1229 | Mango, frozen | 100 | 84.8 | 215 | 224 | 0.5 | 0.31 | 11.5 | 1.1 | 10.7 | 0.8 | 0.04 | 0.04 | 0.03 | 0.023 | 0.01 | 0 | 2 | 0.3 |
| | 1 cup pieces (250 mL) | 123 | 104 | 265 | 276 | 0.62 | 0.38 | 14.1 | 1.4 | 13.2 | 0.98 | 0.05 | 0.05 | 0.04 | 0.028 | 0.012 | 0 | 2 | 0.37 |
| L105 | Melon, Honeydew, flesh, raw | 100 | 88.5 | 195 | 200 | 1.25 | 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 | 2.15 | 0.34 | 16.9 | 1 | 16.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0.17 |
| L106 | Melon, rock, flesh, raw | 100 | 90 | 129 | 134 | 1.13 | 0.09 | 6.28 | 0.5 | 6.1 | 0.18 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0.1 |
| | 1 cup diced (250 mL) | 168 | 151 | 217 | 224 | 1.89 | 0.15 | 10.6 | 0.9 | 10.2 | 0.3 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 0.17 |
| L1166 | Nectarine, yellow, flesh & skin, fresh, raw | 100 | 85 | 176 | 191 | 0.91 | 0.2 | 9 | 1.9 | 9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 half | 59.3 | 50.4 | 104 | 113 | 0.54 | 0.12 | 5.34 | 1.1 | 5.34 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 fruit (5.8 cm diameter) | 119 | 101 | 209 | 227 | 1.09 | 0.24 | 10.7 | 2.3 | 10.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| L1078 | Kiwifruit, Zespri™ Sweet Green Kiwifruit, flesh & seeds, raw | 100 | 328 | 29 | 27 | 0.22 | 0.12 | 0.8 | 6 | 34 | 0 | 0.11 | 0.63 | 0.18 | 0.2 | 38 | 150 | 0 | 1.6 |
| | 1 fruit | 80.9 | 265 | 23 | 22 | 0.18 | 0.1 | 0.65 | 5 | 28 | 0 | 0.09 | 0.51 | 0.14 | 0.16 | 31 | 121 | 0 | 1.3 |
| L183 | Lemon, flesh, raw | 100 | 135 | 15 | 26 | 0.4 | 0.1 | 1 | 1 | 7 | 0.05 | 0.02 | 0.3 | 0.08 | 0 | 11 | 52 | 0 | 0.15 |
| | 1 lemon (4.7cm diameter) | 64.5 | 87 | 10 | 17 | 0.26 | 0.07 | 0.65 | 1 | 5 | 0.032 | 0.013 | 0.19 | 0.052 | 0 | 7 | 33.5 | 0 | 0.1 |
| | 1 cup sections (250 mL) | 224 | 302 | 34 | 58 | 0.9 | 0.22 | 2.2 | 3 | 16 | 0.11 | 0.045 | 0.67 | 0.18 | 0 | 25 | 116 | 0 | 0.34 |
| 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 | 1.87 | 0.53 | 2.1 | 0 | 0 | 0.08 | 0.08 | 0.8 | 0.027 | 0 | 5 | 21.4 | 0 | 0 |
| L1183 | Mandarin, flesh, fresh, raw | 100 | 170 | 22 | 41 | 0.13 | 0.07 | 0 | 55 | 327 | 0.035 | 0.095 | 0.46 | 0.25 | 0 | 34 | 21 | 0 | 0.45 |
| | 1 fruit (4.2 cm diameter) | 60.9 | 104 | 13 | 25 | 0.08 | 0.04 | 0 | 33 | 199 | 0.021 | 0.058 | 0.28 | 0.15 | 0 | 21 | 12.8 | 0 | 0.27 |
| | 1 cup sections (250 mL) | 184 | 313 | 40 | 75 | 0.24 | 0.13 | 0 | 101 | 602 | 0.064 | 0.18 | 0.85 | 0.46 | 0 | 62 | 38.7 | 0 | 0.83 |
| L100 | Mango, canned in syrup, undrained | 100 | 100 | 10 | 10 | 0.4 | 0.3 | 0.05 | 200 | 1200 | 0.02 | 0.03 | 0.2 | 0.04 | 0 | 7 | 10 | 0 | 0.64 |
| | 1 cup (250 mL) | 260 | 260 | 26 | 26 | 1.04 | 0.78 | 0.13 | 521 | 3120 | 0.052 | 0.078 | 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 | 334 | 23 | 18 | 0.88 | 0.35 | 0.18 | 353 | 2110 | 0.053 | 0.07 | 0.7 | 0.23 | 0 | 76 | 52.8 | 0 | 1.8 |
| | 1 mango | 203 | 386 | 26 | 20 | 1.02 | 0.41 | 0.2 | 407 | 2440 | 0.061 | 0.081 | 0.81 | 0.26 | 0 | 87 | 60.9 | 0 | 2.1 |
| L1229 | Mango, frozen | 100 | 140 | 13 | 5 | 0.15 | 0.08 | 0.4 | 125 | 746 | 0.05 | 0.05 | 0.14 | 0.12 | 0 | 9 | 8.3 | 0 | 0.77 |
| | 1 cup pieces (250 mL) | 123 | 172 | 16 | 7 | 0.18 | 0.1 | 0.49 | 153 | 917 | 0.061 | 0.061 | 0.17 | 0.15 | 0 | 11 | 10.2 | 0 | 0.95 |
| L105 | Melon, Honeydew, flesh, raw | 100 | 436 | 18 | 28 | 0.4 | 0.24 | 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 | 0.69 | 0.41 | 0.17 | 9 | 52 | 0.052 | 0.1 | 2.1 | 0.1 | 0 | 33 | 86 | 0 | 0.17 |
| L106 | Melon, rock, flesh, raw | 100 | 372 | 13 | 7 | 0.42 | 0.26 | 0.1 | 34 | 205 | 0.005 | 0.01 | 0.72 | 0.06 | 0 | 19 | 27.1 | 0 | 0.06 |
| | 1 cup diced (250 mL) | 168 | 625 | 22 | 13 | 0.71 | 0.44 | 0.17 | 58 | 344 | 0.008 | 0.017 | 1.2 | 0.1 | 0 | 32 | 45.5 | 0 | 0.09 |
| L1166 | Nectarine, yellow, flesh & skin, fresh, raw | 100 | 210 | 23 | 6 | 0.14 | 0.1 | 0 | 4 | 21 | 0.01 | 0.07 | 0.85 | 0.02 | 0 | 0 | 6.72 | 0 | 0.86 |
| | 1 half | 59.3 | 125 | 14 | 4 | 0.08 | 0.06 | 0 | 2 | 12 | 0.006 | 0.042 | 0.5 | 0.012 | 0 | 0 | 3.99 | 0 | 0.51 |
| | 1 fruit (5.8 cm diameter) | 119 | 250 | 27 | 7 | 0.17 | 0.12 | 0 | 4 | 25 | 0.012 | 0.083 | 1 | 0.024 | 0 | 0 | 8 | 0 | 1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| L112 | Olive, in brine | 100 | 76.5 | 452 | 478 | 0.88 | 11 | 1.8 | 3.2 | 0 | 1.8 | 1.29 | 6.43 | 1.03 | | | 0 | 2250 | 4.5 |
| | 1 olive | 2.8 | 2.1 | 13 | 13 | 0.03 | 0.31 | 0.05 | 0.1 | 0 | 0.05 | 0.04 | 0.18 | 0.03 | | | 0 | 63 | 0.13 |
| L1155 | Orange, flesh, raw, USA | 100 | 85.7 | 170 | 184 | 1.26 | 0.1 | 8.5 | 1.8 | 8.5 | 0 | 0.02 | 0.02 | 0.04 | 0.021 | 0.021 | 0 | 0 | 0 |
| | 1 fruit (7.3 cm diameter) | 149 | 128 | 253 | 274 | 1.87 | 0.15 | 12.7 | 2.6 | 12.7 | 0 | 0.03 | 0.03 | 0.07 | 0.032 | 0.032 | 0 | 0 | 0 |
| | 1 cup sections (250 mL) | 227 | 195 | 385 | 417 | 2.85 | 0.23 | 19.3 | 4 | 19.3 | 0 | 0.05 | 0.04 | 0.1 | 0.049 | 0.049 | 0 | 0 | 0 |
| L1182 | Orange, peeled, seeded, fresh, raw | 100 | 86 | 159 | 173 | 1.06 | 0.05 | 8.17 | 1.8 | 8.15 | 0.02 | 0.02 | 0.02 | 0.04 | 0.018 | 0.024 | 0 | 0 | 0 |
| | 1 fruit (6.7 cm diameter) | 141 | 121 | 224 | 245 | 1.5 | 0.07 | 11.5 | 2.6 | 11.5 | 0.03 | 0.03 | 0.03 | 0.06 | 0.025 | 0.034 | 0 | 0 | 0 |
| | 1 cup sections (250 mL) | 223 | 192 | 354 | 387 | 2.37 | 0.11 | 18.2 | 4.1 | 18.2 | 0.05 | 0.05 | 0.05 | 0.1 | 0.04 | 0.054 | 0 | 0 | 0 |
| L116 | Passion fruit, flesh & seed, raw | 100 | 74.4 | 191 | 302 | 2.75 | 0.5 | 7.39 | 13.9 | 7.39 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0.13 |
| | 1 passionfruit | 18 | 13.4 | 34 | 54 | 0.5 | 0.09 | 1.33 | 2.5 | 1.33 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0.02 |
| L1123 | Peach, canned in juice, undrained | 100 | 86.8 | 206 | 215 | 0.54 | 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 | 246 | 582 | 609 | 1.53 | 0.85 | 30.8 | 3.4 | 30.3 | 0.57 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 1.7 |
| L1126 | Peach, canned in syrup, drained | 100 | 82.3 | 281 | 290 | 0.56 | 0.3 | 15.3 | 1.1 | 15.1 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0.7 |
| | 1 half | 52.8 | 43.5 | 148 | 153 | 0.3 | 0.16 | 8.08 | 0.6 | 7.97 | 0.11 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.37 |
| | 5 slices | 66.3 | 54.6 | 186 | 192 | 0.37 | 0.2 | 10.1 | 0.7 | 10 | 0.13 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.46 |
| | 1 cup diced or sliced (250 mL) | 261 | 215 | 733 | 756 | 1.46 | 0.78 | 39.9 | 2.9 | 39.4 | 0.52 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 1.8 |
| L1167 | Peach, yellow, flesh and skin, fresh, raw | 100 | 86.9 | 147 | 161 | 0.79 | 0.2 | 7.4 | 1.8 | 7.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 fruit (6.4 cm diameter) | 160 | 139 | 235 | 258 | 1.26 | 0.32 | 11.8 | 2.9 | 11.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 177 | 154 | 259 | 285 | 1.39 | 0.35 | 13.1 | 3.2 | 13.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| L204 | Pear, canned in juice, undrained | 100 | 86.6 | 157 | 170 | 0.52 | 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 | 1.35 | 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 | 0.37 | 0.3 | 10 | 3.2 | 9.95 | 0.06 | 0.01 | 0.03 | 0.03 | | | 0 | trace | 0.14 |
| | 1 fruit | 122 | 103 | 229 | 260 | 0.45 | 0.37 | 12.2 | 3.9 | 12.1 | 0.07 | 0.01 | 0.03 | 0.04 | | | 0 | 1 | 0.17 |
| | 1 cup sliced (250 mL) | 174 | 147 | 326 | 371 | 0.65 | 0.52 | 17.4 | 5.6 | 17.3 | 0.1 | 0.01 | 0.05 | 0.05 | | | 0 | 1 | 0.24 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| 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 | 3 | trace | 2 | 0.03 | 0.01 | 0 | 1 | 5 | 0 | 0 | 0.004 | 0.001 | 0 | 0 | 0.03 | 0 | 0.06 |
| L1155 | Orange, flesh, raw, USA | 100 | 187 | 23 | 34 | 0.11 | 0.07 | 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 | 279 | 34 | 51 | 0.16 | 0.1 | 0 | 10 | 60 | 0.18 | 0.089 | 1.4 | 0.43 | 0 | 39 | 72.1 | 0 | 0.27 |
| | 1 cup sections (250 mL) | 227 | 424 | 52 | 77 | 0.25 | 0.16 | 0 | 15 | 91 | 0.27 | 0.14 | 2.1 | 0.66 | 0 | 60 | 110 | 0 | 0.41 |
| L1182 | Orange, peeled, seeded, fresh, raw | 100 | 183 | 25 | 30 | 0.06 | 0.06 | 0 | 15 | 90 | 0.06 | 0.055 | 0.64 | 0.31 | 0 | 39 | 52.1 | 0 | 0.2 |
| | 1 fruit (6.7 cm diameter) | 141 | 258 | 35 | 42 | 0.08 | 0.09 | 0 | 21 | 126 | 0.085 | 0.078 | 0.9 | 0.44 | 0 | 55 | 73.4 | 0 | 0.28 |
| | 1 cup sections (250 mL) | 223 | 408 | 55 | 66 | 0.12 | 0.13 | 0 | 33 | 200 | 0.13 | 0.12 | 1.4 | 0.69 | 0 | 87 | 116 | 0 | 0.45 |
| 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 | 10 | 3 | 0.2 | 0.14 | 0 | trace | 2 | 0.005 | 0.018 | 0.34 | 0 | 0 | 0 | 3.6 | 0 | 0.54 |
| L1123 | Peach, canned in juice, undrained | 100 | 123 | 14 | 3 | 0.18 | 0.07 | 0 | 10 | 58 | 0 | 0.4 | 0.39 | 0.01 | 0 | 4 | 28.7 | 0 | 1.1 |
| | 1 cup sliced (250 mL) | 283 | 348 | 39 | 8 | 0.51 | 0.2 | 0 | 27 | 164 | 0 | 1.1 | 1.1 | 0.028 | 0 | 10 | 81.3 | 0 | 3.2 |
| L1126 | Peach, canned in syrup, drained | 100 | 117 | 14 | 4 | 0.21 | 0.05 | 0 | 10 | 58 | 0 | 0.4 | 0.38 | 0.01 | 0 | 4 | 4.79 | 0 | 1.2 |
| | 1 half | 52.8 | 62 | 7 | 2 | 0.11 | 0.03 | 0 | 5 | 31 | 0 | 0.21 | 0.2 | 0.005 | 0 | 2 | 2.53 | 0 | 0.61 |
| | 5 slices | 66.3 | 78 | 9 | 3 | 0.14 | 0.03 | 0 | 6 | 38 | 0 | 0.27 | 0.25 | 0.007 | 0 | 2 | 3.18 | 0 | 0.77 |
| | 1 cup diced or sliced (250 mL) | 261 | 305 | 36 | 10 | 0.55 | 0.13 | 0 | 25 | 151 | 0 | 1 | 0.98 | 0.026 | 0 | 9 | 12.5 | 0 | 3 |
| L1167 | Peach, yellow, flesh and skin, fresh, raw | 100 | 198 | 21 | 5 | 0.2 | 0.11 | 0 | 19 | 111 | 0.01 | 0.07 | 1.1 | 0.01 | 0 | 0 | 6.33 | 0 | 0.8 |
| | 1 fruit (6.4 cm diameter) | 160 | 317 | 34 | 9 | 0.32 | 0.18 | 0 | 30 | 178 | 0.016 | 0.11 | 1.7 | 0.016 | 0 | 0 | 10.1 | 0 | 1.3 |
| | 1 cup cubed (250 mL) | 177 | 350 | 37 | 10 | 0.35 | 0.2 | 0 | 33 | 196 | 0.018 | 0.12 | 1.9 | 0.018 | 0 | 0 | 11.2 | 0 | 1.4 |
| 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 | 258 | 26 | 15 | 0.77 | 0.52 | 0 | 0 | 0 | 0 | 0.026 | 0.26 | 0.077 | 0 | 10 | 2.58 | 0 | 0.21 |
| L1015 | Pear, flesh & skin, raw | 100 | 120 | 12 | 9 | 0.15 | 0.13 | 0.2 | 2 | 10 | 0.01 | 0.009 | 0.34 | 0.028 | 0 | 7 | 3 | 0 | 0.23 |
| | 1 fruit | 122 | 146 | 15 | 10 | 0.18 | 0.16 | 0.24 | 2 | 12 | 0.012 | 0.011 | 0.42 | 0.034 | 0 | 9 | 3.66 | 0 | 0.28 |
| | 1 cup sliced (250 mL) | 174 | 209 | 21 | 15 | 0.26 | 0.23 | 0.35 | 3 | 17 | 0.017 | 0.016 | 0.6 | 0.049 | 0 | 12 | 5.22 | 0 | 0.39 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| L1185 | Pear, golden russet coloured skin, flesh & skin, fresh, raw | 100 | 84.1 | 144 | 170 | 0.3 | 0.2 | 7.75 | 3.2 | 7.25 | 0.5 | 0.02 | trace | 0.03 | 0.006 | 0.027 | 0 | 0 | 0.15 |
| | 1 cup cubed (250 mL) | 177 | 149 | 255 | 300 | 0.54 | 0.35 | 13.7 | 5.6 | 12.8 | 0.89 | 0.03 | 0.01 | 0.06 | 0.011 | 0.048 | 0 | 0 | 0.27 |
| | 1 fruit (10.3 cm length) | 190 | 160 | 274 | 322 | 0.58 | 0.38 | 14.7 | 6 | 13.8 | 0.95 | 0.03 | 0.01 | 0.06 | 0.012 | 0.052 | 0 | 0 | 0.29 |
| L1184 | Pear, green to yellow skin, flesh & skin, fresh, raw | 100 | 84.9 | 145 | 164 | 0.36 | 0.2 | 7.75 | 2.3 | 7.45 | 0.3 | 0.02 | 0.01 | 0.04 | 0.008 | 0.028 | 0 | 0 | 0 |
| | 1 fruit (8.2 cm length) | 172 | 146 | 250 | 281 | 0.62 | 0.34 | 13.3 | 4 | 12.8 | 0.52 | 0.03 | 0.02 | 0.06 | 0.014 | 0.048 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 174 | 148 | 253 | 285 | 0.63 | 0.35 | 13.5 | 4 | 13 | 0.52 | 0.03 | 0.02 | 0.06 | 0.015 | 0.048 | 0 | 0 | 0 |
| L1165 | Pear, nashi, gold colour skin, flesh & skin, fresh, raw | 100 | 86.7 | 138 | 162 | 0.28 | 0.2 | 7.4 | 3 | 7.4 | 0 | 0.02 | 0.01 | 0.04 | 0.004 | 0.032 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 173 | 150 | 239 | 280 | 0.49 | 0.35 | 12.8 | 5.2 | 12.8 | 0 | 0.03 | 0.01 | 0.07 | 0.006 | 0.056 | 0 | 0 | 0 |
| | 1 fruit (7.1 cm diameter) | 214 | 186 | 295 | 347 | 0.6 | 0.43 | 15.8 | 6.4 | 15.8 | 0 | 0.04 | 0.02 | 0.09 | 0.008 | 0.069 | 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 | 0.01 | 0.02 | 0.02 | 0.015 | 0.002 | 0 | 2 | 0 |
| | 1 fruit (8.1 cm diameter) | 82.8 | 69.5 | 220 | 230 | 2.07 | 0.08 | 10.7 | 1.3 | 10.6 | 0.08 | 0.01 | 0.01 | 0.02 | 0.012 | 0.001 | 0 | 1 | 0 |
| L1130 | Pineapple, canned in juice, drained | 100 | 85.1 | 232 | 244 | 0.68 | 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) | 218 | 186 | 505 | 531 | 1.47 | 0.65 | 26.8 | 3.3 | 26.2 | 0.65 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 4.1 |
| | 1 cup crushed (250 mL) | 251 | 214 | 582 | 612 | 1.69 | 0.75 | 30.9 | 3.8 | 30.1 | 0.75 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 4.8 |
| L1134 | Pineapple, canned in syrup, drained | 100 | 80.5 | 306 | 317 | 0.75 | 0.3 | 16.6 | 1.4 | 16.3 | 0.3 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1.9 |
| | 1 slice (0.8 x 7.4 cm diameter) | 34.9 | 28.1 | 107 | 111 | 0.26 | 0.11 | 5.79 | 0.5 | 5.69 | 0.11 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.66 |
| | 1 cup chunk or pieces (250 mL) | 218 | 175 | 667 | 691 | 1.62 | 0.65 | 36.2 | 3.1 | 35.5 | 0.65 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 4.1 |
| | 1 cup crushed (250 mL) | 251 | 202 | 768 | 796 | 1.87 | 0.75 | 41.7 | 3.5 | 40.9 | 0.75 | 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) | 277 | 224 | 845 | 876 | 1.93 | 0.83 | 46 | 3.9 | 45.2 | 0.83 | 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 | 0.02 | 0.03 | 0.1 | | | 0 | 2 | 0.13 |
| | 1 slice (1.5 x 9.0 cm diameter) | 110 | 95.2 | 231 | 249 | 0.55 | 0.22 | 12.5 | 2.3 | 12.5 | 0 | 0.03 | 0.04 | 0.11 | | | 0 | 2 | 0.14 |
| | 1 cup chopped (250 mL) | 164 | 142 | 344 | 371 | 0.82 | 0.33 | 18.7 | 3.4 | 18.7 | 0 | 0.04 | 0.06 | 0.17 | | | 0 | 3 | 0.21 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| L1185 | Pear, golden russet coloured skin, flesh & skin, fresh, raw | 100 | 118 | 12 | 9 | 0.07 | 0.09 | 0 | 4 | 24 | 0.02 | 0.02 | 0.06 | 0 | 0 | 0 | 4.17 | 0 | 0.19 |
| | 1 cup cubed (250 mL) | 177 | 209 | 22 | 15 | 0.12 | 0.15 | 0 | 7 | 42 | 0.035 | 0.035 | 0.11 | 0 | 0 | 0 | 7.38 | 0 | 0.34 |
| | 1 fruit (10.3 cm length) | 190 | 224 | 23 | 16 | 0.12 | 0.16 | 0 | 8 | 46 | 0.038 | 0.038 | 0.11 | 0 | 0 | 0 | 7.92 | 0 | 0.36 |
| L1184 | Pear, green to yellow skin, flesh & skin, fresh, raw | 100 | 108 | 10 | 7 | 0 | 0.11 | 0 | 4 | 21 | 0.01 | 0.02 | 0.035 | 0 | 0 | 0 | 5.4 | 0 | 0.26 |
| | 1 fruit (8.2 cm length) | 172 | 186 | 17 | 13 | 0 | 0.18 | 0 | 6 | 36 | 0.017 | 0.034 | 0.06 | 0 | 0 | 0 | 9.29 | 0 | 0.44 |
| | 1 cup cubed (250 mL) | 174 | 188 | 17 | 13 | 0 | 0.18 | 0 | 6 | 37 | 0.017 | 0.035 | 0.061 | 0 | 0 | 0 | 9.4 | 0 | 0.44 |
| L1165 | Pear, nashi, gold colour skin, flesh & skin, fresh, raw | 100 | 92 | 8 | 4 | 0 | 0.07 | 0 | 0 | 0 | 0.02 | 0 | 0.053 | 0 | 0 | 0 | 2.13 | 0 | 0.12 |
| | 1 cup cubed (250 mL) | 173 | 159 | 13 | 7 | 0 | 0.12 | 0 | 0 | 0 | 0.035 | 0 | 0.091 | 0 | 0 | 0 | 3.69 | 0 | 0.21 |
| | 1 fruit (7.1 cm diameter) | 214 | 197 | 16 | 8 | 0 | 0.15 | 0 | 0 | 0 | 0.043 | 0 | 0.11 | 0 | 0 | 0 | 4.56 | 0 | 0.26 |
| L1160 | Persimmon, flesh, fresh, raw, New Zealand | 100 | 165 | 19 | 7 | 0.13 | 0.07 | 0 | 12 | 70 | 0.05 | 0.11 | 0.17 | 0.05 | 0 | 12 | 50.8 | 0 | trace |
| | 1 fruit (8.1 cm diameter) | 82.8 | 137 | 16 | 6 | 0.11 | 0.06 | 0 | 10 | 58 | 0.041 | 0.091 | 0.14 | 0.041 | 0 | 10 | 42.1 | 0 | trace |
| L1130 | Pineapple, canned in juice, drained | 100 | 101 | 6 | 12 | 0.18 | 0.08 | 0 | 3 | 19 | 0 | 0.4 | 0.19 | 0.29 | 0 | 4 | 10.3 | 0 | 0 |
| | 1 cup chunk or pieces (250 mL) | 218 | 220 | 13 | 27 | 0.39 | 0.17 | 0 | 7 | 41 | 0 | 0.87 | 0.41 | 0.63 | 0 | 8 | 22.5 | 0 | 0 |
| | 1 cup crushed (250 mL) | 251 | 254 | 15 | 31 | 0.45 | 0.2 | 0 | 8 | 48 | 0 | 1 | 0.47 | 0.73 | 0 | 9 | 25.9 | 0 | 0 |
| L1134 | Pineapple, canned in syrup, drained | 100 | 101 | 6 | 12 | 0.18 | 0.08 | 0 | 3 | 19 | 0 | 0.4 | 0.2 | 0.29 | 0 | 4 | 8.25 | 0 | 0 |
| | 1 slice (0.8 x 7.4 cm diameter) | 34.9 | 35 | 2 | 4 | 0.06 | 0.03 | 0 | 1 | 7 | 0 | 0.14 | 0.07 | 0.1 | 0 | 1 | 2.88 | 0 | 0 |
| | 1 cup chunk or pieces (250 mL) | 218 | 220 | 13 | 27 | 0.39 | 0.17 | 0 | 7 | 41 | 0 | 0.87 | 0.43 | 0.63 | 0 | 8 | 18 | 0 | 0 |
| | 1 cup crushed (250 mL) | 251 | 254 | 15 | 31 | 0.45 | 0.2 | 0 | 8 | 48 | 0 | 1 | 0.5 | 0.73 | 0 | 9 | 20.7 | 0 | 0 |
| L1135 | Pineapple, canned in syrup, undrained | 100 | 120 | 7 | 13 | 0.2 | 0.11 | 0 | 3 | 19 | 0 | 0.3 | 0.26 | 0.4 | 0 | 4 | 8.3 | 0 | 0 |
| | 1 cup (250 mL) | 277 | 332 | 20 | 36 | 0.55 | 0.31 | 0 | 9 | 53 | 0 | 0.83 | 0.72 | 1.1 | 0 | 10 | 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 | 275 | 9 | 13 | 0.44 | 0.11 | 0.88 | 11 | 66 | 0.088 | 0.022 | 0.33 | 0.099 | 0 | 6 | 27.5 | 0 | 0.11 |
| | 1 cup chopped (250 mL) | 164 | 410 | 13 | 20 | 0.66 | 0.16 | 1.3 | 16 | 98 | 0.13 | 0.033 | 0.5 | 0.15 | 0 | 8 | 41 | 0 | 0.16 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| L1227 | Pineapple, frozen | 100 | 86.4 | 193 | 203 | 0.46 | 0.1 | 10.7 | 1.2 | 10.7 | 0 | 0.02 | 0.02 | 0.02 | 0.009 | 0.007 | 0 | 0 | 0.4 |
| | 1 cup pieces (250 mL) | 125 | 108 | 242 | 254 | 0.58 | 0.13 | 13.4 | 1.5 | 13.4 | 0 | 0.03 | 0.02 | 0.02 | 0.011 | 0.009 | 0 | 0 | 0.5 |
| L1053 | Plum, 'Royal Star', flesh, raw | 100 | 85.2 | 190 | 204 | 0 | 0.4 | 10.3 | 1.8 | 9.4 | 0.9 | 0.05 | 0.02 | 0.12 | 0.063 | 0.038 | 0 | 1 | 0 |
| | 1 fruit | 95.1 | 81 | 181 | 194 | 0 | 0.38 | 9.8 | 1.7 | 8.94 | 0.86 | 0.05 | 0.02 | 0.12 | 0.06 | 0.037 | 0 | 1 | 0 |
| L148 | Plum, canned in syrup, drained | 100 | 70.7 | 520 | 531 | 0.44 | 0.1 | 29.9 | 1.4 | 29.8 | 0.13 | 0.01 | 0.06 | 0.02 | | | 0 | 8 | 1.4 |
| | 1 plum | 49 | 34.6 | 255 | 260 | 0.21 | 0.05 | 14.7 | 0.7 | 14.6 | 0.06 | trace | 0.03 | 0.01 | | | 0 | 4 | 0.71 |
| | 1 cup (250 mL) | 169 | 119 | 879 | 898 | 0.74 | 0.17 | 50.6 | 2.4 | 50.4 | 0.22 | 0.01 | 0.09 | 0.03 | | | 0 | 14 | 2.4 |
| L154 | Plum, cooking, stewed | 100 | 86.3 | 139 | 152 | 0.5 | 0.39 | 6.81 | 1.6 | 6.81 | 0 | 0.04 | 0.2 | 0.08 | | | 0 | 2 | 0.13 |
| | 1 cup (250 mL) | 263 | 227 | 365 | 398 | 1.32 | 1.03 | 17.9 | 4.2 | 17.9 | 0 | 0.1 | 0.51 | 0.21 | | | 0 | 5 | 0.34 |
| L155 | Plum, flesh & skin, raw | 100 | 85.4 | 271 | 285 | 0.88 | 0.56 | 13.9 | 1.7 | 13.8 | 0.06 | 0.04 | 0.31 | 0.1 | | | 0 | 4 | 0.13 |
| | 1 cup sliced (250 mL) | 174 | 149 | 472 | 495 | 1.52 | 0.97 | 24.1 | 2.9 | 24 | 0.1 | 0.06 | 0.54 | 0.18 | | | 0 | 6 | 0.23 |
| L157 | Prune, dried | 100 | 37.1 | 615 | 681 | 2.81 | 0.4 | 32.5 | 7.8 | 31 | 1.5 | 0.03 | 0.22 | 0.07 | | | 0 | 7 | 0.79 |
| | 10 prunes | 84 | 31.2 | 517 | 572 | 2.36 | 0.34 | 27.3 | 6.6 | 26 | 1.26 | 0.02 | 0.19 | 0.06 | | | 0 | 6 | 0.66 |
| | 1 cup (250 mL) | 170 | 63.1 | 1050 | 1160 | 4.78 | 0.68 | 55.3 | 13.3 | 52.7 | 2.55 | 0.04 | 0.38 | 0.12 | | | 0 | 12 | 1.3 |
| L159 | Prune, dried, stewed | 100 | 69.7 | 366 | 420 | 1.38 | 0.3 | 19.5 | 6.6 | 19.5 | 0 | 0.02 | 0.17 | 0.05 | | | 0 | 3 | 0.79 |
| | 1 cup (250 mL) | 224 | 156 | 820 | 940 | 3.08 | 0.67 | 43.7 | 14.8 | 43.7 | 0 | 0.05 | 0.37 | 0.12 | | | 0 | 7 | 1.8 |
| L161 | Raisin, seedless | 100 | 20.9 | 1210 | 1250 | 3.25 | 0.49 | 66.9 | 4.9 | 66.9 | 0 | 0.19 | 0.02 | 0.17 | | | 0 | 10 | 1.7 |
| | 20 raisins | 8.7 | 1.8 | 105 | 109 | 0.28 | 0.04 | 5.82 | 0.4 | 5.82 | 0 | 0.02 | trace | 0.02 | | | 0 | 1 | 0.15 |
| | 1 cup (250 mL) | 137 | 28.7 | 1660 | 1710 | 4.45 | 0.67 | 91.6 | 6.7 | 91.6 | 0 | 0.26 | 0.03 | 0.24 | | | 0 | 14 | 2.3 |
| L1055 | Raspberry, 'Meeker', frozen | 100 | 85.1 | 121 | 150 | 1.25 | 0.3 | 5.2 | 3.7 | 5.2 | 0 | 0.04 | 0.07 | 0.07 | 0.039 | 0.019 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 271 | 231 | 327 | 407 | 3.39 | 0.81 | 14.1 | 10 | 14.1 | 0 | 0.11 | 0.2 | 0.19 | 0.107 | 0.051 | 0 | 0 | 0 |
| L1054 | Raspberry, 'Wakefield', frozen | 100 | 85.2 | 124 | 162 | 1.25 | 0.4 | 5.2 | 4.7 | 5.2 | 0 | 0.07 | 0.08 | 0.11 | 0.056 | 0.037 | 0 | 0 | 0.3 |
| | 1 cup (250 mL) | 266 | 227 | 331 | 431 | 3.33 | 1.06 | 13.8 | 12.5 | 13.8 | 0 | 0.19 | 0.2 | 0.29 | 0.148 | 0.099 | 0 | 0 | 0.8 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--------------------------------|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| L1227 | Pineapple, frozen | 100 | 102 | 7 | 10 | 0.25 | 0.11 | 0 | 11 | 68 | 0.09 | 0.03 | 0.13 | 0.23 | 0 | 30 | 33.6 | 0 | trace |
| | 1 cup pieces (250 mL) | 125 | 128 | 9 | 13 | 0.31 | 0.14 | 0 | 14 | 84 | 0.11 | 0.037 | 0.16 | 0.29 | 0 | 37 | 42 | 0 | trace |
| L1053 | Plum, 'Royal Star', flesh, raw | 100 | 157 | 20 | 7 | 0.09 | 0.12 | 0 | 35 | 210 | 0.08 | 0.04 | 0.42 | 0.08 | 0 | 11 | 0.74 | 0 | 0.33 |
| | 1 fruit | 95.1 | 149 | 19 | 6 | 0.09 | 0.12 | 0 | 33 | 200 | 0.076 | 0.038 | 0.4 | 0.076 | 0 | 10 | 0.7 | 0 | 0.31 |
| L148 | Plum, canned in syrup, drained | 100 | 100 | 10 | 7 | 0.66 | 0.06 | 0.2 | 80 | 479 | 0.015 | 0.012 | 0.8 | 0.07 | 0 | 3 | 1.8 | 0 | 1.5 |
| | 1 plum | 49 | 49 | 5 | 3 | 0.32 | 0.03 | 0.1 | 39 | 235 | 0.007 | 0.006 | 0.39 | 0.034 | 0 | 1 | 0.88 | 0 | 0.72 |
| | 1 cup (250 mL) | 169 | 169 | 17 | 12 | 1.12 | 0.1 | 0.34 | 135 | 810 | 0.025 | 0.02 | 1.4 | 0.12 | 0 | 5 | 3.04 | 0 | 2.5 |
| L154 | Plum, cooking, stewed | 100 | 160 | 12 | 12 | 0.3 | 0.08 | 0.17 | 15 | 92 | 0.04 | 0.03 | 0.6 | 0.03 | 0 | 1 | 3 | 0 | 0.5 |
| | 1 cup (250 mL) | 263 | 421 | 32 | 32 | 0.79 | 0.21 | 0.45 | 40 | 242 | 0.11 | 0.079 | 1.6 | 0.079 | 0 | 3 | 7.89 | 0 | 1.3 |
| L155 | Plum, flesh & skin, raw | 100 | 191 | 20 | 7 | 0.41 | 0.11 | 0.22 | 70 | 417 | 0.006 | 0.008 | 0.8 | 0.06 | 0 | 5 | 3.2 | 0 | 0.82 |
| | 1 cup sliced (250 mL) | 174 | 332 | 35 | 12 | 0.71 | 0.19 | 0.38 | 121 | 726 | 0.01 | 0.014 | 1.4 | 0.1 | 0 | 9 | 5.57 | 0 | 1.4 |
| L157 | Prune, dried | 100 | 700 | 58 | 52 | 1.1 | 0.5 | 1 | 73 | 435 | 0.08 | 0.16 | 1.3 | 0.19 | 0 | 4 | 2 | 0 | 1.5 |
| | 10 prunes | 84 | 588 | 49 | 44 | 0.92 | 0.42 | 0.84 | 61 | 365 | 0.067 | 0.13 | 1.1 | 0.16 | 0 | 3 | 1.68 | 0 | 1.2 |
| | 1 cup (250 mL) | 170 | 1190 | 99 | 88 | 1.87 | 0.85 | 1.7 | 123 | 740 | 0.14 | 0.27 | 2.2 | 0.32 | 0 | 7 | 3.4 | 0 | 2.5 |
| L159 | Prune, dried, stewed | 100 | 197 | 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 | 441 | 43 | 20 | 3.36 | 0.22 | 0.67 | 86 | 513 | 0.045 | 0.09 | 1.5 | 0.22 | 0 | 0 | 6.5 | 0 | 0.43 |
| L161 | Raisin, seedless | 100 | 680 | 84 | 53 | 1.16 | 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 | 5 | 0.1 | 0.02 | 0.3 | trace | 3 | 0.024 | 0.003 | 0.022 | 0 | 0 | trace | 0 | 0 | 0.02 |
| | 1 cup (250 mL) | 137 | 932 | 115 | 73 | 1.59 | 0.27 | 4.8 | 7 | 41 | 0.38 | 0.055 | 0.35 | 0 | 0 | 5 | 0 | 0 | 0.34 |
| L1055 | Raspberry, 'Meeker', frozen | 100 | 210 | 39 | 27 | 0.74 | 0.48 | 0 | 2 | 15 | 0.03 | 0.06 | 2.8 | 0.09 | 0 | 94 | 9.8 | 0 | 0.41 |
| | 1 cup (250 mL) | 271 | 569 | 106 | 73 | 2.01 | 1.3 | 0 | 7 | 39 | 0.081 | 0.16 | 7.6 | 0.24 | 0 | 250 | 26.6 | 0 | 1.1 |
| L1054 | Raspberry, 'Wakefield', frozen | 100 | 220 | 37 | 23 | 0.89 | 0.47 | 0 | 16 | 97 | 0.04 | 0.06 | 2.5 | 0.07 | 0 | 150 | 14.2 | 0 | 0.98 |
| | 1 cup (250 mL) | 266 | 585 | 98 | 61 | 2.37 | 1.25 | 0 | 43 | 259 | 0.11 | 0.16 | 6.7 | 0.19 | 0 | 400 | 37.8 | 0 | 2.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| L1228 | Raspberry, frozen | 100 | 85.9 | 154 | 189 | 1.17 | 0.95 | 5.8 | 4.4 | 5.8 | 0 | 0.06 | 0.11 | 0.58 | 0.19 | 0.385 | 0 | 0 | 0.2 |
| | 10 fruits | 26 | 22.3 | 40 | 49 | 0.3 | 0.25 | 1.51 | 1.1 | 1.51 | 0 | 0.02 | 0.03 | 0.15 | 0.05 | 0.1 | 0 | 0 | 0.05 |
| | 1 cup (250 mL) | 103 | 88.5 | 158 | 195 | 1.2 | 0.98 | 5.97 | 4.5 | 5.97 | 0 | 0.06 | 0.11 | 0.59 | 0.196 | 0.397 | 0 | 0 | 0.21 |
| L1209 | Rhubarb, stalk, stewed without sugar, little water added | 100 | 89.9 | 85 | 112 | 0.97 | 0.46 | 3.03 | 3.4 | 3.03 | 0 | 0.02 | 0.01 | 0.05 | 0.013 | 0.035 | 0 | trace | 0.46 |
| | 1 cup diced (250 mL) | 250 | 225 | 212 | 281 | 2.42 | 1.14 | 7.57 | 8.6 | 7.57 | 0 | 0.04 | 0.02 | 0.12 | 0.032 | 0.087 | 0 | trace | 1.1 |
| L1233 | Strawberry, frozen | 100 | 90.9 | 106 | 120 | 0.64 | 0.37 | 4.8 | 1.8 | 4.8 | 0 | 0.03 | 0.04 | 0.14 | 0.06 | 0.081 | 0 | 0 | 0.3 |
| | 10 fruits | 72.9 | 66.3 | 77 | 88 | 0.47 | 0.27 | 3.5 | 1.3 | 3.5 | 0 | 0.02 | 0.03 | 0.1 | 0.043 | 0.059 | 0 | 0 | 0.22 |
| | 1 cup (250 mL) | 110 | 100 | 117 | 133 | 0.7 | 0.41 | 5.28 | 2 | 5.28 | 0 | 0.03 | 0.04 | 0.16 | 0.066 | 0.089 | 0 | 0 | 0.33 |
| L1016 | Strawberry, raw, New Zealand | 100 | 91.3 | 137 | 151 | 0.72 | 0.35 | 6.57 | 1.8 | 6.52 | 0.05 | 0.02 | 0.06 | 0.2 | | | 0 | trace | 0.21 |
| | 1 fruit | 92.7 | 84.6 | 127 | 140 | 0.67 | 0.32 | 6.09 | 1.7 | 6.04 | 0.05 | 0.02 | 0.05 | 0.19 | | | 0 | trace | 0.2 |
| | 1 cup (250 mL) | 175 | 160 | 240 | 265 | 1.26 | 0.61 | 11.5 | 3.2 | 11.4 | 0.09 | 0.04 | 0.1 | 0.35 | | | 0 | 1 | 0.37 |
| L173 | Sultana | 100 | 16 | 1340 | 1380 | 2.75 | 0.4 | 75 | 4.4 | 73.2 | 1.8 | 0.16 | 0.02 | 0.14 | | | 0 | 36 | 1.7 |
| | 1 cup (250 mL) | 153 | 24.5 | 2040 | 2110 | 4.21 | 0.61 | 115 | 6.7 | 112 | 2.75 | 0.24 | 0.03 | 0.22 | | | 0 | 55 | 2.6 |
| L174 | Tamarillo, red, flesh & seed, raw | 100 | 86.1 | 112 | 165 | 2 | 0.36 | 3.83 | 3.3 | 3.51 | 0.32 | 0.06 | 0.06 | 0.17 | | | 0 | 1 | 0.13 |
| | 1 fruit | 60 | 51.6 | 67 | 99 | 1.2 | 0.22 | 2.3 | 2 | 2.11 | 0.19 | 0.03 | 0.04 | 0.1 | | | 0 | 1 | 0.08 |
| L179 | Tangelo, flesh, raw | 100 | 85.9 | 147 | 163 | 0.63 | 0.1 | 7.8 | 2 | 7.8 | 0 | 0.02 | 0.03 | 0.03 | | | 0 | 4 | 0.21 |
| | 1 fruit | 90 | 77.3 | 132 | 147 | 0.56 | 0.09 | 7.02 | 1.8 | 7.02 | 0 | 0.02 | 0.03 | 0.03 | | | 0 | 4 | 0.19 |
| L176 | Tangerine, flesh, raw | 100 | 86.7 | 153 | 172 | 0.88 | 0.2 | 7.7 | 2.3 | 7.7 | 0 | 0.04 | 0.06 | 0.06 | | | 0 | 2 | 0.21 |
| | 1 fruit | 84 | 72.8 | 129 | 144 | 0.74 | 0.17 | 6.47 | 1.9 | 6.47 | 0 | 0.03 | 0.05 | 0.05 | | | 0 | 2 | 0.18 |
| L1121 | Watermelon, flesh, raw | 100 | 90 | 151 | 155 | 0.86 | 0.2 | 7.6 | 0.5 | 7.6 | 0 | 0.01 | 0.02 | 0.03 | 0.006 | 0.023 | 0 | 0 | 0 |
| | 1 wedge (1/12 of fruit) | 68 | 61.2 | 103 | 105 | 0.58 | 0.14 | 5.17 | 0.3 | 5.17 | 0 | 0.01 | 0.01 | 0.02 | 0.004 | 0.016 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 201 | 181 | 304 | 311 | 1.72 | 0.4 | 15.3 | 0.9 | 15.3 | 0 | 0.02 | 0.03 | 0.06 | 0.012 | 0.047 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| L1228 | Raspberry, frozen | 100 | 169 | 28 | 25 | 0.65 | 0.34 | 0 | 7 | 44 | 0.03 | 0.04 | 0.36 | 0.07 | 0 | 81 | 19.2 | 0 | 1.1 |
| | 10 fruits | 26 | 44 | 7 | 7 | 0.17 | 0.09 | 0 | 2 | 11 | 0.008 | 0.01 | 0.094 | 0.018 | 0 | 21 | 4.99 | 0 | 0.3 |
| | 1 cup (250 mL) | 103 | 174 | 29 | 26 | 0.67 | 0.35 | 0 | 8 | 46 | 0.031 | 0.041 | 0.37 | 0.072 | 0 | 83 | 19.8 | 0 | 1.2 |
| L1209 | Rhubarb, stalk, stewed without sugar, little water added | 100 | 340 | 18 | 106 | 0.11 | 0.11 | 0 | 11 | 63 | 0.029 | 0.04 | 0.13 | 0.067 | 0 | 23 | 12.6 | 0 | 0.87 |
| | 1 cup diced (250 mL) | 250 | 851 | 46 | 264 | 0.27 | 0.27 | 0 | 26 | 158 | 0.072 | 0.1 | 0.33 | 0.17 | 0 | 57 | 31.4 | 0 | 2.2 |
| L1233 | Strawberry, frozen | 100 | 159 | 24 | 19 | 0.4 | 0.11 | 0 | trace | trace | 0.03 | 0.03 | 0.14 | 0.06 | 0 | 97 | 35.5 | 0 | 0.25 |
| | 10 fruits | 72.9 | 116 | 17 | 14 | 0.29 | 0.08 | 0 | trace | trace | 0.022 | 0.022 | 0.1 | 0.044 | 0 | 70 | 25.9 | 0 | 0.18 |
| | 1 cup (250 mL) | 110 | 175 | 26 | 20 | 0.44 | 0.12 | 0 | trace | trace | 0.033 | 0.033 | 0.15 | 0.066 | 0 | 110 | 39.1 | 0 | 0.28 |
| L1016 | Strawberry, raw, New Zealand | 100 | 170 | 22 | 17 | 0.16 | 0.1 | 0.2 | 1 | 6 | 0.008 | 0 | 0.74 | 0.049 | 0 | 20 | 45.6 | 0 | 0.41 |
| | 1 fruit | 92.7 | 158 | 20 | 16 | 0.15 | 0.09 | 0.19 | 1 | 6 | 0.007 | 0 | 0.69 | 0.045 | 0 | 19 | 42.3 | 0 | 0.38 |
| | 1 cup (250 mL) | 175 | 298 | 39 | 30 | 0.28 | 0.18 | 0.35 | 2 | 11 | 0.014 | 0 | 1.3 | 0.086 | 0 | 35 | 79.8 | 0 | 0.72 |
| L173 | Sultana | 100 | 911 | 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 | 1390 | 145 | 86 | 3.06 | 0.77 | 1.7 | 6 | 35 | 0.28 | 0.076 | 1.1 | 0.38 | 0 | 41 | 0 | 0 | 1.1 |
| L174 | Tamarillo, red, flesh & seed, raw | 100 | 321 | 39 | 11 | 0.57 | 0.15 | 0.1 | 190 | 1140 | 0.043 | 0.024 | 0.57 | 0.2 | 0 | 4 | 29.8 | 0 | 1.9 |
| | 1 fruit | 60 | 193 | 23 | 6 | 0.34 | 0.09 | 0.06 | 114 | 684 | 0.026 | 0.014 | 0.34 | 0.12 | 0 | 2 | 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 | 126 | 9 | 20 | 0.27 | 0.27 | 0.09 | 52 | 312 | 0.045 | 0.027 | 0.36 | 0.063 | 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 | 134 | 14 | 35 | 0.25 | 0.08 | 0.08 | 14 | 84 | 0.059 | 0.017 | 0.25 | 0.059 | 0 | 18 | 25.2 | 0 | 0.16 |
| L1121 | Watermelon, flesh, raw | 100 | 151 | 17 | 5 | 0.25 | 0.14 | 0 | 77 | 460 | 0.03 | 0.09 | 0.46 | 0.05 | 0 | 0 | 5 | 0 | 0.1 |
| | 1 wedge (1/12 of fruit) | 68 | 103 | 11 | 4 | 0.17 | 0.1 | 0 | 52 | 313 | 0.02 | 0.061 | 0.31 | 0.034 | 0 | 0 | 3.4 | 0 | 0.07 |
| | 1 cup cubed (250 mL) | 201 | 304 | 33 | 11 | 0.5 | 0.28 | 0 | 154 | 925 | 0.06 | 0.18 | 0.92 | 0.1 | 0 | 0 | 10.1 | 0 | 0.19 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| M | MEATS | | | | | | | | | | | | | | | | | | |
| M1232 | Beef mince, prime, 5–10% fat, raw | 100 | 66.5 | 759 | 759 | 19.4 | 11.6 | 0 | 0 | 0 | 0 | 4.64 | 4.73 | 0.47 | 0.122 | 0.154 | 9.7 | 62 | 1.1 |
| | 1 cup (250 mL) | 207 | 138 | 1570 | 1570 | 40.2 | 24 | 0 | 0 | 0 | 0 | 9.6 | 9.8 | 0.96 | 0.252 | 0.32 | 20.1 | 128 | 2.3 |
| M1233 | Beef mince, standard, 10–20% fat, raw | 100 | 63.8 | 951 | 951 | 19.3 | 16.8 | 0 | 0 | 0 | 0 | 6.39 | 6.48 | 0.55 | 0.15 | 0.175 | 9.3 | 64 | 0.9 |
| | 1 cup (250 mL) | 205 | 131 | 1950 | 1950 | 39.6 | 34.5 | 0 | 0 | 0 | 0 | 13.1 | 13.3 | 1.13 | 0.307 | 0.359 | 19.1 | 131 | 1.8 |
| M1034 | Beef, canned, Corned Beef, Salisbury | 100 | 63.7 | 849 | 849 | 22.5 | 12.6 | 0 | 0 | 0 | 0 | 5.33 | 5.39 | 0.44 | 0.07 | 0.232 | 69 | 620 | 1.7 |
| | 1 cup (250 mL) | 222 | 141 | 1880 | 1880 | 50 | 28 | 0 | 0 | 0 | 0 | 11.8 | 12 | 0.98 | 0.154 | 0.515 | 153 | 1380 | 3.8 |
| M1036 | Beef, canned, Lite Corned Beef, Salisbury | 100 | 62.2 | 891 | 891 | 23 | 13.5 | 0 | 0 | 0 | 0 | 5.66 | 5.84 | 0.47 | 0.075 | 0.248 | 69 | 420 | 1.7 |
| | 1 cup (250 mL) | 218 | 136 | 1940 | 1940 | 50.1 | 29.4 | 0 | 0 | 0 | 0 | 12.3 | 12.7 | 1.03 | 0.162 | 0.542 | 150 | 916 | 3.7 |
| M1039 | Beef, corned silverside, raw | 100 | 75.7 | 457 | 457 | 14.5 | 5.7 | 0 | 0 | 0 | 0 | 2 | 2.81 | 0.24 | 0.037 | 0.126 | 30 | 1330 | 0.6 |
| | 1 piece (3.1 x 3.3 x 2.8 cm) | 32.2 | 24.4 | 147 | 147 | 4.67 | 1.84 | 0 | 0 | 0 | 0 | 0.65 | 0.9 | 0.08 | 0.012 | 0.041 | 9.66 | 428 | 0.19 |
| M1221 | Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked | 100 | 57.2 | 970 | 970 | 28.9 | 13 | 0 | 0 | 0 | 0 | 4.59 | 4.63 | 0.51 | 0.106 | 0.163 | 83.5 | 39 | 1.4 |
| M1149 | Beef, forequarter & hindquarter assorted cuts, separable lean, cooked | 100 | 60.4 | 848 | 848 | 30.7 | 8.81 | 0 | 0 | 0 | 0 | 2.99 | 3.15 | 0.39 | 0.078 | 0.127 | 83.5 | 40 | 1.4 |
| | 1 cup diced (250 mL) | 200 | 121 | 1700 | 1700 | 61.5 | 17.6 | 0 | 0 | 0 | 0 | 5.97 | 6.3 | 0.79 | 0.156 | 0.253 | 167 | 81 | 2.8 |
| M1070 | Beef, forequarter brisket navel end, separable lean, braised | 100 | 54.9 | 1100 | 1100 | 29.3 | 16.4 | 0 | 0 | 0 | 0 | 5.6 | 7 | 0.51 | 0.1 | 0.164 | 78.5 | 39 | 2 |
| M1071 | Beef, forequarter brisket point end, separable lean, braised | 100 | 58.6 | 848 | 848 | 34.5 | 7.05 | 0 | 0 | 0 | 0 | 2.26 | 2.98 | 0.44 | 0.073 | 0.14 | 95.3 | 30 | 0.88 |
| M1173 | Beef, forequarter chuck steak, separable lean & fat, braised | 100 | 57.3 | 991 | 991 | 30 | 13 | 0 | 0 | 0 | 0 | 4.48 | 4.69 | 0.55 | 0.111 | 0.184 | 97.1 | 37 | 1.2 |
| | 1 steak | 197 | 113 | 1950 | 1950 | 59.1 | 25.6 | 0 | 0 | 0 | 0 | 8.83 | 9.23 | 1.08 | 0.218 | 0.363 | 191 | 72 | 2.4 |
| M1072 | Beef, forequarter chuck steak, separable lean, braised | 100 | 59.7 | 874 | 874 | 32.1 | 8.89 | 0 | 0 | 0 | 0 | 2.92 | 3.17 | 0.38 | 0.075 | 0.129 | 98 | 38 | 1.2 |
| | 1 steak | 177 | 106 | 1550 | 1550 | 56.8 | 15.7 | 0 | 0 | 0 | 0 | 5.17 | 5.62 | 0.68 | 0.133 | 0.228 | 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 | 4.38 | 4.43 | 0.5 | 0.108 | 0.164 | 85.5 | 25 | 0.69 |
| M1074 | Beef, forequarter oyster blade, separable lean, braised | 100 | 62.4 | 821 | 821 | 29.9 | 8.46 | 0 | 0 | 0 | 0 | 2.95 | 3.02 | 0.35 | 0.074 | 0.115 | 86.9 | 25 | 0.61 |
| M1176 | Beef, forequarter ribs prepared, separable lean & fat, fast-roasted | 100 | 58.1 | 998 | 998 | 24.9 | 15.5 | 0 | 0 | 0 | 0 | 6.12 | 4.93 | 0.39 | 0.086 | 0.128 | 71 | 54 | 2.3 |
| M1075 | Beef, forequarter ribs prepared, separable lean, fast-roasted | 100 | 61.8 | 823 | 823 | 27.2 | 9.74 | 0 | 0 | 0 | 0 | 3.62 | 2.98 | 0.24 | 0.05 | 0.078 | 68.8 | 58 | 2.4 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| M | MEATS | | | | | | | | | | | | | | | | | | |
| M1232 | Beef mince, prime, 5–10% fat, raw | 100 | 320 | 176 | 5 | 2.1 | 5 | 5.7 | 18 | 21 | 0 | 0.2 | 7.2 | 0.53 | 1.8 | 0 | 0 | 0 | 0.32 |
| | 1 cup (250 mL) | 207 | 662 | 364 | 10 | 4.35 | 10.4 | 12 | 36 | 43 | 0 | 0.41 | 15 | 1.1 | 3.8 | 0 | 0 | 0 | 0.65 |
| M1233 | Beef mince, standard, 10–20% fat, raw | 100 | 320 | 174 | 6 | 1.96 | 4.4 | 5 | 31 | 21 | 0 | 0.17 | 6.9 | 0.44 | 1.5 | 0 | 0 | 0 | 0.23 |
| | 1 cup (250 mL) | 205 | 656 | 357 | 13 | 4.02 | 9.02 | 10 | 63 | 43 | 0 | 0.35 | 14 | 0.9 | 3.2 | 0 | 0 | 0 | 0.47 |
| M1034 | Beef, canned, Corned Beef, Salisbury | 100 | 147 | 108 | 8 | 1.85 | 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 | 326 | 240 | 18 | 4.11 | 10.7 | 15 | 40 | 109 | 0 | 0.24 | 21 | 0.33 | 8.4 | 11 | 0 | 0.44 | 1.4 |
| M1036 | Beef, canned, Lite Corned Beef, Salisbury | 100 | 147 | 108 | 8 | 1.85 | 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 | 320 | 235 | 17 | 4.03 | 10.5 | 14 | 39 | 107 | 0 | 0.24 | 22 | 0.33 | 8.3 | 11 | 0 | 0.44 | 1.4 |
| M1039 | Beef, corned silverside, raw | 100 | 198 | 240 | 3 | 1.28 | 2.1 | 3.7 | 11 | 33 | 0.08 | 0.07 | 5.5 | 0.31 | 1.2 | 5 | 0 | 0.28 | 0.42 |
| | 1 piece (3.1 x 3.3 x 2.8 cm) | 32.2 | 64 | 77 | 1 | 0.41 | 0.68 | 1.2 | 3 | 11 | 0.026 | 0.023 | 1.8 | 0.1 | 0.39 | 2 | 0 | 0.09 | 0.13 |
| M1221 | Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked | 100 | 261 | 178 | 7 | 2.5 | 4.86 | 3.3 | 15 | 0 | 0.039 | 0.13 | 8.2 | 0.21 | 1.5 | 6 | 0 | 0.22 | 0.78 |
| M1149 | Beef, forequarter & hindquarter assorted cuts, separable lean, cooked | 100 | 270 | 186 | 6 | 2.61 | 5.17 | 3.3 | 12 | 0 | 0.037 | 0.13 | 8.7 | 0.22 | 1.5 | 7 | 0 | 0.21 | 0.72 |
| | 1 cup diced (250 mL) | 200 | 540 | 372 | 12 | 5.21 | 10.3 | 6.6 | 25 | 0 | 0.075 | 0.27 | 17 | 0.43 | 3.1 | 14 | 0 | 0.42 | 1.4 |
| M1070 | Beef, forequarter brisket navel end, separable lean, braised | 100 | 142 | 113 | 7 | 1.84 | 5.76 | 3.6 | 16 | 0 | 0.017 | 0.093 | 7 | 0.1 | 1.3 | 6 | 0 | 0.22 | 0.72 |
| M1071 | Beef, forequarter brisket point end, separable lean, braised | 100 | 178 | 167 | 6 | 2.78 | 5.17 | 5.3 | 12 | 0 | 0.015 | 0.12 | 8.9 | 0.2 | 1.2 | 6 | 0 | 0.17 | 0.85 |
| M1173 | Beef, forequarter chuck steak, separable lean & fat, braised | 100 | 183 | 150 | 7 | 2.58 | 7.3 | 2.2 | 14 | 0 | 0.029 | 0.14 | 6.6 | 0.14 | 1.8 | 5 | 0 | 0.18 | 0.95 |
| | 1 steak | 197 | 361 | 296 | 13 | 5.09 | 14.4 | 4.4 | 28 | 0 | 0.058 | 0.27 | 13 | 0.28 | 3.6 | 11 | 0 | 0.36 | 1.9 |
| M1072 | Beef, forequarter chuck steak, separable lean, braised | 100 | 189 | 157 | 6 | 2.71 | 7.81 | 2.1 | 12 | 0 | 0.028 | 0.14 | 7 | 0.15 | 2 | 6 | 0 | 0.16 | 0.9 |
| | 1 steak | 177 | 334 | 278 | 10 | 4.8 | 13.8 | 3.7 | 22 | 0 | 0.049 | 0.25 | 12 | 0.26 | 3.5 | 11 | 0 | 0.29 | 1.6 |
| M1175 | Beef, forequarter oyster blade, separable lean & fat, braised | 100 | 150 | 139 | 5 | 2.64 | 5 | 2 | 14 | 0 | 0.026 | 0.14 | 6.1 | 0.096 | 1.8 | 6 | 0 | 0.24 | 0.8 |
| M1074 | Beef, forequarter oyster blade, separable lean, braised | 100 | 151 | 144 | 5 | 2.78 | 5.29 | 2 | 11 | 0 | 0.023 | 0.15 | 6.3 | 0.099 | 1.9 | 6 | 0 | 0.24 | 0.76 |
| M1176 | Beef, forequarter ribs prepared, separable lean & fat, fast-roasted | 100 | 334 | 188 | 17 | 2.09 | 4.53 | 3.6 | 12 | 0 | 0.028 | 0.11 | 8.4 | 0.24 | 1.1 | 5 | 0 | 0.32 | 1 |
| M1075 | Beef, forequarter ribs prepared, separable lean, fast-roasted | 100 | 363 | 204 | 18 | 2.21 | 4.9 | 3.5 | 9 | 0 | 0.026 | 0.12 | 9.3 | 0.27 | 1.1 | 5 | 0 | 0.31 | 0.93 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| M1174 | Beef, forequarter scotch fillet, separable lean & fat, fast-roasted | 100 | 54.2 | 1130 | 1130 | 28 | 17.6 | 0 | 0 | 0 | 0 | 6.44 | 5.53 | 0.49 | 0.116 | 0.139 | 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 | 4.57 | 4 | 0.36 | 0.084 | 0.102 | 93.8 | 52 | 1.3 |
| M1185 | Beef, hindquarter fillet, separable lean & fat, fast-fried | 100 | 59.5 | 840 | 840 | 29.3 | 9.25 | 0 | 0 | 0 | 0 | 3.73 | 2.74 | 0.38 | 0.097 | 0.124 | 80.8 | 45 | 0.9 |
| | 1 steak | 173 | 103 | 1450 | 1450 | 50.6 | 16 | 0 | 0 | 0 | 0 | 6.45 | 4.74 | 0.66 | 0.167 | 0.215 | 140 | 77 | 1.6 |
| M1085 | Beef, hindquarter fillet, separable lean, fast-fried | 100 | 59.7 | 833 | 833 | 29.4 | 9.01 | 0 | 0 | 0 | 0 | 3.62 | 2.66 | 0.37 | 0.094 | 0.121 | 80.8 | 45 | 0.9 |
| M1183 | Beef, hindquarter rump steak, separable lean & fat, fast-fried | 100 | 61.6 | 800 | 800 | 30 | 7.83 | 0 | 0 | 0 | 0 | 2.77 | 2.75 | 0.42 | 0.086 | 0.149 | 78.2 | 55 | 0.74 |
| | 1 steak | 172 | 106 | 1380 | 1380 | 51.6 | 13.5 | 0 | 0 | 0 | 0 | 4.77 | 4.72 | 0.72 | 0.148 | 0.256 | 134 | 94 | 1.3 |
| M1083 | Beef, hindquarter rump steak, separable lean, fast-fried | 100 | 61.8 | 790 | 790 | 30.2 | 7.48 | 0 | 0 | 0 | 0 | 2.64 | 2.62 | 0.4 | 0.082 | 0.143 | 78.1 | 55 | 0.74 |
| | 1 steak | 160 | 98.8 | 1260 | 1260 | 48.3 | 12 | 0 | 0 | 0 | 0 | 4.23 | 4.2 | 0.64 | 0.132 | 0.228 | 125 | 88 | 1.2 |
| M1180 | Beef, hindquarter shank, separable lean & fat, braised | 100 | 61.8 | 825 | 825 | 29.8 | 8.62 | 0 | 0 | 0 | 0 | 2.63 | 3.27 | 0.55 | 0.098 | 0.169 | 87.9 | 43 | 0.81 |
| M1080 | Beef, hindquarter shank, separable lean, braised | 100 | 64.4 | 703 | 703 | 31.2 | 4.64 | 0 | 0 | 0 | 0 | 1.39 | 1.78 | 0.31 | 0.054 | 0.095 | 88.9 | 44 | 0.76 |
| M1079 | Beef, hindquarter silverside excluding the eye, separable lean, braised | 100 | 56.4 | 946 | 946 | 33.2 | 10.3 | 0 | 0 | 0 | 0 | 3.17 | 3.76 | 0.52 | 0.1 | 0.165 | 93.9 | 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 | 4.05 | 4.67 | 0.63 | 0.123 | 0.201 | 93.6 | 30 | 2.8 |
| M1177 | Beef, hindquarter silverside, separable lean & fat, slow-roasted | 100 | 65 | 707 | 707 | 29.5 | 5.57 | 0 | 0 | 0 | 0 | 1.85 | 2.04 | 0.3 | 0.056 | 0.095 | 66.6 | 43 | 1.6 |
| | 1 roast whole | 923 | 600 | 6530 | 6530 | 272 | 51.4 | 0 | 0 | 0 | 0 | 17 | 18.8 | 2.76 | 0.521 | 0.878 | 614 | 396 | 15 |
| M1077 | Beef, hindquarter silverside, separable lean, slow-roasted | 100 | 65.4 | 689 | 689 | 29.7 | 4.98 | 0 | 0 | 0 | 0 | 1.65 | 1.83 | 0.27 | 0.051 | 0.086 | 66.6 | 43 | 1.6 |
| | 1 roast | 851 | 556 | 5860 | 5860 | 253 | 42.4 | 0 | 0 | 0 | 0 | 14.1 | 15.6 | 2.3 | 0.432 | 0.73 | 567 | 366 | 14 |
| M1184 | Beef, hindquarter sirloin, separable lean & fat, fast-fried | 100 | 52.4 | 1250 | 1250 | 24.9 | 22.3 | 0 | 0 | 0 | 0 | 7.74 | 8.61 | 0.61 | 0.141 | 0.163 | 69.2 | 50 | 0.84 |
| M1084 | Beef, hindquarter sirloin, separable lean, fast-fried | 100 | 59.6 | 907 | 907 | 28.5 | 11.4 | 0 | 0 | 0 | 0 | 3.98 | 4.7 | 0.34 | 0.074 | 0.089 | 70.2 | 55 | 0.62 |
| | 1 steak | 145 | 86.4 | 1310 | 1310 | 41.4 | 16.5 | 0 | 0 | 0 | 0 | 5.77 | 6.82 | 0.49 | 0.107 | 0.129 | 102 | 79 | 0.89 |
| M1178 | Beef, hindquarter skirt steak, separable lean & fat, braised | 100 | 60.7 | 853 | 853 | 30.2 | 9.2 | 0 | 0 | 0 | 0 | 3.4 | 3.17 | 0.33 | 0.067 | 0.114 | 78.1 | 28 | 1.2 |
| M1078 | Beef, hindquarter skirt steak, separable lean, braised | 100 | 61.5 | 816 | 816 | 30.7 | 7.92 | 0 | 0 | 0 | 0 | 2.89 | 2.71 | 0.29 | 0.057 | 0.098 | 77.9 | 28 | 1.2 |
| M1182 | Beef, hindquarter thick flank, separable lean & fat, fast-fried | 100 | 63.1 | 819 | 819 | 26.6 | 9.92 | 0 | 0 | 0 | 0 | 3.23 | 3.2 | 0.45 | 0.091 | 0.143 | 76.6 | 48 | 2.3 |
| M1082 | Beef, hindquarter thick flank, separable lean, fast-fried | 100 | 64.7 | 748 | 748 | 27.5 | 7.58 | 0 | 0 | 0 | 0 | 2.33 | 2.35 | 0.34 | 0.067 | 0.107 | 76.1 | 49 | 2.4 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K | Phosphorus P | Calcium Ca | Iron Fe | Zinc Zn | Selenium Se | Vitamin A | Beta- carotene | Thiamin | Riboflavin | Niacin | Vitamin B6 | Vitamin B12 | Dietary folate | Vitamin C | Vitamin D | Vitamin E |
|--------|--|---------|----------------|-----------------|---------------|------------|------------|----------------|--------------|-------------------|---------|------------|--------|---------------|----------------|-------------------|--------------|--------------|--------------|
| | | g | mg | mg | mg | mg | mg | µg | µg | µg | mg | mg | mg | mg | µg | µg | mg | µg | mg |
| M1174 | Beef, forequarter scotch fillet, separable lean & fat, fast-roasted | 100 | 338 | 196 | 6 | 2.26 | 4.68 | 6.3 | 15 | 0 | 0.065 | 0.14 | 8.2 | 0.28 | 1.3 | 8 | 0 | 0.38 | 0.5 |
| M1073 | Beef, forequarter scotch fillet, separable lean, fast-roasted | 100 | 361 | 209 | 5 | 2.38 | 5 | 6.6 | 12 | 0 | 0.067 | 0.15 | 8.9 | 0.31 | 1.4 | 9 | 0 | 0.38 | 0.4 |
| M1185 | Beef, hindquarter fillet, separable lean & fat, fast-fried | 100 | 425 | 258 | 4 | 3 | 3.34 | 5.7 | 13 | 0 | 0.058 | 0.21 | 11 | 0.23 | 2 | 8 | 0 | 0.2 | 0.81 |
| | 1 steak | 173 | 735 | 447 | 7 | 5.19 | 5.77 | 9.9 | 22 | 0 | 0.1 | 0.36 | 18 | 0.4 | 3.4 | 15 | 0 | 0.34 | 1.4 |
| M1085 | Beef, hindquarter fillet, separable lean, fast-fried | 100 | 427 | 259 | 4 | 3.01 | 3.34 | 5.7 | 13 | 0 | 0.058 | 0.21 | 11 | 0.23 | 2 | 9 | 0 | 0.2 | 0.81 |
| M1183 | Beef, hindquarter rump steak, separable lean & fat, fast-fried | 100 | 425 | 253 | 5 | 2.95 | 4.06 | 2 | 12 | 0 | 0.081 | 0.2 | 9.8 | 0.28 | 2.2 | 8 | 0 | 0.17 | 0.57 |
| | 1 steak | 172 | 731 | 435 | 8 | 5.08 | 6.99 | 3.4 | 20 | 0 | 0.14 | 0.34 | 17 | 0.47 | 3.8 | 14 | 0 | 0.29 | 0.98 |
| M1083 | Beef, hindquarter rump steak, separable lean, fast-fried | 100 | 427 | 254 | 5 | 2.96 | 4.08 | 1.9 | 12 | 0 | 0.081 | 0.2 | 9.8 | 0.28 | 2.2 | 8 | 0 | 0.17 | 0.56 |
| | 1 steak | 160 | 683 | 406 | 7 | 4.74 | 6.52 | 3.1 | 19 | 0 | 0.13 | 0.32 | 16 | 0.44 | 3.5 | 13 | 0 | 0.27 | 0.9 |
| M1180 | Beef, hindquarter shank, separable lean & fat, braised | 100 | 211 | 150 | 7 | 2.6 | 5.84 | 2.1 | 11 | 0 | 0.021 | 0.11 | 7.6 | 0.14 | 1.2 | 5 | 0 | 0.19 | 0.79 |
| M1080 | Beef, hindquarter shank, separable lean, braised | 100 | 217 | 155 | 6 | 2.72 | 6.15 | 2 | 8 | 0 | 0.019 | 0.12 | 7.9 | 0.14 | 1.3 | 5 | 0 | 0.18 | 0.74 |
| M1079 | Beef, hindquarter silverside excluding the eye, separable lean, braised | 100 | 172 | 159 | 6 | 3.23 | 4.54 | 2 | 15 | 0 | 0.024 | 0.19 | 8.8 | 0.17 | 1.9 | 7 | 0 | 0 | 1.2 |
| M1179 | Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised | 100 | 170 | 155 | 6 | 3.13 | 4.41 | 2.1 | 16 | 0 | 0.025 | 0.19 | 8.4 | 0.17 | 1.8 | 7 | 0 | 0.02 | 1.2 |
| M1177 | Beef, hindquarter silverside, separable lean & fat, slow-roasted | 100 | 372 | 221 | 4 | 1.88 | 3.92 | 1.8 | 8 | 0 | 0.041 | 0.11 | 9.7 | 0.33 | 1.2 | 6 | 0 | 0.13 | 0.6 |
| | 1 roast whole | 923 | 3430 | 2040 | 40 | 17.4 | 36.2 | 16 | 71 | 0 | 0.38 | 1 | 90 | 3.1 | 11 | 60 | 0 | 1.2 | 5.6 |
| M1077 | Beef, hindquarter silverside, separable lean, slow-roasted | 100 | 374 | 222 | 4 | 1.89 | 3.95 | 1.8 | 7 | 0 | 0.041 | 0.11 | 9.8 | 0.34 | 1.3 | 7 | 0 | 0.13 | 0.6 |
| | 1 roast | 851 | 3180 | 1890 | 36 | 16.1 | 33.6 | 15 | 62 | 0 | 0.35 | 0.95 | 83 | 2.9 | 11 | 56 | 0 | 1.1 | 5.1 |
| M1184 | Beef, hindquarter sirloin, separable lean & fat, fast-fried | 100 | 325 | 192 | 8 | 1.72 | 2.92 | 3.7 | 26 | 0 | 0.054 | 0.077 | 9.1 | 0.28 | 0.85 | 7 | 0 | 0.33 | 0.68 |
| M1084 | Beef, hindquarter sirloin, separable lean, fast-fried | 100 | 364 | 217 | 6 | 1.96 | 3.41 | 4 | 19 | 0 | 0.053 | 0.086 | 10 | 0.32 | 0.94 | 8 | 0 | 0.33 | 0.53 |
| | 1 steak | 145 | 527 | 314 | 9 | 2.84 | 4.94 | 5.8 | 28 | 0 | 0.076 | 0.12 | 15 | 0.47 | 1.4 | 12 | 0 | 0.48 | 0.77 |
| M1178 | Beef, hindquarter skirt steak, separable lean & fat, braised | 100 | 190 | 139 | 5 | 2.38 | 6.76 | 5.4 | 12 | 0 | 0.022 | 0.085 | 9.3 | 0.12 | 1.4 | 6 | 0 | 0.28 | 0.97 |
| M1078 | Beef, hindquarter skirt steak, separable lean, braised | 100 | 192 | 141 | 5 | 2.41 | 6.9 | 5.5 | 11 | 0 | 0.021 | 0.086 | 9.5 | 0.12 | 1.4 | 6 | 0 | 0.28 | 0.95 |
| M1182 | Beef, hindquarter thick flank, separable lean & fat, fast-fried | 100 | 392 | 224 | 5 | 2.2 | 4.53 | 1.9 | 15 | 0 | 0.057 | 0.088 | 7.5 | 0.31 | 1.8 | 7 | 0 | 0.12 | 0.43 |
| M1082 | Beef, hindquarter thick flank, separable lean, fast-fried | 100 | 405 | 232 | 5 | 2.25 | 4.66 | 1.8 | 13 | 0 | 0.058 | 0.09 | 7.8 | 0.32 | 1.9 | 7 | 0 | 0.1 | 0.38 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| M1181 | Beef, hindquarter topside cap off, separable lean & fat, braised | 100 | 57.5 | 876 | 876 | 34.2 | 7.99 | 0 | 0 | 0 | 0 | 2.74 | 2.87 | 0.44 | 0.088 | 0.15 | 91.1 | 22 | 2 |
| | 1 roast | 971 | 558 | 8510 | 8510 | 332 | 77.6 | 0 | 0 | 0 | 0 | 26.6 | 27.8 | 4.26 | 0.85 | 1.45 | 885 | 215 | 19 |
| M1081 | Beef, hindquarter topside cap off, separable lean, braised | 100 | 57.8 | 858 | 858 | 34.5 | 7.34 | 0 | 0 | 0 | 0 | 2.5 | 2.63 | 0.41 | 0.081 | 0.138 | 91.2 | 22 | 2 |
| | 1 roast | 894 | 517 | 7670 | 7670 | 308 | 65.6 | 0 | 0 | 0 | 0 | 22.4 | 23.5 | 3.62 | 0.72 | 1.24 | 815 | 197 | 18 |
| M20 | Beef, mince, lean, stewed | 100 | 69.7 | 628 | 628 | 23.9 | 6 | 0 | 0 | 0 | 0 | 2.6 | 2.53 | 0.27 | | | 67 | 37 | 1 |
| | 1 cup (250 mL) | 170 | 118 | 1070 | 1070 | 40.6 | 10.2 | 0 | 0 | 0 | 0 | 4.42 | 4.31 | 0.45 | | | 114 | 63 | 1.7 |
| M1076 | Beef, mince, premium, simmered | 100 | 73.1 | 532 | 532 | 24.2 | 3.26 | 0 | 0 | 0 | 0 | 1.17 | 0.9 | 0.25 | 0.062 | 0.092 | 67.4 | 32 | 1.4 |
| | 1 cup (250 mL) | 130 | 95 | 692 | 692 | 31.5 | 4.24 | 0 | 0 | 0 | 0 | 1.52 | 1.17 | 0.32 | 0.081 | 0.119 | 87.6 | 42 | 1.8 |
| M1089 | Beef, offal, sweetbreads, simmered | 100 | 56.3 | 1320 | 1320 | 12.5 | 29.8 | 0 | 0 | 0 | 0 | 12.5 | 7.84 | 0.63 | 0.137 | 0.226 | 249 | 52 | 2 |
| M10015 | Chicken, breast, flesh, deli cooked | 100 | 67.6 | 556 | 556 | 24.3 | 3.88 | 0 | 0 | 0 | 0 | 1.1 | 1.66 | 0.64 | 0.036 | 0.49 | 97 | 330 | 2.9 |
| | 1 single breast (bone-in, 241 g) | 195 | 132 | 1080 | 1080 | 47.3 | 7.57 | 0 | 0 | 0 | 0 | 2.14 | 3.24 | 1.25 | 0.07 | 0.955 | 189 | 644 | 5.7 |
| M10040 | Chicken, breast, lean, fresh, baked or roasted, no fat or salt added | 100 | 68.4 | 581 | 581 | 28.2 | 2.73 | 0 | 0 | 0 | 0 | 0.8 | 1.13 | 0.5 | 0.024 | 0.365 | 97 | 61 | 0 |
| | 1 single breast (bone-in, 362 g) | 213 | 146 | 1240 | 1240 | 60.2 | 5.82 | 0 | 0 | 0 | 0 | 1.7 | 2.4 | 1.06 | 0.051 | 0.778 | 207 | 130 | 0 |
| M10041 | Chicken, breast, lean, fresh, stewed or boiled, no salt added | 100 | 66.2 | 635 | 635 | 31.1 | 2.87 | 0 | 0 | 0 | 0 | 0.77 | 1.1 | 0.46 | 0.021 | 0.328 | 113 | 46 | 0 |
| | 1 single breast (bone-in, 322 g) | 190 | 126 | 1210 | 1210 | 59.1 | 5.46 | 0 | 0 | 0 | 0 | 1.47 | 2.08 | 0.87 | 0.039 | 0.623 | 215 | 87 | 0 |
| M10033 | Chicken, breast, lean, separable fat & skin, baked or roasted, no fat or salt added | 100 | 64.6 | 744 | 744 | 28.1 | 7.2 | 0 | 0 | 0 | 0 | 2.19 | 3.09 | 1.31 | 0.059 | 0.958 | 103 | 61 | 1.6 |
| | 1 single breast (bone-in, 322 g) | 250 | 162 | 1860 | 1860 | 70.3 | 18 | 0 | 0 | 0 | 0 | 5.48 | 7.72 | 3.26 | 0.146 | 2.39 | 258 | 153 | 4.1 |
| M10019 | Chicken, breast, smoked, commercial, skin off | 100 | 74.4 | 431 | 431 | 20.1 | 2.39 | 0 | 0 | 0 | 0 | 0.64 | 0.9 | 0.33 | 0.017 | 0.251 | 77 | 730 | 3.2 |
| | 1 single breast (bone-in, 520 g) | 309 | 230 | 1330 | 1330 | 62.2 | 7.39 | 0 | 0 | 0 | 0 | 1.97 | 2.79 | 1.03 | 0.053 | 0.775 | 238 | 2260 | 9.9 |
| M10064 | Chicken, dark meat (leg), flesh, lean & separable fat, fresh, baked or roasted, (skin removed before eaten), no fat or salt added | 100 | 65.8 | 727 | 727 | 25.1 | 8.12 | 0 | 0 | 0 | 0 | 2.4 | 3.85 | 1.35 | 0.077 | 1.1 | 119 | 91 | 0 |
| | 1 single leg (bone-in, 162 g) | 110 | 72.3 | 800 | 800 | 27.6 | 8.94 | 0 | 0 | 0 | 0 | 2.64 | 4.23 | 1.48 | 0.084 | 1.21 | 131 | 100 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| M1181 | Beef, hindquarter topside cap off, separable lean & fat, braised | 100 | 181 | 176 | 5 | 3.81 | 5.41 | 3 | 14 | 0 | 0.03 | 0.12 | 9.7 | 0.25 | 1.5 | 6 | 0 | 0.25 | 0.43 |
| | 1 roast | 971 | 1760 | 1710 | 45 | 37 | 52.5 | 29 | 132 | 0 | 0.29 | 1.2 | 94 | 2.4 | 14 | 63 | 0 | 2.5 | 4.2 |
| M1081 | Beef, hindquarter topside cap off, separable lean, braised | 100 | 182 | 178 | 5 | 3.85 | 5.46 | 3 | 13 | 0 | 0.029 | 0.12 | 9.8 | 0.25 | 1.5 | 7 | 0 | 0.25 | 0.42 |
| | 1 roast | 894 | 1630 | 1590 | 40 | 34.4 | 48.8 | 27 | 118 | 0 | 0.26 | 1.1 | 87 | 2.2 | 13 | 58 | 0 | 2.2 | 3.8 |
| M20 | Beef, mince, lean, stewed | 100 | 254 | 154 | 5 | 2.7 | 4.7 | 3.6 | 0 | 0 | 0.11 | 0.17 | 8.1 | 0.28 | 1.6 | 11 | 0 | 0.13 | 0.31 |
| | 1 cup (250 mL) | 170 | 432 | 262 | 9 | 4.59 | 7.99 | 6.1 | 0 | 0 | 0.19 | 0.29 | 14 | 0.48 | 2.8 | 19 | 0 | 0.22 | 0.53 |
| M1076 | Beef, mince, premium, simmered | 100 | 193 | 129 | 6 | 1.78 | 5.02 | 1.1 | 8 | 0 | 0.042 | 0.096 | 5.5 | 0.16 | 1 | 4 | 0 | 0.13 | 0.57 |
| | 1 cup (250 mL) | 130 | 250 | 168 | 8 | 2.31 | 6.52 | 1.5 | 11 | 0 | 0.055 | 0.13 | 7.2 | 0.21 | 1.3 | 6 | 0 | 0.17 | 0.74 |
| M1089 | Beef, offal, sweetbreads, simmered | 100 | 258 | 356 | 4 | 1.12 | 1.2 | 11 | 19 | 0 | 0.077 | 0.11 | 3.9 | 0.041 | 1.5 | 0 | 0 | 0.56 | 0.79 |
| M10015 | Chicken, breast, flesh, deli cooked | 100 | 390 | 310 | 11 | 0.45 | 0.94 | 28 | 12 | 0 | 0.13 | 0.17 | 16 | 0.45 | 0.49 | 19 | 0 | 0.39 | 0.62 |
| | 1 single breast (bone-in, 241 g) | 195 | 761 | 605 | 21 | 0.88 | 1.83 | 55 | 23 | 0 | 0.25 | 0.33 | 32 | 0.88 | 0.95 | 37 | 0 | 0.76 | 1.2 |
| M10040 | Chicken, breast, lean, fresh, baked or roasted, no fat or salt added | 100 | 390 | 260 | 9 | 0.4 | 0.72 | 29 | 15 | 0 | 0.13 | 0.16 | 18 | 0.65 | 0.26 | 9 | 2.54 | 0.33 | 0.71 |
| | 1 single breast (bone-in, 362 g) | 213 | 831 | 554 | 19 | 0.85 | 1.53 | 62 | 32 | 0 | 0.28 | 0.33 | 38 | 1.4 | 0.54 | 19 | 5.41 | 0.71 | 1.5 |
| M10041 | Chicken, breast, lean, fresh, stewed or boiled, no salt added | 100 | 310 | 240 | 6 | 0.44 | 0.93 | 27 | 15 | 0 | 0.16 | 0.16 | 18 | 0.54 | 0.3 | 15 | 3.03 | 0.34 | 0.78 |
| | 1 single breast (bone-in, 322 g) | 190 | 589 | 456 | 12 | 0.84 | 1.77 | 51 | 28 | 0 | 0.3 | 0.3 | 34 | 1 | 0.58 | 28 | 5.76 | 0.65 | 1.5 |
| M10033 | Chicken, breast, lean, separable fat & skin, baked or roasted, no fat or salt added | 100 | 338 | 238 | 10 | 0.44 | 0.84 | 29 | 25 | trace | 0.15 | 0.16 | 16 | 0.47 | 0.44 | 15 | 1.82 | 0.13 | 0.73 |
| | 1 single breast (bone-in, 322 g) | 250 | 844 | 594 | 25 | 1.1 | 2.1 | 73 | 62 | trace | 0.38 | 0.41 | 39 | 1.2 | 1.1 | 37 | 4.55 | 0.31 | 1.8 |
| M10019 | Chicken, breast, smoked, commercial, skin off | 100 | 400 | 370 | 6 | 0.38 | 0.65 | 20 | 0 | 0 | 0.1 | 0.11 | 14 | 0.47 | 0.31 | 13 | 0 | 0 | 0.56 |
| | 1 single breast (bone-in, 520 g) | 309 | 1240 | 1140 | 18 | 1.17 | 2.01 | 62 | 0 | 0 | 0.31 | 0.34 | 42 | 1.5 | 0.97 | 40 | 0 | 0 | 1.7 |
| M10064 | Chicken, dark meat (leg), flesh, lean & separable fat, fresh, baked or roasted, (skin removed before eaten), no fat or salt added | 100 | 282 | 197 | 13 | 0.87 | 2.23 | 31 | 21 | 0 | 0.15 | 0.28 | 11 | 0.38 | 0.65 | 16 | 2.07 | 0.41 | 0.95 |
| | 1 single leg (bone-in, 162 g) | 110 | 310 | 216 | 14 | 0.96 | 2.46 | 34 | 23 | 0 | 0.16 | 0.31 | 12 | 0.42 | 0.71 | 18 | 2.28 | 0.45 | 1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| M10061 | Chicken, dark meat (leg), flesh, lean, fresh, baked or roasted, no salt & fat added | 100 | 68.9 | 628 | 628 | 23.7 | 6.09 | 0 | 0 | 0 | 0 | 1.76 | 2.81 | 1.05 | 0.058 | 0.841 | 114 | 106 | 0.46 |
| | 1 single leg (bone-in, 162 g) | 106 | 73.1 | 665 | 665 | 25.1 | 6.45 | 0 | 0 | 0 | 0 | 1.86 | 2.98 | 1.11 | 0.061 | 0.892 | 120 | 112 | 0.49 |
| M10062 | Chicken, dark meat (leg), flesh, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added | 100 | 63.5 | 847 | 847 | 22.8 | 12.4 | 0 | 0 | 0 | 0 | 3.59 | 5.9 | 1.94 | 0.122 | 1.65 | 114 | 104 | 1.9 |
| | 1 single leg (bone-in, 162 g) | 123 | 78.2 | 1040 | 1040 | 28 | 15.3 | 0 | 0 | 0 | 0 | 4.41 | 7.25 | 2.38 | 0.15 | 2.03 | 140 | 127 | 2.3 |
| M10063 | Chicken, dark meat (leg), flesh, lean, stewed or boiled, no salt added | 100 | 66 | 686 | 686 | 26.1 | 6.54 | 0 | 0 | 0 | 0 | 1.94 | 3.04 | 1.15 | 0.064 | 0.926 | 128 | 97 | 0.4 |
| | 1 single leg (bone-in, 152 g) | 98 | 64.7 | 672 | 672 | 25.6 | 6.41 | 0 | 0 | 0 | 0 | 1.9 | 2.98 | 1.13 | 0.063 | 0.907 | 126 | 95 | 0.39 |
| M10073 | Chicken, deli cooked, composite cuts, flesh, lean & separable fat | 100 | 65.9 | 640 | 640 | 25.2 | 5.7 | 0 | 0 | 0 | 0 | 1.59 | 2.47 | 0.92 | 0.054 | 0.717 | 106 | 370 | 1.9 |
| | 1/4 whole bird (bone-in, 225 g) | 157 | 103 | 1000 | 1000 | 39.6 | 8.95 | 0 | 0 | 0 | 0 | 2.49 | 3.87 | 1.44 | 0.085 | 1.13 | 166 | 581 | 3 |
| M10016 | Chicken, drumstick, flesh, deli cooked | 100 | 60.1 | 783 | 783 | 28.3 | 8.16 | 0 | 0 | 0 | 0 | 2.2 | 3.62 | 1.32 | 0.08 | 1.04 | 138 | 430 | 0 |
| | 1 single drumstick (bone-in, 54.5 g) | 38.5 | 23.1 | 301 | 301 | 10.9 | 3.14 | 0 | 0 | 0 | 0 | 0.85 | 1.39 | 0.51 | 0.031 | 0.402 | 53.1 | 166 | 0 |
| M10012 | Chicken, drumstick, flesh, fresh, baked or roasted (skin removed before eaten), no salt or fat added | 100 | 66 | 711 | 711 | 26.5 | 7.02 | 0 | 0 | 0 | 0 | 1.91 | 3.07 | 1.11 | 0.062 | 0.884 | 138 | 107 | 0 |
| | 1 single drumstick (bone-in, 70.2 g) | 42.8 | 28.2 | 304 | 304 | 11.4 | 3.01 | 0 | 0 | 0 | 0 | 0.82 | 1.31 | 0.48 | 0.027 | 0.378 | 59.1 | 46 | 0 |
| M10048 | Chicken, drumstick, flesh, lean, baked or roasted, no salt or fat added | 100 | 64.1 | 763 | 763 | 28.8 | 7.39 | 0 | 0 | 0 | 0 | 2 | 3.31 | 1.25 | 0.072 | 0.994 | 134 | 123 | 0 |
| | 1 single drumstick (bone-in, 70.2 g) | 47.2 | 30.3 | 360 | 360 | 13.6 | 3.49 | 0 | 0 | 0 | 0 | 0.94 | 1.56 | 0.59 | 0.034 | 0.469 | 63.4 | 58 | 0 |
| M10052 | Chicken, drumstick, flesh, lean, separable fat & skin, fresh, baked or roasted, no salt or fat added | 100 | 51.4 | 1300 | 1300 | 24.2 | 24 | 0 | 0 | 0 | 0 | 7.03 | 11.5 | 3.85 | 0.237 | 3.23 | 129 | 108 | 6.8 |
| | 1 single drumstick (bone-in, 70.2 g) | 47.2 | 24.3 | 614 | 614 | 11.4 | 11.3 | 0 | 0 | 0 | 0 | 3.32 | 5.42 | 1.82 | 0.112 | 1.52 | 60.9 | 51 | 3.2 |
| M10049 | Chicken, drumstick, flesh, lean, stewed or boiled, no salt added | 100 | 68.5 | 674 | 674 | 26 | 6.27 | 0 | 0 | 0 | 0 | 1.78 | 2.86 | 1.12 | 0.066 | 0.887 | 127 | 85 | 0 |
| | 1 single drumstick (bone-in, 72.7 g) | 45 | 30.8 | 303 | 303 | 11.7 | 2.82 | 0 | 0 | 0 | 0 | 0.8 | 1.29 | 0.5 | 0.03 | 0.399 | 57.2 | 38 | 0 |
| M10008 | Chicken, flesh, breast, fresh, baked or roasted (skin removed before eaten), no fat or salt added | 100 | 68.4 | 588 | 588 | 29 | 2.59 | 0 | 0 | 0 | 0 | 0.74 | 1.02 | 0.45 | 0.019 | 0.323 | 101 | 55 | 0 |
| | 1 single breast (bone-in, 322 g) | 219 | 150 | 1290 | 1290 | 63.4 | 5.67 | 0 | 0 | 0 | 0 | 1.63 | 2.24 | 0.99 | 0.042 | 0.707 | 221 | 120 | 0 |
| M10045 | Chicken, light meat, lean & separable fat, baked or roasted (skin removed before eaten), no salt or fat added | 100 | 67.8 | 612 | 612 | 28.9 | 3.28 | 0 | 0 | 0 | 0 | 0.94 | 1.32 | 0.57 | 0.025 | 0.415 | 103 | 60 | 0.23 |
| | 1 single breast and wing (bone-in, 420 g) | 251 | 170 | 1540 | 1540 | 72.5 | 8.23 | 0 | 0 | 0 | 0 | 2.36 | 3.3 | 1.43 | 0.063 | 1.04 | 260 | 149 | 0.57 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| M10061 | Chicken, dark meat (leg), flesh, lean, fresh, baked or roasted, no salt & fat added | 100 | 298 | 197 | 13 | 0.81 | 2.05 | 27 | 15 | 0 | 0.14 | 0.28 | 10 | 0.37 | 0.52 | 9 | 2.55 | 0.41 | 0.89 |
| | 1 single leg (bone-in, 162 g) | 106 | 316 | 209 | 14 | 0.86 | 2.18 | 29 | 16 | 0 | 0.15 | 0.3 | 11 | 0.4 | 0.55 | 9 | 2.7 | 0.44 | 0.95 |
| M10062 | Chicken, dark meat (leg), flesh, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added | 100 | 293 | 194 | 13 | 0.81 | 1.89 | 26 | 32 | trace | 0.13 | 0.26 | 10 | 0.33 | 0.71 | 8 | 2.2 | 0.52 | 0.91 |
| | 1 single leg (bone-in, 162 g) | 123 | 361 | 239 | 16 | 1 | 2.32 | 32 | 39 | trace | 0.16 | 0.32 | 12 | 0.4 | 0.87 | 10 | 2.71 | 0.64 | 1.1 |
| M10063 | Chicken, dark meat (leg), flesh, lean, stewed or boiled, no salt added | 100 | 240 | 181 | 13 | 0.91 | 2.47 | 30 | 17 | 0 | 0.13 | 0.3 | 10 | 0.28 | 0.5 | 11 | 3.03 | 0.6 | 1.1 |
| | 1 single leg (bone-in, 152 g) | 98 | 235 | 177 | 12 | 0.89 | 2.42 | 29 | 16 | 0 | 0.13 | 0.29 | 10 | 0.27 | 0.49 | 10 | 2.97 | 0.59 | 1.1 |
| M10073 | Chicken, deli cooked, composite cuts, flesh, lean & separable fat | 100 | 379 | 311 | 13 | 0.62 | 1.38 | 28 | 17 | 0 | 0.12 | 0.21 | 15 | 0.43 | 0.55 | 19 | 0 | 0.5 | 0.77 |
| | 1/4 whole bird (bone-in, 225 g) | 157 | 594 | 488 | 20 | 0.97 | 2.16 | 44 | 27 | 0 | 0.19 | 0.32 | 24 | 0.67 | 0.86 | 30 | 0 | 0.78 | 1.2 |
| M10016 | Chicken, drumstick, flesh, deli cooked | 100 | 390 | 330 | 13 | 1.06 | 2.7 | 32 | 26 | 0 | 0.1 | 0.32 | 13 | 0.47 | 0.77 | 19 | 0 | 0.69 | 0.94 |
| | 1 single drumstick (bone-in, 54.5 g) | 38.5 | 150 | 127 | 5 | 0.41 | 1.04 | 12 | 10 | 0 | 0.038 | 0.12 | 4.9 | 0.18 | 0.3 | 7 | 0 | 0.27 | 0.36 |
| M10012 | Chicken, drumstick, flesh, fresh, baked or roasted (skin removed before eaten), no salt or fat added | 100 | 300 | 210 | 15 | 0.94 | 2.7 | 32 | 16 | 0 | 0.14 | 0.27 | 12 | 0.41 | 0.64 | 16 | 2.07 | 0.28 | 0.98 |
| | 1 single drumstick (bone-in, 70.2 g) | 42.8 | 128 | 90 | 6 | 0.4 | 1.16 | 14 | 7 | 0 | 0.06 | 0.12 | 4.9 | 0.18 | 0.28 | 7 | 0.89 | 0.12 | 0.42 |
| M10048 | Chicken, drumstick, flesh, lean, baked or roasted, no salt or fat added | 100 | 350 | 240 | 20 | 1.05 | 2.7 | 32 | 19 | 0 | 0.14 | 0.35 | 12 | 0.38 | 0.6 | 10 | 2.9 | 0.28 | 1.1 |
| | 1 single drumstick (bone-in, 70.2 g) | 47.2 | 165 | 113 | 9 | 0.5 | 1.27 | 15 | 9 | 0 | 0.066 | 0.17 | 5.7 | 0.18 | 0.28 | 5 | 1.37 | 0.13 | 0.53 |
| M10052 | Chicken, drumstick, flesh, lean, separable fat & skin, fresh, baked or roasted, no salt or fat added | 100 | 310 | 215 | 16 | 0.98 | 1.88 | 28 | 71 | trace | 0.12 | 0.21 | 11 | 0.21 | 1.1 | 11 | 0 | 0.66 | 1.1 |
| | 1 single drumstick (bone-in, 70.2 g) | 47.2 | 146 | 101 | 8 | 0.46 | 0.89 | 13 | 34 | trace | 0.054 | 0.099 | 5.1 | 0.097 | 0.5 | 5 | 0 | 0.31 | 0.5 |
| M10049 | Chicken, drumstick, flesh, lean, stewed or boiled, no salt added | 100 | 220 | 170 | 17 | 0.98 | 2.9 | 28 | 17 | 0 | 0.12 | 0.28 | 9.8 | 0.25 | 0.54 | 11 | 3.08 | 0.56 | 1.3 |
| | 1 single drumstick (bone-in, 72.7 g) | 45 | 99 | 77 | 8 | 0.44 | 1.31 | 13 | 8 | 0 | 0.053 | 0.12 | 4.4 | 0.11 | 0.24 | 5 | 1.39 | 0.25 | 0.58 |
| M10008 | Chicken, flesh, breast, fresh, baked or roasted (skin removed before eaten), no fat or salt added | 100 | 340 | 240 | 9 | 0.36 | 0.81 | 30 | 11 | 0 | 0.16 | 0.17 | 16 | 0.53 | 0.29 | 16 | 2.07 | 0 | 0.68 |
| | 1 single breast (bone-in, 322 g) | 219 | 745 | 526 | 19 | 0.79 | 1.77 | 66 | 24 | 0 | 0.35 | 0.36 | 36 | 1.2 | 0.64 | 35 | 4.53 | 0 | 1.5 |
| M10045 | Chicken, light meat, lean & separable fat, baked or roasted (skin removed before eaten), no salt or fat added | 100 | 334 | 235 | 10 | 0.4 | 0.92 | 30 | 14 | 0 | 0.16 | 0.17 | 16 | 0.53 | 0.33 | 16 | 2.07 | 0.04 | 0.7 |
| | 1 single breast and wing (bone-in, 420 g) | 251 | 838 | 590 | 24 | 0.99 | 2.31 | 74 | 34 | 0 | 0.39 | 0.42 | 40 | 1.3 | 0.84 | 40 | 5.2 | 0.1 | 1.8 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| M10038 | Chicken, light meat, lean & separable fat, fresh, raw | 100 | 73.4 | 569 | 569 | 20.4 | 6 | 0 | 0 | 0 | 0 | 1.81 | 2.61 | 1.12 | 0.05 | 0.836 | 76.5 | 90 | 1.2 |
| | 1 single breast and wing (bone-in, 558 g) | 346 | 254 | 1970 | 1970 | 70.6 | 20.8 | 0 | 0 | 0 | 0 | 6.26 | 9.04 | 3.87 | 0.172 | 2.89 | 265 | 310 | 4.3 |
| M10044 | Chicken, light meat, lean, baked or roasted, no fat or salt added | 100 | 67.3 | 616 | 616 | 28.6 | 3.5 | 0 | 0 | 0 | 0 | 1.01 | 1.47 | 0.62 | 0.032 | 0.471 | 101 | 67 | 0.23 |
| | 1 single breast and wing (bone-in, 420 g) | 244 | 164 | 1500 | 1500 | 69.8 | 8.54 | 0 | 0 | 0 | 0 | 2.46 | 3.59 | 1.51 | 0.077 | 1.15 | 247 | 163 | 0.57 |
| M10047 | Chicken, light meat, lean, fresh stewed or boiled, no salt added | 100 | 66.1 | 650 | 650 | 30.9 | 3.39 | 0 | 0 | 0 | 0 | 0.9 | 1.3 | 0.54 | 0.024 | 0.395 | 116 | 48 | 0 |
| | 1 single breast and wing (bone-in, 386 g) | 218 | 144 | 1420 | 1420 | 67.3 | 7.4 | 0 | 0 | 0 | 0 | 1.97 | 2.83 | 1.17 | 0.053 | 0.862 | 252 | 104 | 0 |
| M10046 | Chicken, light meat, lean, separable fat & skin, baked or roasted, no salt or fat added | 100 | 61.6 | 860 | 860 | 27 | 10.8 | 0 | 0 | 0 | 0 | 3.14 | 5.08 | 1.67 | 0.106 | 1.42 | 104 | 71 | 2.1 |
| | 1 single breast and wing (bone-in, 420 g) | 290 | 179 | 2490 | 2490 | 78.3 | 31.4 | 0 | 0 | 0 | 0 | 9.11 | 14.7 | 4.85 | 0.308 | 4.13 | 301 | 207 | 6 |
| M10072 | Chicken, liver, pan-fried, no added salt or fat | 100 | 70.5 | 577 | 577 | 22.7 | 5.15 | 0 | 0 | 0 | 0 | 1.94 | 1.63 | 1.26 | 0.023 | 0.725 | 142 | 83 | 2.1 |
| | 1 cup (250 mL) | 196 | 138 | 1130 | 1130 | 44.5 | 10.1 | 0 | 0 | 0 | 0 | 3.79 | 3.2 | 2.47 | 0.044 | 1.42 | 277 | 162 | 4.1 |
| M1153 | Chicken, mince, pan-fried, with no added fat, premium, Tegel® | 100 | 58.4 | 791 | 791 | 34.6 | 5.5 | 0 | 0 | 0 | 0 | 0.97 | 1.49 | 0.48 | 0.03 | 0.408 | 109 | 53 | 0.24 |
| | 1 cup (250 mL) | 134 | 78.2 | 1060 | 1060 | 46.3 | 7.37 | 0 | 0 | 0 | 0 | 1.3 | 2 | 0.64 | 0.04 | 0.547 | 146 | 71 | 0.32 |
| M10017 | Chicken, thigh, flesh, deli cooked | 100 | 66.1 | 735 | 735 | 23.9 | 8.89 | 0 | 0 | 0 | 0 | 2.42 | 3.89 | 1.36 | 0.087 | 1.11 | 108 | 430 | 0 |
| | 1 single thigh (bone-in, 73.4 g) | 60 | 39.7 | 441 | 441 | 14.3 | 5.34 | 0 | 0 | 0 | 0 | 1.45 | 2.34 | 0.81 | 0.052 | 0.665 | 64.8 | 258 | 0 |
| M10014 | Chicken, thigh, flesh, fresh, baked or roasted (skin removed before eaten), no salt or fat added | 100 | 65.6 | 754 | 754 | 24.1 | 9.3 | 0 | 0 | 0 | 0 | 2.73 | 4.38 | 1.5 | 0.086 | 1.25 | 107 | 80 | 0 |
| | 1 single thigh (bone-in, 91.5 g) | 67.2 | 44.1 | 507 | 507 | 16.2 | 6.25 | 0 | 0 | 0 | 0 | 1.83 | 2.94 | 1 | 0.058 | 0.84 | 71.9 | 54 | 0 |
| M10053 | Chicken, thigh, flesh, lean, baked or roasted, no salt or fat added | 100 | 73.1 | 538 | 538 | 20.3 | 5.23 | 0 | 0 | 0 | 0 | 1.6 | 2.47 | 0.91 | 0.049 | 0.74 | 100 | 95 | 0.77 |
| | 1 single thigh (bone-in, 91.5 g) | 64.1 | 46.9 | 345 | 345 | 13 | 3.35 | 0 | 0 | 0 | 0 | 1.03 | 1.58 | 0.58 | 0.031 | 0.475 | 64.1 | 61 | 0.49 |
| M10054 | Chicken, thigh, flesh, lean, fresh, stewed or boiled, no salt and fat added | 100 | 65.2 | 696 | 696 | 26.2 | 6.77 | 0 | 0 | 0 | 0 | 2.07 | 3.2 | 1.18 | 0.063 | 0.958 | 129 | 107 | 0.73 |
| | 1 single thigh (bone-in, 79.3 g) | 53.5 | 34.9 | 373 | 373 | 14 | 3.62 | 0 | 0 | 0 | 0 | 1.11 | 1.71 | 0.63 | 0.034 | 0.513 | 69.2 | 57 | 0.39 |
| M10057 | Chicken, thigh, flesh, lean, separable fat & skin, fresh, baked or roasted, no salt and fat added | 100 | 62.1 | 1010 | 1010 | 23.9 | 16.3 | 0 | 0 | 0 | 0 | 3.87 | 6.23 | 2.1 | 0.123 | 1.77 | 109 | 83 | 1.6 |
| | 1 single thigh (bone-in, 91.5 g) | 76 | 47.2 | 767 | 767 | 18.1 | 12.4 | 0 | 0 | 0 | 0 | 2.94 | 4.74 | 1.6 | 0.093 | 1.35 | 82.5 | 63 | 1.2 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| M10038 | Chicken, light meat, lean & separable fat, fresh, raw | 100 | 331 | 212 | 6 | 0.32 | 0.71 | 23 | 20 | trace | 0.14 | 0.13 | 14 | 0.6 | 0.61 | 11 | 2.34 | 0.14 | 0.31 |
| | 1 single breast and wing (bone-in, 558 g) | 346 | 1150 | 734 | 22 | 1.1 | 2.46 | 78 | 68 | trace | 0.48 | 0.45 | 48 | 2.1 | 2.1 | 38 | 8.09 | 0.47 | 1.1 |
| M10044 | Chicken, light meat, lean, baked or roasted, no fat or salt added | 100 | 384 | 257 | 10 | 0.44 | 0.88 | 29 | 17 | 0 | 0.13 | 0.16 | 17 | 0.65 | 0.35 | 9 | 2.57 | 0.34 | 0.76 |
| | 1 single breast and wing (bone-in, 420 g) | 244 | 936 | 628 | 25 | 1.08 | 2.14 | 70 | 41 | 0 | 0.31 | 0.39 | 42 | 1.6 | 0.86 | 22 | 6.26 | 0.84 | 1.9 |
| M10047 | Chicken, light meat, lean, fresh stewed or boiled, no salt added | 100 | 290 | 230 | 9 | 0.48 | 1.08 | 27 | 15 | 0 | 0.15 | 0.16 | 17 | 0.52 | 0.35 | 14 | 2.96 | 0.35 | 0.79 |
| | 1 single breast and wing (bone-in, 386 g) | 218 | 632 | 501 | 19 | 1.04 | 2.35 | 60 | 33 | 0 | 0.32 | 0.34 | 36 | 1.1 | 0.75 | 30 | 6.45 | 0.77 | 1.7 |
| M10046 | Chicken, light meat, lean, separable fat & skin, baked or roasted, no salt or fat added | 100 | 367 | 247 | 11 | 0.51 | 0.88 | 27 | 36 | trace | 0.12 | 0.15 | 16 | 0.55 | 0.58 | 8 | 2.16 | 0.48 | 0.81 |
| | 1 single breast and wing (bone-in, 420 g) | 290 | 1060 | 715 | 32 | 1.48 | 2.55 | 79 | 103 | 1 | 0.35 | 0.45 | 46 | 1.6 | 1.7 | 24 | 6.26 | 1.4 | 2.3 |
| M10072 | Chicken, liver, pan-fried, no added salt or fat | 100 | 298 | 339 | 6 | 15.8 | 3.12 | 81 | 10400 | 2 | 0.45 | 2.1 | 18 | 0.97 | 25 | 2100 | 20.9 | 2.1 | 0.31 |
| | 1 cup (250 mL) | 196 | 584 | 664 | 12 | 31 | 6.11 | 160 | 20500 | 4 | 0.87 | 4 | 34 | 1.9 | 49 | 4100 | 40.9 | 4.1 | 0.6 |
| M1153 | Chicken, mince, pan-fried, with no added fat, premium, Teigel® | 100 | 444 | 305 | 6 | 0.46 | 1.05 | 33 | 8 | 0 | 0.16 | 0.24 | 17 | 1.1 | 0.23 | 0 | 0 | 0.33 | 0.97 |
| | 1 cup (250 mL) | 134 | 596 | 408 | 8 | 0.61 | 1.4 | 45 | 11 | 0 | 0.21 | 0.33 | 23 | 1.4 | 0.3 | 0 | 0 | 0.45 | 1.3 |
| M10017 | Chicken, thigh, flesh, deli cooked | 100 | 340 | 300 | 16 | 0.83 | 1.8 | 27 | 26 | 0 | 0.1 | 0.26 | 13 | 0.32 | 0.54 | 19 | 0 | 0.71 | 1 |
| | 1 single thigh (bone-in, 73.4 g) | 60 | 204 | 180 | 10 | 0.5 | 1.08 | 16 | 16 | 0 | 0.06 | 0.16 | 7.7 | 0.19 | 0.32 | 11 | 0 | 0.42 | 0.61 |
| M10014 | Chicken, thigh, flesh, fresh, baked or roasted (skin removed before eaten), no salt or fat added | 100 | 270 | 188 | 12 | 0.82 | 1.92 | 30 | 24 | 0 | 0.15 | 0.28 | 11 | 0.36 | 0.65 | 16 | 2.07 | 0.49 | 0.93 |
| | 1 single thigh (bone-in, 91.5 g) | 67.2 | 181 | 126 | 8 | 0.55 | 1.29 | 20 | 16 | 0 | 0.1 | 0.19 | 7.1 | 0.24 | 0.44 | 11 | 1.39 | 0.33 | 0.63 |
| M10053 | Chicken, thigh, flesh, lean, baked or roasted, no salt or fat added | 100 | 264 | 168 | 8 | 0.66 | 1.63 | 24 | 13 | 0 | 0.14 | 0.23 | 9.2 | 0.37 | 0.47 | 8 | 2.31 | 0.5 | 0.74 |
| | 1 single thigh (bone-in, 91.5 g) | 64.1 | 169 | 108 | 5 | 0.42 | 1.04 | 15 | 8 | 0 | 0.092 | 0.15 | 5.9 | 0.24 | 0.3 | 5 | 1.48 | 0.32 | 0.47 |
| M10054 | Chicken, thigh, flesh, lean, fresh, stewed or boiled, no salt and fat added | 100 | 256 | 190 | 9 | 0.85 | 2.1 | 31 | 16 | 0 | 0.15 | 0.31 | 10 | 0.3 | 0.46 | 11 | 2.99 | 0.64 | 0.96 |
| | 1 single thigh (bone-in, 79.3 g) | 53.5 | 137 | 102 | 5 | 0.45 | 1.13 | 17 | 9 | 0 | 0.078 | 0.17 | 5.6 | 0.16 | 0.25 | 6 | 1.6 | 0.34 | 0.51 |
| M10057 | Chicken, thigh, flesh, lean, separable fat & skin, fresh, baked or roasted, no salt and fat added | 100 | 276 | 192 | 12 | 0.84 | 1.82 | 29 | 36 | trace | 0.14 | 0.26 | 10 | 0.32 | 0.75 | 15 | 0 | 0.56 | 0.96 |
| | 1 single thigh (bone-in, 91.5 g) | 76 | 210 | 146 | 9 | 0.64 | 1.38 | 22 | 27 | trace | 0.11 | 0.2 | 8 | 0.24 | 0.57 | 11 | 0 | 0.42 | 0.73 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|---|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| M10068 | Chicken, whole, composite cuts, flesh, lean & separable fat, fresh, baked or roasted, (skin removed before eaten), no fat or salt added | 100 | 67.5 | 636 | 636 | 27.7 | 4.44 | 0 | 0 | 0 | 0 | 1.4 | 2.05 | 0.83 | 0.039 | 0.628 | 108 | 69 | 0.17 |
| | 1/4 whole bird (bone-in, 300 g) | 181 | 122 | 1150 | 1150 | 50.2 | 8.03 | 0 | 0 | 0 | 0 | 2.54 | 3.71 | 1.51 | 0.071 | 1.14 | 196 | 125 | 0.31 |
| M10069 | Chicken, whole, composite cuts, flesh, lean, fresh, baked or roasted, no fat or salt added | 100 | 67.3 | 620 | 620 | 27.1 | 4.29 | 0 | 0 | 0 | 0 | 1.24 | 1.88 | 0.75 | 0.04 | 0.583 | 105 | 79 | 0.3 |
| | 1/4 whole bird (bone-in, 300 g) | 175 | 118 | 1080 | 1080 | 47.5 | 7.5 | 0 | 0 | 0 | 0 | 2.16 | 3.29 | 1.31 | 0.069 | 1.02 | 184 | 138 | 0.53 |
| M10071 | Chicken, whole, composite cuts, flesh, lean, fresh, stewed or boiled, no salt added | 100 | 65.4 | 663 | 663 | 28.9 | 4.66 | 0 | 0 | 0 | 0 | 1.31 | 2 | 0.79 | 0.041 | 0.611 | 121 | 66 | 0.1 |
| | 1/4 whole bird (bone-in, 275 g) | 187 | 122 | 1240 | 1240 | 54 | 8.72 | 0 | 0 | 0 | 0 | 2.45 | 3.73 | 1.47 | 0.077 | 1.14 | 226 | 124 | 0.2 |
| M10070 | Chicken, whole, composite cuts, flesh, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added | 100 | 61.7 | 856 | 856 | 25.8 | 11.3 | 0 | 0 | 0 | 0 | 3.28 | 5.32 | 1.75 | 0.111 | 1.49 | 107 | 81 | 2 |
| | 1/4 whole bird (bone-in, 300 g) | 207 | 128 | 1770 | 1770 | 53.3 | 23.4 | 0 | 0 | 0 | 0 | 6.78 | 11 | 3.63 | 0.23 | 3.09 | 221 | 167 | 4.2 |
| M10020 | Chicken, whole, composite cuts, smoked, skin off | 100 | 70.5 | 534 | 534 | 21.6 | 4.5 | 0 | 0 | 0 | 0 | 1.31 | 1.89 | 0.63 | 0.029 | 0.537 | 86 | 580 | 1.6 |
| | 1/4 whole bird (bone-in, 250 g) | 160 | 113 | 854 | 854 | 34.6 | 7.2 | 0 | 0 | 0 | 0 | 2.1 | 3.02 | 1.01 | 0.047 | 0.858 | 138 | 928 | 2.6 |
| M10010 | Chicken, wing, flesh, fresh, baked or roasted (skin removed before eaten), no fat or salt added | 100 | 63 | 789 | 789 | 28.3 | 8.35 | 0 | 0 | 0 | 0 | 2.32 | 3.6 | 1.37 | 0.076 | 1.13 | 121 | 93 | 1.9 |
| | 1 single wing (bone-in, 57.6 g) | 31.4 | 19.8 | 248 | 248 | 8.87 | 2.62 | 0 | 0 | 0 | 0 | 0.73 | 1.13 | 0.43 | 0.024 | 0.355 | 38 | 29 | 0.6 |
| M10042 | Chicken, wing, flesh, lean, baked or roasted, no fat or salt added | 100 | 60 | 851 | 851 | 31.1 | 8.7 | 0 | 0 | 0 | 0 | 2.41 | 3.8 | 1.44 | 0.082 | 1.19 | 131 | 107 | 1.8 |
| | 1 single wing (bone-in, 57.6 g) | 31.5 | 18.9 | 268 | 268 | 9.81 | 2.74 | 0 | 0 | 0 | 0 | 0.76 | 1.2 | 0.46 | 0.026 | 0.373 | 41.3 | 34 | 0.57 |
| M10043 | Chicken, wing, flesh, lean, fresh, stewed or boiled, no salt added | 100 | 65.4 | 755 | 755 | 29.4 | 6.93 | 0 | 0 | 0 | 0 | 1.8 | 2.67 | 1.07 | 0.049 | 0.855 | 135 | 58 | 0 |
| | 1 single wing (bone-in, 57.6 g) | 27.9 | 18.2 | 211 | 211 | 8.19 | 1.93 | 0 | 0 | 0 | 0 | 0.5 | 0.75 | 0.3 | 0.014 | 0.238 | 37.7 | 16 | 0 |
| M10036 | Chicken, wing, lean, separable fat & skin, baked or roasted, no fat or salt added | 100 | 57.8 | 1010 | 1010 | 27 | 14.9 | 0 | 0 | 0 | 0 | 4.3 | 6.78 | 2.47 | 0.143 | 2.07 | 121 | 96 | 4.2 |
| | 1 single wing (bone-in, 57.6 g) | 40.1 | 23.2 | 405 | 405 | 10.8 | 5.97 | 0 | 0 | 0 | 0 | 1.73 | 2.72 | 0.99 | 0.057 | 0.83 | 48.4 | 38 | 1.7 |
| M10018 | Chicken, wings, flesh, deli cooked | 100 | 60 | 845 | 845 | 29 | 9.5 | 0 | 0 | 0 | 0 | 2.6 | 4.26 | 1.43 | 0.093 | 1.16 | 121 | 470 | 2 |
| | 1 single wing (bone-in, 32.6 g) | 20.4 | 12.2 | 172 | 172 | 5.92 | 1.94 | 0 | 0 | 0 | 0 | 0.53 | 0.87 | 0.29 | 0.019 | 0.237 | 24.7 | 96 | 0.41 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| M10068 | Chicken, whole, composite cuts, flesh, lean & separable fat, fresh, baked or roasted, (skin removed before eaten), no fat or salt added | 100 | 318 | 223 | 11 | 0.54 | 1.28 | 30 | 16 | 0 | 0.15 | 0.2 | 15 | 0.48 | 0.43 | 16 | 2.07 | 0.15 | 0.78 |
| | 1/4 whole bird (bone-in, 300 g) | 181 | 576 | 404 | 19 | 0.98 | 2.32 | 54 | 29 | 0 | 0.28 | 0.36 | 26 | 0.88 | 0.78 | 29 | 3.75 | 0.28 | 1.4 |
| M10069 | Chicken, whole, composite cuts, flesh, lean, fresh, baked or roasted, no fat or salt added | 100 | 358 | 239 | 11 | 0.56 | 1.24 | 28 | 16 | 0 | 0.13 | 0.2 | 15 | 0.56 | 0.4 | 9 | 2.56 | 0.36 | 0.8 |
| | 1/4 whole bird (bone-in, 300 g) | 175 | 626 | 418 | 19 | 0.97 | 2.16 | 49 | 29 | 0 | 0.23 | 0.34 | 27 | 0.99 | 0.7 | 16 | 4.48 | 0.64 | 1.4 |
| M10071 | Chicken, whole, composite cuts, flesh, lean, fresh, stewed or boiled, no salt added | 100 | 266 | 208 | 11 | 0.67 | 1.73 | 28 | 16 | 0 | 0.14 | 0.21 | 14 | 0.41 | 0.42 | 13 | 3 | 0.45 | 0.95 |
| | 1/4 whole bird (bone-in, 275 g) | 187 | 497 | 388 | 21 | 1.25 | 3.23 | 52 | 29 | 0 | 0.26 | 0.4 | 26 | 0.77 | 0.78 | 23 | 5.6 | 0.85 | 1.8 |
| M10070 | Chicken, whole, composite cuts, flesh, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added | 100 | 345 | 231 | 12 | 0.6 | 1.18 | 27 | 34 | trace | 0.12 | 0.18 | 14 | 0.48 | 0.62 | 8 | 2.17 | 0.49 | 0.84 |
| | 1/4 whole bird (bone-in, 300 g) | 207 | 714 | 478 | 24 | 1.24 | 2.44 | 56 | 71 | trace | 0.26 | 0.38 | 29 | 0.99 | 1.3 | 17 | 4.49 | 1 | 1.7 |
| M10020 | Chicken, whole, composite cuts, smoked, skin off | 100 | 260 | 192 | 11 | 0.5 | 1.14 | 30 | 10 | 0 | 0.12 | 0.14 | 9.2 | 0.3 | 0.22 | 13 | 0 | 0 | 0.39 |
| | 1/4 whole bird (bone-in, 250 g) | 160 | 416 | 307 | 17 | 0.8 | 1.82 | 48 | 16 | 0 | 0.19 | 0.22 | 15 | 0.48 | 0.35 | 21 | 0 | 0 | 0.63 |
| M10010 | Chicken, wing, flesh, fresh, baked or roasted (skin removed before eaten), no fat or salt added | 100 | 290 | 200 | 16 | 0.65 | 1.74 | 27 | 34 | 0 | 0.12 | 0.17 | 14 | 0.52 | 0.64 | 16 | 2.07 | 0.34 | 0.89 |
| | 1 single wing (bone-in, 57.6 g) | 31.4 | 91 | 63 | 5 | 0.2 | 0.55 | 8.5 | 11 | 0 | 0.038 | 0.053 | 4.3 | 0.16 | 0.2 | 5 | 0.65 | 0.11 | 0.28 |
| M10042 | Chicken, wing, flesh, lean, baked or roasted, no fat or salt added | 100 | 340 | 240 | 19 | 0.74 | 1.95 | 27 | 31 | 0 | 0.1 | 0.18 | 15 | 0.62 | 1 | 10 | 2.75 | 0.43 | 1.1 |
| | 1 single wing (bone-in, 57.6 g) | 31.5 | 107 | 76 | 6 | 0.23 | 0.61 | 8.5 | 10 | 0 | 0.033 | 0.058 | 4.7 | 0.19 | 0.32 | 3 | 0.87 | 0.14 | 0.36 |
| M10043 | Chicken, wing, flesh, lean, fresh, stewed or boiled, no salt added | 100 | 152 | 159 | 25 | 0.72 | 2.1 | 30 | 18 | 0 | 0.073 | 0.14 | 9.4 | 0.34 | 0.63 | 9 | 2.45 | 0.44 | 0.83 |
| | 1 single wing (bone-in, 57.6 g) | 27.9 | 42 | 44 | 7 | 0.2 | 0.59 | 8.4 | 5 | 0 | 0.02 | 0.038 | 2.6 | 0.096 | 0.18 | 2 | 0.68 | 0.12 | 0.23 |
| M10036 | Chicken, wing, lean, separable fat & skin, baked or roasted, no fat or salt added | 100 | 296 | 204 | 17 | 0.72 | 1.6 | 26 | 52 | trace | 0.11 | 0.17 | 13 | 0.42 | 0.81 | 14 | 0 | 0.48 | 0.94 |
| | 1 single wing (bone-in, 57.6 g) | 40.1 | 119 | 82 | 7 | 0.29 | 0.64 | 11 | 21 | trace | 0.046 | 0.066 | 5.2 | 0.17 | 0.33 | 6 | 0 | 0.19 | 0.38 |
| M10018 | Chicken, wings, flesh, deli cooked | 100 | 360 | 320 | 20 | 0.78 | 1.88 | 28 | 25 | 0 | 0.08 | 0.2 | 14 | 0.41 | 0.79 | 19 | 0 | 0.57 | 1.1 |
| | 1 single wing (bone-in, 32.6 g) | 20.4 | 73 | 65 | 4 | 0.16 | 0.38 | 5.7 | 5 | 0 | 0.016 | 0.04 | 2.8 | 0.084 | 0.16 | 4 | 0 | 0.12 | 0.23 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| M75 | Duck, composite cuts, separable lean, roasted | 100 | 64.2 | 789 | 789 | 25.3 | 9.7 | 0 | 0 | 0 | 0 | 2.65 | 5.24 | 1.16 | | | 160 | 96 | 1.5 |
| | 1 cup diced (250 mL) | 148 | 95 | 1170 | 1170 | 37.5 | 14.4 | 0 | 0 | 0 | 0 | 3.92 | 7.76 | 1.72 | | | 237 | 142 | 2.2 |
| M1223 | Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked | 100 | 55.9 | 1110 | 1110 | 24.1 | 19 | 0 | 0 | 0 | 0 | 7.43 | 5.27 | 0.98 | 0.252 | 0.297 | 86.2 | 66 | 1.7 |
| M1151 | Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked | 100 | 63.2 | 820 | 820 | 27.6 | 9.51 | 0 | 0 | 0 | 0 | 3.37 | 2.43 | 0.54 | 0.134 | 0.17 | 88.5 | 70 | 1.7 |
| | 1 cup diced (250 mL) | 190 | 120 | 1560 | 1560 | 52.4 | 18.1 | 0 | 0 | 0 | 0 | 6.41 | 4.61 | 1.03 | 0.254 | 0.324 | 168 | 134 | 3.2 |
| M1204 | Lamb, forequarter breast, separable lean & fat, braised | 100 | 41.6 | 1810 | 1810 | 18.2 | 40.5 | 0 | 0 | 0 | 0 | 16.5 | 11.2 | 1.68 | 0.439 | 0.434 | 90.1 | 68 | 1.2 |
| M1122 | Lamb, forequarter breast, separable lean, braised | 100 | 54.8 | 1130 | 1130 | 28.2 | 17.5 | 0 | 0 | 0 | 0 | 6.12 | 4.32 | 0.78 | 0.19 | 0.2 | 102 | 86 | 1.2 |
| M1205 | Lamb, forequarter fore-shank, separable lean & fat, braised | 100 | 55.6 | 1070 | 1070 | 30.3 | 15 | 0 | 0 | 0 | 0 | 5.32 | 4.31 | 0.91 | 0.184 | 0.291 | 110 | 74 | 1.4 |
| M1123 | Lamb, forequarter fore-shank, separable lean, braised | 100 | 59.3 | 877 | 877 | 33.3 | 8.4 | 0 | 0 | 0 | 0 | 2.72 | 2.27 | 0.51 | 0.099 | 0.163 | 115 | 77 | 1.4 |
| M1207 | Lamb, forequarter rack fully Frenched, separable lean & fat, fast-roasted | 100 | 64.9 | 807 | 807 | 23.6 | 11 | 0 | 0 | 0 | 0 | 4.33 | 3.16 | 0.55 | 0.147 | 0.167 | 72.4 | 67 | 2.6 |
| M1125 | Lamb, forequarter rack fully Frenched, separable lean, fast-roasted | 100 | 66.7 | 725 | 725 | 24.4 | 8.38 | 0 | 0 | 0 | 0 | 3.27 | 2.4 | 0.43 | 0.113 | 0.13 | 72.1 | 67 | 2.7 |
| M1208 | Lamb, forequarter rack partially Frenched, separable lean & fat, fast-roasted | 100 | 59.7 | 1050 | 1050 | 22.1 | 18.2 | 0 | 0 | 0 | 0 | 7.03 | 4.8 | 0.88 | 0.234 | 0.261 | 76 | 69 | 1.3 |
| M1126 | Lamb, forequarter rack partially Frenched, separable lean, fast-roasted | 100 | 65 | 809 | 809 | 24.4 | 10.6 | 0 | 0 | 0 | 0 | 3.77 | 2.6 | 0.5 | 0.133 | 0.151 | 76.4 | 72 | 1.3 |
| M1206 | Lamb, forequarter round neck chops, separable lean & fat, braised | 100 | 51.3 | 1270 | 1270 | 28.6 | 21.3 | 0 | 0 | 0 | 0 | 8.73 | 5.91 | 0.92 | 0.279 | 0.29 | 116 | 92 | 2.9 |
| M1124 | Lamb, forequarter round neck chops, separable lean, braised | 100 | 54.6 | 1100 | 1100 | 31.4 | 15.4 | 0 | 0 | 0 | 0 | 6.17 | 4.21 | 0.67 | 0.205 | 0.216 | 121 | 97 | 3 |
| M1203 | Lamb, forequarter shoulder boneless rolled & netted, separable lean & fat, slow-roasted | 100 | 56.4 | 1190 | 1190 | 21.4 | 22.4 | 0 | 0 | 0 | 0 | 8.32 | 5.72 | 1.12 | 0.299 | 0.352 | 78.1 | 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 | 3.32 | 2.32 | 0.5 | 0.133 | 0.161 | 78.7 | 65 | 1.2 |
| M1210 | Lamb, forequarter shoulder chops, separable lean & fat, braised | 100 | 50.1 | 1340 | 1340 | 26.7 | 24 | 0 | 0 | 0 | 0 | 9.54 | 6.93 | 1.22 | 0.315 | 0.368 | 94.7 | 57 | 1.4 |
| M1128 | Lamb, forequarter shoulder chops, separable lean, braised | 100 | 55.4 | 1070 | 1070 | 31.1 | 14.6 | 0 | 0 | 0 | 0 | 5.61 | 4.19 | 0.79 | 0.201 | 0.242 | 99.1 | 59 | 1.4 |
| M1209 | Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted | 100 | 56.1 | 1210 | 1210 | 21 | 23.1 | 0 | 0 | 0 | 0 | 9.06 | 6.49 | 1.06 | 0.269 | 0.347 | 72.4 | 73 | 2.2 |
| M1127 | Lamb, forequarter shoulder square cut, separable lean, slow-roasted | 100 | 65 | 801 | 801 | 25.1 | 10.1 | 0 | 0 | 0 | 0 | 3.59 | 2.64 | 0.47 | 0.116 | 0.16 | 70.5 | 80 | 2.5 |
| M1217 | Lamb, hindquarter double loin, separable lean & fat, fast-roasted | 100 | 58.3 | 1130 | 1130 | 21.2 | 20.8 | 0 | 0 | 0 | 0 | 8.53 | 5.53 | 1.11 | 0.282 | 0.356 | 76.4 | 69 | 1.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| 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 | 296 | 19 | 4 | 3.85 | 2.8 | 34 | 0 | 0.39 | 0.7 | 16 | 0.37 | 4.4 | 15 | 0 | 0.15 | 0.03 |
| M1223 | Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked | 100 | 294 | 185 | 15 | 1.71 | 3.69 | 5.8 | 11 | 0 | 0.08 | 0.18 | 9.3 | 0.15 | 1.6 | 0 | 0 | 0.06 | 0.49 |
| M1151 | Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked | 100 | 311 | 200 | 17 | 1.82 | 4.2 | 6.5 | 4 | 0 | 0.072 | 0.2 | 10 | 0.17 | 1.8 | 0 | 0 | 0.05 | 0.38 |
| | 1 cup diced (250 mL) | 190 | 591 | 379 | 32 | 3.47 | 7.97 | 12 | 8 | 0 | 0.14 | 0.38 | 20 | 0.31 | 3.5 | 0 | 0 | 0.1 | 0.73 |
| M1204 | Lamb, forequarter breast, separable lean & fat, braised | 100 | 186 | 131 | 16 | 1.56 | 3.24 | 4.4 | 22 | 0 | 0.072 | 0.11 | 6.1 | 0.077 | 1.1 | 0 | 0 | 0.1 | 0.67 |
| M1122 | Lamb, forequarter breast, separable lean, braised | 100 | 183 | 152 | 25 | 1.89 | 4.8 | 6.4 | 5 | 0 | 0.026 | 0.13 | 8.9 | 0.089 | 1.4 | 0 | 0 | 0.04 | 0.39 |
| M1205 | Lamb, forequarter fore-shank, separable lean & fat, braised | 100 | 250 | 165 | 11 | 2.11 | 6.45 | 9.1 | 8 | 0 | 0.052 | 0.14 | 9.5 | 0.075 | 1.3 | 0 | 0 | 0.05 | 0.49 |
| M1123 | Lamb, forequarter fore-shank, separable lean, braised | 100 | 258 | 173 | 11 | 2.24 | 7.09 | 9.9 | 3 | 0 | 0.044 | 0.15 | 10 | 0.077 | 1.4 | 0 | 0 | 0.04 | 0.43 |
| M1207 | Lamb, forequarter rack fully Frenched, separable lean & fat, fast-roasted | 100 | 324 | 196 | 11 | 1.74 | 2.52 | 4.3 | 5 | 0 | 0.06 | 0.21 | 10 | 0.28 | 1.3 | 0 | 0 | 0.14 | 0.32 |
| M1125 | Lamb, forequarter rack fully Frenched, separable lean, fast-roasted | 100 | 330 | 200 | 11 | 1.76 | 2.56 | 4.4 | 3 | 0 | 0.057 | 0.21 | 11 | 0.29 | 1.3 | 0 | 0 | 0.14 | 0.29 |
| M1208 | Lamb, forequarter rack partially Frenched, separable lean & fat, fast-roasted | 100 | 304 | 195 | 20 | 1.57 | 2.69 | 4 | 10 | 0 | 0.067 | 0.19 | 10 | 0.16 | 1.2 | 0 | 0 | 0.04 | 0.45 |
| M1126 | Lamb, forequarter rack partially Frenched, separable lean, fast-roasted | 100 | 323 | 209 | 22 | 1.65 | 2.89 | 4.3 | 4 | 0 | 0.06 | 0.2 | 11 | 0.17 | 1.2 | 0 | 0 | 0.03 | 0.37 |
| M1206 | Lamb, forequarter round neck chops, separable lean & fat, braised | 100 | 277 | 183 | 52 | 2.15 | 5.23 | 7.2 | 13 | 0 | 0.036 | 0.13 | 9.2 | 0.076 | 1.8 | 0 | 0 | 0.05 | 0.62 |
| M1124 | Lamb, forequarter round neck chops, separable lean, braised | 100 | 289 | 194 | 58 | 2.28 | 5.72 | 7.8 | 8 | 0 | 0.026 | 0.14 | 10 | 0.077 | 2 | 0 | 0 | 0.04 | 0.57 |
| M1203 | Lamb, forequarter shoulder boneless rolled & netted, separable lean & fat, slow-roasted | 100 | 305 | 178 | 7 | 1.33 | 4.28 | 4.2 | 14 | 0 | 0.12 | 0.17 | 7.7 | 0.11 | 1.9 | 0 | 0 | 0.07 | 0.47 |
| M1121 | Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted | 100 | 337 | 197 | 7 | 1.38 | 5.01 | 4.7 | 6 | 0 | 0.12 | 0.19 | 8.9 | 0.12 | 2.3 | 0 | 0 | 0.05 | 0.34 |
| M1210 | Lamb, forequarter shoulder chops, separable lean & fat, braised | 100 | 207 | 162 | 34 | 1.74 | 5.35 | 10 | 15 | 0 | 0.046 | 0.19 | 7.7 | 0.1 | 2.1 | 0 | 0 | 0.17 | 0.7 |
| M1128 | Lamb, forequarter shoulder chops, separable lean, braised | 100 | 213 | 175 | 40 | 1.89 | 6.2 | 12 | 8 | 0 | 0.031 | 0.21 | 8.6 | 0.11 | 2.4 | 0 | 0 | 0.18 | 0.63 |
| M1209 | Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted | 100 | 300 | 176 | 12 | 1.41 | 3.89 | 5.7 | 10 | 0 | 0.072 | 0.2 | 7.5 | 0.16 | 2.2 | 0 | 0 | 0.13 | 0.4 |
| M1127 | Lamb, forequarter shoulder square cut, separable lean, slow-roasted | 100 | 334 | 197 | 14 | 1.47 | 4.59 | 6.8 | 1 | 0 | 0.056 | 0.23 | 8.9 | 0.19 | 2.7 | 0 | 0 | 0.12 | 0.22 |
| M1217 | Lamb, hindquarter double loin, separable lean & fat, fast-roasted | 100 | 307 | 180 | 7 | 1.44 | 2.61 | 3.6 | 16 | 0 | 0.12 | 0.19 | 9.5 | 0.17 | 1.4 | 0 | 0 | 0.03 | 0.44 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
|--------|--|---------|-------|--------|--------------|---------|------|-------------------------|---------------|--------|--------|------|------|------|----------------------|---------------|-------------|-----------|----------|
| | | | | | | | | | | | | | | | | | | | |
| M1136 | Lamb, hindquarter double loin, separable lean, fast-roasted | 100 | 68.3 | 682 | 682 | 25.5 | 6.7 | 0 | 0 | 0 | 0 | 2.57 | 1.75 | 0.38 | 0.095 | 0.125 | 78.1 | 76 | 1.2 |
| M1218 | Lamb, hindquarter fillet, separable lean & fat, fast-fried | 100 | 66.3 | 658 | 658 | 27.9 | 4.98 | 0 | 0 | 0 | 0 | 1.9 | 1.48 | 0.46 | 0.11 | 0.165 | 94 | 59 | 2.2 |
| M1137 | Lamb, hindquarter fillet, separable lean, fast-fried | 100 | 66.4 | 653 | 653 | 27.9 | 4.81 | 0 | 0 | 0 | 0 | 1.84 | 1.43 | 0.45 | 0.106 | 0.16 | 94.1 | 59 | 2.2 |
| M1213 | Lamb, hindquarter flap boneless, separable lean & fat, simmered | 100 | 48.5 | 1520 | 1520 | 20.9 | 31.6 | 0 | 0 | 0 | 0 | 13 | 8.54 | 1.39 | 0.351 | 0.368 | 76 | 51 | 1.7 |
| M1132 | Lamb, hindquarter flap boneless, separable lean, simmered | 100 | 60.1 | 977 | 977 | 27.9 | 13.6 | 0 | 0 | 0 | 0 | 5.13 | 3.42 | 0.63 | 0.153 | 0.168 | 78.2 | 54 | 1.7 |
| M1215 | Lamb, hindquarter knuckle, separable lean & fat, braised | 100 | 56.9 | 1030 | 1030 | 29.6 | 14.2 | 0 | 0 | 0 | 0 | 5.04 | 4.29 | 0.94 | 0.204 | 0.295 | 111 | 69 | 1.2 |
| M1134 | Lamb, hindquarter knuckle, separable lean, braised | 100 | 60.9 | 825 | 825 | 32.5 | 7.37 | 0 | 0 | 0 | 0 | 2.45 | 2.17 | 0.5 | 0.106 | 0.158 | 115 | 72 | 1.2 |
| M1219 | Lamb, hindquarter leg boned, separable lean & fat, slow-roasted | 100 | 63.9 | 864 | 864 | 23.4 | 12.6 | 0 | 0 | 0 | 0 | 4.41 | 3.77 | 0.8 | 0.222 | 0.243 | 78.7 | 61 | 1.4 |
| M1138 | Lamb, hindquarter leg boned, separable lean, slow-roasted | 100 | 68.1 | 668 | 668 | 25.3 | 6.44 | 0 | 0 | 0 | 0 | 2.08 | 1.84 | 0.41 | 0.113 | 0.125 | 79.3 | 62 | 1.4 |
| M1211 | Lamb, hindquarter leg chop, separable lean & fat, fast-fried | 100 | 63.2 | 883 | 883 | 24.3 | 12.7 | 0 | 0 | 0 | 0 | 4.43 | 3.59 | 0.84 | 0.171 | 0.254 | 77.6 | 65 | 0.65 |
| M1130 | Lamb, hindquarter leg chop, separable lean, fast-fried | 100 | 67.6 | 682 | 682 | 26.3 | 6.35 | 0 | 0 | 0 | 0 | 1.96 | 1.64 | 0.4 | 0.08 | 0.123 | 78.3 | 67 | 0.53 |
| M1216 | Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried | 100 | 50.2 | 1360 | 1360 | 21.6 | 26.9 | 0 | 0 | 0 | 0 | 11.1 | 7.32 | 1.28 | 0.37 | 0.378 | 81.2 | 73 | 1.6 |
| | 1 chop | 40 | 20.1 | 545 | 545 | 8.62 | 10.8 | 0 | 0 | 0 | 0 | 4.46 | 2.93 | 0.51 | 0.148 | 0.151 | 32.5 | 29 | 0.63 |
| M1135 | Lamb, hindquarter middle loin chop, separable lean, fast-fried | 100 | 60.2 | 862 | 862 | 27.4 | 10.7 | 0 | 0 | 0 | 0 | 4.11 | 2.75 | 0.54 | 0.156 | 0.164 | 85 | 84 | 1.5 |
| | 1 chop | 32 | 19.3 | 276 | 276 | 8.78 | 3.42 | 0 | 0 | 0 | 0 | 1.32 | 0.88 | 0.17 | 0.05 | 0.052 | 27.2 | 27 | 0.48 |
| M1212 | Lamb, hindquarter rump, separable lean & fat, fast-roasted | 100 | 60.9 | 1030 | 1030 | 20.1 | 18.6 | 0 | 0 | 0 | 0 | 7.27 | 5.06 | 1.19 | 0.331 | 0.366 | 73.7 | 58 | 1.7 |
| | 1 chop | 61 | 37.2 | 627 | 627 | 12.2 | 11.3 | 0 | 0 | 0 | 0 | 4.44 | 3.09 | 0.73 | 0.202 | 0.223 | 44.9 | 35 | 1 |
| M1131 | Lamb, hindquarter rump, separable lean, fast-roasted | 100 | 70.6 | 597 | 597 | 23.7 | 5.27 | 0 | 0 | 0 | 0 | 1.81 | 1.3 | 0.34 | 0.095 | 0.108 | 74.4 | 61 | 1.6 |
| | 1 chop | 56 | 39.5 | 335 | 335 | 13.3 | 2.95 | 0 | 0 | 0 | 0 | 1.01 | 0.73 | 0.19 | 0.053 | 0.06 | 41.7 | 34 | 0.9 |
| M1214 | Lamb, hindquarter striploin, separable lean & fat, fast-roasted | 100 | 66.7 | 661 | 661 | 29 | 4.55 | 0 | 0 | 0 | 0 | 1.64 | 1.25 | 0.36 | 0.075 | 0.115 | 86.3 | 57 | 2.8 |
| M1133 | Lamb, hindquarter striploin, separable lean, fast-roasted | 100 | 66.7 | 659 | 659 | 29 | 4.49 | 0 | 0 | 0 | 0 | 1.61 | 1.23 | 0.35 | 0.074 | 0.114 | 86.3 | 57 | 2.8 |
| M1129 | Lamb, mince, standard, stewed | 100 | 66.6 | 804 | 804 | 22.6 | 11.3 | 0 | 0 | 0 | 0 | 4.44 | 2.77 | 0.49 | 0.136 | 0.149 | 71.2 | 34 | 2.5 |
| M1139 | Lamb, offal, brain, raw, simmered, drained & fried | 100 | 73.1 | 643 | 643 | 14 | 10.9 | 0 | 0 | 0 | 0 | 1.37 | 0.99 | 0.57 | 0 | 0.017 | 2560 | 101 | 1.8 |
| | 1 whole | 80 | 58.5 | 514 | 514 | 11.2 | 8.74 | 0 | 0 | 0 | 0 | 1.09 | 0.79 | 0.46 | 0 | 0.014 | 2050 | 81 | 1.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K | Phosphorus P | Calcium Ca | Iron Fe | Zinc Zn | Selenium Se | Vitamin A | Beta- carotene | Thiamin | Riboflavin | Niacin | Vitamin B6 | Vitamin B12 | Dietary folate | Vitamin C | Vitamin D | Vitamin E |
|--------|--|---------|----------------|-----------------|---------------|------------|------------|----------------|--------------|-------------------|---------|------------|--------|---------------|----------------|-------------------|--------------|--------------|--------------|
| | | g | mg | mg | mg | mg | mg | µg | µg | µg | mg | mg | mg | mg | µg | µg | mg | µg | mg |
| M1136 | Lamb, hindquarter double loin, separable lean, fast-roasted | 100 | 345 | 205 | 8 | 1.6 | 3.01 | 4 | 5 | 0 | 0.12 | 0.22 | 11 | 0.21 | 1.6 | 0 | 0 | 0.02 | 0.28 |
| M1218 | Lamb, hindquarter fillet, separable lean & fat, fast-fried | 100 | 432 | 268 | 5 | 2.11 | 2.8 | 6.5 | 2 | 0 | 0.1 | 0.3 | 15 | 0.28 | 2.4 | 0 | 0 | 0.04 | 0.55 |
| M1137 | Lamb, hindquarter fillet, separable lean, fast-fried | 100 | 433 | 268 | 5 | 2.12 | 2.81 | 6.5 | 2 | 0 | 0.1 | 0.3 | 15 | 0.28 | 2.4 | 0 | 0 | 0.04 | 0.55 |
| M1213 | Lamb, hindquarter flap boneless, separable lean & fat, simmered | 100 | 183 | 123 | 8 | 1.12 | 3.26 | 6 | 23 | 0 | 0.044 | 0.12 | 6.9 | 0.082 | 1.3 | 0 | 0 | 0.05 | 0.56 |
| M1132 | Lamb, hindquarter flap boneless, separable lean, simmered | 100 | 186 | 137 | 9 | 1.21 | 4.21 | 7.8 | 10 | 0 | 0.014 | 0.15 | 8.9 | 0.091 | 1.5 | 0 | 0 | 0.03 | 0.34 |
| M1215 | Lamb, hindquarter knuckle, separable lean & fat, braised | 100 | 249 | 170 | 8 | 1.99 | 4.96 | 8.4 | 8 | 0 | 0.039 | 0.22 | 9.6 | 0.099 | 1.5 | 0 | 0 | 0.04 | 0.57 |
| M1134 | Lamb, hindquarter knuckle, separable lean, braised | 100 | 258 | 180 | 8 | 2.12 | 5.41 | 9.2 | 2 | 0 | 0.03 | 0.24 | 10 | 0.1 | 1.6 | 0 | 0 | 0.04 | 0.52 |
| M1219 | Lamb, hindquarter leg boned, separable lean & fat, slow-roasted | 100 | 350 | 201 | 4 | 1.65 | 3.46 | 4.4 | 7 | 0 | 0.11 | 0.23 | 9.9 | 0.25 | 1.5 | 0 | 0 | 0.02 | 0.4 |
| M1138 | Lamb, hindquarter leg boned, separable lean, slow-roasted | 100 | 369 | 213 | 4 | 1.72 | 3.69 | 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 | 353 | 210 | 10 | 1.93 | 3.66 | 3.5 | 7 | 0 | 0.14 | 0.14 | 10 | 0.16 | 2.1 | 0 | 0 | 0.04 | 0.28 |
| M1130 | Lamb, hindquarter leg chop, separable lean, fast-fried | 100 | 373 | 223 | 10 | 2.04 | 3.93 | 3.7 | 2 | 0 | 0.14 | 0.15 | 11 | 0.17 | 2.3 | 0 | 0 | 0.04 | 0.2 |
| M1216 | Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried | 100 | 314 | 194 | 32 | 1.62 | 2.87 | 5.8 | 19 | 0 | 0.1 | 0.18 | 9.5 | 0.15 | 1.5 | 0 | 0 | 0.06 | 0.54 |
| | 1 chop | 40 | 126 | 78 | 13 | 0.65 | 1.15 | 2.3 | 7 | 0 | 0.04 | 0.072 | 3.8 | 0.061 | 0.61 | 0 | 0 | 0.03 | 0.22 |
| M1135 | Lamb, hindquarter middle loin chop, separable lean, fast-fried | 100 | 367 | 233 | 42 | 1.88 | 3.48 | 7.3 | 6 | 0 | 0.097 | 0.22 | 12 | 0.19 | 1.8 | 0 | 0 | 0.06 | 0.37 |
| | 1 chop | 32 | 118 | 74 | 13 | 0.6 | 1.11 | 2.3 | 2 | 0 | 0.031 | 0.071 | 3.9 | 0.06 | 0.59 | 0 | 0 | 0.02 | 0.12 |
| M1212 | Lamb, hindquarter rump, separable lean & fat, fast-roasted | 100 | 305 | 182 | 5 | 1.56 | 2.83 | 5.2 | 15 | 0 | 0.13 | 0.16 | 7.1 | 0.15 | 1.8 | 0 | 0 | 0.03 | 0.47 |
| | 1 chop | 61 | 186 | 111 | 3 | 0.95 | 1.73 | 3.2 | 9 | 0 | 0.08 | 0.1 | 4.3 | 0.093 | 1.1 | 0 | 0 | 0.02 | 0.29 |
| M1131 | Lamb, hindquarter rump, separable lean, fast-roasted | 100 | 339 | 205 | 4 | 1.73 | 3.24 | 6 | 5 | 0 | 0.14 | 0.19 | 8.3 | 0.18 | 2.1 | 0 | 0 | 0.02 | 0.33 |
| | 1 chop | 56 | 190 | 115 | 2 | 0.97 | 1.82 | 3.4 | 3 | 0 | 0.077 | 0.11 | 4.6 | 0.098 | 1.2 | 0 | 0 | 0.01 | 0.18 |
| M1214 | Lamb, hindquarter striploin, separable lean & fat, fast-roasted | 100 | 355 | 234 | 6 | 2.05 | 2.7 | 5.5 | 1 | 0 | 0.062 | 0.19 | 13 | 0.21 | 1.4 | 0 | 0 | 0.03 | 0.35 |
| M1133 | Lamb, hindquarter striploin, separable lean, fast-roasted | 100 | 355 | 234 | 6 | 2.05 | 2.7 | 5.5 | 1 | 0 | 0.062 | 0.19 | 13 | 0.21 | 1.4 | 0 | 0 | 0.03 | 0.34 |
| M1129 | Lamb, mince, standard, stewed | 100 | 162 | 122 | 4 | 1.27 | 3.38 | 6.8 | 8 | 0 | 0.02 | 0.15 | 7.5 | 0.13 | 0.96 | 0 | 0 | 0.04 | 0.4 |
| M1139 | Lamb, offal, brain, raw, simmered, drained & fried | 100 | 258 | 384 | 6 | 1.21 | 1.33 | 16 | 2 | 0 | 0.084 | 0.22 | 5.4 | 0.081 | 9.5 | 0 | 0 | 0 | 1.1 |
| | 1 whole | 80 | 206 | 307 | 5 | 0.97 | 1.07 | 13 | 2 | 0 | 0.067 | 0.18 | 4.4 | 0.065 | 7.6 | 0 | 0 | 0 | 0.9 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| M1140 | Lamb, offal, heart, simmered & drained | 100 | 66.6 | 676 | 676 | 26.3 | 6.21 | 0 | 0 | 0 | 0 | 2.05 | 1.01 | 0.93 | 0.15 | 0.462 | 186 | 67 | 1.7 |
| | 1 heart | 70 | 46.7 | 473 | 473 | 18.4 | 4.34 | 0 | 0 | 0 | 0 | 1.43 | 0.7 | 0.65 | 0.105 | 0.323 | 130 | 47 | 1.2 |
| M1141 | Lamb, offal, kidney, fried | 100 | 75.1 | 468 | 468 | 19.8 | 3.56 | 0 | 0 | 0 | 0 | 0.94 | 0.45 | 0.83 | 0.077 | 0.245 | 508 | 199 | 5.9 |
| | 1 kidney | 21 | 15.8 | 98 | 98 | 4.15 | 0.75 | 0 | 0 | 0 | 0 | 0.2 | 0.1 | 0.17 | 0.016 | 0.051 | 107 | 42 | 1.2 |
| M1142 | Lamb, offal, lambs fry, fried | 100 | 64.6 | 681 | 681 | 25.8 | 6.56 | 0 | 0 | 0 | 0 | 1.97 | 1 | 1.14 | 0.171 | 0.187 | 566 | 59 | 4.7 |
| M598 | Mutton, leg, lean, roasted | 100 | 59.7 | 788 | 788 | 30 | 7.5 | 0 | 0 | 0 | 0 | 3.2 | 3.03 | 0.34 | | 0.233 | 110 | 46 | 3.2 |
| | 1 cup diced (250 mL) | 148 | 88.4 | 1170 | 1170 | 44.4 | 11.1 | 0 | 0 | 0 | 0 | 4.74 | 4.48 | 0.51 | | 0.345 | 163 | 68 | 4.8 |
| M1086 | Ox, offal, heart, simmered | 100 | 62.3 | 754 | 754 | 31.3 | 6 | 0 | 0 | 0 | 0 | 1.85 | 1.03 | 1.05 | 0.114 | 0.486 | 201 | 59 | 2 |
| | 1 cup diced (250 mL) | 190 | 118 | 1430 | 1430 | 59.5 | 11.4 | 0 | 0 | 0 | 0 | 3.52 | 1.95 | 2 | 0.217 | 0.923 | 381 | 112 | 3.7 |
| M1087 | Ox, offal, kidney, simmered | 100 | 66.4 | 659 | 659 | 27.3 | 5.27 | 0 | 0 | 0 | 0 | 1.2 | 0.65 | 1.24 | 0.081 | 0.38 | 1000 | 123 | 6.7 |
| M1088 | Ox, offal, liver, fast-fried | 100 | 66.4 | 569 | 569 | 23.3 | 4.68 | 0 | 0 | 0 | 0 | 1.42 | 0.53 | 0.82 | 0.05 | 0.139 | 243 | 55 | 4.1 |
| M429 | Pork, forequarter scotch fillet, separable lean, grilled | 100 | 59.9 | 869 | 869 | 30.2 | 9.62 | 0 | 0 | 0 | 0 | 4.13 | 3.63 | 0.68 | | | 106 | 98 | 0.93 |
| | 1 cup diced (250 mL) | 148 | 88.7 | 1290 | 1290 | 44.7 | 14.2 | 0 | 0 | 0 | 0 | 6.12 | 5.37 | 1.01 | | | 157 | 145 | 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 | 8.19 | 7.58 | 1.42 | | | 95.4 | 87 | 0.93 |
| | 1 cup diced (250 mL) | 142 | 78.3 | 1630 | 1630 | 38.7 | 26.2 | 0 | 0 | 0 | 0 | 11.6 | 10.8 | 2.01 | | | 135 | 124 | 1.3 |
| M124 | Pork, ham, separable lean 92% & fat 8%, cooked | 100 | 68.1 | 607 | 607 | 16.8 | 8.7 | 0 | 0 | 0 | 0 | 2.85 | 4.16 | 0.53 | | | 55 | 1360 | 3.7 |
| | 1 slice (8.0 x 4.0 x 0.5 cm) | 18 | 12.3 | 109 | 109 | 3.02 | 1.57 | 0 | 0 | 0 | 0 | 0.51 | 0.75 | 0.1 | | | 9.9 | 245 | 0.67 |
| M533 | Pork, leg roast, lean, roasted | 100 | 63.3 | 730 | 730 | 31.8 | 5.15 | 0 | 0 | 0 | 0 | 2.21 | 1.97 | 0.37 | | | 106 | 85 | 0.93 |
| | 1 cup diced (250 mL) | 142 | 89.9 | 1040 | 1040 | 45.1 | 7.31 | 0 | 0 | 0 | 0 | 3.14 | 2.8 | 0.52 | | | 151 | 121 | 1.3 |
| M94 | Pork, leg shank, lean & fat, roasted | 100 | 55.3 | 1080 | 1080 | 23.9 | 18.3 | 0 | 0 | 0 | 0 | 7.68 | 7.64 | 1.43 | | | 96 | 79 | 0.93 |
| | 1 slice (12.5 x 9.0 x 0.5 cm) | 58 | 32.1 | 629 | 629 | 13.9 | 10.6 | 0 | 0 | 0 | 0 | 4.46 | 4.43 | 0.83 | | | 55.7 | 46 | 0.54 |
| M286 | Pork, leg steak, lean & fat, grilled | 100 | 70.5 | 591 | 591 | 22.8 | 5.47 | 0 | 0 | 0 | 0 | 2.21 | 2.27 | 0.5 | | | 88.6 | 84 | 1.2 |
| | 1 cup diced (250 mL) | 142 | 100 | 839 | 839 | 32.4 | 7.76 | 0 | 0 | 0 | 0 | 3.13 | 3.22 | 0.71 | | | 126 | 120 | 1.7 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| M1140 | Lamb, offal, heart, simmered & drained | 100 | 187 | 237 | 5 | 4.94 | 2.66 | 20 | 4 | 0 | 0.23 | 0.84 | 11 | 0.13 | 9.2 | 0 | 0 | 0.05 | 0.63 |
| | 1 heart | 70 | 131 | 166 | 4 | 3.46 | 1.86 | 14 | 2 | 0 | 0.16 | 0.59 | 7.4 | 0.088 | 6.4 | 0 | 0 | 0.04 | 0.44 |
| M1141 | Lamb, offal, kidney, fried | 100 | 271 | 312 | 9 | 14.7 | 2.36 | 100 | 85 | 0 | 0.46 | 1.5 | 14 | 0.23 | 56 | 82 | 0 | 0.21 | 0.57 |
| | 1 kidney | 21 | 57 | 66 | 2 | 3.09 | 0.5 | 22 | 18 | 0 | 0.097 | 0.32 | 2.9 | 0.048 | 12 | 17 | 0 | 0.04 | 0.12 |
| M1142 | Lamb, offal, lambs fry, fried | 100 | 287 | 459 | 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 | 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 | 488 | 385 | 8 | 6.51 | 10.1 | 27 | 0 | 0 | 0.15 | 0.37 | 13 | 0.13 | 0.4 | 9 | 0 | 0.89 | 0.8 |
| M1086 | Ox, offal, heart, simmered | 100 | 184 | 265 | 6 | 6.81 | 2.79 | 17 | 14 | 0 | 0.24 | 0.98 | 11 | 0.12 | 6.7 | 4 | 0 | 0.17 | 2.1 |
| | 1 cup diced (250 mL) | 190 | 350 | 503 | 11 | 12.9 | 5.3 | 32 | 27 | 0 | 0.45 | 1.9 | 22 | 0.23 | 13 | 8 | 0 | 0.32 | 4 |
| M1087 | Ox, offal, kidney, simmered | 100 | 144 | 338 | 14 | 5.7 | 2.6 | 110 | 104 | 0 | 0.4 | 2.9 | 9.9 | 0.25 | 21 | 220 | 0 | 0.83 | 1.5 |
| M1088 | Ox, offal, liver, fast-fried | 100 | 336 | 397 | 4 | 7.17 | 3.4 | 16 | 21000 | 0 | 0.38 | 3 | 21 | 0.45 | 96 | 590 | 0 | 0.11 | 1.3 |
| M429 | Pork, forequarter scotch fillet, separable lean, grilled | 100 | 682 | 382 | 10 | 2.35 | 6.3 | 17 | 0 | 0 | 0.72 | 0.11 | 11 | 0.15 | 0.82 | 2 | 0.8 | 0.15 | 0.2 |
| | 1 cup diced (250 mL) | 148 | 1010 | 565 | 15 | 3.48 | 9.32 | 25 | 0 | 0 | 1.1 | 0.16 | 16 | 0.22 | 1.2 | 2 | 1.18 | 0.22 | 0.3 |
| M465 | Pork, forequarter shoulder roast, lean 74%, fat 20% & skin 6%, roasted | 100 | 458 | 259 | 17 | 2.02 | 4.17 | 9.4 | 0 | 0 | 0.41 | 0.15 | 8.5 | 0.1 | 0.61 | 2 | 0.57 | 0.86 | 0.05 |
| | 1 cup diced (250 mL) | 142 | 650 | 368 | 25 | 2.87 | 5.92 | 13 | 0 | 0 | 0.58 | 0.21 | 12 | 0.15 | 0.87 | 2 | 0.8 | 1.2 | 0.07 |
| M124 | Pork, ham, separable lean 92% & fat 8%, cooked | 100 | 287 | 223 | 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 | 0.2 | 0.38 | 0.56 | trace | 0 | 0.11 | 0.043 | 1.3 | 0.056 | 0.14 | trace | 0.36 | 0.16 | 0.01 |
| M533 | Pork, leg roast, lean, roasted | 100 | 560 | 331 | 12 | 1.5 | 3.8 | 17 | 0 | 0 | 0.56 | 0.1 | 11 | 0.12 | 0.54 | 2 | 0.8 | 0.8 | 0.2 |
| | 1 cup diced (250 mL) | 142 | 795 | 470 | 17 | 2.13 | 5.4 | 24 | 0 | 0 | 0.8 | 0.14 | 16 | 0.17 | 0.77 | 3 | 1.14 | 1.1 | 0.28 |
| M94 | Pork, leg shank, lean & fat, roasted | 100 | 371 | 221 | 11 | 2 | 3 | 15 | 0 | 0 | 0.57 | 0.09 | 8.4 | 0.37 | 0.45 | 2 | 0.61 | 1 | 0.2 |
| | 1 slice (12.5 x 9.0 x 0.5 cm) | 58 | 215 | 128 | 6 | 1.16 | 1.74 | 8.5 | 0 | 0 | 0.33 | 0.052 | 4.9 | 0.22 | 0.26 | 1 | 0.35 | 0.58 | 0.12 |
| M286 | Pork, leg steak, lean & fat, grilled | 100 | 565 | 341 | 7 | 1.6 | 3.23 | 13 | 0 | 0 | 0.43 | 0.21 | 7.5 | 0.1 | 0.39 | 4 | 0.6 | 0.73 | 0.01 |
| | 1 cup diced (250 mL) | 142 | 803 | 485 | 10 | 2.28 | 4.59 | 18 | 0 | 0 | 0.62 | 0.29 | 11 | 0.15 | 0.55 | 6 | 0.85 | 1 | 0.01 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| M411 | Pork, leg steak, lean, stewed | 100 | 62.1 | 740 | 740 | 35.1 | 3.85 | 0 | 0 | 0 | 0 | 1.65 | 1.47 | 0.27 | | | 139 | 55 | 0.93 |
| | 1 cup diced (250 mL) | 148 | 91.9 | 1090 | 1090 | 52 | 5.7 | 0 | 0 | 0 | 0 | 2.45 | 2.18 | 0.4 | | | 206 | 81 | 1.4 |
| M285 | Pork, leg steak, separable lean, grilled | 100 | 72.5 | 504 | 504 | 23.4 | 2.89 | 0 | 0 | 0 | 0 | 1.12 | 1.14 | 0.29 | | | 88.8 | 85 | 1.2 |
| | 1 cup diced (250 mL) | 148 | 107 | 746 | 746 | 34.6 | 4.27 | 0 | 0 | 0 | 0 | 1.65 | 1.68 | 0.43 | | | 131 | 126 | 1.8 |
| M99 | Pork, loin chops, lean, grilled | 100 | 52.5 | 741 | 741 | 29.4 | 6.5 | 0 | 0 | 0 | 0 | 2.79 | 2.49 | 0.46 | | | 95 | 94 | 0.93 |
| | 1 cup diced (250 mL) | 148 | 77.7 | 1100 | 1100 | 43.6 | 9.62 | 0 | 0 | 0 | 0 | 4.13 | 3.68 | 0.68 | | | 141 | 139 | 1.4 |
| M434 | Pork, loin, medallion, lean, grilled | 100 | 60.9 | 770 | 770 | 32.4 | 5.91 | 0 | 0 | 0 | 0 | 2.54 | 2.23 | 0.41 | | | 109 | 85 | 0.93 |
| | 1 cup diced (250 mL) | 148 | 90.1 | 1140 | 1140 | 48 | 8.75 | 0 | 0 | 0 | 0 | 3.76 | 3.3 | 0.61 | | | 161 | 126 | 1.4 |
| M98 | Pork, midloin chops, lean & fat, grilled | 100 | 50.6 | 864 | 864 | 28 | 10.5 | 0 | 0 | 0 | 0 | 4.69 | 4.24 | 0.79 | | | 94.1 | 92 | 0.93 |
| | 1 cup diced (250 mL) | 148 | 74.9 | 1280 | 1280 | 41.5 | 15.5 | 0 | 0 | 0 | 0 | 6.94 | 6.27 | 1.17 | | | 139 | 136 | 1.4 |
| M409 | Pork, schnitzel, lean, fried | 100 | 64.6 | 678 | 678 | 31.5 | 3.85 | 0 | 0 | 0 | 0 | 1.65 | 1.45 | 0.27 | | | 100 | 71 | 0.93 |
| | 1 cup diced (250 mL) | 142 | 91.7 | 963 | 963 | 44.7 | 5.47 | 0 | 0 | 0 | 0 | 2.35 | 2.06 | 0.39 | | | 142 | 101 | 1.3 |
| M278 | Pork, shoulder, separable lean, roasted | 100 | 57.3 | 955 | 955 | 29.2 | 12.4 | 0 | 0 | 0 | 0 | 4.49 | 5.57 | 1.2 | | | 110 | 72 | 0.93 |
| | 1 slice (10 x 8.5 x 0.5 cm) | 45 | 25.8 | 430 | 430 | 13.1 | 5.58 | 0 | 0 | 0 | 0 | 2.02 | 2.51 | 0.54 | | | 49.5 | 32 | 0.42 |
| M126 | Rabbit, flesh, stewed | 100 | 63.9 | 749 | 749 | 27.3 | 7.7 | 0 | 0 | 0 | 0 | 3.15 | 1.51 | 2.47 | | | 105 | 32 | 1.5 |
| M53 | Tongue, beef & sheep, canned | 100 | 63.9 | 883 | 883 | 16 | 16.5 | 0 | 0 | 0 | 0 | 6.37 | 8.15 | 1.01 | | | 110 | 1050 | 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 | 1.27 | 1.63 | 0.2 | | | 22 | 210 | 0.3 |
| M179 | Turkey, flesh, roasted | 100 | 64.8 | 678 | 678 | 30.6 | 4.24 | 0 | 0 | 0 | 0 | 1.62 | 1.73 | 0.66 | 0.048 | 0.553 | 111 | 229 | 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 | 1.37 | 1.47 | 0.56 | 0.041 | 0.47 | 94.4 | 195 | 1.3 |
| M395 | Turkey, lean & fat, raw | 100 | 74.4 | 513 | 513 | 20 | 4.67 | 0 | 0 | 0 | 0 | 1.68 | 2.13 | 0.6 | 0.044 | 0.499 | 80 | 244 | 0.71 |
| | 1/4 turkey | 572 | 426 | 2930 | 2930 | 114 | 26.7 | 0 | 0 | 0 | 0 | 9.62 | 12.2 | 3.43 | 0.252 | 2.85 | 458 | 1400 | 4.1 |
| M373 | Turkey, lean & fat, roasted in oven bag | 100 | 64.1 | 712 | 712 | 30 | 5.45 | 0 | 0 | 0 | 0 | 2.01 | 2.3 | 0.84 | 0.067 | 0.7 | 111 | 227 | 1.5 |
| | 1 cup diced (250 mL) | 143 | 91.7 | 1020 | 1020 | 42.9 | 7.79 | 0 | 0 | 0 | 0 | 2.88 | 3.29 | 1.2 | 0.096 | 1 | 159 | 325 | 2.1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| M411 | Pork, leg steak, lean, stewed | 100 | 464 | 307 | 8 | 2.25 | 4.7 | 6.8 | 0 | 0 | 0.38 | 0.09 | 11 | 0.11 | 0.38 | 1 | 0.7 | 0.6 | 0 |
| | 1 cup diced (250 mL) | 148 | 687 | 454 | 12 | 3.33 | 6.96 | 10 | 0 | 0 | 0.56 | 0.13 | 17 | 0.16 | 0.56 | 2 | 1.04 | 0.89 | 0 |
| M285 | Pork, leg steak, separable lean, grilled | 100 | 581 | 351 | 7 | 1.62 | 3.35 | 13 | 0 | 0 | 0.45 | 0.21 | 7.6 | 0.1 | 0.39 | 4 | 0.63 | 0.67 | 0 |
| | 1 cup diced (250 mL) | 148 | 859 | 519 | 10 | 2.4 | 4.96 | 19 | 0 | 0 | 0.66 | 0.32 | 11 | 0.15 | 0.58 | 6 | 0.93 | 1 | 0 |
| M99 | Pork, loin chops, lean, grilled | 100 | 585 | 377 | 27 | 1.7 | 3.5 | 9.7 | 0 | 0 | 0.4 | 0.04 | 10 | 0.09 | 0.51 | 2 | 0.3 | 0.8 | 0 |
| | 1 cup diced (250 mL) | 148 | 866 | 558 | 40 | 2.52 | 5.18 | 14 | 0 | 0 | 0.59 | 0.059 | 15 | 0.13 | 0.76 | 3 | 0.44 | 1.2 | 0 |
| M434 | Pork, loin, medallion, lean, grilled | 100 | 649 | 374 | 10 | 1.9 | 3.6 | 17 | 0 | 0 | 0.58 | 0.05 | 11 | 0.12 | 0.52 | 1 | 0.8 | 0.8 | 0.2 |
| | 1 cup diced (250 mL) | 148 | 961 | 554 | 15 | 2.81 | 5.33 | 25 | 0 | 0 | 0.86 | 0.074 | 17 | 0.18 | 0.77 | 2 | 1.18 | 1.2 | 0.3 |
| M98 | Pork, midloin chops, lean & fat, grilled | 100 | 559 | 358 | 26 | 1.68 | 3.3 | 9.5 | 0 | 0 | 0.38 | 0.043 | 9.5 | 0.094 | 0.49 | 2 | 0.27 | 0.88 | 0.02 |
| | 1 cup diced (250 mL) | 148 | 828 | 531 | 39 | 2.48 | 4.88 | 14 | 0 | 0 | 0.57 | 0.064 | 14 | 0.14 | 0.73 | 2 | 0.4 | 1.3 | 0.03 |
| M409 | Pork, schnitzel, lean, fried | 100 | 572 | 349 | 7 | 1.98 | 3.36 | 6.6 | 0 | 0 | 0.81 | 0.07 | 11 | 0.16 | 0.51 | 1 | 0.8 | 0.6 | 0.2 |
| | 1 cup diced (250 mL) | 142 | 812 | 496 | 10 | 2.81 | 4.77 | 9.4 | 0 | 0 | 1.2 | 0.099 | 16 | 0.23 | 0.72 | 2 | 1.14 | 0.85 | 0.28 |
| M278 | Pork, shoulder, separable lean, roasted | 100 | 390 | 240 | 20 | 2 | 4.5 | 9.9 | 0 | 0 | 0.61 | 0.27 | 9.4 | 0.51 | 0.5 | 6 | 0.3 | 0.6 | 0.2 |
| | 1 slice (10 x 8.5 x 0.5 cm) | 45 | 176 | 108 | 9 | 0.9 | 2.03 | 4.5 | 0 | 0 | 0.27 | 0.12 | 4.2 | 0.23 | 0.23 | 3 | 0.14 | 0.27 | 0.09 |
| M126 | Rabbit, flesh, stewed | 100 | 210 | 200 | 11 | 1.9 | 1.95 | 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 | 0.5 | 0.46 | 1.2 | 0 | 0 | 0.008 | 0.078 | 1.3 | 0.008 | 1 | trace | 0 | 0 | 0.05 |
| M179 | Turkey, flesh, roasted | 100 | 238 | 233 | 14 | 1.4 | 2.65 | 18 | 20 | 0 | 0.03 | 0.15 | 14 | 0.2 | 3.3 | 9 | 0 | 0.1 | 0.34 |
| | 1 slice (7.5 x 5.3 x 1.9 cm) | 85 | 202 | 198 | 12 | 1.19 | 2.25 | 15 | 17 | 0 | 0.025 | 0.13 | 12 | 0.17 | 2.8 | 8 | 0 | 0.09 | 0.29 |
| M395 | Turkey, lean & fat, raw | 100 | 133 | 220 | 9 | 0.93 | 1.8 | 14 | 31 | 0 | 0.04 | 0.12 | 7.9 | 0.4 | 1.8 | 7 | 0 | 0.1 | 0.35 |
| | 1/4 turkey | 572 | 761 | 1260 | 53 | 5.32 | 10.3 | 81 | 177 | 0 | 0.23 | 0.69 | 45 | 2.3 | 10 | 37 | 0 | 0.57 | 2 |
| M373 | Turkey, lean & fat, roasted in oven bag | 100 | 235 | 229 | 14 | 1.39 | 2.61 | 18 | 21 | 0 | 0.03 | 0.15 | 14 | 0.2 | 3.3 | 9 | 0 | 0.4 | 0.34 |
| | 1 cup diced (250 mL) | 143 | 336 | 327 | 19 | 1.99 | 3.73 | 25 | 30 | 0 | 0.043 | 0.21 | 20 | 0.29 | 4.6 | 13 | 0 | 0.57 | 0.49 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| M178 | Turkey, lean, fat & skin, roasted | 100 | 62.5 | 779 | 779 | 28.9 | 7.8 | 0 | 0 | 0 | 0 | 2.87 | 3.38 | 1.14 | 0.096 | 0.973 | 112 | 232 | 1.5 | |
| | 1 slice (7.5 x 5.3 x 1.9 cm) | 85 | 53.1 | 663 | 663 | 24.5 | 6.63 | 0 | 0 | 0 | 0 | 2.44 | 2.88 | 0.97 | 0.081 | 0.827 | 95.2 | 197 | 1.3 | |
| M1023 | Venison, Diced, Silver Fern®, cooked | 100 | 69.4 | 488 | 488 | 25.9 | 1.29 | 0 | 0 | 0 | 0 | 0.57 | 0.37 | 0.18 | 0.043 | 0.076 | 74.1 | 38 | 0.47 | |
| | 1 cup (250 mL) | 160 | 111 | 781 | 781 | 41.4 | 2.07 | 0 | 0 | 0 | 0 | 0.91 | 0.6 | 0.29 | 0.068 | 0.121 | 119 | 60 | 0.75 | |
| M1021 | Venison, Medallion, Silver Fern®, cooked | 100 | 68.5 | 538 | 538 | 27.7 | 1.8 | 0 | 0 | 0 | 0 | 0.79 | 0.52 | 0.25 | 0.06 | 0.105 | 71.8 | 32 | 0.38 | |
| | 1 medallion (6.5 x 5.0 x 2.0 cm) | 65 | 44.5 | 350 | 350 | 18 | 1.17 | 0 | 0 | 0 | 0 | 0.51 | 0.34 | 0.16 | 0.039 | 0.069 | 46.6 | 21 | 0.25 | |
| M1022 | Venison, Stir Fry, Silver Fern®, cooked | 100 | 70.2 | 517 | 517 | 27.7 | 1.24 | 0 | 0 | 0 | 0 | 0.54 | 0.36 | 0.17 | 0.041 | 0.072 | 70.6 | 46 | 1.8 | |
| | 1 cup (250 mL) | 130 | 91.3 | 672 | 672 | 36 | 1.61 | 0 | 0 | 0 | 0 | 0.7 | 0.46 | 0.23 | 0.053 | 0.094 | 91.8 | 60 | 2.3 | |
| M1020 | Venison, mince, Silver Fern®, raw | 100 | 75.8 | 465 | 465 | 21 | 2.93 | 0 | 0 | 0 | 0 | 1.62 | 0.78 | 0.17 | 0.039 | 0.064 | 66 | 71 | 0.62 | |
| | 1 cup (250 mL) | 230 | 174 | 1070 | 1070 | 48.3 | 6.74 | 0 | 0 | 0 | 0 | 3.72 | 1.8 | 0.38 | 0.089 | 0.146 | 152 | 163 | 1.4 | |
| M185 | Venison, red deer, leg, flesh, roasted | 100 | 66 | 659 | 659 | 26.6 | 5.61 | 0 | 0 | 0 | 0 | 2.83 | 1.8 | 0.68 | | | 73 | 62 | 0.38 | |
| | 1 slice (10 x 8.5 x 0.5 cm) | 45 | 29.7 | 297 | 297 | 12 | 2.53 | 0 | 0 | 0 | 0 | 1.27 | 0.81 | 0.31 | | | 32.9 | 28 | 0.17 | |
| N | MEAT PRODUCTS | | | | | | | | | | | | | | | | | | | |
| N1051 | Bacon rasher, rindless, pan-fried with no added fat, assorted types | 100 | 32.6 | 1570 | 1570 | 31.6 | 27.9 | 0 | 0 | 0 | 0 | 9.68 | 13.1 | 2.99 | 0.199 | 2.48 | 69.7 | 2370 | 2.6 | |
| | 1 rasher (streaky bacon) | 8.5 | 2.8 | 133 | 133 | 2.69 | 2.37 | 0 | 0 | 0 | 0 | 0.82 | 1.11 | 0.25 | 0.017 | 0.211 | 5.92 | 201 | 0.22 | |
| | 1 rasher (middle or shoulder bacon) | 23.8 | 7.8 | 374 | 374 | 7.53 | 6.64 | 0 | 0 | 0 | 0 | 2.3 | 3.11 | 0.71 | 0.047 | 0.59 | 16.6 | 563 | 0.61 | |
| N31 | Beef, pastrami | 100 | 46.7 | 1370 | 1370 | 17.3 | 29.2 | 0 | 0 | 0 | 0 | 10.4 | 14.5 | 0.99 | | | 93 | 1230 | 8 | |
| | 1 slice | 28 | 13.1 | 384 | 384 | 4.83 | 8.17 | 0 | 0 | 0 | 0 | 2.91 | 4.06 | 0.28 | | | 26 | 344 | 2.2 | |
| N58 | Chicken, nugget, crumbed, baked | 100 | 48.6 | 1070 | 1090 | 15.8 | 14.2 | 16 | 2.8 | 0.81 | 15.2 | 2.2 | 5.17 | 5.6 | 0.063 | 5.54 | 32.8 | 456 | 7.8 | |
| | 1 piece | 20.6 | 10 | 220 | 224 | 3.25 | 2.93 | 3.3 | 0.6 | 0.17 | 3.14 | 0.45 | 1.07 | 1.15 | 0.013 | 1.14 | 6.76 | 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 | 1.76 | 7.65 | 3.85 | 0.679 | 3.06 | 21.9 | 590 | 8 | |
| | 1 nugget (5.5 x 3.6 x 1.5 cm) | 17.5 | 8.4 | 183 | 185 | 2.76 | 2.52 | 2.53 | 0.2 | 0 | 2.53 | 0.31 | 1.34 | 0.67 | 0.119 | 0.536 | 3.83 | 103 | 1.4 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| M178 | Turkey, lean, fat & skin, roasted | 100 | 231 | 224 | 14 | 1.39 | 2.48 | 18 | 32 | 0 | 0.03 | 0.15 | 14 | 0.2 | 3.1 | 9 | 0 | 0.1 | 0.41 |
| | 1 slice (7.5 x 5.3 x 1.9 cm) | 85 | 196 | 190 | 12 | 1.18 | 2.11 | 15 | 27 | 0 | 0.025 | 0.13 | 12 | 0.17 | 2.6 | 7 | 0 | 0.09 | 0.35 |
| M1023 | Venison, Diced, Silver Fern®, cooked | 100 | 246 | 184 | 3 | 3.65 | 5.18 | 8.5 | 0 | 0 | 0.11 | 0.46 | 8.2 | 0.15 | 1.1 | 3 | 0 | 0 | 0.53 |
| | 1 cup (250 mL) | 160 | 393 | 294 | 5 | 5.84 | 8.28 | 14 | 0 | 0 | 0.18 | 0.74 | 13 | 0.24 | 1.8 | 5 | 0 | 0 | 0.85 |
| M1021 | Venison, Medallion, Silver Fern®, cooked | 100 | 246 | 199 | 3 | 4.82 | 4.24 | 18 | 0 | 0 | 0.15 | 0.56 | 8.3 | 0.27 | 1.3 | 3 | 0 | 0 | 0.53 |
| | 1 medallion (6.5 x 5.0 x 2.0 cm) | 65 | 160 | 129 | 2 | 3.14 | 2.75 | 12 | 0 | 0 | 0.096 | 0.36 | 5.4 | 0.18 | 0.87 | 2 | 0 | 0 | 0.34 |
| M1022 | Venison, Stir Fry, Silver Fern®, cooked | 100 | 400 | 254 | 3 | 4.02 | 3.77 | 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 | 5.23 | 4.89 | 11 | 0 | 0 | 0.26 | 0.66 | 14 | 0.35 | 2 | 5 | 0 | 0 | 0.69 |
| M1020 | Venison, mince, Silver Fern®, raw | 100 | 350 | 200 | 4 | 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 | 805 | 460 | 9 | 6.67 | 12.7 | 16 | 0 | 0 | 0.32 | 0.51 | 24 | 0.58 | 5.2 | 9 | 0 | 0 | 1 |
| M185 | Venison, red deer, leg, flesh, roasted | 100 | 325 | 242 | 8 | 4.16 | 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 | 146 | 109 | 4 | 1.87 | 1.49 | 0.9 | 0 | 0 | 0.095 | 0.18 | 6 | 0.17 | 1.4 | 3 | 0 | 0 | 0.28 |
| N | MEAT PRODUCTS | | | | | | | | | | | | | | | | | | |
| N1051 | Bacon rasher, rindless, pan-fried with no added fat, assorted types | 100 | 421 | 354 | 7 | 1 | 2.97 | 21 | 0 | 0 | 0.35 | 0.23 | 12 | 0.31 | 0.78 | 0 | 0 | 0 | 0.26 |
| | 1 rasher (streaky bacon) | 8.5 | 36 | 30 | 1 | 0.09 | 0.25 | 1.8 | 0 | 0 | 0.03 | 0.02 | 1 | 0.027 | 0.07 | 0 | 0 | 0 | 0.02 |
| | 1 rasher (middle or shoulder bacon) | 23.8 | 100 | 84 | 2 | 0.24 | 0.71 | 5 | 0 | 0 | 0.084 | 0.055 | 2.8 | 0.075 | 0.19 | 0 | 0 | 0 | 0.06 |
| N31 | Beef, pastrami | 100 | 228 | 150 | 9 | 1.89 | 4.26 | 0 | 0 | 0 | 0.095 | 0.17 | 7.2 | 0.18 | 1.8 | 7 | 3 | 0 | 0.43 |
| | 1 slice | 28 | 64 | 42 | 3 | 0.53 | 1.19 | 0 | 0 | 0 | 0.027 | 0.048 | 2 | 0.05 | 0.49 | 2 | 0.84 | 0 | 0.12 |
| N58 | Chicken, nugget, crumbed, baked | 100 | 233 | 195 | 59 | 1.67 | 1.06 | 13 | 14 | 0 | 0.073 | 0.073 | 6.1 | 0.25 | 0 | 15 | 0 | 0.35 | 3.6 |
| | 1 piece | 20.6 | 48 | 40 | 12 | 0.35 | 0.22 | 2.6 | 3 | 0 | 0.015 | 0.015 | 1.2 | 0.052 | 0 | 3 | 0 | 0.07 | 0.74 |
| N57 | Chicken, nugget, crumbed, deep-fried | 100 | 270 | 220 | 52 | 1.5 | 0.94 | 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 | 0.26 | 0.16 | 1.9 | 3 | 0 | 0.016 | 0.012 | 1.1 | 0.023 | 0.02 | 4 | 0 | 0.05 | 0.55 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| N65 | Ham, sliced | 100 | 70.7 | 440 | 440 | 13 | 5.1 | 1.77 | 0 | 0 | 1.77 | 1.88 | 2.26 | 0.51 | 0.022 | 0.48 | 29.8 | 1500 | 4 |
| | 1 slice (10.0 x 10.0 x 0.3 cm) | 29 | 20.5 | 128 | 128 | 3.77 | 1.48 | 0.51 | 0 | 0 | 0.51 | 0.55 | 0.66 | 0.15 | 0.006 | 0.139 | 8.64 | 435 | 1.2 |
| N22 | Pate, chicken liver | 100 | 50.6 | 1460 | 1470 | 13.1 | 32.7 | 1.63 | 1.3 | 1 | 0.63 | 9.36 | 11.8 | 2.94 | | | 155 | 854 | 1.4 |
| | 1 tablespoon (15 mL) | 14 | 7.1 | 205 | 206 | 1.84 | 4.58 | 0.23 | 0.2 | 0.14 | 0.09 | 1.31 | 1.65 | 0.41 | | | 21.7 | 120 | 0.2 |
| N23 | Pate, pork liver | 100 | 50.6 | 1310 | 1320 | 13.1 | 28.9 | 0.83 | 1.3 | 0.2 | 0.63 | 8.27 | 10.4 | 2.6 | | | 155 | 854 | 1.4 |
| | 1 tablespoon (15 mL) | 14 | 7.1 | 183 | 184 | 1.84 | 4.05 | 0.12 | 0.2 | 0.03 | 0.09 | 1.16 | 1.46 | 0.36 | | | 21.7 | 120 | 0.2 |
| N1053 | Patty, burger, beef, not crumbed, frozen, pan-fried without oil | 100 | 57.9 | 925 | 941 | 16.4 | 15.2 | 4.88 | 2 | 1.41 | 3.47 | 5.91 | 6.01 | 0.75 | 0.134 | 0.466 | 8.5 | 600 | 7.2 |
| | 1 patty (8.2 x 6.9 x 0.9 cm) | 37 | 21.4 | 342 | 348 | 6.08 | 5.63 | 1.81 | 0.7 | 0.52 | 1.28 | 2.19 | 2.23 | 0.28 | 0.05 | 0.172 | 3.15 | 222 | 2.7 |
| | 1 patty (8.9 x 8.6 x 1.8 cm) | 103 | 59.6 | 953 | 969 | 16.9 | 15.7 | 5.03 | 2 | 1.45 | 3.57 | 6.09 | 6.19 | 0.77 | 0.138 | 0.48 | 8.76 | 618 | 7.4 |
| N1055 | Patty, burger, chicken, crumbed, frozen, pan-fried with oil | 100 | 52.4 | 1030 | 1040 | 11.1 | 13.9 | 19 | 2 | 3.51 | 15.5 | 2.29 | 6.39 | 4.28 | 0.378 | 3.84 | 5.7 | 480 | 4.2 |
| | 1 patty (9.1 x 7.9 x 1.3 cm) | 61.7 | 32.3 | 634 | 644 | 6.85 | 8.61 | 11.7 | 1.2 | 2.17 | 9.57 | 1.41 | 3.94 | 2.64 | 0.233 | 2.37 | 3.52 | 296 | 2.6 |
| | 1 patty (9.6 x 7.7 x 2.3 cm) | 109 | 57.1 | 1120 | 1140 | 12.1 | 15.2 | 20.7 | 2.2 | 3.83 | 16.9 | 2.49 | 6.96 | 4.67 | 0.412 | 4.19 | 6.21 | 523 | 4.6 |
| N4 | Pie, Cornish pasty | 100 | 39.2 | 1370 | 1380 | 8 | 20.4 | 28.4 | 0.9 | 2.69 | 25.7 | 10.2 | 7.5 | 1.4 | | | 49 | 590 | 0.76 |
| | 1 pastie | 140 | 54.9 | 1920 | 1930 | 11.2 | 28.6 | 39.7 | 1.3 | 3.77 | 36 | 14.3 | 10.5 | 1.95 | | | 68.6 | 826 | 1.1 |
| N12 | Pie, pork | 100 | 36.8 | 1550 | 1560 | 9.75 | 27 | 22.9 | 0.7 | 1.6 | 21.3 | 12.4 | 11.1 | 1.98 | | | 52 | 720 | 0.76 |
| | 1 pie (3 x 10 cm diameter) | 190 | 69.9 | 2950 | 2960 | 18.5 | 51.3 | 43.5 | 1.3 | 3.04 | 40.5 | 23.6 | 21.1 | 3.75 | | | 98.8 | 1370 | 1.5 |
| N63 | Sausage, assorted meats & flavours, dry fried | 100 | 54.8 | 918 | 922 | 12.6 | 15.6 | 7.31 | 0.5 | 0 | 7.31 | 7.18 | 5.51 | 0.56 | 0.124 | 0.243 | 30.3 | 880 | 8 |
| | 1 sausage (11.8 x 3.0 cm) | 78 | 42.7 | 716 | 719 | 9.87 | 12.2 | 5.7 | 0.4 | 0 | 5.7 | 5.6 | 4.3 | 0.44 | 0.096 | 0.189 | 23.6 | 686 | 6.3 |
| N64 | Sausage, assorted meats & flavours, grilled | 100 | 50.3 | 1170 | 1190 | 14.3 | 20.9 | 9 | 2.6 | 0 | 9 | 10.4 | 7.65 | 0.64 | 0.146 | 0.236 | 30.4 | 706 | 11 |
| | 1 sausage | 78 | 39.2 | 911 | 928 | 11.1 | 16.3 | 7.02 | 2 | 0 | 7.02 | 8.08 | 5.97 | 0.5 | 0.114 | 0.184 | 23.7 | 551 | 8.4 |
| N61 | Sausage, assorted meats & flavours, precooked, grilled | 100 | 51.3 | 987 | 987 | 13.2 | 16.4 | 9.32 | 0 | 1.29 | 8.02 | 6.97 | 6.49 | 0.9 | 0.108 | 0.672 | 41.4 | 816 | 7.5 |
| | 1 sausage | 70 | 35.9 | 691 | 691 | 9.21 | 11.4 | 6.52 | 0 | 0.91 | 5.62 | 4.88 | 4.54 | 0.63 | 0.076 | 0.471 | 29 | 571 | 5.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| N65 | Ham, sliced | 100 | 250 | 240 | 8 | 0.91 | 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 | 0.26 | 0.44 | 4.6 | 0 | 0 | 0.035 | 0.038 | 1.7 | 0.038 | 0.09 | 1 | 0 | 0.2 | 0.05 |
| N22 | Pate, chicken liver | 100 | 133 | 226 | 10 | 9.19 | 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 | 1.29 | 0.5 | 0.98 | 1510 | 1 | 0.007 | 0.2 | 1.5 | 0.035 | 1 | 14 | 3.08 | 0 | 0.11 |
| N23 | Pate, pork liver | 100 | 133 | 226 | 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 | 5 | 0.99 | 0.5 | 0.98 | 1510 | 1 | 0.004 | 0.11 | 0.98 | 0.035 | 1 | 14 | 2.1 | 0 | 0.11 |
| N1053 | Patty, burger, beef, not crumbed, frozen, pan-fried without oil | 100 | 365 | 247 | 46 | 2.2 | 2.82 | 9.9 | 22 | 22 | 0 | 0.14 | 5.1 | 0.32 | 1.1 | 14 | 0 | 0 | 0.36 |
| | 1 patty (8.2 x 6.9 x 0.9 cm) | 37 | 135 | 91 | 17 | 0.81 | 1.05 | 3.7 | 8 | 8 | 0 | 0.052 | 1.9 | 0.12 | 0.42 | 5 | 0 | 0 | 0.13 |
| | 1 patty (8.9 x 8.6 x 1.8 cm) | 103 | 376 | 254 | 47 | 2.27 | 2.91 | 10 | 23 | 23 | 0 | 0.15 | 5.3 | 0.33 | 1.2 | 14 | 0 | 0 | 0.37 |
| N1055 | Patty, burger, chicken, crumbed, frozen, pan-fried with oil | 100 | 223 | 188 | 16 | 0.73 | 0.68 | 12 | 12 | 0 | 0 | 0.085 | 5.6 | 0.15 | 0 | 13 | 0 | 0 | 2.3 |
| | 1 patty (9.1 x 7.9 x 1.3 cm) | 61.7 | 138 | 116 | 10 | 0.45 | 0.42 | 7.7 | 7 | 0 | 0 | 0.053 | 3.4 | 0.094 | 0 | 8 | 0 | 0 | 1.4 |
| | 1 patty (9.6 x 7.7 x 2.3 cm) | 109 | 244 | 205 | 17 | 0.8 | 0.74 | 14 | 13 | 0 | 0 | 0.093 | 6.1 | 0.17 | 0 | 15 | 0 | 0 | 2.5 |
| N4 | Pie, Cornish pasty | 100 | 190 | 110 | 60 | 1.5 | 1 | 1.9 | 16 | 0 | 0.1 | 0.06 | 3.3 | 0.12 | 1 | 3 | 0 | 0 | 1.3 |
| | 1 pastie | 140 | 266 | 154 | 84 | 2.1 | 1.4 | 2.7 | 22 | 0 | 0.14 | 0.084 | 4.6 | 0.17 | 1.4 | 4 | 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 | 285 | 228 | 89 | 2.66 | 1.9 | 25 | 32 | 0 | 0.3 | 0.17 | 7.6 | 0.11 | 1.9 | 6 | 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 | 156 | 172 | 11 | 1.25 | 1.48 | 3.4 | 5 | 31 | 0 | 0.1 | 3.9 | 0.086 | 0.82 | 8 | 0.78 | 0.47 | 0.34 |
| N64 | Sausage, assorted meats & flavours, grilled | 100 | 180 | 185 | 13 | 1.07 | 1.59 | 4.6 | 4 | 26 | 0 | 0.097 | 3.7 | 0.085 | 0.3 | 4 | 0.59 | 0.59 | 0.55 |
| | 1 sausage | 78 | 140 | 145 | 10 | 0.84 | 1.24 | 3.6 | 3 | 20 | 0 | 0.076 | 2.9 | 0.066 | 0.23 | 3 | 0.46 | 0.46 | 0.43 |
| N61 | Sausage, assorted meats & flavours, precooked, grilled | 100 | 130 | 190 | 48 | 0.99 | 1.06 | 8.8 | 4 | 26 | 0 | 0.079 | 3.4 | 0.049 | 0.39 | 5 | 0.59 | 0.71 | 0.4 |
| | 1 sausage | 70 | 91 | 133 | 33 | 0.7 | 0.74 | 6.1 | 3 | 18 | 0 | 0.056 | 2.4 | 0.035 | 0.27 | 4 | 0.41 | 0.49 | 0.28 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|--|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| N1023 | Sausage, beef, barbecued, with no added fat | 100 | 57.1 | 1090 | 1100 | 15.3 | 21 | 2.86 | 2 | 0 | 2.86 | 9.17 | 9.03 | 0.92 | 0.16 | 0.44 | 41.5 | 563 | 1.8 |
| | 1 sausage (8.3 x 2.2 cm diameter) | 29.9 | 17.1 | 325 | 330 | 4.59 | 6.28 | 0.85 | 0.6 | 0 | 0.85 | 2.74 | 2.7 | 0.28 | 0.048 | 0.132 | 12.4 | 168 | 0.54 |
| | 1 sausage (10.1 x 2.8 cm diameter) | 61.9 | 35.3 | 672 | 682 | 9.5 | 13 | 1.77 | 1.3 | 0 | 1.77 | 5.67 | 5.59 | 0.57 | 0.099 | 0.273 | 25.7 | 348 | 1.1 |
| N1024 | Sausage, beef, boiled, drained | 100 | 60.3 | 1020 | 1030 | 13.7 | 20 | 2.55 | 1.8 | 0 | 2.55 | 8.73 | 8.62 | 0.88 | 0.152 | 0.419 | 37.1 | 503 | 1.6 |
| | 1 sausage (8.8 x 1.9 cm diameter) | 57.2 | 34.5 | 581 | 590 | 7.84 | 11.4 | 1.46 | 1 | 0 | 1.46 | 4.99 | 4.93 | 0.5 | 0.087 | 0.24 | 21.2 | 288 | 0.93 |
| | 1 sausage (10.3 x 3.1 cm diameter) | 72.2 | 43.5 | 734 | 744 | 9.9 | 14.4 | 1.84 | 1.3 | 0 | 1.84 | 6.3 | 6.22 | 0.63 | 0.11 | 0.303 | 26.8 | 363 | 1.2 |
| N1022 | Sausage, beef, grilled, with no added fat | 100 | 56 | 1140 | 1150 | 15 | 22.6 | 2.79 | 2 | 0 | 2.79 | 9.86 | 9.74 | 0.99 | 0.172 | 0.474 | 40.6 | 549 | 1.8 |
| | 1 sausage (8.3 x 2.2 cm diameter) | 29.9 | 16.7 | 340 | 345 | 4.48 | 6.76 | 0.83 | 0.6 | 0 | 0.83 | 2.95 | 2.91 | 0.3 | 0.052 | 0.142 | 12.1 | 164 | 0.53 |
| | 1 sausage (10.1 x 2.8 cm diameter) | 61.9 | 34.7 | 705 | 714 | 9.28 | 14 | 1.73 | 1.2 | 0 | 1.73 | 6.11 | 6.03 | 0.61 | 0.107 | 0.293 | 25.1 | 340 | 1.1 |
| N1021 | Sausage, beef, pan-fried, with no added fat | 100 | 56.7 | 1030 | 1050 | 15.9 | 19.3 | 2.96 | 2.1 | 0 | 2.96 | 8.42 | 8.31 | 0.85 | 0.147 | 0.405 | 43.1 | 583 | 1.9 |
| | 1 sausage (8.3 x 2.2 cm diameter) | 29.9 | 17 | 309 | 314 | 4.76 | 5.77 | 0.89 | 0.6 | 0 | 0.89 | 2.52 | 2.49 | 0.25 | 0.044 | 0.121 | 12.9 | 174 | 0.56 |
| | 1 sausage (10.1 x 2.8 cm diameter) | 61.9 | 35.1 | 641 | 651 | 9.85 | 11.9 | 1.83 | 1.3 | 0 | 1.83 | 5.21 | 5.15 | 0.52 | 0.091 | 0.25 | 26.7 | 361 | 1.2 |
| N2 | Sausage, black pudding, fried | 100 | 44 | 1260 | 1280 | 12.9 | 21.9 | 13.7 | 1.9 | 0.8 | 12.9 | 8.49 | 10.1 | 2.2 | | | 68 | 1210 | 8 |
| | 1 slice (4.0 x 2.0 cm diameter) | 30 | 13.2 | 379 | 383 | 3.86 | 6.57 | 4.11 | 0.6 | 0.24 | 3.87 | 2.55 | 3.02 | 0.66 | | | 20.4 | 363 | 2.4 |
| N1031 | Sausage, chicken, barbecued, with no added fat | 100 | 59.5 | 881 | 894 | 13.9 | 15.1 | 5 | 1.6 | 0 | 5 | 4.65 | 7.27 | 2.26 | 0.144 | 2 | 57.7 | 726 | 16 |
| | 1 sausage (8.4 x 1.7 cm diameter) | 23.2 | 13.8 | 204 | 207 | 3.23 | 3.5 | 1.16 | 0.4 | 0 | 1.16 | 1.08 | 1.69 | 0.52 | 0.033 | 0.464 | 13.4 | 168 | 3.8 |
| | 1 sausage (12.2 x 2.6 cm diameter) | 70.6 | 42 | 622 | 631 | 9.84 | 10.7 | 3.53 | 1.2 | 0 | 3.53 | 3.28 | 5.13 | 1.6 | 0.102 | 1.41 | 40.7 | 512 | 12 |
| N1032 | Sausage, chicken, boiled, drained | 100 | 64.1 | 796 | 808 | 12.7 | 13.6 | 4.55 | 1.5 | 0 | 4.55 | 4.19 | 6.55 | 2.04 | 0.13 | 1.8 | 52.6 | 661 | 15 |
| | 1 sausage (8.5 x 1.9 cm diameter) | 26 | 16.7 | 207 | 210 | 3.3 | 3.54 | 1.18 | 0.4 | 0 | 1.18 | 1.09 | 1.7 | 0.53 | 0.034 | 0.468 | 13.7 | 172 | 3.9 |
| | 1 sausage (12.1 x 2.7 cm diameter) | 71.2 | 45.6 | 567 | 576 | 9.04 | 9.68 | 3.24 | 1.1 | 0 | 3.24 | 2.98 | 4.66 | 1.45 | 0.092 | 1.28 | 37.4 | 471 | 11 |
| N1030 | Sausage, chicken, grilled, with no added fat | 100 | 57.5 | 925 | 939 | 14.9 | 15.7 | 5.35 | 1.7 | 0 | 5.35 | 4.83 | 7.56 | 2.35 | 0.15 | 2.08 | 61.7 | 776 | 18 |
| | 1 sausage (8.4 x 1.7 cm diameter) | 23.2 | 13.3 | 215 | 218 | 3.46 | 3.64 | 1.24 | 0.4 | 0 | 1.24 | 1.12 | 1.75 | 0.55 | 0.035 | 0.482 | 14.3 | 180 | 4.1 |
| | 1 sausage (12.2 x 2.6 cm diameter) | 70.6 | 40.6 | 653 | 663 | 10.5 | 11.1 | 3.78 | 1.2 | 0 | 3.78 | 3.41 | 5.33 | 1.66 | 0.106 | 1.47 | 43.6 | 548 | 12 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| N1023 | Sausage, beef, barbecued, with no added fat | 100 | 213 | 177 | 13 | 1.08 | 0.25 | 3.8 | 26 | 68 | 0.023 | 0.18 | 3.7 | 0.19 | 0.58 | 0 | 0 | 1.6 | 1.1 |
| | 1 sausage (8.3 x 2.2 cm diameter) | 29.9 | 64 | 53 | 4 | 0.32 | 0.08 | 1.1 | 8 | 20 | 0.007 | 0.053 | 1.1 | 0.058 | 0.17 | 0 | 0 | 0.49 | 0.34 |
| | 1 sausage (10.1 x 2.8 cm diameter) | 61.9 | 132 | 109 | 8 | 0.67 | 0.16 | 2.4 | 16 | 42 | 0.014 | 0.11 | 2.3 | 0.12 | 0.36 | 0 | 0 | 1 | 0.7 |
| N1024 | Sausage, beef, boiled, drained | 100 | 190 | 158 | 12 | 0.96 | 0.22 | 3.4 | 23 | 61 | 0.021 | 0.16 | 3.3 | 0.17 | 0.52 | 0 | 0 | 1.5 | 1 |
| | 1 sausage (8.8 x 1.9 cm diameter) | 57.2 | 109 | 90 | 7 | 0.55 | 0.13 | 1.9 | 13 | 35 | 0.012 | 0.091 | 1.9 | 0.099 | 0.3 | 0 | 0 | 0.83 | 0.58 |
| | 1 sausage (10.3 x 3.1 cm diameter) | 72.2 | 137 | 114 | 9 | 0.69 | 0.16 | 2.5 | 17 | 44 | 0.015 | 0.12 | 2.4 | 0.12 | 0.38 | 0 | 0 | 1.1 | 0.73 |
| N1022 | Sausage, beef, grilled, with no added fat | 100 | 208 | 173 | 13 | 1.05 | 0.24 | 3.7 | 25 | 66 | 0.023 | 0.17 | 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 | 0.31 | 0.07 | 1.1 | 8 | 20 | 0.007 | 0.052 | 1.1 | 0.056 | 0.17 | 0 | 0 | 0.48 | 0.33 |
| | 1 sausage (10.1 x 2.8 cm diameter) | 61.9 | 128 | 107 | 8 | 0.65 | 0.15 | 2.3 | 16 | 41 | 0.014 | 0.11 | 2.3 | 0.12 | 0.35 | 0 | 0 | 0.99 | 0.69 |
| N1021 | Sausage, beef, pan-fried, with no added fat | 100 | 220 | 183 | 14 | 1.12 | 0.26 | 4 | 27 | 70 | 0.024 | 0.19 | 3.9 | 0.2 | 0.61 | 0 | 0 | 1.7 | 1.2 |
| | 1 sausage (8.3 x 2.2 cm diameter) | 29.9 | 66 | 55 | 4 | 0.33 | 0.08 | 1.2 | 8 | 21 | 0.007 | 0.055 | 1.2 | 0.06 | 0.18 | 0 | 0 | 0.51 | 0.35 |
| | 1 sausage (10.1 x 2.8 cm diameter) | 61.9 | 136 | 113 | 9 | 0.69 | 0.16 | 2.4 | 17 | 44 | 0.015 | 0.12 | 2.4 | 0.12 | 0.37 | 0 | 0 | 1 | 0.73 |
| 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 | 0.39 | 5.1 | 0 | 0 | 0.027 | 0.021 | 1.2 | 0.012 | 0.3 | 2 | 0.3 | 0 | 0.07 |
| N1031 | Sausage, chicken, barbecued, with no added fat | 100 | 159 | 156 | 35 | 0.73 | 0.73 | 11 | 28 | 0 | 0.021 | 0.14 | 4.4 | 0.22 | 0.15 | 0 | 0 | 0.38 | 0.82 |
| | 1 sausage (8.4 x 1.7 cm diameter) | 23.2 | 37 | 36 | 8 | 0.17 | 0.17 | 2.6 | 7 | 0 | 0.005 | 0.032 | 1 | 0.05 | 0.04 | 0 | 0 | 0.09 | 0.19 |
| | 1 sausage (12.2 x 2.6 cm diameter) | 70.6 | 112 | 110 | 25 | 0.51 | 0.52 | 7.8 | 20 | 0 | 0.015 | 0.098 | 3.1 | 0.15 | 0.11 | 0 | 0 | 0.27 | 0.58 |
| N1032 | Sausage, chicken, boiled, drained | 100 | 145 | 142 | 32 | 0.66 | 0.67 | 10 | 26 | 0 | 0.019 | 0.13 | 4 | 0.2 | 0.14 | 0 | 0 | 0.35 | 0.75 |
| | 1 sausage (8.5 x 1.9 cm diameter) | 26 | 38 | 37 | 8 | 0.17 | 0.17 | 2.6 | 7 | 0 | 0.005 | 0.033 | 1 | 0.051 | 0.04 | 0 | 0 | 0.09 | 0.2 |
| | 1 sausage (12.1 x 2.7 cm diameter) | 71.2 | 103 | 101 | 23 | 0.47 | 0.48 | 7.2 | 18 | 0 | 0.014 | 0.09 | 2.8 | 0.14 | 0.1 | 0 | 0 | 0.25 | 0.53 |
| N1030 | Sausage, chicken, grilled, with no added fat | 100 | 170 | 167 | 38 | 0.78 | 0.79 | 12 | 30 | 0 | 0.023 | 0.15 | 4.7 | 0.23 | 0.16 | 0 | 0 | 0.41 | 0.88 |
| | 1 sausage (8.4 x 1.7 cm diameter) | 23.2 | 39 | 39 | 9 | 0.18 | 0.18 | 2.8 | 7 | 0 | 0.005 | 0.034 | 1.1 | 0.053 | 0.04 | 0 | 0 | 0.09 | 0.2 |
| | 1 sausage (12.2 x 2.6 cm diameter) | 70.6 | 120 | 118 | 27 | 0.55 | 0.55 | 8.4 | 21 | 0 | 0.016 | 0.11 | 3.3 | 0.16 | 0.12 | 0 | 0 | 0.29 | 0.62 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure g | Water g | Energy kJ | Energy (NIP) kJ | Protein g | Fat g | Carbohydrate, available g | Dietary fibre g | Sugars g | Starch g | SFA g | MUFA g | PUFA g | Alpha-linolenic acid g | Linoleic acid g | Cholesterol mg | Sodium Na mg | Iodine I µg |
|--------|--|--------------|------------|--------------|-----------------------|--------------|----------|---------------------------------|-----------------------|-------------|-------------|----------|-----------|-----------|------------------------------|-----------------------|-------------------|--------------------|-------------------|
| N1029 | Sausage, chicken, pan-fried, with no added fat | 100 | 59.5 | 878 | 890 | 13.6 | 15.2 | 4.89 | 1.6 | 0 | 4.89 | 4.68 | 7.32 | 2.27 | 0.145 | 2.01 | 56.5 | 710 | 16 |
| | 1 sausage (8.4 x 1.7 cm diameter) | 23.2 | 13.8 | 204 | 207 | 3.17 | 3.53 | 1.14 | 0.4 | 0 | 1.14 | 1.09 | 1.7 | 0.53 | 0.034 | 0.467 | 13.1 | 165 | 3.7 |
| | 1 sausage (12.2 x 2.6 cm diameter) | 70.6 | 42 | 620 | 629 | 9.63 | 10.7 | 3.46 | 1.1 | 0 | 3.46 | 3.3 | 5.17 | 1.61 | 0.102 | 1.42 | 39.9 | 501 | 11 |
| N6 | Sausage, frankfurters, precooked | 100 | 59.5 | 1130 | 1150 | 9.5 | 25 | 2.7 | 2.4 | 0 | 2.7 | 9.9 | 11.2 | 1.93 | | | 46 | 980 | 7.7 |
| | 1 frankfurter (12.5 x 2.5 cm diameter) | 57 | 33.9 | 645 | 656 | 5.42 | 14.3 | 1.54 | 1.4 | 0 | 1.54 | 5.64 | 6.36 | 1.1 | | | 26.2 | 559 | 4.4 |
| N1035 | Sausage, lamb, barbecued, with no added fat | 100 | 61.4 | 869 | 885 | 17.7 | 14.2 | 2.5 | 2 | 0 | 2.5 | 6.4 | 5.59 | 0.73 | 0.176 | 0.271 | 56.2 | 643 | 1.5 |
| | 1 sausage (11.3 x 2.8 cm diameter) | 75.1 | 46.1 | 653 | 665 | 13.3 | 10.7 | 1.88 | 1.5 | 0 | 1.88 | 4.81 | 4.2 | 0.55 | 0.132 | 0.203 | 42.2 | 483 | 1.1 |
| N1036 | Sausage, lamb, boiled, drained | 100 | 63.8 | 854 | 868 | 14.8 | 15.3 | 2.14 | 1.7 | 0 | 2.14 | 6.9 | 6.02 | 0.79 | 0.19 | 0.292 | 48.2 | 551 | 1.3 |
| | 1 sausage (11.3 x 3.0 cm diameter) | 82.4 | 52.6 | 704 | 715 | 12.2 | 12.6 | 1.77 | 1.4 | 0 | 1.77 | 5.68 | 4.96 | 0.65 | 0.156 | 0.24 | 39.7 | 454 | 1.1 |
| N1034 | Sausage, lamb, grilled, with no added fat | 100 | 58.4 | 1010 | 1020 | 16.9 | 18.4 | 2.44 | 2 | 0 | 2.44 | 8.28 | 7.23 | 0.95 | 0.228 | 0.35 | 54.9 | 628 | 1.5 |
| | 1 sausage (11.3 x 2.8 cm diameter) | 75.1 | 43.9 | 757 | 769 | 12.7 | 13.8 | 1.83 | 1.5 | 0 | 1.83 | 6.22 | 5.43 | 0.71 | 0.171 | 0.263 | 41.2 | 472 | 1.1 |
| N1033 | Sausage, lamb, pan-fried, with no added fat | 100 | 60.8 | 928 | 943 | 16.3 | 16.5 | 2.36 | 1.9 | 0 | 2.36 | 7.44 | 6.49 | 0.85 | 0.204 | 0.314 | 53 | 607 | 1.4 |
| | 1 sausage (11.3 x 2.8 cm diameter) | 75.1 | 45.7 | 697 | 708 | 12.3 | 12.4 | 1.77 | 1.4 | 0 | 1.77 | 5.59 | 4.88 | 0.64 | 0.154 | 0.236 | 39.8 | 456 | 1.1 |
| N1027 | Sausage, pork, barbecued, with no added fat | 100 | 61 | 939 | 954 | 16.8 | 16.6 | 2.3 | 2 | 0 | 2.3 | 6.31 | 7.31 | 2.01 | 0.142 | 1.58 | 53.1 | 655 | 8.1 |
| | 1 sausage (10.5 x 2.8 cm diameter) | 69.6 | 42.5 | 653 | 664 | 11.7 | 11.6 | 1.6 | 1.4 | 0 | 1.6 | 4.39 | 5.09 | 1.4 | 0.099 | 1.1 | 37 | 456 | 5.6 |
| N1028 | Sausage, pork, boiled, drained | 100 | 62.8 | 869 | 882 | 14.3 | 16 | 1.96 | 1.7 | 0 | 1.96 | 6.08 | 7.05 | 1.94 | 0.137 | 1.53 | 45.3 | 559 | 6.9 |
| | 1 sausage (10.4 x 3.0 cm diameter) | 75.6 | 47.5 | 657 | 667 | 10.8 | 12.1 | 1.48 | 1.3 | 0 | 1.48 | 4.6 | 5.33 | 1.46 | 0.104 | 1.15 | 34.2 | 422 | 5.2 |
| N1026 | Sausage, pork, grilled, with no added fat | 100 | 59.2 | 932 | 947 | 15.9 | 16.9 | 2.17 | 1.8 | 0 | 2.17 | 6.43 | 7.44 | 2.05 | 0.145 | 1.61 | 50.2 | 620 | 7.7 |
| | 1 sausage (10.5 x 2.8 cm diameter) | 69.6 | 41.2 | 649 | 659 | 11 | 11.8 | 1.51 | 1.3 | 0 | 1.51 | 4.47 | 5.18 | 1.42 | 0.101 | 1.12 | 35 | 431 | 5.3 |
| N1025 | Sausage, pork, pan-fried, with no added fat | 100 | 59.9 | 917 | 932 | 16.2 | 16.3 | 2.22 | 1.9 | 0 | 2.22 | 6.2 | 7.18 | 1.97 | 0.14 | 1.55 | 51.3 | 633 | 7.8 |
| | 1 sausage (10.5 x 2.8 cm diameter) | 69.6 | 41.7 | 638 | 649 | 11.3 | 11.3 | 1.55 | 1.3 | 0 | 1.55 | 4.31 | 5 | 1.37 | 0.097 | 1.08 | 35.7 | 441 | 5.4 |
| N1039 | Sausage, salami assorted meats & flavours | 100 | 49.2 | 1230 | 1240 | 21.9 | 22.9 | 0.6 | 1 | 0.25 | 0.35 | 8.79 | 9.98 | 2.31 | 0.163 | 1.82 | 53.4 | 1570 | 6.4 |
| | 1 slice (0.2 x 7.4 cm diameter) | 7.9 | 3.9 | 97 | 98 | 1.73 | 1.81 | 0.05 | 0.1 | 0.02 | 0.03 | 0.69 | 0.79 | 0.18 | 0.013 | 0.144 | 4.22 | 124 | 0.51 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| N1029 | Sausage, chicken, pan-fried, with no added fat | 100 | 156 | 152 | 34 | 0.71 | 0.72 | 11 | 28 | 0 | 0.021 | 0.14 | 4.3 | 0.21 | 0.15 | 0 | 0 | 0.37 | 0.81 |
| | 1 sausage (8.4 x 1.7 cm diameter) | 23.2 | 36 | 35 | 8 | 0.17 | 0.17 | 2.5 | 6 | 0 | 0.005 | 0.031 | 1 | 0.049 | 0.04 | 0 | 0 | 0.09 | 0.19 |
| | 1 sausage (12.2 x 2.6 cm diameter) | 70.6 | 110 | 108 | 24 | 0.5 | 0.51 | 7.7 | 20 | 0 | 0.015 | 0.096 | 3 | 0.15 | 0.11 | 0 | 0 | 0.26 | 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 | 0.86 | 0.8 | 1 | 16 | 31 | 0.046 | 0.068 | 1.7 | 0.017 | 0.57 | 1 | 0.57 | 0 | 0.14 |
| N1035 | Sausage, lamb, barbecued, with no added fat | 100 | 223 | 232 | 16 | 1.07 | 2.05 | 3.3 | 26 | 68 | 0.023 | 0.32 | 4.8 | 0.19 | 0.67 | 0 | 0 | 0 | 0.49 |
| | 1 sausage (11.3 x 2.8 cm diameter) | 75.1 | 167 | 174 | 12 | 0.8 | 1.54 | 2.5 | 20 | 51 | 0.017 | 0.24 | 3.6 | 0.14 | 0.5 | 0 | 0 | 0 | 0.37 |
| N1036 | Sausage, lamb, boiled, drained | 100 | 191 | 199 | 14 | 0.92 | 1.76 | 2.9 | 22 | 58 | 0.02 | 0.28 | 4.2 | 0.16 | 0.57 | 0 | 0 | 0 | 0.42 |
| | 1 sausage (11.3 x 3.0 cm diameter) | 82.4 | 157 | 164 | 11 | 0.75 | 1.45 | 2.4 | 18 | 48 | 0.016 | 0.23 | 3.4 | 0.13 | 0.47 | 0 | 0 | 0 | 0.35 |
| N1034 | Sausage, lamb, grilled, with no added fat | 100 | 217 | 227 | 16 | 1.04 | 2.01 | 3.3 | 25 | 66 | 0.023 | 0.31 | 4.7 | 0.18 | 0.65 | 0 | 0 | 0 | 0.48 |
| | 1 sausage (11.3 x 2.8 cm diameter) | 75.1 | 163 | 170 | 12 | 0.78 | 1.51 | 2.4 | 19 | 50 | 0.017 | 0.24 | 3.6 | 0.14 | 0.49 | 0 | 0 | 0 | 0.36 |
| N1033 | Sausage, lamb, pan-fried, with no added fat | 100 | 210 | 219 | 15 | 1.01 | 1.94 | 3.1 | 25 | 64 | 0.022 | 0.3 | 4.6 | 0.18 | 0.63 | 0 | 0 | 0 | 0.46 |
| | 1 sausage (11.3 x 2.8 cm diameter) | 75.1 | 158 | 165 | 11 | 0.76 | 1.46 | 2.4 | 18 | 48 | 0.016 | 0.23 | 3.4 | 0.13 | 0.47 | 0 | 0 | 0 | 0.35 |
| N1027 | Sausage, pork, barbecued, with no added fat | 100 | 225 | 190 | 10 | 0.64 | 1.59 | 9.4 | 15 | 66 | 0.045 | 0.21 | 4.2 | 0.22 | 0.31 | 0 | 0 | 0.76 | 0.38 |
| | 1 sausage (10.5 x 2.8 cm diameter) | 69.6 | 156 | 132 | 7 | 0.44 | 1.1 | 6.6 | 10 | 46 | 0.031 | 0.14 | 2.9 | 0.15 | 0.22 | 0 | 0 | 0.53 | 0.27 |
| N1028 | Sausage, pork, boiled, drained | 100 | 192 | 162 | 8 | 0.54 | 1.35 | 8 | 13 | 56 | 0.038 | 0.18 | 3.5 | 0.19 | 0.27 | 0 | 0 | 0.65 | 0.33 |
| | 1 sausage (10.4 x 3.0 cm diameter) | 75.6 | 145 | 122 | 6 | 0.41 | 1.02 | 6.1 | 10 | 42 | 0.029 | 0.13 | 2.7 | 0.14 | 0.2 | 0 | 0 | 0.49 | 0.25 |
| N1026 | Sausage, pork, grilled, with no added fat | 100 | 213 | 179 | 9 | 0.6 | 1.5 | 8.9 | 14 | 62 | 0.042 | 0.2 | 3.9 | 0.21 | 0.3 | 0 | 0 | 0.72 | 0.36 |
| | 1 sausage (10.5 x 2.8 cm diameter) | 69.6 | 148 | 125 | 6 | 0.42 | 1.04 | 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 | 217 | 183 | 9 | 0.61 | 1.53 | 9.1 | 14 | 63 | 0.043 | 0.2 | 4 | 0.21 | 0.3 | 0 | 0 | 0.73 | 0.37 |
| | 1 sausage (10.5 x 2.8 cm diameter) | 69.6 | 151 | 128 | 6 | 0.43 | 1.07 | 6.3 | 10 | 44 | 0.03 | 0.14 | 2.8 | 0.15 | 0.21 | 0 | 0 | 0.51 | 0.26 |
| N1039 | Sausage, salami assorted meats & flavours | 100 | 340 | 218 | 10 | 2.01 | 4.05 | 12 | 8 | 47 | 0.31 | 0.29 | 7.8 | 0.4 | 1.1 | 0 | 0 | 0.94 | 0.6 |
| | 1 slice (0.2 x 7.4 cm diameter) | 7.9 | 27 | 17 | 1 | 0.16 | 0.32 | 0.91 | 1 | 4 | 0.024 | 0.023 | 0.61 | 0.032 | 0.09 | 0 | 0 | 0.07 | 0.05 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| 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 | 8.24 | 9.6 | 2.13 | 0.142 | 1.67 | 46.2 | 1320 | 3.8 | |
| | 1 slice (0.2 x 7.8 cm diameter) | 8.3 | 4.6 | 93 | 93 | 1.54 | 1.77 | 0.06 | trace | 0.04 | 0.02 | 0.68 | 0.8 | 0.18 | 0.012 | 0.138 | 3.84 | 110 | 0.32 | |
| N43 | Sausage, saveloy, boiled | 100 | 62.2 | 899 | 917 | 14.5 | 15.4 | 4.95 | 2.2 | 0 | 4.95 | 6.35 | 5.56 | 0.81 | | | 60.5 | 640 | 7.7 | |
| | 1 saveloy | 85 | 52.9 | 764 | 779 | 12.3 | 13.1 | 4.21 | 1.9 | 0 | 4.21 | 5.4 | 4.73 | 0.69 | | | 51.4 | 544 | 6.5 | |
| P | MISCELLANEOUS | | | | | | | | | | | | | | | | | | | |
| P68 | Coffee whitener, powder | 100 | 2.2 | 2330 | 2330 | 4.81 | 35.5 | 54.9 | 0 | 54.9 | 0 | 32.5 | 1 | 0 | 0 | 0 | 0 | 181 | 0 | |
| | 1 tablespoon (15 mL) | 8.1 | 0.2 | 189 | 189 | 0.39 | 2.88 | 4.45 | 0 | 4.45 | 0 | 2.63 | 0.08 | 0 | 0 | 0 | 0 | 15 | 0 | |
| P1010 | Coriander, leaves & stem, fresh, raw | 100 | 91.8 | 78 | 99 | 3 | 0.4 | 0.7 | 2.7 | 0.7 | 0 | 0.06 | 0.04 | 0.23 | 0.135 | 0.079 | 0 | 7 | 6.7 | |
| | 1 cup chopped (250 mL) | 86.9 | 79.8 | 68 | 86 | 2.61 | 0.35 | 0.61 | 2.3 | 0.61 | 0 | 0.06 | 0.03 | 0.2 | 0.118 | 0.069 | 0 | 6 | 5.8 | |
| P81 | Salt, table, iodised | 100 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 38400 | 4900 | |
| | 1 teaspoon (5 mL) | 5.4 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2070 | 270 | |
| P10 | Salt, table, un-iodised | 100 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 38100 | 39 | |
| | 1 teaspoon (5 mL) | 5.4 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2060 | 2.1 | |
| P1003 | Seed, poppy | 100 | 8.4 | 1940 | 2090 | 20.2 | 41.6 | 3.19 | 19.3 | 2.99 | 0.2 | 3.89 | 5.03 | 21 | 0.209 | 20.8 | 0 | 26 | 0 | |
| | 1 teaspoon (5 mL) | 2.96 | 0.2 | 57 | 62 | 0.6 | 1.23 | 0.09 | 0.6 | 0.09 | 0.01 | 0.12 | 0.15 | 0.62 | 0.006 | 0.616 | 0 | 1 | 0 | |
| | 1 cup whole (250 mL) | 148 | 12.4 | 2860 | 3090 | 29.9 | 61.5 | 4.72 | 28.6 | 4.43 | 0.3 | 5.76 | 7.44 | 31.1 | 0.31 | 30.8 | 0 | 38 | 0 | |
| P10001 | Spice, pepper, black, dried | 100 | 10.9 | 909 | 1170 | 10.4 | 3.26 | 36 | 33.2 | 0.64 | 35.4 | 1.13 | 1.43 | 1.3 | 0.152 | | 0 | 8 | 0 | |
| | 1 tablespoon ground (15 mL) | 7.7 | 0.8 | 70 | 90 | 0.8 | 0.25 | 2.77 | 2.6 | 0.05 | 2.72 | 0.09 | 0.11 | 0.1 | 0.012 | | 0 | 1 | 0 | |
| | 1 tablespoon whole (15 mL) | 8.2 | 0.9 | 75 | 96 | 0.85 | 0.27 | 2.95 | 2.7 | 0.05 | 2.9 | 0.09 | 0.12 | 0.11 | 0.012 | | 0 | 1 | 0 | |
| P1004 | Spread, yeast extract, Marmite™, Sanitarium™, fortified vitamins B1, B2, B3, B12 & folate, & Fe | 100 | 31.1 | 587 | 676 | 17.4 | 1.2 | 14.5 | 11.1 | 11.6 | 2.9 | 0.21 | 0.4 | 0.05 | 0.01 | 0.037 | 0 | 3100 | 2.4 | |
| | 1 teaspoon (5 mL) | 5.75 | 1.8 | 34 | 39 | 1 | 0.07 | 0.83 | 0.6 | 0.67 | 0.17 | 0.01 | 0.02 | trace | 0.001 | 0.002 | 0 | 178 | 0.14 | |
| P1005 | Spread, yeast extract, Vegemite, Kraft, fortified vitamins B1, B2, B3 & folate | 100 | 35.5 | 527 | 602 | 25.3 | 1.2 | 3.1 | 9.3 | 0 | 3.1 | 0.22 | 0.31 | 0.13 | 0.008 | 0.118 | 0 | 3300 | 5.3 | |
| | 1 teaspoon (5 mL) | 5.05 | 1.8 | 27 | 30 | 1.28 | 0.06 | 0.16 | 0.5 | 0 | 0.16 | 0.01 | 0.02 | 0.01 | 0 | 0.006 | 0 | 167 | 0.27 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| N1038 | Sausage, salami assorted meats & flavours, acidulated, heat treated | 100 | 270 | 185 | 8 | 1.62 | 3.1 | 11 | 8 | 45 | 0.3 | 0.26 | 7.2 | 0.3 | 0.89 | 0 | 0 | 0.99 | 0.49 |
| | 1 slice (0.2 x 7.8 cm diameter) | 8.3 | 22 | 15 | 1 | 0.13 | 0.26 | 0.94 | 1 | 4 | 0.025 | 0.022 | 0.6 | 0.025 | 0.07 | 0 | 0 | 0.08 | 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 | 119 | 187 | 31 | 1.36 | 1.62 | 0 | 0 | 0 | 0.3 | 0.068 | 2.8 | 0 | 0.46 | 7 | 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 | 2 | 0.09 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0.058 | 0 | 0 | 0 | 0 | 0 | 0 |
| P1010 | Coriander, leaves & stem, fresh, raw | 100 | 580 | 39 | 80 | 2.3 | 0.28 | 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 | 504 | 34 | 70 | 2 | 0.24 | 1.1 | 8 | 48 | 0.078 | 0.19 | 5.8 | 0.18 | 0 | 110 | 27.1 | 0 | 1.2 |
| P81 | Salt, table, iodised | 100 | 84 | trace | 29 | 0.45 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 5.4 | 5 | trace | 2 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| P10 | Salt, table, un-iodised | 100 | 131 | 3 | 30 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 5.4 | 7 | trace | 2 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| P1003 | Seed, poppy | 100 | 719 | 870 | 1440 | 9.76 | 7.9 | 14 | 0 | 0 | 0.85 | 0.1 | 4 | 0.25 | 0 | 82 | 1 | 0 | 6 |
| | 1 teaspoon (5 mL) | 2.96 | 21 | 26 | 43 | 0.29 | 0.23 | 0.4 | 0 | 0 | 0.025 | 0.003 | 0.12 | 0.007 | 0 | 2 | 0.03 | 0 | 0.18 |
| | 1 cup whole (250 mL) | 148 | 1060 | 1290 | 2130 | 14.4 | 11.7 | 20 | 0 | 0 | 1.3 | 0.15 | 6 | 0.37 | 0 | 120 | 1.48 | 0 | 8.8 |
| P10001 | Spice, pepper, black, dried | 100 | 1300 | 180 | 460 | 12 | 0.92 | 0 | 53 | 316 | 0.11 | 0.18 | 1.1 | 0.29 | 0 | 17 | 0 | 0 | 1.5 |
| | 1 tablespoon ground (15 mL) | 7.7 | 100 | 14 | 35 | 0.92 | 0.07 | 0 | 4 | 24 | 0.008 | 0.014 | 0.088 | 0.022 | 0 | 1 | 0 | 0 | 0.12 |
| | 1 tablespoon whole (15 mL) | 8.2 | 107 | 15 | 38 | 0.98 | 0.08 | 0 | 4 | 26 | 0.009 | 0.015 | 0.094 | 0.024 | 0 | 1 | 0 | 0 | 0.12 |
| P1004 | Spread, yeast extract, Marmite™, Sanitarium™, fortified vitamins B1, B2, B3, B12 & folate, & Fe | 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) | 5.75 | 150 | 28 | 4 | 2.42 | 0.39 | 0.16 | 0 | 0 | 0.47 | 0.65 | 4.2 | 0.6 | 0.73 | 150 | 0 | 0 | trace |
| P1005 | Spread, yeast extract, Vegemite, Kraft, fortified vitamins B1, B2, B3 & folate | 100 | 2200 | 800 | 73 | 2.7 | 5.2 | 17 | 0 | 0 | 18 | 14 | 85 | 9.7 | 0 | 3300 | 0 | 0.13 | 0.13 |
| | 1 teaspoon (5 mL) | 5.05 | 111 | 40 | 4 | 0.14 | 0.26 | 0.87 | 0 | 0 | 0.88 | 0.7 | 4.3 | 0.49 | 0 | 170 | 0 | 0.01 | 0.01 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| P16 | Stock, Oxo cubes | 100 | 9.1 | 983 | 983 | 39.3 | 3.4 | 11.1 | 0 | 2.2 | 8.9 | 0.8 | 0.58 | 1.87 | | | 0 | 10300 | 44 |
| | 1 cube (2 cm) | 6.3 | 0.6 | 62 | 62 | 2.48 | 0.21 | 0.7 | 0 | 0.14 | 0.56 | 0.05 | 0.04 | 0.12 | | | 0 | 649 | 2.8 |
| P11 | Vinegar | 100 | 95.5 | 18 | 58 | 0.44 | 0 | 0.6 | 0 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0.25 |
| | 1 tablespoon (15 mL) | 15.3 | 14.6 | 3 | 9 | 0.07 | 0 | 0.09 | 0 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.04 |
| P59 | Vinegar, cider | 100 | 95.5 | 10 | 79 | 0 | 0 | 0.6 | 0 | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.25 |
| | 1 tablespoon (15 mL) | 15 | 14.3 | 2 | 12 | 0 | 0 | 0.09 | 0 | 0.09 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0.04 |
| P13 | Yeast, baker's, dried | 100 | 5 | 781 | 949 | 39.5 | 1.5 | 3.2 | 21 | 0 | 3.2 | 0.2 | 0.82 | trace | | | 0 | 50 | 5.5 |
| | 1 teaspoon (5 mL) | 4.1 | 0.2 | 32 | 39 | 1.62 | 0.06 | 0.13 | 0.9 | 0 | 0.13 | 0.01 | 0.03 | 0 | | | 0 | 2 | 0.23 |
| Q | NUTS AND SEEDS | | | | | | | | | | | | | | | | | | |
| Q1041 | Almond, dried, blanched | 100 | 4.4 | 2510 | 2590 | 21.8 | 55.7 | 4.4 | 10.4 | 4.4 | 0 | 3.97 | 38.4 | 14.4 | 0.013 | 14.3 | 0 | 0 | 1.5 |
| | 10 almonds | 9.9 | 0.4 | 248 | 256 | 2.15 | 5.52 | 0.44 | 1 | 0.44 | 0 | 0.39 | 3.8 | 1.42 | 0.001 | 1.42 | 0 | 0 | 0.15 |
| Q1008 | Almond, dry roasted, salt added | 100 | 2.6 | 2420 | 2510 | 22.1 | 52.8 | 5.27 | 11.8 | 4.56 | 0.71 | 4.05 | 33.7 | 12.7 | | | 0 | 339 | 0 |
| | 10 almonds | 12.9 | 0.3 | 312 | 324 | 2.85 | 6.82 | 0.68 | 1.5 | 0.59 | 0.09 | 0.52 | 4.34 | 1.63 | | | 0 | 44 | 0 |
| | 1 cup whole (250 mL) | 146 | 3.8 | 3530 | 3670 | 32.3 | 77.1 | 7.69 | 17.2 | 6.66 | 1.04 | 5.91 | 49.1 | 18.5 | | | 0 | 495 | 0 |
| Q1004 | Almond, dry roasted, unblanched, no salt added | 100 | 2.6 | 2430 | 2520 | 22.1 | 52.8 | 5.61 | 11.8 | 4.9 | 0.71 | 4.05 | 33.7 | 12.7 | | | 0 | 1 | 0 |
| | 10 almonds | 11.8 | 0.3 | 286 | 297 | 2.61 | 6.23 | 0.66 | 1.4 | 0.58 | 0.08 | 0.48 | 3.97 | 1.49 | | | 0 | trace | 0 |
| Q1025 | Almond, kernels, dried, raw, unblanched | 100 | 5.1 | 2400 | 2490 | 20.1 | 53 | 5.65 | 11.6 | 5.2 | 0.45 | 3.76 | 33.1 | 15.2 | 0.065 | 15.1 | 0 | 0 | 0 |
| | 10 almonds | 11.2 | 0.6 | 269 | 279 | 2.25 | 5.94 | 0.63 | 1.3 | 0.58 | 0.05 | 0.42 | 3.71 | 1.7 | 0.007 | 1.7 | 0 | 0 | 0 |
| | 1 cup whole (250 mL) | 166 | 8.5 | 3980 | 4140 | 33.4 | 88 | 9.38 | 19.2 | 8.63 | 0.75 | 6.24 | 54.9 | 25.3 | 0.108 | 25.1 | 0 | 0 | 0 |
| | 1 cup sliced (250 mL) | 229 | 11.7 | 5490 | 5700 | 46 | 121 | 12.9 | 26.5 | 11.9 | 1.04 | 8.6 | 75.8 | 34.9 | 0.148 | 34.7 | 0 | 0 | 0 |
| Q1003 | Almond, roasted with oil, unblanched, no salt added | 100 | 2.8 | 2490 | 2570 | 21.2 | 55.2 | 5.12 | 10.5 | 4.56 | 0.56 | 4.21 | 34.8 | 13.5 | | | 0 | 1 | 0 |
| | 10 almonds | 12.9 | 0.4 | 321 | 332 | 2.74 | 7.12 | 0.66 | 1.4 | 0.59 | 0.07 | 0.54 | 4.49 | 1.74 | | | 0 | trace | 0 |
| | 1 cup whole (250 mL) | 166 | 4.6 | 4130 | 4270 | 35.2 | 91.6 | 8.5 | 17.4 | 7.57 | 0.93 | 6.99 | 57.8 | 22.4 | | | 0 | 2 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| P16 | Stock, Oxo cubes | 100 | 730 | 360 | 180 | 24.5 | 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 | 1.54 | 0.03 | 0.18 | trace | 1 | 0.008 | 0.008 | 0.6 | 0.006 | 0 | 8 | 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 | 5 | 2 | 0.08 | 0 | 0.05 | 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 | 1 | 0.09 | 0 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| P13 | Yeast, baker's, dried | 100 | 2000 | 1290 | 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 | 0.82 | 0.33 | 0.99 | 0 | 0 | 0.096 | 0.16 | 1.8 | 0.082 | 0 | 160 | 0 | 0 | 0 |
| Q | NUTS AND SEEDS | | | | | | | | | | | | | | | | | | |
| Q1041 | Almond, dried, blanched | 100 | 670 | 490 | 230 | 3.1 | 3.1 | 0 | 0 | 0 | 0.15 | 0.69 | 4.1 | 0.18 | 0 | 10 | 0 | 0 | 15 |
| | 10 almonds | 9.9 | 66 | 49 | 23 | 0.31 | 0.31 | 0 | 0 | 0 | 0.015 | 0.068 | 0.4 | 0.018 | 0 | 1 | 0 | 0 | 1.5 |
| Q1008 | Almond, dry roasted, salt added | 100 | 746 | 489 | 266 | 4.51 | 3.54 | 2.8 | trace | 1 | 0.074 | 0.86 | 7.2 | 0.13 | 0 | 33 | 0 | 0 | 26 |
| | 10 almonds | 12.9 | 96 | 63 | 34 | 0.58 | 0.46 | 0.36 | trace | trace | 0.01 | 0.11 | 0.92 | 0.016 | 0 | 4 | 0 | 0 | 3.4 |
| | 1 cup whole (250 mL) | 146 | 1090 | 714 | 388 | 6.59 | 5.17 | 4.1 | trace | 1 | 0.11 | 1.3 | 10 | 0.18 | 0 | 48 | 0 | 0 | 38 |
| Q1004 | Almond, dry roasted, unblanched, no salt added | 100 | 746 | 489 | 266 | 4.51 | 3.54 | 2.8 | trace | 1 | 0.074 | 0.86 | 7.2 | 0.13 | 0 | 33 | 0 | 0 | 26 |
| | 10 almonds | 11.8 | 88 | 58 | 31 | 0.53 | 0.42 | 0.33 | trace | trace | 0.009 | 0.1 | 0.84 | 0.015 | 0 | 4 | 0 | 0 | 3.1 |
| Q1025 | 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 | 0.43 | 0.34 | 0 | trace | trace | 0.021 | 0.1 | 0.66 | 0.02 | 0 | 4 | 0 | 0 | 1.9 |
| | 1 cup whole (250 mL) | 166 | 1230 | 813 | 448 | 6.31 | 4.98 | 0 | 1 | 7 | 0.32 | 1.5 | 9.8 | 0.3 | 0 | 60 | 0 | 0 | 29 |
| | 1 cup sliced (250 mL) | 229 | 1690 | 1120 | 618 | 8.7 | 6.87 | 0 | 2 | 9 | 0.44 | 2.1 | 14 | 0.41 | 0 | 83 | 0 | 0 | 40 |
| Q1003 | Almond, roasted with oil, unblanched, no salt added | 100 | 699 | 466 | 291 | 3.68 | 3.07 | 2.8 | trace | 1 | 0.092 | 0.78 | 6.9 | 0.12 | 0 | 27 | 0 | 0 | 26 |
| | 10 almonds | 12.9 | 90 | 60 | 38 | 0.48 | 0.4 | 0.36 | trace | trace | 0.012 | 0.1 | 0.89 | 0.015 | 0 | 3 | 0 | 0 | 3.4 |
| | 1 cup whole (250 mL) | 166 | 1160 | 774 | 483 | 6.11 | 5.1 | 4.6 | trace | 2 | 0.15 | 1.3 | 11 | 0.2 | 0 | 45 | 0 | 0 | 43 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| Q4 | 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 brazilnut | 38 | 3.2 | 1060 | 1080 | 4.54 | 25.9 | 1.44 | 3 | 0.61 | 0.84 | 6.62 | 8.5 | 9.66 | | | 0 | 1 | 7.6 |
| | 1 cup (250 mL) | 152 | 12.9 | 4240 | 4340 | 18.2 | 104 | 5.78 | 12.2 | 2.43 | 3.34 | 26.5 | 34 | 38.7 | | | 0 | 3 | 30 |
| Q1057 | Cashew nut, dry roasted, salted | 100 | 2.9 | 2410 | 2450 | 18.4 | 48.6 | 17.6 | 4.7 | 6.88 | 10.7 | 8.93 | 31.4 | 9.19 | 0.08 | 9.09 | 0 | 360 | 0 |
| | 1 tablespoon ground (15 mL) | 9.1 | 0.3 | 219 | 223 | 1.67 | 4.43 | 1.6 | 0.4 | 0.63 | 0.98 | 0.81 | 2.86 | 0.84 | 0.007 | 0.827 | 0 | 33 | 0 |
| | 10 whole nuts | 18.2 | 0.5 | 439 | 446 | 3.34 | 8.85 | 3.2 | 0.9 | 1.25 | 1.95 | 1.63 | 5.72 | 1.67 | 0.015 | 1.66 | 0 | 66 | 0 |
| Q1058 | Cashew nut, dry roasted, unsalted | 100 | 1.1 | 2410 | 2450 | 18.2 | 49.4 | 17.6 | 4.5 | 6.88 | 12.3 | 9.32 | 30.3 | 9.08 | 0.069 | 9 | 0 | 8 | 0 |
| | 1 tablespoon ground (15 mL) | 9.5 | 0.1 | 229 | 233 | 1.73 | 4.69 | 1.67 | 0.4 | 0.65 | 1.17 | 0.89 | 2.87 | 0.86 | 0.007 | 0.855 | 0 | 1 | 0 |
| | 10 whole nuts | 18.8 | 0.2 | 453 | 460 | 3.43 | 9.29 | 3.31 | 0.8 | 1.29 | 2.32 | 1.75 | 5.69 | 1.71 | 0.013 | 1.69 | 0 | 1 | 0 |
| Q1056 | Cashew nut, raw | 100 | 4.8 | 2310 | 2350 | 17.6 | 46.7 | 16.9 | 4.5 | 6.6 | 10.3 | 8.57 | 30.2 | 8.82 | 0.077 | 8.73 | 0 | 8 | 0 |
| | 1 tablespoon ground (15 mL) | 8.17 | 0.4 | 189 | 192 | 1.44 | 3.82 | 1.38 | 0.4 | 0.54 | 0.84 | 0.7 | 2.47 | 0.72 | 0.006 | 0.713 | 0 | 1 | 0 |
| | 10 whole nuts | 20.7 | 1 | 479 | 487 | 3.65 | 9.67 | 3.5 | 0.9 | 1.37 | 2.13 | 1.77 | 6.25 | 1.83 | 0.016 | 1.81 | 0 | 2 | 0 |
| Q1034 | Coconut yoghurt, from coconut cream, assorted fruit flavours, sugar-sweetened | 100 | 72 | 824 | 826 | 1.65 | 19.1 | 5.3 | 0.3 | 4.4 | 0.9 | 18.8 | 0.99 | 0.2 | 0.024 | 0.178 | 0 | 16 | 1.1 |
| | 1 cup (250 mL) | 257 | 185 | 2120 | 2120 | 4.24 | 49 | 13.6 | 0.7 | 11.3 | 2.31 | 48.3 | 2.53 | 0.52 | 0.063 | 0.457 | 0 | 40 | 2.8 |
| Q1033 | Coconut yoghurt, from coconut cream, plain, unsweetened | 100 | 68.7 | 950 | 952 | 1.98 | 23.8 | 2.2 | 0.3 | 2.2 | 0 | 22.7 | 1.16 | 0.2 | 0 | 0.196 | 0 | 14 | 1 |
| | 1 cup (250 mL) | 250 | 172 | 2370 | 2380 | 4.96 | 59.4 | 5.5 | 0.7 | 5.5 | 0 | 56.8 | 2.91 | 0.49 | 0 | 0.491 | 0 | 34 | 2.5 |
| Q1036 | Coconut yoghurt, from coconut milk, assorted fruit flavours, sugar-sweetened | 100 | 77.4 | 488 | 489 | 0.8 | 8.69 | 9 | 0.2 | 6.2 | 2.8 | 8.34 | 0.42 | 0.18 | 0.08 | 0.099 | 0 | 36 | 1.5 |
| | 1 cup (250 mL) | 255 | 197 | 1240 | 1250 | 2.04 | 22.1 | 23 | 0.4 | 15.8 | 7.14 | 21.3 | 1.06 | 0.46 | 0.204 | 0.252 | 0 | 92 | 3.8 |
| Q1035 | Coconut yoghurt, from coconut milk, plain, unsweetened | 100 | 81.1 | 507 | 508 | 0.83 | 10.9 | 5.3 | 0.2 | 2 | 3.3 | 10.3 | 0.5 | 0.08 | 0 | 0.081 | 0 | 38 | 0.3 |
| | 1 cup (250 mL) | 246 | 200 | 1250 | 1250 | 2.05 | 26.8 | 13 | 0.4 | 4.92 | 8.12 | 25.4 | 1.23 | 0.2 | 0 | 0.2 | 0 | 93 | 0.74 |
| Q1014 | Coconut, cream, premium | 100 | 68.8 | 1050 | 1060 | 3.57 | 26 | 1.45 | 2 | 1.45 | 0 | 16.4 | 1.87 | 0.41 | 0 | 0.412 | 0 | 17 | 1 |
| | 1 cup (250 mL) | 255 | 175 | 2670 | 2710 | 9.1 | 66.3 | 3.7 | 5.2 | 3.7 | 0 | 41.8 | 4.77 | 1.05 | 0 | 1.05 | 0 | 43 | 2.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| Q4 | 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 brazilnut | 38 | 289 | 224 | 68 | 1.06 | 1.6 | 480 | 1 | 3 | 0.38 | 0.046 | 1.6 | 0.065 | 0 | 8 | 0.27 | 0 | 2.7 |
| | 1 cup (250 mL) | 152 | 1160 | 897 | 274 | 4.26 | 6.38 | 1900 | 2 | 14 | 1.5 | 0.18 | 6.5 | 0.26 | 0 | 33 | 1.06 | 0 | 11 |
| Q1057 | Cashew nut, dry roasted, salted | 100 | 750 | 475 | 55 | 6.35 | 5.73 | 22 | 2 | 10 | 0.62 | 0.16 | 4.8 | 0.54 | 0 | 63 | 0 | 0 | 0.23 |
| | 1 tablespoon ground (15 mL) | 9.1 | 68 | 43 | 5 | 0.58 | 0.52 | 2 | trace | 1 | 0.056 | 0.014 | 0.43 | 0.05 | 0 | 6 | 0 | 0 | 0.02 |
| | 10 whole nuts | 18.2 | 137 | 86 | 10 | 1.16 | 1.04 | 4 | trace | 2 | 0.11 | 0.029 | 0.87 | 0.099 | 0 | 12 | 0 | 0 | 0.04 |
| Q1058 | Cashew nut, dry roasted, unsalted | 100 | 750 | 475 | 55 | 6.35 | 5.73 | 22 | 2 | 10 | 0.62 | 0.16 | 4.8 | 0.54 | 0 | 63 | 0 | 0 | 0.23 |
| | 1 tablespoon ground (15 mL) | 9.5 | 71 | 45 | 5 | 0.6 | 0.54 | 2.1 | trace | 1 | 0.059 | 0.015 | 0.45 | 0.052 | 0 | 6 | 0 | 0 | 0.02 |
| | 10 whole nuts | 18.8 | 141 | 89 | 10 | 1.2 | 1.08 | 4.1 | trace | 2 | 0.12 | 0.03 | 0.89 | 0.1 | 0 | 12 | 0 | 0 | 0.04 |
| Q1056 | Cashew nut, raw | 100 | 720 | 570 | 53 | 6.1 | 5.5 | 21 | 2 | 11 | 0.7 | 0.16 | 4.6 | 0.55 | 0 | 76 | 0 | 0 | 0.22 |
| | 1 tablespoon ground (15 mL) | 8.17 | 59 | 47 | 4 | 0.5 | 0.45 | 1.7 | trace | 1 | 0.057 | 0.013 | 0.38 | 0.045 | 0 | 6 | 0 | 0 | 0.02 |
| | 10 whole nuts | 20.7 | 149 | 118 | 11 | 1.26 | 1.14 | 4.3 | trace | 2 | 0.15 | 0.033 | 0.96 | 0.11 | 0 | 16 | 0 | 0 | 0.05 |
| Q1034 | Coconut yoghurt, from coconut cream, assorted fruit flavours, sugar-sweetened | 100 | 240 | 56 | 10 | 0.96 | 0.38 | 1.8 | 0 | 0 | 0 | 0 | 0.51 | 0.04 | 0 | 3 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 257 | 617 | 144 | 25 | 2.47 | 0.98 | 4.6 | 0 | 0 | 0 | 0 | 1.3 | 0.1 | 0 | 9 | 0 | 0 | 0 |
| Q1033 | Coconut yoghurt, from coconut cream, plain, unsweetened | 100 | 240 | 61 | 5 | 1.06 | 0.42 | 1.3 | 0 | 0 | 0 | 0 | 0.56 | 0.04 | 0 | 3 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250 | 600 | 153 | 11 | 2.65 | 1.05 | 3.3 | 0 | 0 | 0 | 0 | 1.4 | 0.1 | 0 | 9 | 0 | 0 | 0 |
| Q1036 | Coconut yoghurt, from coconut milk, assorted fruit flavours, sugar-sweetened | 100 | 230 | 42 | 10 | 0.46 | 0.22 | 0 | 0 | 0 | 0 | 0 | 0.27 | 0.03 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 255 | 587 | 107 | 25 | 1.17 | 0.56 | 0 | 0 | 0 | 0 | 0 | 0.7 | 0.076 | 0 | 0 | 0 | 0 | 0 |
| Q1035 | Coconut yoghurt, from coconut milk, plain, unsweetened | 100 | 210 | 51 | 6 | 0.44 | 0.21 | 0 | 0 | 0 | 0 | 0 | 0.28 | 0.03 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 246 | 517 | 125 | 16 | 1.08 | 0.52 | 0 | 0 | 0 | 0 | 0 | 0.68 | 0.074 | 0 | 0 | 0 | 0 | 0 |
| Q1014 | Coconut, cream, premium | 100 | 149 | 38 | 5 | 0.67 | 0.3 | 1 | 0 | 0 | 0.016 | 0.008 | 0.4 | 0.04 | 0 | 14 | 2.24 | 0 | 0.54 |
| | 1 cup (250 mL) | 255 | 380 | 97 | 12 | 1.71 | 0.77 | 2.6 | 0 | 0 | 0.041 | 0.02 | 1 | 0.1 | 0 | 36 | 5.71 | 0 | 1.4 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| Q1055 | Coconut, desiccated | 100 | 1.9 | 2770 | 2890 | 7.28 | 67.8 | 8.3 | 15.3 | 8.3 | 0 | 63.8 | 2.85 | 0.46 | 0 | 0.463 | 0 | 29 | 1.8 |
| | 1 cup grated (250 mL) | 84.2 | 1.6 | 2330 | 2440 | 6.13 | 57.1 | 6.99 | 12.8 | 6.99 | 0 | 53.7 | 2.4 | 0.39 | 0 | 0.39 | 0 | 24 | 1.5 |
| Q1054 | Coconut, mature fruit, white flesh, grated, fresh | 100 | 47.2 | 1490 | 1550 | 4.47 | 36.6 | 3.4 | 7.6 | 3.4 | 0 | 34.7 | 1.6 | 0.28 | 0 | 0.278 | 0 | 14 | 0 |
| | 1 cup grated coarse (250 mL) | 80.5 | 38 | 1200 | 1250 | 3.6 | 29.5 | 2.74 | 6.1 | 2.74 | 0 | 27.9 | 1.28 | 0.22 | 0 | 0.224 | 0 | 12 | 0 |
| | 1 cup grated (250 mL) | 107 | 50.5 | 1590 | 1660 | 4.78 | 39.2 | 3.64 | 8.1 | 3.64 | 0 | 37.1 | 1.71 | 0.3 | 0 | 0.297 | 0 | 15 | 0 |
| | 1 cup grated fine (250 mL) | 141 | 66.6 | 2100 | 2190 | 6.3 | 51.6 | 4.79 | 10.7 | 4.79 | 0 | 48.9 | 2.25 | 0.39 | 0 | 0.392 | 0 | 20 | 0 |
| Q1015 | Coconut, milk, standard | 100 | 74.3 | 819 | 821 | 1.25 | 21.1 | 1.1 | 0.3 | 1.1 | 0 | 16.7 | 2.72 | 0.62 | 0 | 0.624 | 0 | 19 | 4.1 |
| | 1 cup (250 mL) | 250 | 186 | 2050 | 2050 | 3.13 | 52.6 | 2.75 | 0.8 | 2.75 | 0 | 41.8 | 6.79 | 1.56 | 0 | 1.56 | 0 | 47 | 10 |
| Q1023 | Hazelnut, whole, skin on, raw | 100 | 5.1 | 2680 | 2770 | 13.5 | 64.5 | 3.96 | 10.4 | 3.6 | 0.36 | 4.84 | 52.8 | 5.99 | 0 | 5.9 | 0 | 0 | 0 |
| | 10 kernels | 11 | 0.6 | 295 | 304 | 1.48 | 7.1 | 0.44 | 1.1 | 0.4 | 0.04 | 0.53 | 5.8 | 0.66 | 0 | 0.649 | 0 | 0 | 0 |
| Q1042 | Hemp seed, hulled, dry | 100 | 6.5 | 2420 | 2460 | 29.8 | 50.6 | 2.48 | 4.2 | 2.3 | 0.18 | 4.56 | 6.22 | 38.4 | 8.55 | 27.8 | 0 | 0 | 2.9 |
| | 1 tablespoon ground (15 mL) | 8.6 | 0.6 | 208 | 211 | 2.57 | 4.35 | 0.21 | 0.4 | 0.2 | 0.02 | 0.39 | 0.54 | 3.3 | 0.735 | 2.39 | 0 | 0 | 0.25 |
| | 1 tablespoon seed (15 mL) | 9.35 | 0.6 | 226 | 230 | 2.79 | 4.73 | 0.23 | 0.4 | 0.22 | 0.02 | 0.43 | 0.58 | 3.59 | 0.799 | 2.6 | 0 | 0 | 0.27 |
| | 1 cup ground (250 mL) | 143 | 9.3 | 3460 | 3510 | 42.7 | 72.4 | 3.54 | 6 | 3.29 | 0.25 | 6.52 | 8.9 | 54.9 | 12.2 | 39.8 | 0 | 0 | 4.1 |
| | 1 cup seed (250 mL) | 156 | 10.1 | 3780 | 3830 | 46.5 | 78.9 | 3.87 | 6.6 | 3.59 | 0.28 | 7.12 | 9.71 | 59.9 | 13.3 | 43.4 | 0 | 0 | 4.5 |
| 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 | 2.01 | 16.1 | 1.92 | 0.09 | 5.19 | 14.9 | 29.1 | 13.7 | 15.3 | 0 | 38 | 0.29 |
| | 1 tablespoon (15 mL) | 5.84 | 0.4 | 121 | 129 | 1.28 | 2.63 | 0.12 | 0.9 | 0.11 | trace | 0.3 | 0.87 | 1.7 | 0.802 | 0.892 | 0 | 2 | 0.02 |
| Q1045 | Macadamia nut, dried, raw | 100 | 2 | 3090 | 3150 | 7.63 | 77.3 | 5.7 | 8.2 | 5.7 | 0 | 13 | 64.5 | 1.71 | 0.182 | 1.49 | 0 | 15 | 3.5 |
| | 1 tablespoon ground (15 mL) | 17.4 | 0.3 | 537 | 548 | 1.33 | 13.5 | 0.99 | 1.4 | 0.99 | 0 | 2.25 | 11.2 | 0.3 | 0.032 | 0.259 | 0 | 3 | 0.61 |
| | 10 whole nuts | 29.2 | 0.6 | 901 | 920 | 2.23 | 22.6 | 1.66 | 2.4 | 1.66 | 0 | 3.78 | 18.8 | 0.5 | 0.053 | 0.434 | 0 | 4 | 1 |
| | 1 cup halves & whole (250 mL) | 159 | 3.2 | 4910 | 5010 | 12.1 | 123 | 9.06 | 13 | 9.06 | 0 | 20.6 | 103 | 2.72 | 0.29 | 2.37 | 0 | 24 | 5.6 |
| Q1050 | Macadamia nut, dry roasted, salted | 100 | 1.8 | 3020 | 3090 | 7.71 | 75.5 | 5.7 | 8.2 | 5.7 | 0 | 13 | 64.5 | 1.71 | 0.182 | 1.49 | 0 | 320 | 22 |
| | 1 tablespoon ground (15 mL) | 16.9 | 0.3 | 511 | 522 | 1.3 | 12.8 | 0.96 | 1.4 | 0.96 | 0 | 2.19 | 10.9 | 0.29 | 0.031 | 0.251 | 0 | 54 | 3.7 |
| | 10 whole nuts | 22.2 | 0.4 | 671 | 685 | 1.71 | 16.8 | 1.27 | 1.8 | 1.27 | 0 | 2.88 | 14.3 | 0.38 | 0.041 | 0.33 | 0 | 71 | 4.9 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| Q1055 | Coconut, desiccated | 100 | 740 | 180 | 15 | 2.7 | 1.33 | 11 | 0 | 0 | 0.03 | 0 | 2.1 | 0.1 | 0 | 20 | 0 | 0 | trace |
| | 1 cup grated (250 mL) | 84.2 | 623 | 152 | 12 | 2.27 | 1.12 | 9.3 | 0 | 0 | 0.025 | 0 | 1.7 | 0.084 | 0 | 17 | 0 | 0 | trace |
| Q1054 | Coconut, mature fruit, white flesh, grated, fresh | 100 | 290 | 95 | 6 | 1.51 | 0.63 | 0.8 | 0 | 0 | 0.02 | 0.02 | 1 | 0.06 | 0 | 21 | 0 | 0 | trace |
| | 1 cup grated coarse (250 mL) | 80.5 | 233 | 76 | 5 | 1.22 | 0.51 | 0.64 | 0 | 0 | 0.016 | 0.016 | 0.83 | 0.048 | 0 | 17 | 0 | 0 | trace |
| | 1 cup grated (250 mL) | 107 | 310 | 102 | 7 | 1.62 | 0.67 | 0.86 | 0 | 0 | 0.021 | 0.021 | 1.1 | 0.064 | 0 | 23 | 0 | 0 | trace |
| | 1 cup grated fine (250 mL) | 141 | 409 | 134 | 9 | 2.13 | 0.89 | 1.1 | 0 | 0 | 0.028 | 0.028 | 1.5 | 0.085 | 0 | 30 | 0 | 0 | trace |
| Q1015 | Coconut, milk, standard | 100 | 159 | 40 | 4 | 0.62 | 0.32 | 2.1 | 1 | 6 | 0 | 0.06 | 0.1 | 0.03 | 0 | 0 | 0 | 0 | 0.82 |
| | 1 cup (250 mL) | 250 | 398 | 100 | 10 | 1.55 | 0.8 | 5.3 | 3 | 15 | 0 | 0.15 | 0.26 | 0.075 | 0 | 0 | 0 | 0 | 2 |
| Q1023 | Hazelnut, whole, skin on, raw | 100 | 720 | 310 | 137 | 3 | 2 | 0 | 2 | 11 | 0.32 | 0.14 | 4.6 | 0.32 | 0 | 76 | 0 | 0 | 16 |
| | 10 kernels | 11 | 79 | 34 | 15 | 0.33 | 0.22 | 0 | trace | 1 | 0.035 | 0.015 | 0.51 | 0.035 | 0 | 8 | 0 | 0 | 1.7 |
| Q1042 | Hemp seed, hulled, dry | 100 | 1060 | 1520 | 90 | 12.5 | 9.4 | 36 | 2 | 14 | 1.6 | 0.23 | 10 | 0.57 | 0 | 150 | 0 | 0 | 1.3 |
| | 1 tablespoon ground (15 mL) | 8.6 | 91 | 131 | 8 | 1.08 | 0.81 | 3.1 | trace | 1 | 0.14 | 0.02 | 0.87 | 0.049 | 0 | 13 | 0 | 0 | 0.11 |
| | 1 tablespoon seed (15 mL) | 9.35 | 99 | 142 | 8 | 1.17 | 0.88 | 3.4 | trace | 1 | 0.15 | 0.022 | 0.94 | 0.053 | 0 | 14 | 0 | 0 | 0.12 |
| | 1 cup ground (250 mL) | 143 | 1520 | 2170 | 129 | 17.9 | 13.4 | 51 | 3 | 20 | 2.3 | 0.33 | 14 | 0.82 | 0 | 210 | 0 | 0 | 1.8 |
| | 1 cup seed (250 mL) | 156 | 1650 | 2370 | 140 | 19.5 | 14.7 | 56 | 4 | 22 | 2.5 | 0.36 | 16 | 0.89 | 0 | 230 | 0 | 0 | 2 |
| Q1039 | Linseed (45%), sunflower seed (22.5%), almond (10%) and pumpkin seed (22.5%) (LSA+P), ground | 100 | 740 | 738 | 164 | 5.98 | 4.82 | 6.5 | 5 | 31 | 0.78 | 0.26 | 6.5 | 0.44 | 0 | 63 | 0 | 0 | 5.7 |
| | 1 tablespoon (15 mL) | 5.84 | 43 | 43 | 10 | 0.35 | 0.28 | 0.38 | trace | 2 | 0.045 | 0.015 | 0.38 | 0.026 | 0 | 4 | 0 | 0 | 0.34 |
| Q1045 | Macadamia nut, dried, raw | 100 | 430 | 210 | 51 | 1.8 | 1.18 | 12 | 0 | 0 | 0.28 | 0.08 | 2.5 | 0 | 0 | 12 | 0 | 0 | trace |
| | 1 tablespoon ground (15 mL) | 17.4 | 75 | 37 | 9 | 0.31 | 0.21 | 2.1 | 0 | 0 | 0.049 | 0.014 | 0.44 | 0 | 0 | 2 | 0 | 0 | 0 |
| | 10 whole nuts | 29.2 | 126 | 61 | 15 | 0.53 | 0.35 | 3.5 | 0 | 0 | 0.082 | 0.023 | 0.74 | 0 | 0 | 4 | 0 | 0 | 0 |
| | 1 cup halves & whole (250 mL) | 159 | 684 | 334 | 81 | 2.86 | 1.88 | 19 | 0 | 0 | 0.45 | 0.13 | 4 | 0 | 0 | 20 | 0 | 0 | trace |
| Q1050 | Macadamia nut, dry roasted, salted | 100 | 400 | 200 | 50 | 1.6 | 1.16 | 7 | 0 | 0 | 0.24 | 0.076 | 2.5 | 0 | 0 | 10 | 0 | 0 | trace |
| | 1 tablespoon ground (15 mL) | 16.9 | 68 | 34 | 8 | 0.27 | 0.2 | 1.2 | 0 | 0 | 0.04 | 0.013 | 0.42 | 0 | 0 | 2 | 0 | 0 | 0 |
| | 10 whole nuts | 22.2 | 89 | 44 | 11 | 0.36 | 0.26 | 1.6 | 0 | 0 | 0.053 | 0.017 | 0.55 | 0 | 0 | 2 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| Q1049 | Macadamia nut, dry roasted, unsalted | 100 | 1.3 | 3110 | 3170 | 7.48 | 77.9 | 5.76 | 8.2 | 5.76 | 0 | 13.1 | 65.2 | 1.73 | 0.184 | 1.5 | 0 | 14 | 3.4 |
| | 1 tablespoon ground (15 mL) | 17.5 | 0.2 | 544 | 555 | 1.31 | 13.6 | 1.01 | 1.4 | 1.01 | 0 | 2.29 | 11.4 | 0.3 | 0.032 | 0.263 | 0 | 3 | 0.59 |
| | 10 whole nuts | 22.2 | 0.3 | 690 | 704 | 1.66 | 17.3 | 1.28 | 1.8 | 1.28 | 0 | 2.91 | 14.5 | 0.38 | 0.041 | 0.334 | 0 | 3 | 0.75 |
| Q11 | Nut, mixed, salted | 100 | 2.5 | 2500 | 2550 | 22.6 | 52.5 | 10.1 | 7 | 3.95 | 6.12 | 7.51 | 23.5 | 19.5 | | | 0 | 346 | 12 |
| | 1 cup (250 mL) | 150 | 3.8 | 3740 | 3830 | 33.9 | 78.7 | 15.1 | 10.5 | 5.93 | 9.18 | 11.3 | 35.3 | 29.3 | | | 0 | 519 | 18 |
| Q1020 | Peanut butter, smooth & crunchy, no sugar or salt added | 100 | 0.7 | 2490 | 2610 | 22.4 | 52 | 10.8 | 15.4 | 6.4 | 4.37 | 8.41 | 31.8 | 9.85 | 0.016 | 9.83 | 0 | 5 | 2 |
| | 1 teaspoon (5 mL) | 6.4 | trace | 159 | 167 | 1.43 | 3.33 | 0.69 | 1 | 0.41 | 0.28 | 0.54 | 2.04 | 0.63 | 0.001 | 0.629 | 0 | trace | 0.13 |
| | 1 tablespoon (15 mL) | 19.2 | 0.1 | 478 | 501 | 4.3 | 9.98 | 2.07 | 3 | 1.23 | 0.84 | 1.61 | 6.11 | 1.89 | 0.003 | 1.89 | 0 | 1 | 0.38 |
| Q1021 | Peanut butter, smooth & crunchy, salt & sugar added | 100 | 0.8 | 2460 | 2580 | 19.1 | 50.2 | 16.4 | 15.4 | 12 | 4.37 | 8.12 | 30.7 | 9.51 | 0.016 | 9.49 | 0 | 430 | 3 |
| | 1 teaspoon (5 mL) | 6.2 | trace | 153 | 160 | 1.19 | 3.11 | 1.02 | 1 | 0.74 | 0.27 | 0.5 | 1.9 | 0.59 | 0.001 | 0.588 | 0 | 27 | 0.19 |
| | 1 tablespoon (15 mL) | 18.6 | 0.1 | 458 | 481 | 3.55 | 9.34 | 3.05 | 2.9 | 2.23 | 0.81 | 1.51 | 5.71 | 1.77 | 0.003 | 1.77 | 0 | 80 | 0.56 |
| 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 | 4.37 | 8.39 | 31.8 | 9.83 | 0.016 | 9.81 | 0 | 230 | 2.2 |
| | 1 teaspoon (5 mL) | 6.1 | trace | 153 | 161 | 1.48 | 3.17 | 0.65 | 0.9 | 0.38 | 0.27 | 0.51 | 1.94 | 0.6 | 0.001 | 0.599 | 0 | 14 | 0.13 |
| | 1 tablespoon (15 mL) | 18.3 | 0.1 | 460 | 483 | 4.45 | 9.5 | 1.95 | 2.8 | 1.15 | 0.8 | 1.54 | 5.81 | 1.8 | 0.003 | 1.8 | 0 | 42 | 0.4 |
| Q1064 | Peanut, blanched, dry roasted, unsalted | 100 | 1 | 2430 | 2500 | 24.9 | 49.2 | 11.3 | 8 | 7 | 4.27 | 6.07 | 42.7 | 2.65 | 0.04 | 2.6 | 0 | 0 | 0 |
| | 1 tablespoon ground (15 mL) | 7.7 | 0.1 | 187 | 192 | 1.92 | 3.79 | 0.87 | 0.6 | 0.54 | 0.33 | 0.47 | 3.29 | 0.2 | 0.003 | 0.2 | 0 | 0 | 0 |
| | 1 handful (40-45 nuts) | 32 | 0.3 | 779 | 800 | 7.98 | 15.7 | 3.61 | 2.6 | 2.24 | 1.37 | 1.94 | 13.7 | 0.85 | 0.013 | 0.83 | 0 | 0 | 0 |
| Q1062 | Peanut, blanched, raw | 100 | 5.2 | 2310 | 2370 | 23.7 | 46.7 | 10.7 | 7.6 | 6.65 | 4.06 | 5.77 | 40.6 | 2.52 | 0.038 | 2.47 | 0 | 0 | 0 |
| | 1 tablespoon ground (15 mL) | 8 | 0.4 | 185 | 190 | 1.9 | 3.74 | 0.86 | 0.6 | 0.53 | 0.33 | 0.46 | 3.25 | 0.2 | 0.003 | 0.197 | 0 | 0 | 0 |
| | 1 handful (40-45 nuts) | 32 | 1.6 | 740 | 760 | 7.58 | 14.9 | 3.43 | 2.4 | 2.13 | 1.3 | 1.85 | 13 | 0.81 | 0.012 | 0.789 | 0 | 0 | 0 |
| Q1063 | Peanut, blanched, roasted, salted | 100 | 1.3 | 2430 | 2500 | 24.9 | 49.2 | 11.3 | 8 | 7 | 4.27 | 6.07 | 42.7 | 2.65 | 0.04 | 2.6 | 0 | 440 | 0 |
| | 1 tablespoon ground (15 mL) | 7.7 | 0.1 | 187 | 192 | 1.92 | 3.79 | 0.87 | 0.6 | 0.54 | 0.33 | 0.47 | 3.29 | 0.2 | 0.003 | 0.2 | 0 | 34 | 0 |
| | 1 handful (40-45 nuts) | 32 | 0.4 | 779 | 800 | 7.98 | 15.7 | 3.61 | 2.6 | 2.24 | 1.37 | 1.94 | 13.7 | 0.85 | 0.013 | 0.83 | 0 | 141 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| Q1049 | Macadamia nut, dry roasted, unsalted | 100 | 434 | 170 | 52 | 1.82 | 1.19 | 12 | 0 | 0 | 0.24 | 0.077 | 2.5 | 0 | 0 | 10 | 0 | 0 | trace |
| | 1 tablespoon ground (15 mL) | 17.5 | 76 | 30 | 9 | 0.32 | 0.21 | 2.1 | 0 | 0 | 0.042 | 0.013 | 0.44 | 0 | 0 | 2 | 0 | 0 | 0 |
| | 10 whole nuts | 22.2 | 96 | 38 | 11 | 0.4 | 0.27 | 2.7 | 0 | 0 | 0.053 | 0.017 | 0.55 | 0 | 0 | 2 | 0 | 0 | 0 |
| Q11 | Nut, mixed, salted | 100 | 514 | 417 | 37 | 1.19 | 2.17 | 5 | 1 | 7 | 0.38 | 0.3 | 14 | 0.3 | 0 | 50 | 0.5 | 0 | 11 |
| | 1 cup (250 mL) | 150 | 771 | 626 | 55 | 1.79 | 3.26 | 7.5 | 2 | 11 | 0.57 | 0.45 | 21 | 0.45 | 0 | 76 | 0.75 | 0 | 16 |
| 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 | 0.1 | 0.18 | 0.72 | 0 | 0 | 0.006 | 0.007 | 1.2 | 0.04 | 0 | 5 | 0 | 0 | 0.28 |
| | 1 tablespoon (15 mL) | 19.2 | 134 | 77 | 10 | 0.31 | 0.54 | 2.2 | 0 | 0 | 0.019 | 0.021 | 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 | 0.1 | 0.17 | 0.7 | 0 | 0 | 0.006 | 0.007 | 1.2 | 0.038 | 0 | 5 | 0 | 0 | 0.27 |
| | 1 tablespoon (15 mL) | 18.6 | 130 | 74 | 10 | 0.3 | 0.52 | 2.1 | 0 | 0 | 0.019 | 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 | 0.1 | 0.17 | 0.69 | 0 | 0 | 0.006 | 0.007 | 1.2 | 0.038 | 0 | 5 | 0 | 0 | 0.27 |
| | 1 tablespoon (15 mL) | 18.3 | 128 | 73 | 10 | 0.29 | 0.51 | 2.1 | 0 | 0 | 0.018 | 0.02 | 3.5 | 0.11 | 0 | 14 | 0 | 0 | 0.8 |
| Q1064 | Peanut, blanched, dry roasted, unsalted | 100 | 737 | 312 | 47 | 2 | 3.05 | 25 | 0 | 0 | 0.56 | 0.13 | 15 | 0.23 | 0 | 91 | 0 | 0 | 4.5 |
| | 1 tablespoon ground (15 mL) | 7.7 | 57 | 24 | 4 | 0.15 | 0.24 | 1.9 | 0 | 0 | 0.043 | 0.01 | 1.1 | 0.018 | 0 | 7 | 0 | 0 | 0.35 |
| | 1 handful (40-45 nuts) | 32 | 236 | 100 | 15 | 0.64 | 0.98 | 8.1 | 0 | 0 | 0.18 | 0.042 | 4.7 | 0.074 | 0 | 29 | 0 | 0 | 1.5 |
| Q1062 | Peanut, blanched, raw | 100 | 700 | 370 | 45 | 1.9 | 2.9 | 24 | 0 | 0 | 0.63 | 0.13 | 15 | 0.23 | 0 | 110 | 0 | 0 | 4.3 |
| | 1 tablespoon ground (15 mL) | 8 | 56 | 30 | 4 | 0.15 | 0.23 | 1.9 | 0 | 0 | 0.05 | 0.01 | 1.2 | 0.018 | 0 | 9 | 0 | 0 | 0.35 |
| | 1 handful (40-45 nuts) | 32 | 224 | 118 | 14 | 0.61 | 0.93 | 7.7 | 0 | 0 | 0.2 | 0.042 | 4.7 | 0.074 | 0 | 35 | 0 | 0 | 1.4 |
| Q1063 | Peanut, blanched, roasted, salted | 100 | 737 | 312 | 47 | 2 | 3.05 | 25 | 0 | 0 | 0.56 | 0.13 | 15 | 0.23 | 0 | 91 | 0 | 0 | 4.5 |
| | 1 tablespoon ground (15 mL) | 7.7 | 57 | 24 | 4 | 0.15 | 0.24 | 1.9 | 0 | 0 | 0.043 | 0.01 | 1.1 | 0.018 | 0 | 7 | 0 | 0 | 0.35 |
| | 1 handful (40-45 nuts) | 32 | 236 | 100 | 15 | 0.64 | 0.98 | 8.1 | 0 | 0 | 0.18 | 0.042 | 4.7 | 0.074 | 0 | 29 | 0 | 0 | 1.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| Q1060 | Peanut, with skin, dry roasted, salted | 100 | 5.3 | 2410 | 2470 | 24.3 | 49.1 | 10.4 | 8.5 | 5.89 | 4.52 | 7.09 | 35.7 | 7.27 | 0.034 | 7.22 | 0 | 440 | 0 |
| | 1 tablespoon ground (15 mL) | 7.7 | 0.4 | 185 | 190 | 1.87 | 3.78 | 0.8 | 0.7 | 0.45 | 0.35 | 0.55 | 2.75 | 0.56 | 0.003 | 0.556 | 0 | 34 | 0 |
| | 1 handful (40-45 nuts) | 32 | 1.7 | 770 | 792 | 7.78 | 15.7 | 3.33 | 2.7 | 1.88 | 1.45 | 2.27 | 11.4 | 2.33 | 0.011 | 2.31 | 0 | 141 | 0 |
| Q1059 | Peanut, with skin, raw | 100 | 6.3 | 2310 | 2370 | 23.3 | 47.1 | 9.99 | 8.2 | 5.65 | 4.34 | 6.8 | 34.3 | 6.98 | 0.033 | 6.93 | 0 | 0 | 0 |
| | 1 tablespoon ground (15 mL) | 9.5 | 0.6 | 219 | 226 | 2.22 | 4.47 | 0.95 | 0.8 | 0.54 | 0.41 | 0.65 | 3.26 | 0.66 | 0.003 | 0.658 | 0 | 0 | 0 |
| | 1 handful (40-45 nuts) | 32 | 2 | 739 | 760 | 7.47 | 15.1 | 3.2 | 2.6 | 1.81 | 1.39 | 2.18 | 11 | 2.23 | 0.011 | 2.22 | 0 | 0 | 0 |
| | 1 cup whole (250 mL) | 146 | 9.1 | 3370 | 3470 | 34.1 | 68.8 | 14.6 | 12 | 8.25 | 6.33 | 9.93 | 50 | 10.2 | 0.048 | 10.1 | 0 | 0 | 0 |
| Q1061 | Peanut, with skin, roasted, unsalted | 100 | 2.5 | 2430 | 2500 | 24.6 | 49.6 | 10.5 | 8.6 | 5.95 | 4.56 | 7.16 | 36.1 | 7.35 | 0.035 | 7.29 | 0 | 0 | 0 |
| | 1 tablespoon ground (15 mL) | 7.7 | 0.2 | 187 | 192 | 1.89 | 3.82 | 0.81 | 0.7 | 0.46 | 0.35 | 0.55 | 2.78 | 0.57 | 0.003 | 0.562 | 0 | 0 | 0 |
| | 1 handful (40-45 nuts) | 32 | 0.8 | 778 | 800 | 7.86 | 15.9 | 3.36 | 2.8 | 1.9 | 1.46 | 2.29 | 11.5 | 2.35 | 0.011 | 2.33 | 0 | 0 | 0 |
| Q1044 | Pecan nut, dried, raw | 100 | 3.3 | 2960 | 3030 | 8.96 | 74 | 4.01 | 9.1 | 3.7 | 0.31 | 6.48 | 45 | 21.5 | 0.905 | 20.5 | 0 | 0 | 1.7 |
| | 10 halves | 19.6 | 0.6 | 580 | 594 | 1.76 | 14.5 | 0.79 | 1.8 | 0.73 | 0.06 | 1.27 | 8.83 | 4.21 | 0.177 | 4.03 | 0 | 0 | 0.33 |
| | 1 cup halves (250 mL) | 119 | 3.9 | 3520 | 3610 | 10.7 | 88.1 | 4.77 | 10.8 | 4.4 | 0.37 | 7.72 | 53.6 | 25.6 | 1.08 | 24.4 | 0 | 0 | 2 |
| Q1048 | Pecan nut, dry roasted, unsalted | 100 | 0.2 | 2990 | 3070 | 9.27 | 74.8 | 4.18 | 9.5 | 3.85 | 0.32 | 6.75 | 46.9 | 22.4 | 0.943 | 21.4 | 0 | 0 | 1.7 |
| | 1 tablespoon ground (15 mL) | 16.2 | trace | 485 | 497 | 1.5 | 12.1 | 0.68 | 1.5 | 0.62 | 0.05 | 1.09 | 7.6 | 3.63 | 0.153 | 3.47 | 0 | 0 | 0.27 |
| | 10 halves | 17.6 | trace | 527 | 540 | 1.63 | 13.2 | 0.74 | 1.7 | 0.68 | 0.06 | 1.19 | 8.26 | 3.94 | 0.166 | 3.77 | 0 | 0 | 0.3 |
| Q1043 | Pine nut, dried, raw | 100 | 2.8 | 2810 | 2860 | 16.4 | 65.1 | 6.92 | 6.7 | 3.7 | 3.22 | 4.9 | 17.6 | 30.2 | 0.164 | 29.7 | 0 | 0 | 0 |
| | 1 tablespoon whole (15 mL) | 11.2 | 0.3 | 314 | 320 | 1.84 | 7.29 | 0.78 | 0.7 | 0.41 | 0.36 | 0.55 | 1.97 | 3.39 | 0.018 | 3.32 | 0 | 0 | 0 |
| | 1 cup whole kernels (250 mL) | 164 | 4.6 | 4600 | 4690 | 26.9 | 107 | 11.3 | 10.9 | 6.07 | 5.28 | 8.04 | 28.9 | 49.6 | 0.269 | 48.7 | 0 | 0 | 0 |
| Q1047 | Pine nut, dry roasted, unsalted | 100 | 0.4 | 2890 | 2940 | 15.5 | 67.6 | 7.06 | 6.8 | 3.78 | 3.28 | 5 | 18 | 30.9 | 0.167 | 30.3 | 0 | 0 | 0 |
| | 1 tablespoon whole (15 mL) | 10.4 | trace | 300 | 306 | 1.61 | 7.03 | 0.73 | 0.7 | 0.39 | 0.34 | 0.52 | 1.87 | 3.21 | 0.017 | 3.15 | 0 | 0 | 0 |
| | 1 cup whole (250 mL) | 168 | 0.7 | 4850 | 4940 | 26.1 | 114 | 11.9 | 11.4 | 6.34 | 5.52 | 8.41 | 30.2 | 51.8 | 0.281 | 50.9 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| Q1060 | Peanut, with skin, dry roasted, salted | 100 | 729 | 308 | 66 | 2.19 | 3.02 | 0 | 0 | 0 | 0.74 | 0.12 | 18 | 0.25 | 0 | 90 | 0 | 0 | 4.7 |
| | 1 tablespoon ground (15 mL) | 7.7 | 56 | 24 | 5 | 0.17 | 0.23 | 0 | 0 | 0 | 0.057 | 0.009 | 1.4 | 0.019 | 0 | 7 | 0 | 0 | 0.36 |
| | 1 handful (40-45 nuts) | 32 | 233 | 99 | 21 | 0.7 | 0.97 | 0 | 0 | 0 | 0.24 | 0.038 | 5.6 | 0.079 | 0 | 29 | 0 | 0 | 1.5 |
| Q1059 | Peanut, with skin, raw | 100 | 700 | 370 | 63 | 2.1 | 2.9 | 0 | 0 | 0 | 0.84 | 0.12 | 18 | 0.25 | 0 | 110 | 0 | 0 | 4.5 |
| | 1 tablespoon ground (15 mL) | 9.5 | 67 | 35 | 6 | 0.2 | 0.28 | 0 | 0 | 0 | 0.08 | 0.011 | 1.7 | 0.024 | 0 | 10 | 0 | 0 | 0.42 |
| | 1 handful (40-45 nuts) | 32 | 224 | 118 | 20 | 0.67 | 0.93 | 0 | 0 | 0 | 0.27 | 0.038 | 5.6 | 0.08 | 0 | 35 | 0 | 0 | 1.4 |
| | 1 cup whole (250 mL) | 146 | 1020 | 540 | 92 | 3.07 | 4.23 | 0 | 0 | 0 | 1.2 | 0.18 | 26 | 0.37 | 0 | 160 | 0 | 0 | 6.5 |
| Q1061 | Peanut, with skin, roasted, unsalted | 100 | 737 | 312 | 66 | 2.21 | 3.05 | 0 | 0 | 0 | 0.75 | 0.12 | 18 | 0.25 | 0 | 91 | 0 | 0 | 4.7 |
| | 1 tablespoon ground (15 mL) | 7.7 | 57 | 24 | 5 | 0.17 | 0.24 | 0 | 0 | 0 | 0.058 | 0.009 | 1.4 | 0.019 | 0 | 7 | 0 | 0 | 0.36 |
| | 1 handful (40-45 nuts) | 32 | 236 | 100 | 21 | 0.71 | 0.98 | 0 | 0 | 0 | 0.24 | 0.038 | 5.7 | 0.08 | 0 | 29 | 0 | 0 | 1.5 |
| Q1044 | Pecan nut, dried, raw | 100 | 430 | 300 | 56 | 2.5 | 4.9 | 3 | 4 | 24 | 0.49 | 0.12 | 2.1 | 0.09 | 0 | 34 | 0 | 0 | 0.81 |
| | 10 halves | 19.6 | 84 | 59 | 11 | 0.49 | 0.96 | 0.59 | 1 | 5 | 0.096 | 0.024 | 0.41 | 0.018 | 0 | 7 | 0 | 0 | 0.16 |
| | 1 cup halves (250 mL) | 119 | 512 | 357 | 67 | 2.98 | 5.83 | 3.6 | 5 | 29 | 0.58 | 0.14 | 2.5 | 0.11 | 0 | 41 | 0 | 0 | 0.97 |
| Q1048 | Pecan nut, dry roasted, unsalted | 100 | 448 | 250 | 58 | 2.6 | 5.1 | 3.1 | 3 | 20 | 0.43 | 0.12 | 2.1 | 0.089 | 0 | 29 | 0 | 0 | 0.85 |
| | 1 tablespoon ground (15 mL) | 16.2 | 73 | 41 | 9 | 0.42 | 0.83 | 0.51 | trace | 3 | 0.07 | 0.019 | 0.35 | 0.014 | 0 | 5 | 0 | 0 | 0.14 |
| | 10 halves | 17.6 | 79 | 44 | 10 | 0.46 | 0.9 | 0.55 | 1 | 4 | 0.076 | 0.021 | 0.38 | 0.016 | 0 | 5 | 0 | 0 | 0.15 |
| Q1043 | Pine nut, dried, raw | 100 | 730 | 620 | 14 | 6.4 | 7 | 0 | 0 | 0 | 0.37 | 0.21 | 8.8 | 0.18 | 0 | 99 | 0 | 0 | 4.4 |
| | 1 tablespoon whole (15 mL) | 11.2 | 82 | 69 | 2 | 0.72 | 0.78 | 0 | 0 | 0 | 0.041 | 0.024 | 0.99 | 0.02 | 0 | 11 | 0 | 0 | 0.49 |
| | 1 cup whole kernels (250 mL) | 164 | 1200 | 1020 | 23 | 10.5 | 11.5 | 0 | 0 | 0 | 0.61 | 0.34 | 14 | 0.3 | 0 | 160 | 0 | 0 | 7.2 |
| Q1047 | Pine nut, dry roasted, unsalted | 100 | 745 | 506 | 14 | 6.53 | 7.14 | 0 | 0 | 0 | 0.32 | 0.2 | 8.7 | 0.17 | 0 | 81 | 0 | 0 | 4.5 |
| | 1 tablespoon whole (15 mL) | 10.4 | 77 | 53 | 1 | 0.68 | 0.74 | 0 | 0 | 0 | 0.033 | 0.021 | 0.9 | 0.018 | 0 | 8 | 0 | 0 | 0.46 |
| | 1 cup whole (250 mL) | 168 | 1250 | 850 | 24 | 11 | 12 | 0 | 0 | 0 | 0.54 | 0.34 | 15 | 0.29 | 0 | 140 | 0 | 0 | 7.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| Q1046 | Pistachio nut, dried, raw, unsalted | 100 | 4.1 | 2320 | 2400 | 21.5 | 49.7 | 6.83 | 9.5 | 6.25 | 0.58 | 6.33 | 29.5 | 14.8 | 0.262 | 14.5 | 0 | 0 | 6.3 |
| | 1 tablespoon ground (15 mL) | 8.1 | 0.3 | 188 | 194 | 1.74 | 4.03 | 0.55 | 0.8 | 0.51 | 0.05 | 0.51 | 2.39 | 1.2 | 0.021 | 1.17 | 0 | 0 | 0.51 |
| | 15 pistachio nuts | 8.92 | 0.4 | 207 | 214 | 1.92 | 4.43 | 0.61 | 0.9 | 0.56 | 0.05 | 0.56 | 2.63 | 1.32 | 0.023 | 1.29 | 0 | 0 | 0.56 |
| | 1 cup kernel (250 mL) | 137 | 5.6 | 3180 | 3280 | 29.5 | 68.1 | 9.36 | 13.1 | 8.56 | 0.8 | 8.67 | 40.3 | 20.2 | 0.359 | 19.9 | 0 | 0 | 8.6 |
| Q1052 | Pistachio nut, dry roasted without shell, no salt added | 100 | 1.2 | 2430 | 2510 | 22.5 | 52 | 7.04 | 9.8 | 6.44 | 0.6 | 6.52 | 30.4 | 15.2 | 0.27 | 14.9 | 0 | 0 | 6.2 |
| | 1 tablespoon ground (15 mL) | 7.5 | 0.1 | 182 | 188 | 1.69 | 3.9 | 0.53 | 0.7 | 0.48 | 0.05 | 0.49 | 2.28 | 1.14 | 0.02 | 1.12 | 0 | 0 | 0.46 |
| | 15 pistachio nuts | 8.9 | 0.1 | 216 | 223 | 2 | 4.63 | 0.63 | 0.9 | 0.57 | 0.05 | 0.58 | 2.7 | 1.36 | 0.024 | 1.33 | 0 | 0 | 0.55 |
| Q1051 | Pistachio nut, dry roasted, salted | 100 | 2.3 | 2280 | 2350 | 21.4 | 48.3 | 7.32 | 9.8 | 6.44 | 0.88 | 6.52 | 30.4 | 15.2 | 0.27 | 14.9 | 0 | 480 | 0 |
| | 1 tablespoon ground (15 mL) | 8 | 0.2 | 182 | 188 | 1.71 | 3.86 | 0.59 | 0.8 | 0.52 | 0.07 | 0.52 | 2.43 | 1.22 | 0.022 | 1.2 | 0 | 38 | 0 |
| | 15 pistachio nuts | 8.9 | 0.2 | 202 | 210 | 1.9 | 4.3 | 0.65 | 0.9 | 0.57 | 0.08 | 0.58 | 2.7 | 1.36 | 0.024 | 1.33 | 0 | 43 | 0 |
| Q1053 | Protein powder, from hemp seed, dry | 100 | 8.4 | 1180 | 1410 | 35.8 | 13.5 | 4.36 | 27.8 | 4.2 | 0.16 | 1.46 | 1.57 | 9.52 | 2.16 | 7.01 | 0 | 0 | 3.6 |
| | 1 tablespoon (15 mL) | 8.6 | 0.7 | 102 | 121 | 3.08 | 1.16 | 0.38 | 2.4 | 0.36 | 0.01 | 0.13 | 0.14 | 0.82 | 0.185 | 0.603 | 0 | 0 | 0.31 |
| Q1037 | Seed and nut mix, linseed (50%), sunflower seed (33%) and almond (17%) (LSA), ground | 100 | 6.9 | 2060 | 2200 | 19.4 | 45.7 | 2.49 | 16.9 | 2.37 | 0.13 | 4.37 | 16.1 | 30 | 15.6 | 14.3 | 0 | 42 | 0 |
| | 1 tablespoon (15 mL) | 6.78 | 0.5 | 140 | 149 | 1.32 | 3.1 | 0.17 | 1.1 | 0.16 | 0.01 | 0.3 | 1.09 | 2.03 | 1.06 | 0.969 | 0 | 3 | 0 |
| Q1038 | Seed and nut mix, linseed, sunflower seed, almond and chia seed (LSA + chia), ground | 100 | 6.8 | 2010 | 2160 | 19.5 | 44.4 | 2.26 | 18.5 | 2.14 | 0.12 | 4.28 | 14.7 | 30.2 | 16.6 | 13.5 | 0 | 38 | 0 |
| | 1 tablespoon (15 mL) | 6.75 | 0.5 | 136 | 146 | 1.32 | 3 | 0.15 | 1.2 | 0.14 | 0.01 | 0.29 | 0.99 | 2.04 | 1.12 | 0.914 | 0 | 3 | 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 | 3.51 | 2.24 | 31.7 | 25 | 6.73 | 0 | 0 | 0 |
| | 1 tablespoon whole (15 mL) | 11.9 | 0.8 | 182 | 214 | 2.37 | 3.83 | 0.02 | 3.9 | 0.01 | 0.01 | 0.42 | 0.27 | 3.78 | 2.97 | 0.801 | 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 | 3.72 | 6.6 | 34.9 | 27.9 | 6.85 | 0 | 84 | 0 |
| | 1 tablespoon whole (15 mL) | 10.9 | 1 | 185 | 206 | 2 | 4.03 | 0.08 | 2.7 | 0.07 | 0.01 | 0.41 | 0.72 | 3.8 | 3.04 | 0.747 | 0 | 9 | 0 |
| Q1029 | Seed, pumpkin, kernel, shelled, green, dried, raw | 100 | 6.8 | 2310 | 2380 | 31.1 | 47.5 | 1.4 | 9.1 | 1.4 | 0 | 8.18 | 16.7 | 22.5 | 0.138 | 22.4 | 0 | 0 | 1.3 |
| | 1 tablespoon whole (15 mL) | 10.6 | 0.7 | 245 | 253 | 3.3 | 5.04 | 0.15 | 1 | 0.15 | 0 | 0.87 | 1.77 | 2.39 | 0.015 | 2.37 | 0 | 0 | 0.14 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| Q1046 | Pistachio nut, dried, raw, unsalted | 100 | 1100 | 540 | 108 | 3.3 | 2.3 | 13 | 47 | 281 | 0.62 | 0.25 | 6.6 | 0.34 | 0 | 80 | 0 | 0 | 0.99 |
| | 1 tablespoon ground (15 mL) | 8.1 | 89 | 44 | 9 | 0.27 | 0.19 | 1.1 | 4 | 23 | 0.05 | 0.02 | 0.53 | 0.028 | 0 | 6 | 0 | 0 | 0.08 |
| | 15 pistachio nuts | 8.92 | 98 | 48 | 10 | 0.29 | 0.21 | 1.2 | 4 | 25 | 0.055 | 0.022 | 0.59 | 0.03 | 0 | 7 | 0 | 0 | 0.09 |
| | 1 cup kernel (250 mL) | 137 | 1510 | 740 | 148 | 4.52 | 3.15 | 18 | 64 | 384 | 0.85 | 0.34 | 9 | 0.47 | 0 | 110 | 0 | 0 | 1.4 |
| Q1052 | Pistachio nut, dry roasted without shell, no salt added | 100 | 1130 | 445 | 111 | 3.4 | 2.37 | 13 | 39 | 231 | 0.54 | 0.25 | 6.7 | 0.33 | 0 | 66 | 0 | 0 | 1 |
| | 1 tablespoon ground (15 mL) | 7.5 | 85 | 33 | 8 | 0.26 | 0.18 | 1 | 3 | 17 | 0.041 | 0.018 | 0.5 | 0.025 | 0 | 5 | 0 | 0 | 0.08 |
| | 15 pistachio nuts | 8.9 | 101 | 40 | 10 | 0.3 | 0.21 | 1.2 | 3 | 21 | 0.048 | 0.022 | 0.6 | 0.03 | 0 | 6 | 0 | 0 | 0.09 |
| Q1051 | Pistachio nut, dry roasted, salted | 100 | 1130 | 445 | 111 | 3.4 | 2.37 | 13 | 39 | 231 | 0.54 | 0.25 | 6.7 | 0.33 | 0 | 66 | 0 | 0 | 1 |
| | 1 tablespoon ground (15 mL) | 8 | 91 | 36 | 9 | 0.27 | 0.19 | 1.1 | 3 | 19 | 0.043 | 0.02 | 0.54 | 0.027 | 0 | 5 | 0 | 0 | 0.08 |
| | 15 pistachio nuts | 8.9 | 101 | 40 | 10 | 0.3 | 0.21 | 1.2 | 3 | 21 | 0.048 | 0.022 | 0.6 | 0.03 | 0 | 6 | 0 | 0 | 0.09 |
| Q1053 | Protein powder, from hemp seed, dry | 100 | 1300 | 1580 | 166 | 22 | 13.3 | 14 | 6 | 34 | 1.6 | 0.26 | 12 | 0.67 | 0 | 190 | 0 | 0 | 0.7 |
| | 1 tablespoon (15 mL) | 8.6 | 112 | 136 | 14 | 1.89 | 1.14 | 1.2 | trace | 3 | 0.14 | 0.022 | 1 | 0.058 | 0 | 16 | 0 | 0 | 0.06 |
| Q1037 | Seed and nut mix, linseed (50%), sunflower seed (33%) and almond (17%) (LSA), ground | 100 | 738 | 607 | 196 | 5.12 | 4.3 | 5.7 | 5 | 31 | 0.92 | 0.31 | 5.9 | 0.56 | 0 | 64 | 0 | 0 | 8.5 |
| | 1 tablespoon (15 mL) | 6.78 | 50 | 41 | 13 | 0.35 | 0.29 | 0.38 | trace | 2 | 0.062 | 0.021 | 0.4 | 0.038 | 0 | 4 | 0 | 0 | 0.58 |
| Q1038 | Seed and nut mix, linseed, sunflower seed, almond and chia seed (LSA + chia), ground | 100 | 739 | 631 | 237 | 5.32 | 4.44 | 7.6 | 5 | 27 | 0.93 | 0.3 | 6.5 | 0.53 | 0 | 67 | 0 | 0 | 7.7 |
| | 1 tablespoon (15 mL) | 6.75 | 50 | 43 | 16 | 0.36 | 0.3 | 0.51 | trace | 2 | 0.063 | 0.02 | 0.44 | 0.036 | 0 | 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 | 0.29 |
| | 1 tablespoon whole (15 mL) | 11.9 | 88 | 101 | 73 | 0.85 | 0.68 | 3 | 0 | 0 | 0.12 | 0.027 | 1.4 | 0.038 | 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 | 0.64 | 0.37 | 0 | 1 | 6 | 0.071 | 0.02 | 0.51 | 0.025 | 0 | 4 | 0 | 0 | 0.02 |
| Q1029 | Seed, pumpkin, kernel, shelled, green, dried, raw | 100 | 770 | 1230 | 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 | 0.9 | 0.74 | 1.3 | trace | 2 | 0.04 | 0.018 | 0.96 | 0.021 | 0 | 8 | 0 | 0 | 0.1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| Q27 | Seed, sesame butter, tahini | 100 | 3.1 | 2620 | 2720 | 20.4 | 60.7 | 1.38 | 13.5 | 1.08 | 0.3 | 7.5 | 22.5 | 28 | | | 0 | 79 | 2.3 |
| | 1 tablespoon (15 mL) | 16 | 0.5 | 419 | 436 | 3.27 | 9.71 | 0.22 | 2.2 | 0.17 | 0.05 | 1.2 | 3.6 | 4.48 | | | 0 | 13 | 0.37 |
| Q1031 | Seed, sesame, kernel, shelled, white, dried, raw | 100 | 4 | 2510 | 2600 | 23.6 | 56.5 | 1.4 | 10.8 | 1.3 | 0.1 | 9.23 | 23.5 | 26.6 | 0.239 | 26.3 | 0 | 24 | 1.5 |
| | 1 teaspoon (5 mL) | 3.21 | 0.1 | 81 | 83 | 0.76 | 1.81 | 0.05 | 0.3 | 0.04 | trace | 0.3 | 0.76 | 0.85 | 0.008 | 0.844 | 0 | 1 | 0.05 |
| Q1028 | Seed, sunflower, kernel, shelled, dried, raw | 100 | 4.2 | 2450 | 2510 | 20.5 | 55.2 | 3.6 | 7.7 | 3.6 | 0 | 5.77 | 24.1 | 27.6 | 0.134 | 27.4 | 0 | 0 | 0 |
| | 1 tablespoon whole (15 mL) | 9.78 | 0.4 | 240 | 246 | 2 | 5.4 | 0.35 | 0.8 | 0.35 | 0 | 0.56 | 2.36 | 2.7 | 0.013 | 2.68 | 0 | 0 | 0 |
| Q1024 | Walnut, kernel, halves & pieces, raw | 100 | 3.9 | 2840 | 2910 | 14.5 | 68.8 | 2.6 | 9 | 2.5 | 0.1 | 4.9 | 9.03 | 50 | 10.3 | 39.6 | 0 | 0 | 0 |
| | 1 cup halves (250 mL) | 115 | 4.5 | 3260 | 3340 | 16.7 | 79.1 | 2.99 | 10.4 | 2.88 | 0.12 | 5.64 | 10.4 | 57.4 | 11.9 | 45.5 | 0 | 0 | 0 |
| | 1 cup pieces (250 mL) | 134 | 5.2 | 3800 | 3900 | 19.4 | 92.2 | 3.49 | 12.1 | 3.35 | 0.14 | 6.57 | 12.1 | 66.9 | 13.9 | 53.1 | 0 | 0 | 0 |
| R | RECIPES | | | | | | | | | | | | | | | | | | |
| R5740 | Bolognese, prepared with beef mince, cooked, no salt added | 100 | 76.6 | 451 | 461 | 12.7 | 5.1 | 2.71 | 1.2 | 2.65 | 0.06 | 1.09 | 2 | 0.55 | 0.144 | 0.333 | 31 | 54 | 0.63 |
| | 1 cup (250 mL) | 269 | 206 | 1210 | 1240 | 34.2 | 13.7 | 7.3 | 3.2 | 7.14 | 0.16 | 2.92 | 5.39 | 1.47 | 0.388 | 0.895 | 83.4 | 146 | 1.7 |
| R10021 | Cake, banana, baked, home-made, un-iced | 100 | 32 | 1300 | 1310 | 5.96 | 11.8 | 44.9 | 1.5 | 23 | 21.9 | 7.34 | 2.79 | 0.73 | 0.112 | 0.527 | 66 | 290 | 6.9 |
| | 1 slice (2.4 x 3.2 x 4.6 cm) | 21.5 | 6.9 | 280 | 282 | 1.28 | 2.54 | 9.65 | 0.3 | 4.94 | 4.71 | 1.58 | 0.6 | 0.16 | 0.024 | 0.113 | 14.2 | 62 | 1.5 |
| R10022 | Cake, banana, baked, iced with butter icing | 100 | 24.6 | 1500 | 1500 | 4 | 13.8 | 53.9 | 1 | 39.4 | 14.6 | 8.54 | 3.28 | 0.7 | 0.12 | 0.506 | 58.9 | 233 | 4.8 |
| | 1 piece (1/4th of 5.4 x 9.4 cm radius cake) | 126 | 31 | 1880 | 1890 | 5.04 | 17.4 | 68 | 1.3 | 49.6 | 18.4 | 10.8 | 4.13 | 0.88 | 0.151 | 0.637 | 74.2 | 293 | 6 |
| R10015 | Cake, chocolate, baked, iced with butter icing | 100 | 25.4 | 1520 | 1530 | 4.35 | 14.6 | 53.3 | 1.4 | 42 | 11.4 | 8.44 | 3.64 | 0.78 | 0.114 | 0.606 | 66.8 | 156 | 6.4 |
| | 1 piece (1/4th of 460 g cake) | 115 | 29.2 | 1750 | 1760 | 5.01 | 16.8 | 61.3 | 1.6 | 48.2 | 13.1 | 9.7 | 4.18 | 0.89 | 0.131 | 0.697 | 76.9 | 179 | 7.3 |
| R5749 | Chilli con carne and corn chips | 100 | 61.4 | 702 | 726 | 9.83 | 8.59 | 12.8 | 3 | 3.05 | 9.7 | 2.92 | 3.39 | 1.19 | 0.16 | 0.98 | 15.4 | 178 | 1.8 |
| R5748 | Chilli con carne, with beef mince and red kidney beans, no salt added | 100 | 73.7 | 392 | 414 | 10.8 | 2.8 | 6.15 | 2.7 | 3.62 | 2.53 | 0.7 | 1.1 | 0.52 | 0.175 | 0.305 | 19.6 | 107 | 0.89 |
| | 1 cup (250 mL) | 270 | 199 | 1060 | 1120 | 29.2 | 7.56 | 16.6 | 7.4 | 9.77 | 6.84 | 1.89 | 2.96 | 1.41 | 0.474 | 0.823 | 52.8 | 290 | 2.4 |
| R10014 | Custard square, baked | 100 | 63.2 | 892 | 895 | 4.37 | 14.4 | 16.8 | 0.4 | 6.19 | 10.6 | 8.6 | 3.45 | 0.67 | 0.108 | 0.493 | 58.4 | 141 | 8.4 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg | |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|--|
| 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 | 117 | 53 | 0.82 | 0.83 | 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) | 3.21 | 16 | 23 | 1 | 0.19 | 0.21 | 1.6 | trace | trace | 0.043 | 0.005 | 0.38 | 0.016 | 0 | 3 | 0 | 0 | trace | |
| Q1028 | Seed, sunflower, kernel, shelled, dried, raw | 100 | 810 | 810 | 107 | 4.6 | 6.3 | 17 | 1 | 7 | 1.7 | 0.21 | 7.7 | 1.2 | 0 | 130 | 0 | 0 | 17 | |
| | 1 tablespoon whole (15 mL) | 9.78 | 79 | 79 | 10 | 0.45 | 0.62 | 1.7 | trace | 1 | 0.16 | 0.021 | 0.76 | 0.12 | 0 | 12 | 0 | 0 | 1.6 | |
| Q1024 | 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) | 115 | 541 | 437 | 90 | 3.11 | 3.45 | 0 | 2 | 10 | 0.4 | 0.2 | 5.2 | 0.69 | 0 | 99 | 0 | 0 | 1.2 | |
| | 1 cup pieces (250 mL) | 134 | 630 | 509 | 105 | 3.62 | 4.02 | 0 | 2 | 12 | 0.47 | 0.23 | 6 | 0.8 | 0 | 110 | 0 | 0 | 1.4 | |
| R | RECIPES | | | | | | | | | | | | | | | | | | | |
| R5740 | Bolognese, prepared with beef mince, cooked, no salt added | 100 | 342 | 86 | 16 | 1.5 | 2.47 | 0.77 | 38 | 149 | 0 | 0.017 | 2.4 | 0.28 | 0.46 | 18 | 4.79 | 0.07 | 1.1 | |
| | 1 cup (250 mL) | 269 | 921 | 231 | 42 | 4.02 | 6.64 | 2.1 | 102 | 400 | 0 | 0.046 | 6.4 | 0.75 | 1.2 | 48 | 12.9 | 0.2 | 3 | |
| R10021 | Cake, banana, baked, home-made, un-iced | 100 | 176 | 101 | 24 | 0.66 | 0.4 | 6.3 | 139 | 88 | 0 | 0.09 | 1.6 | 0.8 | 0.38 | 14 | 1.34 | 0.87 | 0.46 | |
| | 1 slice (2.4 x 3.2 x 4.6 cm) | 21.5 | 38 | 22 | 5 | 0.14 | 0.09 | 1.3 | 30 | 19 | 0 | 0.019 | 0.34 | 0.17 | 0.08 | 3 | 0.29 | 0.19 | 0.1 | |
| R10022 | Cake, banana, baked, iced with butter icing | 100 | 119 | 69 | 18 | 0.51 | 0.28 | 4.4 | 158 | 100 | 0 | 0.064 | 1.1 | 0.53 | 0.3 | 9 | 0.9 | 0.95 | 0.47 | |
| | 1 piece (1/4th of 5.4 x 9.4 cm radius cake) | 126 | 151 | 87 | 23 | 0.64 | 0.36 | 5.6 | 199 | 126 | 0 | 0.081 | 1.3 | 0.67 | 0.38 | 12 | 1.13 | 1.2 | 0.6 | |
| R10015 | Cake, chocolate, baked, iced with butter icing | 100 | 132 | 105 | 39 | 0.67 | 0.45 | 4.8 | 154 | 92 | 0.051 | 0.097 | 0.93 | 0.063 | 0.33 | 12 | 0.01 | 0.91 | 0.65 | |
| | 1 piece (1/4th of 460 g cake) | 115 | 152 | 121 | 44 | 0.78 | 0.52 | 5.5 | 178 | 106 | 0.059 | 0.11 | 1.1 | 0.073 | 0.38 | 14 | 0.01 | 1.1 | 0.74 | |
| R5749 | Chilli con carne and corn chips | 100 | 346 | 127 | 73 | 1.19 | 1.78 | 4.6 | 54 | 204 | 0.03 | 0.14 | 3.6 | 0.68 | 0.28 | 14 | 7.74 | 0.05 | 1.1 | |
| R5748 | Chilli con carne, with beef mince and red kidney beans, no salt added | 100 | 375 | 91 | 25 | 1.34 | 1.93 | 1.2 | 43 | 241 | 0 | 0.12 | 4 | 0.77 | 0.32 | 7 | 10.5 | 0.05 | 1.2 | |
| | 1 cup (250 mL) | 270 | 1010 | 246 | 68 | 3.6 | 5.2 | 3.2 | 116 | 649 | 0 | 0.31 | 11 | 2.1 | 0.86 | 19 | 28.5 | 0.14 | 3.2 | |
| R10014 | Custard square, baked | 100 | 134 | 87 | 83 | 0.29 | 0.37 | 3.8 | 159 | 97 | 0.052 | 0.21 | 1.1 | 0.04 | 0.36 | 15 | 0.01 | 0.81 | 0.49 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| R10025 | Egg, chicken, omelette, with cheese and butter, cooked | 100 | 58.2 | 1100 | 1100 | 15.8 | 22.3 | 0.2 | 0 | 0.2 | 0 | 12.8 | 5.75 | 1.63 | 0.16 | 1.14 | 225 | 985 | 33 |
| | 1 egg omelette | 78 | 45.4 | 856 | 856 | 12.3 | 17.4 | 0.16 | 0 | 0.16 | 0 | 9.95 | 4.48 | 1.27 | 0.125 | 0.892 | 175 | 768 | 26 |
| R10009 | Lemon curd, cooked | 100 | 50.5 | 1180 | 1180 | 3.15 | 17.4 | 28.3 | 0.2 | 28.3 | 0 | 9.87 | 4.61 | 0.89 | 0.128 | 0.666 | 122 | 138 | 12 |
| | Meringue, baked | 100 | 0.4 | 1690 | 1690 | 6.98 | 0 | 92.2 | 0 | 92.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 114 | 3 |
| | 1 meringue (7.5 cm diameter) | 30 | 0.1 | 506 | 506 | 2.09 | 0 | 27.7 | 0 | 27.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 34 | 0.91 |
| R10026 | Omelette, egg, chicken, cooked with butter | 100 | 71 | 728 | 728 | 11.1 | 14.4 | 0.3 | 0 | 0.3 | 0 | 6.46 | 5.2 | 1.52 | 0.096 | 1.17 | 329 | 1070 | 46 |
| | 1 egg omelette | 64 | 45.4 | 466 | 466 | 7.11 | 9.25 | 0.19 | 0 | 0.19 | 0 | 4.14 | 3.33 | 0.97 | 0.062 | 0.751 | 211 | 684 | 30 |
| | 1 cup (250 mL) | 232 | 165 | 1690 | 1690 | 25.8 | 33.5 | 0.69 | 0 | 0.69 | 0 | 15 | 12.1 | 3.53 | 0.223 | 2.72 | 764 | 2480 | 110 |
| R10019 | Pancake, plain, pan-fried without oil | 100 | 57 | 725 | 735 | 8.27 | 3.6 | 26.6 | 1.2 | 3.29 | 23.3 | 1.48 | 1.11 | 0.55 | 0.037 | 0.459 | 63.7 | 125 | 23 |
| | 1 mini (5 cm diameter) | 7.43 | 4.2 | 54 | 55 | 0.61 | 0.27 | 1.97 | 0.1 | 0.25 | 1.73 | 0.11 | 0.08 | 0.04 | 0.003 | 0.034 | 4.74 | 9 | 1.7 |
| | 1 medium (10 cm diameter) | 41.5 | 23.7 | 301 | 305 | 3.43 | 1.49 | 11 | 0.5 | 1.37 | 9.65 | 0.61 | 0.46 | 0.23 | 0.015 | 0.19 | 26.4 | 52 | 9.5 |
| R10006 | Pastry, short, butter, baked | 100 | 18.8 | 1840 | 1860 | 7.29 | 25.7 | 45 | 2.1 | 1.45 | 43.6 | 15 | 5.98 | 1.54 | 0.225 | 1.26 | 61.8 | 291 | 0.76 |
| R10017 | Pie, lemon meringue, baked | 100 | 45.1 | 1100 | 1100 | 4.48 | 9.24 | 40.1 | 0.6 | 26.5 | 13.6 | 5 | 2.57 | 0.68 | 0.074 | 0.538 | 90.2 | 111 | 11 |
| R10018 | Pikelet, plain, pan-fried without oil, home-made | 100 | 45.3 | 913 | 922 | 7.62 | 3.5 | 38.5 | 1.2 | 17.4 | 21.1 | 1.35 | 0.99 | 0.54 | 0.035 | 0.452 | 58.2 | 254 | 23 |
| | 1 pikelet (1.2 x 8.9 cm diameter) | 40.8 | 18.5 | 373 | 376 | 3.11 | 1.43 | 15.7 | 0.5 | 7.09 | 8.61 | 0.55 | 0.4 | 0.22 | 0.014 | 0.185 | 23.8 | 104 | 9.4 |
| R10020 | Pudding, custard, prepared with standard milk, simmered | 100 | 75.5 | 392 | 393 | 3.26 | 2.5 | 14.4 | trace | 9.8 | 4.59 | 1.48 | 0.58 | 0.1 | 0.022 | 0.034 | 10 | 52 | 7.2 |
| | 1 cup (250 mL) | 267 | 202 | 1050 | 1050 | 8.69 | 6.68 | 38.4 | 0.1 | 26.2 | 12.3 | 3.95 | 1.55 | 0.25 | 0.058 | 0.092 | 26.7 | 138 | 19 |
| R5745 | Pudding, custard, prepared with whole milk (4% fat), simmered | 100 | 75.2 | 423 | 424 | 2.98 | 3.5 | 14.3 | trace | 9.8 | 4.51 | 1.64 | 0.67 | 0.12 | 0.022 | 0.036 | 11 | 61 | 9.1 |
| | 1 cup (250 mL) | 265 | 199 | 1120 | 1120 | 7.89 | 9.28 | 37.9 | 0.1 | 26 | 11.9 | 4.34 | 1.78 | 0.31 | 0.057 | 0.096 | 29.2 | 162 | 24 |
| R10011 | Pudding, rice, cocoa & coconut, cooked | 100 | 70.8 | 580 | 587 | 1.65 | 5.53 | 20.4 | 0.9 | 11.9 | 8.47 | 4.3 | 0.78 | 0.2 | 0.002 | 0.198 | 0 | 118 | 1.3 |
| R10016 | Quiche, spinach, baked | 100 | 60.9 | 902 | 916 | 8.05 | 14.8 | 12.7 | 1.8 | 0.79 | 11.9 | 8.67 | 3.59 | 0.95 | | | 60.2 | 282 | 9.9 |
| R10024 | Ratatouille, with assorted vegetables, cooked, no salt added | 100 | 76.6 | 441 | 459 | 11.3 | 5.1 | 3.47 | 2.2 | 3.1 | 0.38 | 1.09 | 1.99 | 0.55 | 0.144 | 0.333 | 31 | 1 | 0.39 |
| | 1 cup (250 mL) | 253 | 194 | 1110 | 1160 | 28.7 | 12.9 | 8.78 | 5.7 | 7.84 | 0.95 | 2.75 | 5.04 | 1.38 | 0.364 | 0.842 | 78.4 | 3 | 1 |
| R5741 | Spaghetti bolognese, meat base, with spaghetti, no salt added | 100 | 72.8 | 484 | 496 | 10.1 | 3.65 | 10.4 | 1.6 | 1.76 | 8.62 | 0.77 | 1.36 | 0.53 | 0.105 | 0.377 | 20.5 | 37 | 1.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| R10025 | Egg, chicken, omelette, with cheese and butter, cooked | 100 | 113 | 273 | 297 | 0.83 | 1.65 | 17 | 233 | 122 | 0.046 | 0.41 | 3.6 | 0.073 | 1.6 | 47 | trace | 1.1 | 1.6 |
| | 1 egg omelette | 78 | 88 | 213 | 232 | 0.65 | 1.29 | 14 | 182 | 95 | 0.036 | 0.32 | 2.8 | 0.057 | 1.2 | 37 | trace | 0.89 | 1.2 |
| R10009 | Lemon curd, cooked | 100 | 84 | 46 | 19 | 0.44 | 0.25 | 6.1 | 191 | 106 | 0.02 | 0.11 | 0.69 | 0.034 | 0.75 | 26 | 16.2 | 1.3 | 0.95 |
| | Meringue, baked | 100 | 90 | 8 | 5 | 0.27 | 0.05 | 6.9 | 0 | 0 | 0 | 0.22 | 0.76 | 0.022 | 0.01 | 1 | 0 | 0 | 0 |
| | 1 meringue (7.5 cm diameter) | 30 | 27 | 2 | 1 | 0.08 | 0.01 | 2.1 | 0 | 0 | 0 | 0.064 | 0.23 | 0.007 | trace | trace | 0 | 0 | 0 |
| R10026 | Omelette, egg, chicken, cooked with butter | 100 | 129 | 148 | 42 | 1.18 | 0.78 | 22 | 156 | 48 | 0.041 | 0.36 | 2.3 | 0.058 | 2 | 64 | trace | 1.5 | 1.9 |
| | 1 egg omelette | 64 | 83 | 95 | 27 | 0.76 | 0.5 | 14 | 100 | 31 | 0.026 | 0.23 | 1.5 | 0.037 | 1.3 | 41 | trace | 0.97 | 1.2 |
| | 1 cup (250 mL) | 232 | 300 | 343 | 98 | 2.74 | 1.81 | 50 | 362 | 111 | 0.096 | 0.83 | 5.4 | 0.14 | 4.7 | 150 | 0.01 | 3.5 | 4.4 |
| R10019 | Pancake, plain, pan-fried without oil | 100 | 180 | 126 | 82 | 0.68 | 0.61 | 8.5 | 39 | 15 | 0.11 | 0.23 | 2 | 0.075 | 0.5 | 26 | 0 | 0.2 | 0.19 |
| | 1 mini (5 cm diameter) | 7.43 | 13 | 9 | 6 | 0.05 | 0.05 | 0.63 | 3 | 1 | 0.008 | 0.017 | 0.15 | 0.006 | 0.04 | 2 | 0 | 0.02 | 0.01 |
| | 1 medium (10 cm diameter) | 41.5 | 75 | 52 | 34 | 0.28 | 0.26 | 3.5 | 16 | 6 | 0.045 | 0.094 | 0.81 | 0.031 | 0.21 | 11 | 0 | 0.08 | 0.08 |
| R10006 | Pastry, short, butter, baked | 100 | 122 | 83 | 21 | 0.8 | 0.48 | 6.2 | 244 | 153 | 0.14 | 0.034 | 1.7 | 0.062 | 0.2 | 10 | 0.01 | 1.6 | 0.93 |
| R10017 | Pie, lemon meringue, baked | 100 | 63 | 55 | 18 | 0.6 | 0.32 | 6.7 | 98 | 50 | 0.052 | 0.095 | 0.96 | 0.032 | 0.51 | 18 | 1.71 | 0.71 | 0.65 |
| R10018 | Pikelet, plain, pan-fried without oil, home-made | 100 | 167 | 203 | 87 | 0.68 | 0.58 | 8 | 35 | 14 | 0.1 | 0.21 | 1.8 | 0.07 | 0.46 | 24 | 0 | 0.19 | 0.17 |
| | 1 pikelet (1.2 x 8.9 cm diameter) | 40.8 | 68 | 83 | 35 | 0.28 | 0.24 | 3.2 | 14 | 6 | 0.042 | 0.084 | 0.74 | 0.028 | 0.19 | 10 | 0 | 0.08 | 0.07 |
| R10020 | Pudding, custard, prepared with standard milk, simmered | 100 | 156 | 92 | 114 | 0.1 | 0.35 | 1.7 | 41 | 26 | 0.038 | 0.26 | 0.99 | 0.044 | 0.2 | 11 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 267 | 415 | 247 | 303 | 0.27 | 0.95 | 4.6 | 108 | 69 | 0.1 | 0.69 | 2.6 | 0.12 | 0.52 | 28 | 0 | 0 | 0 |
| R5745 | Pudding, custard, prepared with whole milk (4% fat), simmered | 100 | 170 | 89 | 115 | 0.1 | 0.34 | 1.2 | 41 | 30 | 0.029 | 0.18 | 0.79 | 0.018 | 0 | 0 | 0.3 | 0 | 0.09 |
| | 1 cup (250 mL) | 265 | 450 | 236 | 306 | 0.27 | 0.91 | 3.2 | 108 | 79 | 0.077 | 0.49 | 2.1 | 0.047 | 0 | 0 | 0.79 | 0 | 0.22 |
| R10011 | Pudding, rice, cocoa & coconut, cooked | 100 | 107 | 36 | 7 | 0.39 | 0.38 | 1.5 | trace | 2 | 0.014 | 0.023 | 0.37 | 0.058 | 0 | 1 | 0 | 0 | 0.25 |
| R10016 | Quiche, spinach, baked | 100 | 243 | 126 | 162 | 1.29 | 0.86 | 5.6 | 353 | 1290 | 0.055 | 0.21 | 1.8 | 0.11 | 0.43 | 80 | 0.71 | 0.61 | 0 |
| R10024 | Ratatouille, with assorted vegetables, cooked, no salt added | 100 | 322 | 40 | 18 | 0.39 | 0.28 | 0.14 | 45 | 194 | 0 | 0.017 | 0.34 | 0.28 | 0 | 18 | 10.6 | 0 | 0.92 |
| | 1 cup (250 mL) | 253 | 816 | 101 | 46 | 1 | 0.71 | 0.34 | 115 | 490 | 0 | 0.043 | 0.85 | 0.71 | 0 | 45 | 26.8 | 0 | 2.3 |
| R5741 | Spaghetti bolognese, meat base, with spaghetti, no salt added | 100 | 238 | 79 | 14 | 1.16 | 1.83 | 2 | 26 | 102 | 0.022 | 0.015 | 1.3 | 0.21 | 0.31 | 14 | 3.18 | 0.05 | 0.77 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| R10008 | Tart, jam, baked | 100 | 22.3 | 1580 | 1600 | 5.02 | 15.1 | 55.2 | 1.6 | 29.5 | 25.7 | 8.78 | 3.48 | 0.89 | 0.13 | 0.724 | 36.2 | 175 | 1.3 | |
| S | SAUCES AND CONDIMENTS | | | | | | | | | | | | | | | | | | | |
| S77 | Dip, sour cream, assorted flavours, 30% fat, La Bonne | 100 | 59.3 | 1150 | 1150 | 3.06 | 27 | 5.77 | 0 | 5 | 0.77 | 7.37 | 12.9 | 4.63 | | | 43.6 | 281 | 4 | |
| | 1 tablespoon (15 mL) | 14.2 | 8.4 | 163 | 163 | 0.44 | 3.84 | 0.82 | 0 | 0.71 | 0.11 | 1.05 | 1.83 | 0.66 | | | 6.19 | 40 | 0.57 | |
| S79 | Dip, sour cream, lite, assorted flavours, 7% fat | 100 | 74.4 | 492 | 492 | 6.44 | 6.99 | 7.31 | 0 | 6.65 | 0.66 | 4.07 | 2.05 | 0.14 | | | 27 | 404 | 11 | |
| | 1 tablespoon (15 mL) | 15.8 | 11.8 | 78 | 78 | 1.02 | 1.1 | 1.16 | 0 | 1.05 | 0.1 | 0.64 | 0.32 | 0.02 | | | 4.27 | 64 | 1.7 | |
| S28 | Dressing, French, Kraft | 100 | 75.8 | 430 | 430 | 0 | 7.95 | 8 | 0 | 5.85 | 2.15 | 0.63 | 4.71 | 2.04 | | 1.44 | 0 | 1150 | 0.8 | |
| | 1 tablespoon (15 mL) | 15 | 11.4 | 65 | 65 | 0 | 1.19 | 1.2 | 0 | 0.88 | 0.32 | 0.09 | 0.71 | 0.31 | | 0.216 | 0 | 173 | 0.12 | |
| S31 | Dressing, Italian, Kraft | 100 | 79.1 | 589 | 595 | 0.94 | 12.8 | 5.85 | 0.7 | 5.85 | 0 | 0.96 | 7.3 | 3.47 | | | 0 | 884 | 0.8 | |
| | 1 tablespoon (15 mL) | 14.7 | 11.6 | 87 | 87 | 0.14 | 1.88 | 0.86 | 0.1 | 0.86 | 0 | 0.14 | 1.07 | 0.51 | | | 0 | 130 | 0.12 | |
| S29 | Dressing, coleslaw, Lite, Eta® | 100 | 73.6 | 441 | 446 | 0 | 2.55 | 20.4 | 0.6 | 8.23 | 12.2 | 0.31 | 0.82 | 2.31 | | | 0 | 931 | 1.6 | |
| | 1 tablespoon (15 mL) | 15.2 | 11.2 | 67 | 68 | 0 | 0.39 | 3.1 | 0.1 | 1.25 | 1.85 | 0.05 | 0.12 | 0.35 | | | 0 | 142 | 0.25 | |
| S45 | Dressing, mayonnaise, commercial | 100 | 52.2 | 1350 | 1350 | 0.63 | 27.6 | 18.6 | 0.8 | 14.8 | 3.81 | 3.07 | 11.1 | 11.6 | | 9.47 | 5.1 | 607 | 1.6 | |
| | 1 tablespoon (15 mL) | 14.7 | 7.7 | 198 | 199 | 0.09 | 4.06 | 2.73 | 0.1 | 2.17 | 0.56 | 0.45 | 1.63 | 1.71 | | 1.39 | 0.75 | 89 | 0.24 | |
| S64 | Dressing, mayonnaise, reduced fat, commercial | 100 | 53.3 | 1190 | 1190 | 0.52 | 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 | 0.07 | 2.93 | 3.2 | 0 | 2.57 | 0.64 | 0.32 | 0.76 | 1.7 | | | 3.31 | 110 | 0.23 | |
| S50 | Dressing, thousand island, Eta® | 100 | 50.4 | 1490 | 1500 | 0.94 | 32.7 | 15.4 | 1.4 | 15.4 | 0 | 4.95 | 8.07 | 17.5 | | 15.5 | 12 | 977 | 1.6 | |
| | 1 tablespoon (15 mL) | 15.6 | 7.9 | 232 | 234 | 0.15 | 5.09 | 2.41 | 0.2 | 2.41 | 0 | 0.77 | 1.26 | 2.73 | | 2.41 | 1.87 | 152 | 0.26 | |
| S7 | Dressing, vinaigrette | 100 | 38.4 | 1970 | 1970 | 0.69 | 48.3 | 10 | 0.3 | 9.53 | 0.5 | 6.98 | 11.1 | 28.1 | | | 0 | 787 | 0.8 | |
| | 1 tablespoon (15 mL) | 16 | 6.1 | 315 | 315 | 0.11 | 7.73 | 1.61 | trace | 1.53 | 0.08 | 1.12 | 1.78 | 4.49 | | | 0 | 126 | 0.13 | |
| S1018 | Gravy, dry powder mix, assorted flavours, prepared with water | 100 | 90.6 | 99 | 101 | 0.39 | 0.65 | 6.82 | 0.2 | 0.41 | 3.6 | 0.03 | 0.02 | trace | 0 | 0.004 | 0 | 326 | 1 | |
| | 1 cup (250 mL) | 251 | 227 | 248 | 253 | 0.97 | 1.63 | 17.1 | 0.6 | 1.04 | 9.03 | 0.07 | 0.05 | 0.01 | 0 | 0.011 | 0 | 818 | 2.5 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------------------------------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| R10008 | Tart, jam, baked | 100 | 105 | 60 | 26 | 0.56 | 0.35 | 3.8 | 143 | 91 | 0.081 | 0.047 | 1.1 | 0.047 | 0.13 | 10 | 1.35 | 0.89 | 0.53 |
| S SAUCES AND CONDIMENTS | | | | | | | | | | | | | | | | | | | |
| S77 | Dip, sour cream, assorted flavours, 30% fat, La Bonne | 100 | 115 | 56 | 57 | 0.26 | 0.27 | 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 | 8 | 8 | 0.04 | 0.04 | 0.38 | 16 | 9 | 0 | 0.04 | 0.099 | 0.009 | 0.05 | 0 | 0 | 0.04 | 0.23 |
| S79 | Dip, sour cream, lite, assorted flavours, 7% fat | 100 | 287 | 114 | 129 | 0.09 | 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 | 0.01 | 0.08 | 0.42 | 11 | 10 | 0 | 0.044 | 0.24 | 0.009 | 0.12 | 0 | 0 | 0.03 | 0.25 |
| S28 | Dressing, French, Kraft | 100 | 14 | 6 | 8 | 0.52 | 0.3 | 0 | 0 | 0 | 0.04 | 0.01 | 0 | 0 | 0 | 0 | 0.75 | 0 | 3.6 |
| | 1 tablespoon (15 mL) | 15 | 2 | 1 | 1 | 0.08 | 0.05 | 0 | 0 | 0 | 0.006 | 0.002 | 0 | 0 | 0 | 0 | 0.11 | 0 | 0.54 |
| S31 | Dressing, Italian, Kraft | 100 | 33 | 79 | 8 | 0.2 | 0.22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.08 | 0 | 0.38 |
| | 1 tablespoon (15 mL) | 14.7 | 5 | 12 | 1 | 0.03 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.01 | 0 | 0.06 |
| S29 | Dressing, coleslaw, Lite, Eta® | 100 | 5 | 3 | 4 | 0.23 | 0.14 | 0 | 10 | 22 | 0.06 | 0.03 | 0.4 | 0 | 0.41 | 1 | 0.6 | 0 | 3.9 |
| | 1 tablespoon (15 mL) | 15.2 | 1 | trace | 1 | 0.04 | 0.02 | 0 | 1 | 3 | 0.009 | 0.005 | 0.061 | 0 | 0.06 | trace | 0.09 | 0 | 0.59 |
| S45 | Dressing, mayonnaise, commercial | 100 | 11 | 12 | 8 | 0.58 | 0.33 | 0 | 6 | 1 | 0.06 | 0.03 | 0.1 | 0 | 0.41 | 6 | 0.6 | 0.1 | 3.9 |
| | 1 tablespoon (15 mL) | 14.7 | 2 | 2 | 1 | 0.09 | 0.05 | 0 | 1 | trace | 0.009 | 0.004 | 0.015 | 0 | 0.06 | 1 | 0.09 | 0.02 | 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 | 3 | 1 | 0.03 | 0 | 0.28 | trace | 1 | 0.003 | 0.033 | 0.014 | 0.006 | 0 | 2 | 0 | 0 | 1.2 |
| S50 | Dressing, thousand island, Eta® | 100 | 151 | 31 | 16 | 0.96 | 0.49 | 0 | 18 | 70 | 0.06 | 0.03 | 0.2 | 0 | 0.41 | 6 | 0.6 | 0 | 3.9 |
| | 1 tablespoon (15 mL) | 15.6 | 24 | 5 | 2 | 0.15 | 0.08 | 0 | 3 | 11 | 0.009 | 0.005 | 0.031 | 0 | 0.06 | 1 | 0.09 | 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 | 1 | 2 | 0.03 | 0.02 | 0.02 | trace | 2 | 0 | 0 | 0 | 0.005 | 0.08 | trace | 0 | 0 | 1.7 |
| S1018 | Gravy, dry powder mix, assorted flavours, prepared with water | 100 | 57 | 14 | 6 | 0.08 | 0.05 | 0 | trace | 3 | 0.034 | 0.029 | 0.15 | 0.2 | 0 | 11 | 0 | 0 | 0.07 |
| | 1 cup (250 mL) | 251 | 144 | 35 | 16 | 0.2 | 0.13 | 0 | 1 | 6 | 0.084 | 0.072 | 0.38 | 0.51 | 0 | 27 | 0 | 0 | 0.17 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| S73 | Hummus, original, 6.5% fat | 100 | 68.2 | 540 | 588 | 6.94 | 6.22 | 11.3 | 6 | 0 | 11.3 | 0.83 | 2.43 | 2.65 | | 2.65 | 0 | 300 | 1 |
| | 1 tablespoon (15 mL) | 15.6 | 10.6 | 84 | 92 | 1.08 | 0.97 | 1.76 | 0.9 | 0 | 1.76 | 0.13 | 0.38 | 0.41 | | 0.414 | 0 | 47 | 0.16 |
| S2 | Pickle, sweet | 100 | 58.9 | 599 | 607 | 0.56 | 0.3 | 34 | 1.1 | 32.4 | 1.6 | 0.07 | 0.03 | 0.14 | | | 0 | 1700 | 2.7 |
| | 1 tablespoon (15 mL) | 17 | 10 | 102 | 103 | 0.1 | 0.05 | 5.78 | 0.2 | 5.51 | 0.27 | 0.01 | trace | 0.02 | | | 0 | 289 | 0.46 |
| S14 | Sauce, Worcestershire | 100 | 73.3 | 329 | 335 | 1.31 | 0.2 | 17.6 | 0.7 | 16.9 | 0.7 | 0 | 0 | 0 | 0 | 0 | 2 | 1060 | 1.6 |
| | 1 tablespoon (15 mL) | 18 | 13.2 | 59 | 60 | 0.24 | 0.04 | 3.17 | 0.1 | 3.04 | 0.13 | 0 | 0 | 0 | 0 | 0 | 0.36 | 191 | 0.29 |
| S22 | Sauce, chilli | 100 | 71.7 | 353 | 388 | 1.31 | 0.8 | 17.7 | 4.4 | 17.3 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0 | 2620 | 1.6 |
| | 1 tablespoon (15 mL) | 17 | 12.2 | 60 | 66 | 0.22 | 0.14 | 3.01 | 0.7 | 2.94 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0 | 445 | 0.27 |
| S1016 | Sauce, chilli, sweet, commercial | 100 | 47.6 | 793 | 802 | 0.47 | 0.3 | 45.5 | 1.2 | 44.5 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1370 | 4.2 |
| | 1 tablespoon (15 mL) | 18.4 | 8.8 | 146 | 148 | 0.09 | 0.06 | 8.37 | 0.2 | 8.19 | 0.18 | 0 | 0 | 0 | 0 | 0 | 0 | 252 | 0.77 |
| S1007 | Sauce, fish | 100 | 71.1 | 91 | 91 | 0.94 | 0.01 | 4.4 | 0 | 4.4 | 0 | 0.01 | 0 | 0 | | | 0 | 7720 | 31 |
| | 1 tablespoon (15 mL) | 18.2 | 12.9 | 17 | 17 | 0.17 | trace | 0.8 | 0 | 0.8 | 0 | trace | 0 | 0 | | | 0 | 1410 | 5.7 |
| S68 | Sauce, pasta, chunky vegetable, tomato based, heated | 100 | 82.9 | 235 | 254 | 1.8 | 0.68 | 10.6 | 2.4 | 9.1 | 1.45 | 0.09 | 0.19 | 0.37 | | | 0 | 496 | 5 |
| | 1 cup (250 mL) | 273 | 226 | 642 | 694 | 4.91 | 1.86 | 28.8 | 6.6 | 24.8 | 3.96 | 0.25 | 0.51 | 1.01 | | | 0 | 1350 | 14 |
| S70 | Sauce, simmer, butter chicken, heated | 100 | 73.2 | 586 | 602 | 2.44 | 10.2 | 9.78 | 1.9 | 5.8 | 3.98 | 3.71 | 3.69 | 2.03 | | | 17.6 | 598 | 3 |
| | 1 cup (250 mL) | 268 | 196 | 1570 | 1610 | 6.55 | 27.4 | 26.2 | 5.1 | 15.5 | 10.7 | 9.95 | 9.88 | 5.43 | | | 47.2 | 1600 | 8 |
| S1019 | Sauce, simmer, korma, cream & coconut base | 100 | 79.1 | 432 | 467 | 1.59 | 7.9 | 6.6 | 4.4 | 4.8 | 1.8 | 4.59 | 2.39 | 1.33 | 0.212 | 1.11 | 3 | 400 | 7.5 |
| | 1 cup (250 mL) | 266 | 210 | 1150 | 1240 | 4.24 | 21 | 17.6 | 11.7 | 12.8 | 4.79 | 12.2 | 6.34 | 3.53 | 0.563 | 2.96 | 7.98 | 1060 | 20 |
| S71 | Sauce, simmer, satay, heated | 100 | 72.6 | 569 | 594 | 4.12 | 7.97 | 12 | 3.1 | 8.7 | 3.31 | 1.97 | 3.67 | 1.7 | | | 0 | 497 | 2 |
| | 1 cup (250 mL) | 271 | 197 | 1540 | 1610 | 11.2 | 21.6 | 32.5 | 8.4 | 23.6 | 8.97 | 5.34 | 9.93 | 4.61 | | | 0 | 1350 | 5.4 |
| S69 | Sauce, simmer, sweet & sour, heated | 100 | 70.9 | 477 | 482 | 0.56 | 0.22 | 27 | 0.6 | 23.6 | 3.49 | 0.07 | 0.07 | 0.07 | | | 0 | 445 | 0 |
| | 1 cup (250 mL) | 283 | 201 | 1350 | 1360 | 1.59 | 0.62 | 76.5 | 1.7 | 66.6 | 9.88 | 0.2 | 0.2 | 0.2 | | | 0 | 1260 | 0 |
| S1014 | Sauce, soy, commercial | 100 | 68.8 | 204 | 210 | 5.66 | 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 | 0.04 | 0.7 | 0.1 | 0.69 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 | 1070 | 3.7 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| S73 | Hummus, original, 6.5% fat | 100 | 195 | 125 | 29 | 1.58 | 1.22 | 5.6 | 3 | 20 | 0.21 | 0.05 | 5.3 | 0.04 | 0 | trace | 2.15 | 0 | 1.8 |
| | 1 tablespoon (15 mL) | 15.6 | 30 | 20 | 5 | 0.25 | 0.19 | 0.87 | trace | 3 | 0.033 | 0.008 | 0.82 | 0.006 | 0 | trace | 0.34 | 0 | 0.29 |
| S2 | Pickle, sweet | 100 | 110 | 11 | 19 | 2 | 1.4 | 0.17 | 10 | 59 | 0.03 | 0.01 | 0.3 | 0.07 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 17 | 19 | 2 | 3 | 0.34 | 0.24 | 0.03 | 2 | 10 | 0.005 | 0.002 | 0.051 | 0.012 | 0 | 0 | 0 | 0 | 0 |
| S14 | Sauce, Worcestershire | 100 | 890 | 23 | 160 | 3.7 | 0.4 | 0.25 | 2 | 8 | 0.02 | 0.07 | 0.6 | 0.03 | 0 | 8 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 18 | 160 | 4 | 29 | 0.67 | 0.07 | 0.05 | trace | 1 | 0.004 | 0.013 | 0.11 | 0.005 | 0 | 1 | 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 | 5 | 3 | 0.48 | 0.02 | 0 | 16 | 97 | 0.002 | 0.015 | 0.15 | 0.017 | 0 | 2 | 1.36 | 0 | 0.34 |
| S1016 | Sauce, chilli, sweet, commercial | 100 | 56 | 12 | 12 | 0.25 | 0.05 | 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 | 0.05 | 0.01 | 0 | 14 | 81 | 0.013 | 0.046 | 0.035 | 0.02 | 0 | 0 | 0 | 0 | 0.09 |
| S1007 | Sauce, fish | 100 | 288 | 7 | 43 | 0.78 | 0.2 | 9.1 | 6 | 14 | 0.012 | 0.057 | 2.9 | 0.4 | 0.48 | 51 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 18.2 | 52 | 1 | 8 | 0.14 | 0.04 | 1.7 | 1 | 3 | 0.002 | 0.01 | 0.53 | 0.072 | 0.09 | 9 | 0 | 0 | 0 |
| S68 | Sauce, pasta, chunky vegetable, tomato based, heated | 100 | 477 | 49 | 35 | 0.76 | 0.29 | 0.97 | 167 | 1000 | 0.12 | 0.09 | 1.2 | 0.3 | 0 | 3 | 2.72 | 0 | 2.4 |
| | 1 cup (250 mL) | 273 | 1300 | 134 | 97 | 2.08 | 0.79 | 2.6 | 456 | 2730 | 0.33 | 0.25 | 3.4 | 0.82 | 0 | 8 | 7.43 | 0 | 6.5 |
| S70 | Sauce, simmer, butter chicken, heated | 100 | 264 | 44 | 43 | 0.78 | 0.25 | 1.4 | 54 | 214 | 0.13 | 0.12 | 1.3 | 0.01 | 0.1 | 15 | 0 | 0 | 2 |
| | 1 cup (250 mL) | 268 | 708 | 117 | 116 | 2.09 | 0.67 | 3.8 | 146 | 574 | 0.35 | 0.32 | 3.4 | 0.027 | 0.27 | 40 | 0 | 0 | 5.3 |
| S1019 | Sauce, simmer, korma, cream & coconut base | 100 | 165 | 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 | 439 | 114 | 77 | 2.13 | 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 | 176 | 58 | 18 | 0.47 | 0.41 | 1.5 | 58 | 315 | 0.11 | 0.06 | 3.2 | 0.03 | 0 | 15 | 0 | 0 | 0.74 |
| | 1 cup (250 mL) | 271 | 477 | 156 | 49 | 1.27 | 1.11 | 3.9 | 156 | 854 | 0.3 | 0.16 | 8.8 | 0.081 | 0 | 41 | 0 | 0 | 2 |
| S69 | Sauce, simmer, sweet & sour, heated | 100 | 71 | 9 | 10 | 0 | 0.07 | 0 | 685 | 4100 | 0.09 | 0.03 | 0.18 | 0.04 | 0 | 2 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 283 | 201 | 27 | 28 | 0 | 0.2 | 0 | 1940 | 11600 | 0.26 | 0.085 | 0.51 | 0.11 | 0 | 6 | 0 | 0 | 0 |
| S1014 | Sauce, soy, commercial | 100 | 340 | 98 | 29 | 1.3 | 0.42 | 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 | 0.23 | 0.07 | 0.49 | 0 | 0 | 0.012 | 0.062 | 0.053 | 0.76 | 0 | 8 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| S1015 | Sauce, soy, reduced salt, commercial | 100 | 74.9 | 175 | 182 | 4.28 | 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 | 0.74 | 0.03 | 0.55 | 0.1 | 0.5 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 619 | 0.26 |
| S46 | Sauce, tartare, Eta® | 100 | 26 | 2530 | 2550 | 0.87 | 64.8 | 6.95 | 1.9 | 6.95 | 0 | 10.1 | 14.5 | 36.2 | | 31.7 | 20.8 | 914 | 1.6 |
| | 1 tablespoon (15 mL) | 14.6 | 3.8 | 369 | 372 | 0.13 | 9.46 | 1.02 | 0.3 | 1.02 | 0 | 1.48 | 2.12 | 5.29 | | 4.63 | 3.04 | 133 | 0.24 |
| S44 | Sauce, tomato | 100 | 69.5 | 447 | 458 | 1.19 | 0.1 | 24.9 | 1.4 | 24.4 | 0.47 | 0 | 0 | 0 | 0 | 0 | 0 | 615 | 1.4 |
| | 1 tablespoon (15 mL) | 16.5 | 11.5 | 74 | 76 | 0.2 | 0.02 | 4.1 | 0.2 | 4.03 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 101 | 0.22 |
| S1008 | Sauce, tomato, ketchup | 100 | 66.1 | 455 | 467 | 1.25 | 0.5 | 24.4 | 1.6 | 24.2 | 0.2 | 0.17 | 0.09 | 0.1 | 0.016 | 0.065 | 0 | 1080 | 2.1 |
| | 1 teaspoon (5 mL) | 6.3 | 4.2 | 29 | 29 | 0.08 | 0.03 | 1.54 | 0.1 | 1.53 | 0.01 | 0.01 | 0.01 | 0.01 | 0.001 | 0.004 | 0 | 68 | 0.13 |
| T | SHELLFISHES | | | | | | | | | | | | | | | | | | |
| T31 | Cockle, boiled | 100 | 84.6 | 163 | 163 | 8.5 | 0.5 | 0 | 0 | 0 | 0 | 0.1 | 0.05 | 0.2 | | | 47 | 350 | 170 |
| | 1 cup (250 mL) | 250 | 212 | 408 | 408 | 21.3 | 1.25 | 0 | 0 | 0 | 0 | 0.25 | 0.13 | 0.5 | | | 118 | 875 | 430 |
| T40 | Crab, meat stick, surimi | 100 | 73.7 | 354 | 354 | 12 | 1.31 | 6 | 0 | 0 | 6 | 0.21 | 0.16 | 0.54 | | | 20 | 841 | 6.5 |
| | 1 stick | 41 | 30.2 | 145 | 145 | 4.92 | 0.54 | 2.46 | 0 | 0 | 2.46 | 0.09 | 0.07 | 0.22 | | | 8.2 | 345 | 2.7 |
| | 1 cup chunks or flakes (250 mL) | 133 | 98 | 471 | 471 | 16 | 1.74 | 7.98 | 0 | 0 | 7.98 | 0.28 | 0.22 | 0.72 | | | 26.6 | 1120 | 8.6 |
| T26 | Kina, roe, raw | 100 | 80.9 | 394 | 394 | 10.8 | 5.4 | 0.6 | 0 | 0.6 | 0 | 1.8 | 2.06 | 0.28 | | | 348 | 823 | 250 |
| | 1 tablespoon (15 mL) | 14 | 11.3 | 55 | 55 | 1.51 | 0.76 | 0.08 | 0 | 0.08 | 0 | 0.25 | 0.29 | 0.04 | | | 48.7 | 115 | 34 |
| T1026 | Mussel, green, meat, boiled | 100 | 72.4 | 465 | 465 | 15.9 | 2.7 | 5.52 | 0 | 1.05 | 0 | 0.6 | 0.35 | 0.97 | 0.027 | 0.048 | 55.2 | 596 | 160 |
| | 1 mussel | 15.2 | 11 | 71 | 71 | 2.42 | 0.41 | 0.84 | 0 | 0.16 | 0 | 0.09 | 0.05 | 0.15 | 0.004 | 0.007 | 8.39 | 91 | 24 |
| | 1 cup (250 mL) | 216 | 156 | 1000 | 1000 | 34.4 | 5.84 | 11.9 | 0 | 2.26 | 0 | 1.3 | 0.76 | 2.09 | 0.059 | 0.105 | 119 | 1290 | 340 |
| T1024 | Mussel, green, meat, fresh, raw | 100 | 81.3 | 311 | 311 | 10.7 | 1.81 | 3.7 | 0 | 0.7 | 0 | 0.4 | 0.23 | 0.65 | 0.018 | 0.032 | 37 | 470 | 110 |
| | 1 mussel | 24.7 | 20.1 | 77 | 77 | 2.64 | 0.45 | 0.91 | 0 | 0.17 | 0 | 0.1 | 0.06 | 0.16 | 0.005 | 0.008 | 9.14 | 116 | 26 |
| | 1 cup (250 mL) | 239 | 194 | 744 | 744 | 25.5 | 4.33 | 8.84 | 0 | 1.67 | 0 | 0.96 | 0.56 | 1.55 | 0.044 | 0.078 | 88.4 | 1120 | 250 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|--------------------------------------|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| S1015 | Sauce, soy, reduced salt, commercial | 100 | 950 | 74 | 19 | 1.33 | 0.42 | 2.4 | 0 | 0 | 0.07 | 0.35 | 0.3 | 4.3 | 0 | 43 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 17.2 | 163 | 13 | 3 | 0.23 | 0.07 | 0.41 | 0 | 0 | 0.012 | 0.06 | 0.051 | 0.74 | 0 | 7 | 0 | 0 | 0 |
| S46 | Sauce, tartare, Eta® | 100 | 17 | 29 | 12 | 0.95 | 0.42 | 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 | 4 | 2 | 0.14 | 0.06 | 0 | 7 | 35 | 0.009 | 0.004 | 0.073 | 0 | 0.06 | 1 | 0.09 | 0 | 0.56 |
| S44 | Sauce, tomato | 100 | 398 | 24 | 21 | 1.35 | 0.14 | 3.3 | 32 | 104 | 0.02 | 0.03 | 1.5 | 0.13 | 0 | 12 | 7.85 | 0 | 5.5 |
| | 1 tablespoon (15 mL) | 16.5 | 66 | 4 | 3 | 0.22 | 0.02 | 0.54 | 5 | 17 | 0.003 | 0.005 | 0.24 | 0.021 | 0 | 2 | 1.3 | 0 | 0.91 |
| S1008 | Sauce, tomato, ketchup | 100 | 330 | 32 | 14 | 0.67 | 0.17 | 0 | 202 | 1210 | 0.12 | 0.06 | 1.1 | 0.27 | 0 | 53 | 1.66 | 0 | 1.6 |
| | 1 teaspoon (5 mL) | 6.3 | 21 | 2 | 1 | 0.04 | 0.01 | 0 | 13 | 76 | 0.008 | 0.004 | 0.072 | 0.017 | 0 | 3 | 0.11 | 0 | 0.1 |
| T | SHELLFISHES | | | | | | | | | | | | | | | | | | |
| T31 | Cockle, boiled | 100 | 130 | 124 | 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 | 325 | 310 | 123 | 19.8 | 4.75 | 95 | 218 | 0 | 0.05 | 0.25 | 9.8 | 0.1 | 100 | 160 | 0 | 0 | 4.5 |
| T40 | Crab, meat stick, surimi | 100 | 90 | 282 | 13 | 0.39 | 0.33 | 0 | 20 | 0 | 0.032 | 0.027 | 2.1 | 0.03 | 1.6 | 2 | 0 | 0 | 0 |
| | 1 stick | 41 | 37 | 116 | 5 | 0.16 | 0.14 | 0 | 8 | 0 | 0.013 | 0.011 | 0.85 | 0.012 | 0.66 | 1 | 0 | 0 | 0 |
| | 1 cup chunks or flakes (250 mL) | 133 | 120 | 375 | 17 | 0.52 | 0.44 | 0 | 27 | 0 | 0.043 | 0.036 | 2.8 | 0.04 | 2.1 | 2 | 0 | 0 | 0 |
| T26 | Kina, roe, raw | 100 | 210 | 204 | 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 | 5 | 0.15 | 0.35 | 4.2 | 8 | 0 | 0.008 | 0.024 | 0.27 | 0.056 | 0.14 | 11 | 0.14 | 0 | 0.25 |
| T1026 | Mussel, green, meat, boiled | 100 | 219 | 154 | 99 | 4.43 | 1.69 | 76 | 98 | 140 | 0 | 0.38 | 3.9 | 0.27 | 6.5 | 110 | 0 | 1.6 | 1.5 |
| | 1 mussel | 15.2 | 33 | 23 | 15 | 0.67 | 0.26 | 12 | 15 | 21 | 0 | 0.058 | 0.6 | 0.041 | 0.99 | 17 | 0 | 0.25 | 0.22 |
| | 1 cup (250 mL) | 216 | 474 | 332 | 213 | 9.58 | 3.64 | 160 | 211 | 303 | 0 | 0.82 | 8.5 | 0.58 | 14 | 240 | 0 | 3.5 | 3.1 |
| T1024 | Mussel, green, meat, fresh, raw | 100 | 210 | 147 | 66 | 3.3 | 1.13 | 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 | 0.82 | 0.28 | 13 | 18 | 26 | 0 | 0.084 | 0.86 | 0.049 | 1.8 | 25 | 0 | 0.27 | 0.24 |
| | 1 cup (250 mL) | 239 | 502 | 351 | 158 | 7.89 | 2.7 | 120 | 174 | 249 | 0 | 0.81 | 8.4 | 0.48 | 17 | 240 | 0 | 2.6 | 2.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| T1015 | Mussel, green, meat, marinated, assorted flavours, drained, ready to eat, Sealord™ | 100 | 71 | 453 | 453 | 13.2 | 2.27 | 8.5 | 0 | 6.6 | 0 | 0.45 | 0.28 | 0.9 | 0.022 | 0.027 | 57 | 280 | 95 |
| | 1 mussel | 16 | 11.4 | 73 | 73 | 2.12 | 0.36 | 1.36 | 0 | 1.06 | 0 | 0.07 | 0.04 | 0.14 | 0.003 | 0.004 | 9.12 | 45 | 15 |
| | 1 cup (250 mL) | 281 | 200 | 1270 | 1270 | 37.2 | 6.38 | 23.9 | 0 | 18.5 | 0 | 1.28 | 0.78 | 2.52 | 0.061 | 0.077 | 160 | 787 | 270 |
| T1005 | Mussel, green, meat, marinated, drained, ready to eat, Talley's | 100 | 68.2 | 499 | 499 | 16.9 | 2.65 | 6.7 | 0 | 4.8 | 0 | 0.64 | 0.43 | 0.96 | 0.033 | 0.082 | 64 | 480 | 110 |
| | 1 mussel | 16 | 10.9 | 80 | 80 | 2.7 | 0.42 | 1.07 | 0 | 0.77 | 0 | 0.1 | 0.07 | 0.15 | 0.005 | 0.013 | 10.2 | 77 | 17 |
| | 1 cup (250 mL) | 250 | 171 | 1250 | 1250 | 42.2 | 6.63 | 16.8 | 0 | 12 | 0 | 1.6 | 1.07 | 2.39 | 0.083 | 0.206 | 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 | 1.37 | 8.05 | 4.06 | 0.926 | 2.38 | 57 | 1030 | 130 |
| | 1 mussel | 9.64 | 5.6 | 87 | 87 | 1.83 | 1.39 | 0.24 | 0 | 0 | 0 | 0.13 | 0.78 | 0.39 | 0.089 | 0.229 | 5.5 | 99 | 13 |
| | 1 cup (250 mL) | 279 | 161 | 2510 | 2510 | 53 | 40.3 | 6.98 | 0 | 0 | 0 | 3.82 | 22.5 | 11.3 | 2.58 | 6.63 | 159 | 2870 | 370 |
| T1023 | Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh | 100 | 57.7 | 900 | 900 | 19 | 14.5 | 2.5 | 0 | 0 | 0 | 1.37 | 8.05 | 4.06 | 0.926 | 2.38 | 57 | 1030 | 130 |
| | 1 mussel | 9.82 | 5.7 | 88 | 88 | 1.87 | 1.42 | 0.25 | 0 | 0 | 0 | 0.13 | 0.79 | 0.4 | 0.091 | 0.233 | 5.6 | 101 | 13 |
| | 1 cup (250 mL) | 285 | 164 | 2570 | 2570 | 54.2 | 41.2 | 7.13 | 0 | 0 | 0 | 3.9 | 23 | 11.6 | 2.64 | 6.77 | 162 | 2940 | 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 | 2.96 | 5.73 | 4.49 | | | 78 | 487 | 120 |
| | 1 oyster | 23 | 12.7 | 219 | 219 | 2.86 | 3.59 | 2.19 | trace | 0.64 | 1.54 | 0.68 | 1.32 | 1.03 | | | 17.9 | 112 | 27 |
| T6 | Oyster, dredge, raw | 100 | 78.3 | 392 | 392 | 13.6 | 3.8 | 1.2 | 0 | 0.2 | 0 | 1.32 | 0.85 | 0.92 | | | 35 | 347 | 97 |
| | 1 oyster | 15 | 11.7 | 59 | 59 | 2.03 | 0.57 | 0.18 | 0 | 0.03 | 0 | 0.2 | 0.13 | 0.14 | | | 5.25 | 52 | 15 |
| T25 | Paua, fritter, deep-fried | 100 | 47.7 | 1090 | 1100 | 8.09 | 13.2 | 27.5 | 0.9 | 13.3 | 14.2 | 7.14 | 3.99 | 0.61 | | | 50 | 471 | 170 |
| | 1 cup (250 mL) | 113 | 53.9 | 1240 | 1240 | 9.14 | 14.9 | 31.1 | 1 | 15 | 16 | 8.07 | 4.51 | 0.68 | | | 56.5 | 532 | 190 |
| | 1 Paua fritter | 184 | 87.8 | 2010 | 2030 | 14.9 | 24.3 | 50.6 | 1.7 | 24.5 | 26.1 | 13.1 | 7.34 | 1.12 | | | 92 | 867 | 320 |
| T19 | Pipi, flesh, raw | 100 | 87 | 172 | 172 | 8.13 | 0.7 | 0.46 | 0 | 0.08 | 0 | 0.15 | 0.11 | 0.07 | | | 30 | 700 | 250 |
| | 1 pipi | 5 | 4.4 | 9 | 9 | 0.41 | 0.04 | 0.02 | 0 | trace | 0 | 0.01 | 0.01 | trace | | | 1.5 | 35 | 12 |
| T1027 | Prawn, king, flesh, cooked | 100 | 73.4 | 436 | 436 | 23.7 | 0.9 | 0 | 0 | 0 | 0 | 0.2 | 0.13 | 0.22 | 0.005 | 0.011 | 188 | 552 | 25 |
| | 1 prawn | 16 | 11.7 | 70 | 70 | 3.79 | 0.14 | 0 | 0 | 0 | 0 | 0.03 | 0.02 | 0.04 | 0.001 | 0.002 | 30.1 | 88 | 4 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| T1015 | Mussel, green, meat, marinated, assorted flavours, drained, ready to eat, Sealord™ | 100 | 59 | 158 | 21 | 6 | 0.76 | 35 | 51 | 182 | 0 | 0.23 | 4.6 | 0.13 | 5.9 | 97 | 0 | 1.1 | 1.1 |
| | 1 mussel | 16 | 9 | 25 | 3 | 0.96 | 0.12 | 5.6 | 8 | 29 | 0 | 0.037 | 0.73 | 0.021 | 0.94 | 16 | 0 | 0.18 | 0.17 |
| | 1 cup (250 mL) | 281 | 166 | 444 | 59 | 16.9 | 2.14 | 98 | 144 | 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 | 1.25 | 53 | 51 | 182 | 0 | 0.23 | 6.3 | 0.13 | 5.9 | 110 | 0 | 1.1 | 1.1 |
| | 1 mussel | 16 | 9 | 42 | 5 | 1.1 | 0.2 | 8.5 | 8 | 29 | 0 | 0.037 | 1 | 0.021 | 0.94 | 18 | 0 | 0.18 | 0.17 |
| | 1 cup (250 mL) | 250 | 138 | 650 | 80 | 17.3 | 3.13 | 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 | 174 | 240 | 49 | 5.8 | 1.59 | 51 | 58 | 166 | 0 | 0.35 | 9.9 | 0.29 | 2.4 | 140 | 0 | 1.1 | 3.4 |
| | 1 mussel | 9.64 | 17 | 23 | 5 | 0.56 | 0.15 | 4.9 | 6 | 16 | 0 | 0.034 | 0.96 | 0.028 | 0.23 | 13 | 0 | 0.11 | 0.33 |
| | 1 cup (250 mL) | 279 | 485 | 670 | 137 | 16.2 | 4.44 | 140 | 162 | 464 | 0 | 0.98 | 28 | 0.81 | 6.7 | 390 | 0 | 3.1 | 9.5 |
| T1023 | Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh | 100 | 174 | 240 | 49 | 5.8 | 1.59 | 51 | 58 | 166 | 0 | 0.35 | 9.9 | 0.29 | 2.4 | 140 | 0 | 1.1 | 3.4 |
| | 1 mussel | 9.82 | 17 | 24 | 5 | 0.57 | 0.16 | 5 | 6 | 16 | 0 | 0.034 | 0.98 | 0.028 | 0.24 | 14 | 0 | 0.11 | 0.34 |
| | 1 cup (250 mL) | 285 | 496 | 684 | 140 | 16.5 | 4.53 | 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 | 131 | 141 | 20 | 3.2 | 11.3 | 42 | 25 | 0 | 0.22 | 0.25 | 5.6 | 0.02 | 0.73 | 31 | 3 | 0 | 0.85 |
| | 1 oyster | 23 | 30 | 32 | 5 | 0.74 | 2.6 | 9.7 | 6 | 0 | 0.051 | 0.058 | 1.3 | 0.005 | 0.17 | 7 | 0.69 | 0 | 0.2 |
| T6 | Oyster, dredge, raw | 100 | 295 | 182 | 44 | 9.37 | 10.3 | 140 | 24 | 14 | 0.08 | 0.27 | 4.3 | 0.04 | 17 | 10 | 12 | 1 | 0.85 |
| | 1 oyster | 15 | 44 | 27 | 7 | 1.41 | 1.55 | 21 | 4 | 2 | 0.012 | 0.041 | 0.65 | 0.006 | 2.6 | 1 | 1.8 | 0.15 | 0.13 |
| T25 | Paua, fritter, deep-fried | 100 | 159 | 163 | 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 | 184 | 58 | 6.89 | 0.9 | 23 | 6 | 8 | 0.057 | 0.25 | 6.5 | 0.045 | 4.3 | 39 | 2.26 | 0 | 0 |
| | 1 Paua fritter | 184 | 293 | 300 | 94 | 11.2 | 1.47 | 37 | 10 | 13 | 0.092 | 0.41 | 11 | 0.074 | 7 | 64 | 3.68 | 0 | 0 |
| T19 | Pipi, flesh, raw | 100 | 148 | 103 | 48 | 6 | 0.84 | 25 | 90 | 0 | 0.1 | 0.2 | 3.4 | 0 | 19 | 49 | 0 | 0 | 0.9 |
| | 1 pipi | 5 | 7 | 5 | 2 | 0.3 | 0.04 | 1.3 | 5 | 0 | 0.005 | 0.01 | 0.17 | 0 | 0.95 | 2 | 0 | 0 | 0.05 |
| T1027 | Prawn, king, flesh, cooked | 100 | 127 | 164 | 80 | 0.42 | 1.56 | 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 | 0.07 | 0.25 | 7.5 | trace | 2 | 0.008 | 0.01 | 0.76 | 0.046 | 0.11 | 2 | 0.64 | 0.02 | 0.14 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| T1028 | Prawn, king, flesh, raw | 100 | 76.4 | 372 | 372 | 20.6 | 0.6 | 0 | 0 | 0 | 0 | 0.13 | 0.08 | 0.11 | 0.004 | 0.009 | 149 | 350 | 30 | |
| | 1 prawn | 19 | 14.5 | 71 | 71 | 3.91 | 0.11 | 0 | 0 | 0 | 0 | 0.03 | 0.02 | 0.02 | 0.001 | 0.002 | 28.3 | 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 | 2.67 | 4.43 | 2.86 | | | 61 | 464 | 120 | |
| | 1 scallop | 24 | 14 | 210 | 211 | 4.37 | 2.63 | 2.28 | 0.1 | 0.67 | 1.61 | 0.64 | 1.06 | 0.69 | | | 14.6 | 111 | 29 | |
| | 1 cup (250 mL) | 142 | 83 | 1240 | 1250 | 25.8 | 15.5 | 13.5 | 0.4 | 3.98 | 9.51 | 3.79 | 6.29 | 4.06 | | | 86.6 | 659 | 170 | |
| T11 | Scallop, raw | 100 | 80.6 | 340 | 340 | 14.9 | 1.27 | 2.28 | 0 | 0.4 | 0 | 0.28 | 0.14 | 0.43 | | | 27 | 102 | 250 | |
| | 1 scallop | 14 | 11.3 | 48 | 48 | 2.09 | 0.18 | 0.32 | 0 | 0.06 | 0 | 0.04 | 0.02 | 0.06 | | | 3.78 | 14 | 34 | |
| T12 | Shrimp, canned, drained | 100 | 74.9 | 398 | 398 | 20.8 | 1.2 | 0 | 0 | 0 | 0 | 0.18 | 0.25 | 0.39 | | | 158 | 980 | 29 | |
| | 1 cup (250 mL) | 135 | 101 | 538 | 538 | 28.1 | 1.62 | 0 | 0 | 0 | 0 | 0.25 | 0.34 | 0.52 | | | 213 | 1320 | 40 | |
| T23 | Squid, in flour, fried | 100 | 64 | 776 | 778 | 20.7 | 8.4 | 6.7 | 0.2 | 1 | 5.7 | 1.44 | 3.53 | 2.77 | | | 230 | 313 | 22 | |
| | 1 squid ring | 20 | 12.8 | 155 | 156 | 4.14 | 1.68 | 1.34 | trace | 0.2 | 1.14 | 0.29 | 0.71 | 0.55 | | | 46 | 63 | 4.3 | |
| | 1 cup (250 mL) | 158 | 101 | 1230 | 1230 | 32.7 | 13.3 | 10.6 | 0.3 | 1.58 | 9.01 | 2.27 | 5.57 | 4.38 | | | 363 | 495 | 34 | |
| U | SNACK FOODS | | | | | | | | | | | | | | | | | | | |
| U1016 | Corn chip, assorted flavours, salted, fried in assorted oils | 100 | 0 | 1930 | 1960 | 6.84 | 22.1 | 58.7 | 4.7 | 2.4 | 56 | 7 | 8.93 | 3.79 | 0.084 | 3.7 | 0 | 500 | 3.4 | |
| | 10 chips or crisps | 25.1 | 0 | 484 | 493 | 1.72 | 5.55 | 14.7 | 1.2 | 0.6 | 14.1 | 1.76 | 2.24 | 0.95 | 0.021 | 0.928 | 0 | 126 | 0.85 | |
| U1017 | Corn snack, extruded, assorted shapes, cheese flavour, salted | 100 | 1.6 | 2180 | 2180 | 6.29 | 33.8 | 49 | 0.5 | 7.7 | 40.5 | 14 | 13.6 | 3.9 | 0.1 | 3.78 | 0 | 890 | 27 | |
| | 10 chips or crisps | 14.4 | 0.2 | 313 | 314 | 0.91 | 4.87 | 7.06 | 0.1 | 1.11 | 5.83 | 2.01 | 1.96 | 0.56 | 0.014 | 0.544 | 0 | 128 | 3.9 | |
| U21 | Fruit bar, wholemeal, assorted flavours, Mother Earth™ | 100 | 14.6 | 1460 | 1510 | 5.69 | 7.17 | 64.8 | 5.6 | 47 | 17.8 | 4.55 | 1.7 | 0.48 | | | 15.5 | 49 | 2.5 | |
| | 1 bar | 50 | 7.3 | 732 | 754 | 2.84 | 3.59 | 32.4 | 2.8 | 23.5 | 8.9 | 2.27 | 0.85 | 0.24 | | | 7.75 | 25 | 1.3 | |
| U34 | Fruit leather, apricot | 100 | 27 | 1080 | 1090 | 4.81 | 0.19 | 58.1 | 1.6 | 57.3 | 0.8 | 0.03 | 0.05 | 0.07 | | | 0 | 29 | 1.7 | |
| | 1 leather | 40 | 10.8 | 430 | 435 | 1.93 | 0.07 | 23.2 | 0.6 | 22.9 | 0.32 | 0.01 | 0.02 | 0.03 | | | 0 | 11 | 0.68 | |
| U23 | Fruit roll, strawberry, Uncle Tobys® | 100 | 15.3 | 1300 | 1320 | 0.75 | 0.33 | 74.8 | 3.5 | 41.8 | 33 | 0.04 | 0.06 | 0.16 | | | 0 | 313 | 1.7 | |
| | 1 roll | 21 | 3.2 | 272 | 278 | 0.16 | 0.07 | 15.7 | 0.7 | 8.78 | 6.93 | 0.01 | 0.01 | 0.03 | | | 0 | 66 | 0.36 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg | |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|--|
| T1028 | Prawn, king, flesh, raw | 100 | 282 | 164 | 126 | 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 | 0.13 | 0.29 | 10 | trace | 1 | 0 | 0.011 | 1.1 | 0.065 | 0.17 | 3 | 0 | 0.02 | 0.44 | |
| T20 | Scallop, battered, deep-fried | 100 | 333 | 236 | 42 | 0.82 | 1.06 | 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 | 0.25 | 4.9 | 2 | 0 | 0.01 | 0.026 | 1.2 | 0.067 | 0.32 | 9 | 0.19 | 0 | 0.19 | |
| | 1 cup (250 mL) | 142 | 473 | 335 | 60 | 1.16 | 1.51 | 29 | 14 | 0 | 0.057 | 0.16 | 7.1 | 0.4 | 1.9 | 53 | 1.14 | 0 | 1.1 | |
| T11 | Scallop, raw | 100 | 259 | 193 | 21 | 0.28 | 1.94 | 23 | 39 | 0 | 0.055 | 0.13 | 4.5 | 0.36 | 1.3 | 37 | 1.2 | 0 | 0.84 | |
| | 1 scallop | 14 | 36 | 27 | 3 | 0.04 | 0.27 | 3.2 | 5 | 0 | 0.008 | 0.018 | 0.62 | 0.05 | 0.19 | 5 | 0.17 | 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 | 135 | 203 | 149 | 6.89 | 3.24 | 100 | 0 | 0 | 0.013 | 0.027 | 6.4 | 0.04 | 2.7 | 20 | 2.7 | 0.14 | 1.6 | |
| T23 | Squid, in flour, fried | 100 | 226 | 255 | 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 | 0.24 | 0.32 | 7 | 0 | 0 | 0.014 | 0.012 | 1.2 | 0.012 | 0.25 | 3 | 0.8 | 0 | 0.24 | |
| | 1 cup (250 mL) | 158 | 357 | 403 | 43 | 1.9 | 2.53 | 55 | 0 | 0 | 0.11 | 0.095 | 9.2 | 0.095 | 2 | 22 | 6.32 | 0 | 1.9 | |
| U | SNACK FOODS | | | | | | | | | | | | | | | | | | | |
| U1016 | Corn chip, assorted flavours, salted, fried in assorted oils | 100 | 240 | 230 | 112 | 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 | 25.1 | 60 | 58 | 28 | 0.38 | 0.38 | 6 | 4 | 26 | 0.045 | 0.023 | 0.42 | 0.15 | 0 | 0 | 0 | 0 | 0.32 | |
| U1017 | Corn snack, extruded, assorted shapes, cheese flavour, salted | 100 | 360 | 122 | 67 | 0 | 0.3 | 0 | 21 | 124 | 0.14 | 0.24 | 1 | 0.21 | 0 | 9 | 0 | 0 | 3.5 | |
| | 10 chips or crisps | 14.4 | 52 | 18 | 10 | 0 | 0.04 | 0 | 3 | 18 | 0.02 | 0.035 | 0.15 | 0.03 | 0 | 1 | 0 | 0 | 0.51 | |
| U21 | Fruit bar, wholemeal, assorted flavours, Mother Earth™ | 100 | 391 | 91 | 48 | 1.33 | 0.58 | 0 | 17 | 74 | 0.05 | 0 | 1.1 | 0.02 | 0.05 | 66 | 1.75 | 0 | 0 | |
| | 1 bar | 50 | 196 | 46 | 24 | 0.67 | 0.29 | 0 | 9 | 37 | 0.025 | 0 | 0.54 | 0.01 | 0.03 | 33 | 0.88 | 0 | 0 | |
| U34 | Fruit leather, apricot | 100 | 1120 | 97 | 44 | 2.63 | 0.63 | 0 | 322 | 1930 | 0.02 | 0.08 | 0.81 | 0 | 0 | 2 | 0.75 | 0 | 0 | |
| | 1 leather | 40 | 448 | 39 | 18 | 1.05 | 0.25 | 0 | 129 | 772 | 0.008 | 0.032 | 0.33 | 0 | 0 | 1 | 0.3 | 0 | 0 | |
| U23 | Fruit roll, strawberry, Uncle Tobys® | 100 | 153 | 16 | 17 | 0.51 | 0.26 | 0 | 5 | 32 | 0.01 | 0 | 0.17 | 0.02 | 0 | 2 | 0.53 | 0 | 0 | |
| | 1 roll | 21 | 32 | 3 | 4 | 0.11 | 0.06 | 0 | 1 | 7 | 0.002 | 0 | 0.035 | 0.004 | 0 | trace | 0.11 | 0 | 0 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| U30 | Muesli bar, chocolate chip | 100 | 9.4 | 1610 | 1660 | 6.94 | 10.1 | 66 | 6.1 | 19 | 47 | 4.74 | 3.07 | 1.7 | | | 1.2 | 105 | 2 |
| | 1 bar | 32 | 3 | 517 | 532 | 2.22 | 3.24 | 21.1 | 2 | 6.08 | 15 | 1.52 | 0.98 | 0.54 | | | 0.38 | 34 | 0.64 |
| U27 | Muesli bar, chocolate coated, Snacker | 100 | 8.1 | 1840 | 1870 | 4.13 | 17.9 | 65.2 | 4.5 | 32.9 | 32.3 | 15.5 | 0.88 | 0.47 | | | 3.71 | 107 | 3 |
| | 1 bar | 33 | 2.7 | 607 | 618 | 1.36 | 5.89 | 21.5 | 1.5 | 10.8 | 10.7 | 5.12 | 0.29 | 0.16 | | | 1.22 | 35 | 0.99 |
| U28 | Muesli bar, fruit & nut | 100 | 15.2 | 1600 | 1640 | 8.38 | 14.8 | 53.5 | 5.6 | 46.9 | 6.6 | 6.81 | 3.85 | 2.62 | | | 1.5 | 22 | 2.5 |
| | 1 bar | 45 | 6.8 | 720 | 740 | 3.77 | 6.67 | 24.1 | 2.5 | 21.1 | 2.97 | 3.06 | 1.73 | 1.18 | | | 0.68 | 10 | 1.1 |
| U67 | Muesli bar, fruit filled, twisted, assorted flavours | 100 | 17.2 | 1340 | 1390 | 4.45 | 2.37 | 69 | 7.4 | 25.4 | 43.6 | 1.05 | 0.73 | 0.45 | 0.036 | 0.405 | 0 | 310 | 4 |
| | 1 bar (9.3 x 3.5 x 1.8 cm) | 40 | 6.9 | 534 | 558 | 1.78 | 0.95 | 27.6 | 3 | 10.1 | 17.4 | 0.42 | 0.29 | 0.18 | 0.014 | 0.162 | 0 | 124 | 1.6 |
| U70 | Muesli bar, fruit filled, wholemeal, assorted flavours | 100 | 16.9 | 1400 | 1450 | 5.22 | 4.02 | 68.1 | 7.4 | 29.7 | 38.5 | 1.82 | 0.08 | 0.55 | 0.024 | 0.526 | 1.99 | 130 | 2.5 |
| | 1 bar | 50 | 8.4 | 698 | 727 | 2.61 | 2.01 | 34.1 | 3.7 | 14.8 | 19.2 | 0.91 | 0.04 | 0.28 | 0.012 | 0.263 | 1 | 65 | 1.3 |
| U24 | Muesli bar, yoghurt coated | 100 | 9.3 | 1790 | 1820 | 4.25 | 15.8 | 67 | 3.4 | 31 | 36 | 14 | 0.66 | 0.3 | | | 2.7 | 121 | 8.5 |
| | 1 bar | 33 | 3.1 | 592 | 601 | 1.4 | 5.2 | 22.1 | 1.1 | 10.2 | 11.9 | 4.62 | 0.22 | 0.1 | | | 0.89 | 40 | 2.8 |
| U57 | Multigrain chip, assorted flavours, Grainwaves®, Bluebird | 100 | 3 | 1910 | 1950 | 7.77 | 18.8 | 63.9 | 4.9 | 7.68 | 56.2 | 9.09 | 7.14 | 1.4 | | | 0 | 787 | 3.1 |
| | 1 cup (250 mL) | 35 | 1.1 | 670 | 683 | 2.72 | 6.58 | 22.3 | 1.7 | 2.69 | 19.7 | 3.18 | 2.5 | 0.49 | | | 0 | 275 | 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 | 6.33 | 18.6 | 2.57 | 0.083 | 2.49 | 0 | 26 | 3.9 |
| | 1 bar (9.0 x 3.1 x 1.8 cm) | 38.3 | 2.1 | 704 | 723 | 4.67 | 11.1 | 12.7 | 2.4 | 10.8 | 1.88 | 2.42 | 7.11 | 0.98 | 0.032 | 0.952 | 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 | 6.33 | 18.6 | 2.57 | 0.083 | 2.49 | 0 | 26 | 3.9 |
| | 1 bar (8.8 x 3.3 x 1.4 cm) | 32.6 | 1.7 | 635 | 651 | 4.69 | 9.42 | 12.2 | 2 | 10.6 | 1.6 | 2.06 | 6.05 | 0.84 | 0.027 | 0.811 | 0 | 8 | 1.3 |
| U1009 | Popcorn, air popped | 100 | 3.3 | 1330 | 1450 | 13.1 | 4.54 | 55.3 | 14.5 | 0.86 | 54.4 | 0.57 | 1.1 | 1.9 | | | 0 | 8 | 2 |
| | 1 cup (250 mL) | 10.6 | 0.4 | 141 | 153 | 1.39 | 0.48 | 5.86 | 1.5 | 0.09 | 5.77 | 0.06 | 0.12 | 0.2 | | | 0 | 1 | 0.21 |
| U40 | Popcorn, buttered, salted, Pop N Good® | 100 | 2 | 1860 | 1930 | 7.44 | 23.5 | 50.6 | 8.5 | 0.4 | 50.2 | 9.02 | 9.01 | 3.85 | 0.029 | | 23.2 | 535 | 0.5 |
| | 1 cup (250 mL) | 10 | 0.2 | 186 | 193 | 0.74 | 2.35 | 5.06 | 0.9 | 0.04 | 5.02 | 0.9 | 0.9 | 0.39 | 0.003 | | 2.32 | 54 | 0.05 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| U30 | Muesli bar, chocolate chip | 100 | 329 | 245 | 64 | 2.15 | 1.86 | 0 | 1 | 7 | 0.14 | 0.08 | 5.1 | 0.02 | 0.14 | 20 | 21.5 | 0 | 3.2 |
| | 1 bar | 32 | 105 | 78 | 20 | 0.69 | 0.6 | 0 | trace | 2 | 0.045 | 0.026 | 1.6 | 0.006 | 0.05 | 6 | 6.88 | 0 | 1 |
| U27 | Muesli bar, chocolate coated, Snacker | 100 | 172 | 117 | 55 | 1.02 | 1.2 | 0 | 2 | 13 | 0 | 0.08 | 1.8 | 0.02 | 0 | 20 | 13 | 0 | 0 |
| | 1 bar | 33 | 57 | 39 | 18 | 0.34 | 0.4 | 0 | 1 | 4 | 0 | 0.026 | 0.59 | 0.007 | 0 | 7 | 4.29 | 0 | 0 |
| U28 | Muesli bar, fruit & nut | 100 | 663 | 139 | 55 | 1.05 | 1 | 0 | 28 | 167 | 0.01 | 0.05 | 6.2 | 0.02 | 0 | 27 | 43.5 | 0 | 0 |
| | 1 bar | 45 | 298 | 63 | 25 | 0.47 | 0.45 | 0 | 13 | 75 | 0.005 | 0.022 | 2.8 | 0.009 | 0 | 12 | 19.6 | 0 | 0 |
| U67 | Muesli bar, fruit filled, twisted, assorted flavours | 100 | 230 | 170 | 68 | 0.98 | 0.56 | 3.4 | 20 | 15 | 0.12 | 0.11 | 1.9 | 0.07 | 0 | 8 | 4.55 | 0 | 0.44 |
| | 1 bar (9.3 x 3.5 x 1.8 cm) | 40 | 92 | 68 | 27 | 0.39 | 0.22 | 1.3 | 8 | 6 | 0.048 | 0.044 | 0.75 | 0.028 | 0 | 3 | 1.82 | 0 | 0.18 |
| U70 | Muesli bar, fruit filled, wholemeal, assorted flavours | 100 | 248 | 115 | 29 | 1.75 | 0.94 | 7 | 19 | 12 | 0.12 | 0.11 | 1.9 | 0.07 | 0 | 16 | 1.78 | 0 | 0.44 |
| | 1 bar | 50 | 124 | 58 | 14 | 0.88 | 0.47 | 3.5 | 10 | 6 | 0.06 | 0.055 | 0.94 | 0.035 | 0 | 8 | 0.89 | 0 | 0.22 |
| U24 | Muesli bar, yoghurt coated | 100 | 154 | 112 | 82 | 0.58 | 1.02 | 0 | 2 | 11 | 0 | 0.01 | 0.77 | 0.02 | 0.01 | 20 | 7.15 | 0 | 0 |
| | 1 bar | 33 | 51 | 37 | 27 | 0.19 | 0.34 | 0 | 1 | 4 | 0 | 0.003 | 0.25 | 0.007 | trace | 7 | 2.36 | 0 | 0 |
| U57 | Multigrain chip, assorted flavours, Grainwaves®, Bluebird | 100 | 177 | 148 | 28 | 1.09 | 1.18 | 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 | 10 | 0.38 | 0.41 | 0 | 1 | 4 | 0.27 | 0.028 | 0.58 | 0.052 | 0 | 14 | 0.6 | 0 | 0.87 |
| U1011 | Nut bar, peanut & chocolate, Choc Peanut, Tasti | 100 | 530 | 250 | 67 | 1.58 | 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 | 203 | 96 | 26 | 0.61 | 0.77 | 1.9 | 1 | 8 | 0 | 0.077 | 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 | 1.58 | 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 | 173 | 82 | 22 | 0.52 | 0.65 | 1.6 | 1 | 7 | 0 | 0.065 | 2.8 | 0.16 | 0 | 25 | 0 | 0 | 0.9 |
| U1009 | Popcorn, air popped | 100 | 329 | 358 | 7 | 3.19 | 3.08 | 0 | 0 | 0 | 0.1 | 0.083 | 3.7 | 0.16 | 0 | 31 | 0 | 0 | 0.29 |
| | 1 cup (250 mL) | 10.6 | 35 | 38 | 1 | 0.34 | 0.33 | 0 | 0 | 0 | 0.011 | 0.009 | 0.4 | 0.017 | 0 | 3 | 0 | 0 | 0.03 |
| U40 | Popcorn, buttered, salted, Pop N Good® | 100 | 239 | 272 | 3 | 2.24 | 2.27 | 2 | 0 | 0 | 0.07 | 0.09 | 3.6 | 0.36 | 0 | 15 | 0 | 0 | 3.4 |
| | 1 cup (250 mL) | 10 | 24 | 27 | trace | 0.22 | 0.23 | 0.2 | 0 | 0 | 0.007 | 0.009 | 0.36 | 0.036 | 0 | 2 | 0 | 0 | 0.34 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| U1013 | Potato chip or crisp, assorted flavours, salted, fried in assorted oils | 100 | 1.8 | 1940 | 1970 | 6.58 | 29.9 | 42.8 | 3.3 | 0 | 42.6 | 10.2 | 14.4 | 3.1 | 0.102 | 2.98 | 0 | 770 | 2.3 | |
| | 10 chips or crisps | 23.6 | 0.4 | 458 | 465 | 1.55 | 7.06 | 10.1 | 0.8 | 0 | 10.1 | 2.41 | 3.4 | 0.73 | 0.024 | 0.703 | 0 | 182 | 0.54 | |
| | 1 cup (250 mL) | 46.9 | 0.8 | 911 | 923 | 3.09 | 14 | 20.1 | 1.5 | 0 | 20 | 4.79 | 6.77 | 1.45 | 0.048 | 1.4 | 0 | 361 | 1.1 | |
| U1012 | Potato chip or crisp, plain, salted, fried in assorted oils | 100 | 1.7 | 1990 | 2020 | 6.83 | 30.6 | 44 | 3.3 | 0 | 43.9 | 10.5 | 14.8 | 3.17 | 0.104 | 3.05 | 0 | 380 | 1.7 | |
| | 10 chips or crisps | 22.3 | 0.4 | 445 | 451 | 1.52 | 6.82 | 9.81 | 0.7 | 0 | 9.79 | 2.33 | 3.29 | 0.71 | 0.023 | 0.68 | 0 | 85 | 0.38 | |
| | 1 cup (250 mL) | 37.6 | 0.6 | 750 | 760 | 2.57 | 11.5 | 16.5 | 1.2 | 0 | 16.5 | 3.93 | 5.55 | 1.19 | 0.039 | 1.15 | 0 | 143 | 0.64 | |
| U1004 | Pretzels, wheat flour, salted, baked | 100 | 3.3 | 1380 | 1400 | 9.1 | 3.5 | 64.6 | 2.8 | 0.4 | 64.2 | 0.57 | 1.1 | 1.9 | | | 0 | 1720 | 0.9 | |
| | 1 cup (250 mL) | 52.4 | 1.7 | 724 | 736 | 4.77 | 1.83 | 33.9 | 1.5 | 0.21 | 33.6 | 0.3 | 0.58 | 1 | | | 0 | 899 | 0.47 | |
| 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 | 1.81 | 16.7 | 6.57 | 2.11 | 4.38 | 0 | 1190 | 92 | |
| | 10 chips or crisps | 11.5 | 0.2 | 242 | 244 | 0.13 | 3.13 | 7.31 | 0.2 | 1.04 | 6.27 | 0.21 | 1.92 | 0.76 | 0.242 | 0.503 | 0 | 137 | 11 | |
| U1024 | Snack, kumara chips, plain or assorted flavours | 100 | 7.5 | 1790 | 1840 | 2.96 | 24.7 | 48.5 | 6.4 | 17 | 31.5 | 7.4 | 10.2 | 5.2 | 0.114 | 5.04 | 0 | 330 | 2.3 | |
| | 10 chips or crisps | 25.1 | 1.9 | 449 | 462 | 0.74 | 6.2 | 12.2 | 1.6 | 4.27 | 7.9 | 1.86 | 2.56 | 1.3 | 0.029 | 1.27 | 0 | 83 | 0.58 | |
| U18 | Snack, popcorn, candied | 100 | 3.2 | 1670 | 1690 | 2.84 | 7.46 | 79.3 | 2.1 | 44.8 | 34.5 | 3.33 | 2.34 | 1.4 | | 1.35 | 18 | 86 | 1.3 | |
| | 1 cup (250 mL) | 21.6 | 0.7 | 361 | 365 | 0.61 | 1.61 | 17.1 | 0.5 | 9.68 | 7.44 | 0.72 | 0.5 | 0.3 | | 0.291 | 3.89 | 19 | 0.28 | |
| V | SOUPS | | | | | | | | | | | | | | | | | | | |
| V1006 | Soup, Tuscan tomato, heated, Wattie's® | 100 | 92.1 | 110 | 117 | 0.94 | 0.35 | 4.8 | 0.8 | 4.8 | 0 | 0.06 | 0.06 | 0.17 | | | 0 | 360 | 0.48 | |
| | 1 cup (250 mL) | 260 | 239 | 287 | 304 | 2.44 | 0.91 | 12.5 | 2.1 | 12.5 | 0 | 0.15 | 0.15 | 0.43 | | | 0 | 936 | 1.2 | |
| V57 | Soup, beef, instant dry mix, prepared with water, Continental® | 100 | 88.1 | 172 | 173 | 1.31 | 0.39 | 7.98 | 0.1 | 0.1 | 7.89 | 0.3 | 0.07 | 0 | | 0 | 1.01 | 351 | 2.7 | |
| | 1 cup (250 mL) | 250 | 220 | 431 | 433 | 3.27 | 0.97 | 20 | 0.3 | 0.24 | 19.7 | 0.74 | 0.19 | 0 | | 0 | 2.53 | 877 | 6.9 | |
| V1 | Soup, bone & vegetable broth | 100 | 90.3 | 252 | 270 | 3.69 | 4.6 | 1.1 | 2.3 | 1 | 0.1 | 1.05 | 1.34 | 1.92 | | | 1 | 74 | 2.1 | |
| | 1 cup (250 mL) | 254 | 229 | 639 | 686 | 9.37 | 11.7 | 2.79 | 5.8 | 2.54 | 0.25 | 2.66 | 3.4 | 4.88 | | | 2.54 | 188 | 5.3 | |
| V1002 | Soup, chicken & corn, heated | 100 | 88.8 | 164 | 171 | 2.94 | 1.3 | 3.86 | 0.9 | 0.9 | 2.96 | 0.51 | 0.18 | 0.44 | | | 7.5 | 320 | 1.1 | |
| | 1 cup (250 mL) | 271 | 241 | 444 | 463 | 7.96 | 3.52 | 10.5 | 2.4 | 2.44 | 8.02 | 1.38 | 0.5 | 1.2 | | | 20.3 | 867 | 3 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg | |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|--|
| U1013 | Potato chip or crisp, assorted flavours, salted, fried in assorted oils | 100 | 1350 | 141 | 25 | 2 | 0.95 | 0 | 0 | 0 | 0.24 | 0.11 | 6 | 1.6 | 0 | 52 | 0 | 0 | 3 | |
| | 10 chips or crisps | 23.6 | 319 | 33 | 6 | 0.47 | 0.22 | 0 | 0 | 0 | 0.057 | 0.026 | 1.4 | 0.38 | 0 | 12 | 0 | 0 | 0.71 | |
| | 1 cup (250 mL) | 46.9 | 633 | 66 | 12 | 0.94 | 0.45 | 0 | 0 | 0 | 0.11 | 0.052 | 2.8 | 0.76 | 0 | 24 | 0 | 0 | 1.4 | |
| U1012 | Potato chip or crisp, plain, salted, fried in assorted oils | 100 | 1440 | 145 | 17 | 1.7 | 1.05 | 2 | 0 | 0 | 0.24 | 0.11 | 6 | 1.6 | 0 | 52 | 0 | 0 | 3 | |
| | 10 chips or crisps | 22.3 | 321 | 32 | 4 | 0.38 | 0.23 | 0.45 | 0 | 0 | 0.054 | 0.025 | 1.3 | 0.36 | 0 | 12 | 0 | 0 | 0.67 | |
| | 1 cup (250 mL) | 37.6 | 541 | 55 | 6 | 0.64 | 0.4 | 0.75 | 0 | 0 | 0.09 | 0.041 | 2.3 | 0.61 | 0 | 20 | 0 | 0 | 1.1 | |
| U1004 | Pretzels, wheat flour, salted, baked | 100 | 146 | 113 | 36 | 1.67 | 0.85 | 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 | 0.88 | 0.45 | 3 | 0 | 0 | 0.094 | 0.052 | 2 | 0.061 | 0 | 43 | 0 | 0 | 0.19 | |
| U1023 | Snack, cassava crisps, plain or assorted flavours, salt added | 100 | 147 | 43 | 59 | 1.4 | 0.28 | 0 | 5 | 27 | 0.05 | 0.04 | 0.49 | 0.2 | 0 | 0 | 0 | 0 | 4.7 | |
| | 10 chips or crisps | 11.5 | 17 | 5 | 7 | 0.16 | 0.03 | 0 | trace | 3 | 0.006 | 0.005 | 0.057 | 0.023 | 0 | 0 | 0 | 0 | 0.54 | |
| U1024 | Snack, kumara chips, plain or assorted flavours | 100 | 510 | 69 | 119 | 1.3 | 0.49 | 0 | 414 | 2480 | 0.21 | 0.11 | 2 | 0.73 | 0 | 63 | 43.1 | 0 | 3.4 | |
| | 10 chips or crisps | 25.1 | 128 | 17 | 30 | 0.33 | 0.12 | 0 | 104 | 622 | 0.053 | 0.028 | 0.51 | 0.18 | 0 | 16 | 10.8 | 0 | 0.84 | |
| U18 | Snack, popcorn, candied | 100 | 138 | 142 | 11 | 0.95 | 1.38 | 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 | 0.21 | 0.3 | 1.1 | 31 | 188 | 0.052 | 0.015 | 0.17 | 0.015 | 0 | 1 | 0 | 0 | 0.81 | |
| V | SOUPS | | | | | | | | | | | | | | | | | | | |
| V1006 | Soup, Tuscan tomato, heated, Wattie's® | 100 | 240 | 18 | 9 | 0.36 | 0.09 | 0.44 | 11 | 68 | 0.14 | 0.01 | 0.8 | 0.07 | 0 | 6 | 2.4 | 0 | 0.83 | |
| | 1 cup (250 mL) | 260 | 624 | 47 | 23 | 0.94 | 0.24 | 1.1 | 30 | 177 | 0.36 | 0.026 | 2.1 | 0.18 | 0 | 16 | 6.24 | 0 | 2.2 | |
| V57 | Soup, beef, instant dry mix, prepared with water, Continental® | 100 | 36 | 17 | 8 | 0.05 | 0.08 | 0.6 | 0 | 0 | 0.057 | 0.001 | 0.23 | 0.005 | 0 | 2 | 0 | 0 | 0 | |
| | 1 cup (250 mL) | 250 | 90 | 43 | 21 | 0.12 | 0.19 | 1.5 | 0 | 0 | 0.14 | 0.003 | 0.58 | 0.013 | 0 | 4 | 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 | 163 | 25 | 43 | 0.76 | 1.52 | 0.51 | 200 | 1020 | 0.076 | 0.051 | 3.3 | 0.076 | 0 | 25 | 10.2 | 0 | 0.64 | |
| V1002 | Soup, chicken & corn, heated | 100 | 130 | 39 | 11 | 0.19 | 0.18 | 1.7 | 17 | 92 | 0.11 | 0.08 | 0.85 | 0.1 | 0.12 | 13 | 3 | 0 | 0 | |
| | 1 cup (250 mL) | 271 | 352 | 106 | 30 | 0.52 | 0.49 | 4.6 | 46 | 249 | 0.3 | 0.22 | 2.3 | 0.27 | 0.33 | 35 | 8.13 | 0 | 0 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| V1008 | Soup, chicken & corn, heated, Wattie's® | 100 | 91.6 | 100 | 109 | 1.25 | 0.4 | 3.75 | 1.2 | 0.6 | 3.15 | 0.13 | 0.18 | 0.06 | | | 7.5 | 350 | 0.41 |
| | 1 cup (250 mL) | 252 | 231 | 251 | 276 | 3.15 | 1.01 | 9.45 | 3 | 1.51 | 7.94 | 0.33 | 0.46 | 0.15 | | | 18.9 | 882 | 1 |
| V1003 | Soup, chicken & vegetable, heated, Wattie's® | 100 | 89.2 | 110 | 120 | 2.06 | 0.25 | 3.86 | 1.2 | 0.9 | 2.96 | 0.08 | 0.13 | 0.03 | | | 5 | 400 | 0.74 |
| | 1 cup (250 mL) | 271 | 242 | 298 | 324 | 5.59 | 0.68 | 10.5 | 3.3 | 2.44 | 8.02 | 0.22 | 0.35 | 0.08 | | | 13.6 | 1080 | 2 |
| V59 | Soup, chicken noodle, instant dry mix, prepared with water, Continental® | 100 | 85.9 | 209 | 210 | 1.49 | 0.45 | 9.83 | 0.1 | 0.13 | 9.71 | 0.21 | 0.16 | 0.06 | | 0 | 0 | 251 | 3.2 |
| | 1 cup (250 mL) | 275 | 236 | 576 | 579 | 4.1 | 1.25 | 27 | 0.4 | 0.34 | 26.7 | 0.57 | 0.45 | 0.16 | | 0 | 0 | 690 | 8.8 |
| V68 | Soup, chicken noodle, instant dry mix, prepared with water, Maggi® | 100 | 95.8 | 55 | 56 | 0.2 | 0.07 | 2.9 | trace | 0.02 | 2.88 | 0.02 | 0.03 | 0.02 | | 0 | 0.76 | 157 | 1.1 |
| | 1 cup (250 mL) | 275 | 263 | 152 | 153 | 0.54 | 0.2 | 7.97 | 0.1 | 0.06 | 7.91 | 0.06 | 0.09 | 0.05 | | 0 | 2.08 | 432 | 3.1 |
| V4 | Soup, cream of chicken, canned | 100 | 87.9 | 241 | 241 | 1.69 | 3.8 | 4.2 | 0.1 | 1.1 | 3.1 | 1.17 | 1.43 | 0.91 | | | 4 | 460 | 1 |
| | 1 cup (250 mL) | 259 | 228 | 623 | 625 | 4.37 | 9.84 | 10.9 | 0.3 | 2.85 | 8.03 | 3.03 | 3.71 | 2.35 | | | 10.4 | 1190 | 2.6 |
| V9 | Soup, cream of mushroom, canned | 100 | 89.2 | 220 | 223 | 1.06 | 3.8 | 3.6 | 0.4 | 0.8 | 2.8 | 1.03 | 0.72 | 1.79 | | | 1 | 470 | 3.5 |
| | 1 cup (250 mL) | 261 | 233 | 574 | 582 | 2.77 | 9.92 | 9.4 | 1 | 2.09 | 7.31 | 2.7 | 1.88 | 4.66 | | | 2.61 | 1230 | 9.1 |
| V15 | Soup, cream of tomato, canned | 100 | 84.2 | 229 | 232 | 0.81 | 3.3 | 5.5 | 0.3 | 2.5 | 3 | 0.63 | 0.74 | 1.64 | | | 10 | 460 | 2.1 |
| | 1 cup (250 mL) | 260 | 219 | 596 | 604 | 2.11 | 8.58 | 14.3 | 0.9 | 6.5 | 7.8 | 1.63 | 1.92 | 4.27 | | | 26 | 1200 | 5.5 |
| V65 | Soup, creme of vegetable, instant dry mix, prepared with water, Maggi® | 100 | 94.1 | 87 | 92 | 0.78 | 0.41 | 3.47 | 0.6 | 0.12 | 3.35 | 0.28 | 0.09 | 0.02 | | 0 | 1.09 | 185 | 1.5 |
| | 1 cup (250 mL) | 250 | 235 | 218 | 231 | 1.94 | 1.02 | 8.68 | 1.6 | 0.3 | 8.38 | 0.69 | 0.23 | 0.05 | | 0 | 2.72 | 463 | 3.8 |
| V1004 | Soup, lentil & vegetables, heated, Wattie's® | 100 | 90.6 | 142 | 180 | 1.38 | 0.5 | 5.88 | 4.8 | 1.4 | 4.48 | 0.08 | 0.33 | 0.06 | | | 0 | 350 | 1.1 |
| | 1 cup (250 mL) | 270 | 244 | 383 | 487 | 3.71 | 1.35 | 15.9 | 13 | 3.78 | 12.1 | 0.22 | 0.89 | 0.16 | | | 0 | 945 | 3 |
| V8 | Soup, minestrone, instant dry mix, prepared with water | 100 | 91.6 | 98 | 115 | 0.75 | 0.7 | 3.5 | 2.1 | 1.2 | 2.3 | 0.33 | 0.3 | 0.04 | | | 1 | 430 | 1 |
| | 1 cup (250 mL) | 268 | 245 | 263 | 308 | 2.01 | 1.88 | 9.38 | 5.6 | 3.22 | 6.16 | 0.88 | 0.8 | 0.11 | | | 2.68 | 1150 | 2.7 |
| V66 | Soup, mushroom, instant dry mix, prepared with water, Maggi® | 100 | 94.4 | 75 | 77 | 0.72 | 0.35 | 2.95 | 0.2 | 0.08 | 2.87 | 0.05 | 0.15 | 0.09 | | 0 | 0.12 | 161 | 1.4 |
| | 1 cup (250 mL) | 250 | 236 | 188 | 193 | 1.79 | 0.87 | 7.37 | 0.6 | 0.2 | 7.17 | 0.12 | 0.37 | 0.21 | | 0 | 0.3 | 401 | 3.5 |
| V1001 | Soup, pumpkin, heated | 100 | 84.5 | 230 | 238 | 1.72 | 0.9 | 9.88 | 1 | 6.1 | 3.78 | 0.59 | 0.23 | 0.03 | | | 4 | 220 | 1.5 |
| | 1 cup (250 mL) | 275 | 232 | 634 | 656 | 4.73 | 2.48 | 27.2 | 2.8 | 16.8 | 10.4 | 1.63 | 0.64 | 0.09 | | | 11 | 605 | 4.1 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K | Phosphorus P | Calcium Ca | Iron Fe | Zinc Zn | Selenium Se | Vitamin A | Beta- carotene | Thiamin | Riboflavin | Niacin | Vitamin B6 | Vitamin B12 | Dietary folate | Vitamin C | Vitamin D | Vitamin E |
|--------|--|---------|----------------|-----------------|---------------|------------|------------|----------------|--------------|-------------------|---------|------------|--------|---------------|----------------|-------------------|--------------|--------------|--------------|
| | | g | mg | mg | mg | mg | mg | µg | µg | µg | mg | mg | mg | mg | µg | µg | mg | µg | mg |
| V1008 | Soup, chicken & corn, heated, Wattie's® | 100 | 57 | 20 | 3 | 0.14 | 0.15 | 1.1 | 15 | 92 | 0.13 | 0.08 | 0.66 | 0.11 | 0.12 | 13 | 5 | 0 | 0.3 |
| | 1 cup (250 mL) | 252 | 144 | 50 | 7 | 0.35 | 0.38 | 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 | 6 | 0.19 | 0.12 | 1.3 | 9 | 55 | 0.13 | 0.08 | 0.85 | 0.11 | 0.02 | 13 | 4 | 0 | 0.07 |
| | 1 cup (250 mL) | 271 | 241 | 79 | 16 | 0.52 | 0.33 | 3.5 | 25 | 149 | 0.35 | 0.22 | 2.3 | 0.3 | 0.05 | 35 | 10.8 | 0 | 0.18 |
| V59 | Soup, chicken noodle, instant dry mix, prepared with water, Continental® | 100 | 35 | 14 | 6 | 0.06 | 0.12 | 1.2 | 0 | 0 | 0.17 | 0.004 | 0.49 | 0.001 | 0 | 5 | 0 | 0 | 0.02 |
| | 1 cup (250 mL) | 275 | 97 | 39 | 16 | 0.15 | 0.32 | 3.2 | 0 | 0 | 0.47 | 0.012 | 1.4 | 0.004 | 0 | 13 | 0 | 0 | 0.05 |
| V68 | Soup, chicken noodle, instant dry mix, prepared with water, Maggi® | 100 | 10 | 4 | 5 | 0.03 | 0.02 | 0.67 | 0 | 0 | 0.002 | 0 | 0.14 | 0 | 0 | trace | 0 | 0 | 0 |
| | 1 cup (250 mL) | 275 | 28 | 12 | 13 | 0.08 | 0.05 | 1.8 | 0 | 0 | 0.005 | 0.001 | 0.39 | 0.001 | 0 | 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 | 106 | 70 | 70 | 1.04 | 0.78 | 2.6 | 48 | 181 | 0.026 | 0.078 | 1.3 | 0.026 | 0 | 5 | 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 | 144 | 78 | 78 | 0.78 | 0.78 | 1 | 104 | 0 | 0.052 | 0.13 | 1.3 | 0.026 | 0 | 5 | 0 | 0 | 1.4 |
| V15 | Soup, cream of tomato, canned | 100 | 190 | 20 | 17 | 0.4 | 0.2 | 0.9 | 75 | 210 | 0.03 | 0.02 | 0.6 | 0.06 | 0 | 12 | 1 | 0 | 1.4 |
| | 1 cup (250 mL) | 260 | 494 | 52 | 44 | 1.04 | 0.52 | 2.3 | 195 | 546 | 0.078 | 0.052 | 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 | 0.05 | 0.06 | 0.37 | 1 | 5 | 0.002 | 0.003 | 0.13 | 0.001 | 0 | 2 | 0 | 0 | trace |
| | 1 cup (250 mL) | 250 | 82 | 30 | 36 | 0.11 | 0.15 | 0.93 | 2 | 13 | 0.005 | 0.006 | 0.33 | 0.002 | 0 | 5 | 0 | 0 | 0.01 |
| V1004 | Soup, lentil & vegetables, heated, Wattie's® | 100 | 110 | 18 | 8 | 0.41 | 0.19 | 0.47 | 41 | 247 | 0 | 0.05 | 1.1 | 0.06 | 0 | 7 | 2 | 0 | 1.4 |
| | 1 cup (250 mL) | 270 | 297 | 49 | 21 | 1.11 | 0.51 | 1.3 | 111 | 667 | 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 | 166 | 32 | 24 | 0.54 | 0.27 | 1.1 | 38 | 225 | 0.054 | 0.027 | 0.8 | 0.19 | 0 | 35 | 0 | 0 | 1.1 |
| V66 | Soup, mushroom, instant dry mix, prepared with water, Maggi® | 100 | 54 | 17 | 12 | 0.05 | 0.07 | 0.07 | 0 | 0 | 0.001 | 0.004 | 0.15 | 0.001 | 0 | 1 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 250 | 136 | 43 | 29 | 0.12 | 0.17 | 0.17 | 0 | 0 | 0.003 | 0.01 | 0.37 | 0.001 | 0 | 2 | 0 | 0 | 0 |
| V1001 | Soup, pumpkin, heated | 100 | 230 | 31 | 23 | 0.46 | 0.24 | 0.64 | 347 | 2080 | 0.03 | 0.12 | 0.62 | 0.19 | 0.13 | 6 | 6 | 0 | 0.92 |
| | 1 cup (250 mL) | 275 | 633 | 85 | 63 | 1.27 | 0.66 | 1.8 | 955 | 5720 | 0.082 | 0.32 | 1.7 | 0.51 | 0.35 | 17 | 16.5 | 0 | 2.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| V1007 | Soup, pumpkin, heated, Wattie's® | 100 | 93.7 | 94 | 102 | 0.63 | 0.85 | 3.06 | 1 | 1.9 | 1.16 | 0.53 | 0.21 | 0.03 | | | 6 | 260 | 0.66 | |
| | 1 cup (250 mL) | 249 | 233 | 234 | 254 | 1.56 | 2.12 | 7.62 | 2.5 | 4.73 | 2.89 | 1.32 | 0.53 | 0.07 | | | 14.9 | 647 | 1.6 | |
| V1005 | Soup, seafood chowder, heated | 100 | 89.4 | 246 | 251 | 3.72 | 2.9 | 4.43 | 0.6 | 1.5 | 2.93 | 1.27 | 0.54 | 0.13 | 0.016 | 0.051 | 14 | 230 | 3.9 | |
| | 1 cup (250 mL) | 264 | 236 | 649 | 662 | 9.82 | 7.66 | 11.7 | 1.6 | 3.96 | 7.74 | 3.35 | 1.43 | 0.35 | 0.043 | 0.134 | 37 | 607 | 10 | |
| V55 | Soup, tomato, instant dry mix, prepared with water, Continental® | 100 | 91.6 | 120 | 120 | 0.34 | 0.29 | 6.07 | 0.1 | 0.4 | 5.67 | 0.13 | 0.1 | 0.04 | | 0 | 0 | 235 | 2 | |
| | 1 cup (250 mL) | 257 | 235 | 307 | 309 | 0.86 | 0.75 | 15.6 | 0.2 | 1.02 | 14.6 | 0.33 | 0.26 | 0.09 | | 0 | 0 | 605 | 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 | 0.26 | | | 0 | 500 | 2.1 | |
| | 1 cup (250 mL) | 257 | 222 | 403 | 440 | 3.86 | 1.8 | 15.9 | 4.6 | 6.17 | 9.77 | 0.27 | 0.77 | 0.68 | | | 0 | 1290 | 5.4 | |
| W | SUGARS, CONFECTIONARIES AND SWEET SPREADS | | | | | | | | | | | | | | | | | | | |
| W1009 | Chocolate bar & bite size, Moro, Cadbury | 100 | 6.1 | 1600 | 1610 | 4.41 | 14.6 | 58.1 | 1.2 | 56.1 | 2 | 8.28 | 4.93 | 0.46 | 0.042 | 0.391 | 7.5 | 260 | 8.6 | |
| | 1 treat size bar (4.5 x 2.2 x 1.6 cm) | 18.1 | 1.1 | 290 | 292 | 0.8 | 2.64 | 10.5 | 0.2 | 10.2 | 0.36 | 1.5 | 0.89 | 0.08 | 0.008 | 0.071 | 1.36 | 47 | 1.6 | |
| | 1 bar (11.4 x 3.1 x 1.9 cm) | 65.1 | 4 | 1040 | 1050 | 2.87 | 9.51 | 37.8 | 0.8 | 36.5 | 1.3 | 5.39 | 3.21 | 0.3 | 0.027 | 0.254 | 4.88 | 169 | 5.6 | |
| W1010 | Chocolate bar & block, Dairy Milk Fruit & Nut™, Cadbury® | 100 | 3.3 | 1960 | 1980 | 8.47 | 25.2 | 52.2 | 2.1 | 51.7 | 0.5 | 14.5 | 8.05 | 1.35 | 0.072 | 1.21 | 13.5 | 60 | 18 | |
| | 1 bar (12.8 x 3.4 x 1.2 cm) | 51.5 | 1.7 | 1010 | 1020 | 4.36 | 13 | 26.9 | 1.1 | 26.6 | 0.26 | 7.44 | 4.14 | 0.7 | 0.037 | 0.62 | 6.95 | 31 | 9.1 | |
| | 1 block (20.5 x 9.5 x 1.0 cm) | 206 | 6.7 | 4050 | 4080 | 17.4 | 51.9 | 108 | 4.3 | 107 | 1.03 | 29.8 | 16.6 | 2.78 | 0.149 | 2.48 | 27.8 | 124 | 36 | |
| W1013 | Chocolate bar & block, Dairy Milk with Crunchie™, Cadbury® | 100 | 1.4 | 2010 | 2020 | 6.81 | 23.8 | 59.7 | 1.3 | 58.9 | 0.8 | 14.6 | 7.08 | 0.87 | 0.091 | 0.705 | 16 | 131 | 16 | |
| | 1 block (20.4 x 9.5 x 0.9 cm) | 198 | 2.8 | 3980 | 4000 | 13.5 | 47.1 | 118 | 2.6 | 117 | 1.58 | 28.9 | 14 | 1.71 | 0.18 | 1.4 | 31.7 | 259 | 31 | |
| | 1 block (20.1 x 16.2 x 1.0 cm) | 355 | 5 | 7140 | 7180 | 24.2 | 84.5 | 212 | 4.6 | 209 | 2.84 | 51.9 | 25.1 | 3.07 | 0.323 | 2.5 | 56.8 | 465 | 55 | |
| W1012 | Chocolate bar & block, Energy™, Cadbury® | 100 | 0.7 | 2080 | 2130 | 6.72 | 28.6 | 53.7 | 5.3 | 51.5 | 2.2 | 17.6 | 8.64 | 0.93 | 0.082 | 0.82 | 8.9 | 27 | 8 | |
| | 1 bar (12.5 x 3.1 x 1.1 cm) | 51.2 | 0.3 | 1070 | 1090 | 3.44 | 14.6 | 27.5 | 2.7 | 26.3 | 1.13 | 9.02 | 4.42 | 0.48 | 0.042 | 0.42 | 4.56 | 14 | 4.1 | |
| | 1 block (20.3 x 9.4 x 0.9 cm) | 205 | 1.4 | 4270 | 4360 | 13.8 | 58.6 | 110 | 10.9 | 105 | 4.51 | 36.1 | 17.7 | 1.91 | 0.168 | 1.68 | 18.2 | 55 | 16 | |
| W5 | Chocolate bar, Bounty®, Mars | 100 | 7.6 | 1990 | 2050 | 4.81 | 26.1 | 55.5 | 7.4 | 51.3 | 4.2 | 20.3 | 4.09 | 0.57 | | | 8 | 180 | 5 | |
| | 1 bar | 50 | 3.8 | 996 | 1030 | 2.41 | 13.1 | 27.8 | 3.7 | 25.7 | 2.1 | 10.1 | 2.05 | 0.29 | | | 4 | 90 | 2.5 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| V1007 | Soup, pumpkin, heated, Wattie's® | 100 | 110 | 11 | 7 | 0.14 | 0.1 | 0 | 116 | 590 | 0.09 | 0.07 | 0.62 | 0.11 | 0.01 | 6 | 0 | 0 | 0.7 |
| | 1 cup (250 mL) | 249 | 274 | 27 | 17 | 0.35 | 0.25 | 0 | 288 | 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 | 0.15 | 0.17 | 8.1 | 16 | 21 | 0 | 0.12 | 0.7 | 0.08 | 0.17 | 4 | 0 | 0 | 0.6 |
| | 1 cup (250 mL) | 264 | 370 | 137 | 82 | 0.38 | 0.44 | 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 | 4 | 0.08 | 0.03 | 0.1 | 0 | 0 | 0.001 | 0.001 | 0.065 | 0.002 | 0 | 5 | 0 | 0 | 0.06 |
| | 1 cup (250 mL) | 257 | 152 | 16 | 10 | 0.2 | 0.08 | 0.25 | 0 | 0 | 0.002 | 0.002 | 0.17 | 0.005 | 0 | 14 | 0 | 0 | 0.15 |
| V18 | Soup, vegetable, canned | 100 | 140 | 27 | 17 | 0.6 | 0.3 | 0.24 | 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 | 1.54 | 0.77 | 0.62 | 77 | 463 | 0.077 | 0.051 | 1.5 | 0.13 | 0 | 23 | 6.94 | 0 | 0.64 |
| W | SUGARS, CONFECTIONARIES AND SWEET SPREADS | | | | | | | | | | | | | | | | | | |
| W1009 | Chocolate bar & bite size, Moro, Cadbury | 100 | 240 | 117 | 112 | 0.84 | 0.65 | 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 | 0.15 | 0.12 | 0 | 2 | trace | 0.002 | 0.047 | 0.2 | 0.038 | 0.01 | 0 | 0 | 0 | 0.26 |
| | 1 bar (11.4 x 3.1 x 1.9 cm) | 65.1 | 156 | 76 | 73 | 0.55 | 0.42 | 0 | 6 | 2 | 0.007 | 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 | 1.47 | 1.22 | 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 | 263 | 124 | 118 | 0.76 | 0.63 | 0 | 19 | 9 | 0.052 | 0.2 | 2.5 | 0.2 | 0.09 | 22 | 0 | 0 | 2 |
| | 1 block (20.5 x 9.5 x 1.0 cm) | 206 | 1050 | 494 | 474 | 3.03 | 2.51 | 0 | 75 | 35 | 0.21 | 0.8 | 10 | 0.78 | 0.38 | 89 | 0 | 0 | 8 |
| W1013 | Chocolate bar & block, Dairy Milk with Crunchie™, Cadbury® | 100 | 330 | 192 | 192 | 1.42 | 1.03 | 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 | 653 | 380 | 380 | 2.81 | 2.04 | 0 | 70 | 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) | 355 | 1170 | 682 | 682 | 5.04 | 3.66 | 0 | 126 | 11 | 0.036 | 0.92 | 4.1 | 0.75 | 4 | 0 | 0 | 0 | 9 |
| W1012 | Chocolate bar & block, Energy™, Cadbury® | 100 | 520 | 210 | 112 | 3.5 | 1.67 | 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 | 266 | 108 | 57 | 1.79 | 0.86 | 0 | 11 | 9 | 0.061 | 0.1 | 0.88 | 0.17 | 1.4 | 8 | 0 | 0 | 2.1 |
| | 1 block (20.3 x 9.4 x 0.9 cm) | 205 | 1070 | 431 | 230 | 7.18 | 3.42 | 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 | 0.65 | 0.45 | 1.1 | 19 | 5 | 0.02 | 0.05 | 0.55 | 0.01 | 0 | 3 | 0 | 0 | 0.48 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| W1014 | Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury | 100 | 3.6 | 1970 | 2000 | 9.69 | 29 | 43.3 | 2.9 | 40.2 | 3.1 | 14.4 | 11.8 | 1.16 | 0.055 | 1.08 | 7.4 | 166 | 10 |
| | 1 bar (10.9 x 2.7 x 2.2 cm) | 62.8 | 2.3 | 1240 | 1250 | 6.08 | 18.2 | 27.2 | 1.8 | 25.3 | 1.95 | 9.06 | 7.39 | 0.73 | 0.035 | 0.678 | 4.65 | 104 | 6.5 |
| W6 | Chocolate bar, Mars | 100 | 6.9 | 1860 | 1880 | 5.25 | 18.9 | 63.3 | 1.6 | 55.9 | 7.4 | 11.1 | 6.25 | 0.67 | | | 15 | 150 | 11 |
| | 1 bar | 60 | 4.1 | 1120 | 1130 | 3.15 | 11.3 | 38 | 1 | 33.5 | 4.44 | 6.68 | 3.75 | 0.4 | | | 9 | 90 | 6.3 |
| W3 | Chocolate bar, milk | 100 | 2.2 | 2230 | 2230 | 8.44 | 30.3 | 56.5 | 0.8 | 53.9 | 2.6 | 17.7 | 9.7 | 1.07 | | | 18 | 120 | 11 |
| | 1 small bar | 50 | 1.1 | 1110 | 1120 | 4.22 | 15.2 | 28.3 | 0.4 | 27 | 1.3 | 8.84 | 4.85 | 0.53 | | | 9 | 60 | 5.5 |
| | 1 large bar | 120 | 2.6 | 2670 | 2680 | 10.1 | 36.4 | 67.8 | 1 | 64.7 | 3.12 | 21.2 | 11.6 | 1.28 | | | 21.6 | 144 | 13 |
| W1011 | Chocolate block & slab, Peanut, Whittaker's® | 100 | 1.2 | 2240 | 2280 | 14.8 | 32.9 | 45.5 | 4.1 | 43.6 | 1.9 | 14.2 | 11.7 | 5.5 | 0.063 | 5.44 | 2.65 | 47 | 6.8 |
| | 1 slab (7.4 x 3.6 x 1.7 cm) | 52 | 0.6 | 1170 | 1180 | 7.72 | 17.1 | 23.7 | 2.1 | 22.7 | 0.99 | 7.39 | 6.08 | 2.86 | 0.033 | 2.83 | 1.38 | 24 | 3.5 |
| | 1 block big (19.9 x 10.6 x 1.1 cm) | 259 | 3.2 | 5810 | 5900 | 38.4 | 85.2 | 118 | 10.6 | 113 | 4.92 | 36.8 | 30.3 | 14.3 | 0.163 | 14.1 | 6.86 | 122 | 18 |
| W1015 | Chocolate, compound | 100 | 0.5 | 2180 | 2190 | 2.85 | 27.5 | 65.5 | 1.7 | 64.7 | 0.8 | 17.8 | 0.42 | 0.07 | 0 | 0.074 | 0 | 12 | 2.8 |
| | 1 cup (250 mL) | 216 | 1.1 | 4710 | 4740 | 6.16 | 59.4 | 141 | 3.7 | 140 | 1.73 | 38.5 | 0.92 | 0.16 | 0 | 0.159 | 0 | 26 | 6 |
| W7 | Chocolate, fancy & filled | 100 | 5.7 | 1950 | 1960 | 4.13 | 18.8 | 69.8 | 1.5 | 63 | 6.8 | 11.6 | 5.64 | 0.74 | | | 15 | 60 | 5 |
| | 1 chocolate | 5 | 0.3 | 98 | 98 | 0.21 | 0.94 | 3.49 | 0.1 | 3.15 | 0.34 | 0.58 | 0.28 | 0.04 | | | 0.75 | 3 | 0.25 |
| W1025 | Dark chocolate, cocoa solids (45–69%), sugar added | 100 | 0.5 | 2200 | 2260 | 6.41 | 31.4 | 54.7 | 8 | 52.2 | 2.47 | 21 | 10.7 | 1.18 | 0.079 | 1.09 | 2 | 0 | 52 |
| | 1 square large (4.5 x 3.8 x 1.0 cm) | 20 | 0.1 | 440 | 452 | 1.28 | 6.27 | 10.9 | 1.6 | 10.4 | 0.49 | 4.19 | 2.14 | 0.24 | 0.016 | 0.219 | 0.4 | 0 | 10 |
| | 4 squares small (10.0 x 1.9 x 1.0 cm) | 23.1 | 0.1 | 508 | 523 | 1.48 | 7.24 | 12.6 | 1.8 | 12.1 | 0.57 | 4.84 | 2.47 | 0.27 | 0.018 | 0.252 | 0.46 | 0 | 12 |
| | 1 block (17.5 x 8.4 x 1.0 cm) | 179 | 0.9 | 3940 | 4050 | 11.5 | 56.1 | 97.9 | 14.3 | 93.4 | 4.42 | 37.5 | 19.1 | 2.11 | 0.141 | 1.96 | 3.58 | 0 | 93 |
| W1026 | Dark chocolate, cocoa solids (70–84 %), sugar added | 100 | 0.5 | 2280 | 2380 | 10.1 | 40.5 | 35.8 | 12.5 | 32.1 | 3.67 | 25.1 | 12.9 | 1.36 | 0.075 | 1.27 | 0 | 7 | 14 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 20.9 | 0.1 | 476 | 497 | 2.12 | 8.46 | 7.48 | 2.6 | 6.71 | 0.77 | 5.25 | 2.7 | 0.28 | 0.016 | 0.264 | 0 | 1 | 2.9 |
| | 4 small squares (9.2 x 2.4 x 1.0 cm) | 22.7 | 0.1 | 517 | 540 | 2.3 | 9.19 | 8.12 | 2.8 | 7.29 | 0.83 | 5.7 | 2.94 | 0.31 | 0.017 | 0.287 | 0 | 2 | 3.1 |
| | 1 block (17.5 x 8.4 x 1.0 cm) | 179 | 0.9 | 4080 | 4260 | 18.1 | 72.5 | 64 | 22.4 | 57.5 | 6.57 | 45 | 23.2 | 2.43 | 0.134 | 2.26 | 0 | 13 | 25 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| W1014 | Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury | 100 | 350 | 200 | 116 | 1.19 | 1.27 | 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 | 126 | 73 | 0.75 | 0.8 | 2.4 | 7 | 11 | 0.063 | 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 | 0.66 | 0.48 | 1.3 | 40 | 11 | 0.03 | 0.12 | 0.72 | 0.012 | 0 | 0 | 0 | 0 | 1.4 |
| W3 | Chocolate bar, milk | 100 | 420 | 240 | 220 | 1.6 | 1.28 | 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 | 0.64 | 1.1 | 48 | 10 | 0.05 | 0.12 | 1.5 | 0.01 | 0 | 6 | 0 | 0 | 0 |
| | 1 large bar | 120 | 504 | 288 | 264 | 1.92 | 1.54 | 2.5 | 116 | 24 | 0.12 | 0.28 | 3.5 | 0.024 | 0 | 13 | 0 | 0 | 0 |
| W1011 | Chocolate block & slab, Peanut, Whittaker's® | 100 | 530 | 300 | 160 | 1.65 | 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 | 276 | 156 | 83 | 0.86 | 1.04 | 1.7 | 1 | 9 | 0.052 | 0.2 | 3.7 | 0.2 | 1.2 | 22 | 0 | 0 | 1.7 |
| | 1 block big (19.9 x 10.6 x 1.1 cm) | 259 | 1370 | 777 | 414 | 4.27 | 5.18 | 8.3 | 7 | 44 | 0.26 | 1 | 18 | 0.98 | 6.2 | 110 | 0 | 0 | 8.3 |
| W1015 | Chocolate, compound | 100 | 520 | 104 | 41 | 5 | 1 | 0 | 16 | 13 | 0 | 0.13 | 1.5 | 0.36 | 0.34 | 0 | 0 | 0.31 | 0.31 |
| | 1 cup (250 mL) | 216 | 1120 | 225 | 89 | 10.8 | 2.16 | 0 | 35 | 28 | 0 | 0.28 | 3.2 | 0.78 | 0.73 | 0 | 0 | 0.67 | 0.66 |
| 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 | 5 | 0.09 | 0.05 | 0.18 | 4 | 1 | 0.005 | 0.005 | 0.05 | 0.001 | 0 | 1 | 0 | 0 | 0.08 |
| W1025 | Dark chocolate, cocoa solids (45–69%), sugar added | 100 | 550 | 210 | 49 | 4.3 | 2 | 3 | 5 | 31 | 0.1 | 0.1 | 1.6 | 0.46 | 0 | 28 | 0 | 0 | 4.2 |
| | 1 square large (4.5 x 3.8 x 1.0 cm) | 20 | 110 | 42 | 10 | 0.86 | 0.4 | 0.6 | 1 | 6 | 0.02 | 0.02 | 0.32 | 0.092 | 0 | 6 | 0 | 0 | 0.84 |
| | 4 squares small (10.0 x 1.9 x 1.0 cm) | 23.1 | 127 | 49 | 11 | 0.99 | 0.46 | 0.69 | 1 | 7 | 0.023 | 0.023 | 0.37 | 0.11 | 0 | 6 | 0 | 0 | 0.97 |
| | 1 block (17.5 x 8.4 x 1.0 cm) | 179 | 985 | 376 | 88 | 7.7 | 3.58 | 5.4 | 9 | 55 | 0.18 | 0.18 | 2.9 | 0.82 | 0 | 50 | 0 | 0 | 7.5 |
| W1026 | Dark chocolate, cocoa solids (70–84 %), sugar added | 100 | 850 | 310 | 71 | 7.3 | 3.1 | 5 | 6 | 35 | 0.14 | 0.12 | 2.3 | 0.76 | 0 | 37 | 0 | 0 | 4.6 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 20.9 | 178 | 65 | 15 | 1.53 | 0.65 | 1 | 1 | 7 | 0.029 | 0.025 | 0.47 | 0.16 | 0 | 8 | 0 | 0 | 0.95 |
| | 4 small squares (9.2 x 2.4 x 1.0 cm) | 22.7 | 193 | 70 | 16 | 1.66 | 0.7 | 1.1 | 1 | 8 | 0.032 | 0.027 | 0.51 | 0.17 | 0 | 8 | 0 | 0 | 1 |
| | 1 block (17.5 x 8.4 x 1.0 cm) | 179 | 1520 | 555 | 127 | 13.1 | 5.55 | 9 | 11 | 63 | 0.25 | 0.22 | 4 | 1.4 | 0 | 66 | 0 | 0 | 8.2 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| W1027 | Dark chocolate, cocoa solids (>85%), sugar added | 100 | 0.8 | 2340 | 2460 | 11.7 | 50.5 | 16.3 | 14.6 | 12 | 4.28 | 31.8 | 16.6 | 1.65 | 0.085 | 1.54 | 1.1 | 10 | 8.5 |
| | 4 small squares (9.4 x 1.5 x 0.7 cm) | 12.2 | 0.1 | 286 | 300 | 1.43 | 6.16 | 1.99 | 1.8 | 1.46 | 0.52 | 3.88 | 2.03 | 0.2 | 0.01 | 0.188 | 0.13 | 1 | 1 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 19.6 | 0.2 | 459 | 482 | 2.3 | 9.9 | 3.19 | 2.9 | 2.35 | 0.84 | 6.23 | 3.26 | 0.32 | 0.017 | 0.302 | 0.22 | 2 | 1.7 |
| | 1 block (17.8 x 8.1 x 0.6 cm) | 93 | 0.7 | 2180 | 2290 | 10.9 | 47 | 15.1 | 13.6 | 11.2 | 3.98 | 29.5 | 15.4 | 1.53 | 0.079 | 1.43 | 1.02 | 9 | 7.9 |
| W8 | Fruit gum | 100 | 14 | 1100 | 1100 | 6.5 | 0 | 57.9 | 0 | 56.2 | 1.72 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0.5 |
| | 1 fruit gum | 2 | 0.3 | 22 | 22 | 0.13 | 0 | 1.16 | 0 | 1.12 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.01 |
| W1018 | Honey, manuka | 100 | 17.2 | 1230 | 1230 | 0.19 | 0.6 | 70.6 | 0 | 70.6 | 0 | 0.02 | 0.02 | trace | 0.001 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 7.88 | 1.4 | 97 | 97 | 0.02 | 0.05 | 5.56 | 0 | 5.56 | 0 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 23.6 | 4.1 | 289 | 289 | 0.04 | 0.14 | 16.7 | 0 | 16.7 | 0 | trace | trace | trace | 0 | 0 | 0 | 0 | 0 |
| W1019 | Honey, multifloral | 100 | 16.4 | 1220 | 1220 | 0.28 | 0.4 | 70.5 | 0 | 70.5 | 0 | 0.01 | 0.01 | trace | 0.001 | 0 | 0 | 6 | 0 |
| | 1 teaspoon (5 mL) | 7.92 | 1.3 | 96 | 96 | 0.02 | 0.03 | 5.58 | 0 | 5.58 | 0 | trace | trace | 0 | 0 | 0 | 0 | trace | 0 |
| | 1 tablespoon (15 mL) | 23.8 | 3.9 | 290 | 290 | 0.07 | 0.1 | 16.8 | 0 | 16.8 | 0 | trace | trace | trace | 0 | 0 | 0 | 1 | 0 |
| W31 | Ice block, frozen | 100 | 80.2 | 300 | 300 | 0.31 | 0.1 | 17.1 | 0 | 17.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 |
| | 1 ice-block | 80 | 64.2 | 240 | 240 | 0.25 | 0.08 | 13.7 | 0 | 13.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 |
| | 1 cup (250 mL) | 193 | 155 | 578 | 578 | 0.6 | 0.19 | 33 | 0 | 33 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 0 |
| W14 | Jam, berry fruit | 100 | 29.6 | 1210 | 1220 | 0.38 | 0.41 | 69.7 | 1.1 | 67.8 | 1.97 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 0.5 |
| | 1 tablespoon (15 mL) | 15.6 | 4.6 | 188 | 190 | 0.06 | 0.06 | 10.9 | 0.2 | 10.6 | 0.31 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0.08 |
| W15 | Jam, stone fruit | 100 | 30 | 1160 | 1170 | 0.25 | 0.68 | 66.5 | 1.3 | 64.5 | 1.95 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 0.5 |
| | 1 tablespoon (15 mL) | 16.3 | 4.9 | 189 | 191 | 0.04 | 0.11 | 10.8 | 0.2 | 10.5 | 0.32 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0.08 |
| W45 | Jellybeans, Jaybees, Pascall | 100 | 5.7 | 1570 | 1570 | 0.56 | 0.07 | 91.8 | 0 | 71.5 | 20.3 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | 0.5 |
| | 1 jellybean | 2 | 0.1 | 31 | 31 | 0.01 | trace | 1.84 | 0 | 1.43 | 0.41 | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0.01 |
| W29 | Liquorice, allsorts | 100 | 8.4 | 1510 | 1540 | 3.94 | 5.2 | 73.5 | 3.3 | 65 | 8.5 | 3.77 | 0.48 | 0.72 | | | 0 | 75 | 0.8 |
| | 1 stick (1.5 x 1.6 cm diameter) | 3.8 | 0.3 | 57 | 58 | 0.15 | 0.2 | 2.79 | 0.1 | 2.47 | 0.32 | 0.14 | 0.02 | 0.03 | | | 0 | 3 | 0.03 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| W1027 | Dark chocolate, cocoa solids (>85%), sugar added | 100 | 1110 | 360 | 75 | 9.9 | 3.7 | 5 | 7 | 40 | 0.17 | 0.14 | 2.6 | 0.75 | 0 | 42 | 0 | 0 | 5.1 |
| | 4 small squares (9.4 x 1.5 x 0.7 cm) | 12.2 | 135 | 44 | 9 | 1.21 | 0.45 | 0.61 | 1 | 5 | 0.021 | 0.017 | 0.32 | 0.091 | 0 | 5 | 0 | 0 | 0.62 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 19.6 | 218 | 71 | 15 | 1.94 | 0.73 | 0.98 | 1 | 8 | 0.033 | 0.027 | 0.52 | 0.15 | 0 | 8 | 0 | 0 | 0.99 |
| | 1 block (17.8 x 8.1 x 0.6 cm) | 93 | 1030 | 335 | 70 | 9.21 | 3.44 | 4.7 | 6 | 37 | 0.16 | 0.13 | 2.5 | 0.7 | 0 | 39 | 0 | 0 | 4.7 |
| 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 | trace | trace | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0 | 0 | 0 | 0 | 0 | 0 |
| W1018 | Honey, manuka | 100 | 124 | 6 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0.41 | 0.035 | 0.14 | 0 | 0 | 0 | 0 | trace |
| | 1 teaspoon (5 mL) | 7.88 | 10 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.032 | 0.003 | 0.011 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 23.6 | 29 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.097 | 0.008 | 0.033 | 0 | 0 | 0 | 0 | 0 |
| W1019 | Honey, multifloral | 100 | 128 | 6 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0.28 | 0.052 | 0.11 | 0 | 0 | 0 | 0 | trace |
| | 1 teaspoon (5 mL) | 7.92 | 10 | trace | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0.022 | 0.004 | 0.009 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 23.8 | 30 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0.067 | 0.012 | 0.026 | 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 | 1 | 2 | 0.08 | 0 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 193 | 6 | 2 | 6 | 0.19 | 0 | 0.19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W14 | Jam, berry fruit | 100 | 55 | 10 | 9 | 0.24 | 0.11 | 0.1 | trace | 3 | 0 | 0.01 | 0.16 | 0.02 | 0 | 7 | 3.5 | 0 | 0 |
| | 1 tablespoon (15 mL) | 15.6 | 9 | 2 | 1 | 0.04 | 0.02 | 0.02 | trace | trace | 0 | 0.002 | 0.025 | 0.003 | 0 | 1 | 0.55 | 0 | 0 |
| W15 | Jam, stone fruit | 100 | 78 | 8 | 5 | 0.18 | 0.03 | 0 | 1 | 3 | 0 | 0.01 | 0.16 | 0.02 | 0 | 7 | 3.5 | 0 | 0 |
| | 1 tablespoon (15 mL) | 16.3 | 13 | 1 | 1 | 0.03 | trace | 0 | trace | 1 | 0 | 0.002 | 0.026 | 0.003 | 0 | 1 | 0.57 | 0 | 0 |
| W45 | Jellybeans, Jaybees, Pascall | 100 | 3 | 2 | 2 | 0.34 | 0.19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 jellybean | 2 | trace | trace | trace | 0.01 | 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 | 1 | 2 | 0.31 | 0.03 | 0.14 | 0 | 0 | 0 | 0 | 0.11 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| W43 | Liquorice, black | 100 | 15.1 | 1410 | 1440 | 4.13 | 1.46 | 75.7 | 3 | 44.6 | 31.1 | 0.3 | 0.5 | 0.6 | | | 0 | 106 | 0.5 |
| | 1 piece | 2 | 0.3 | 28 | 29 | 0.08 | 0.03 | 1.51 | 0.1 | 0.89 | 0.62 | 0.01 | 0.01 | 0.01 | | | 0 | 2 | 0.01 |
| W44 | Lollies, Minties, Pascall | 100 | 5.8 | 1540 | 1540 | 1.31 | 0.97 | 86.9 | 0 | 54.6 | 32.3 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0.5 |
| | 1 mintie | 7 | 0.4 | 107 | 107 | 0.09 | 0.07 | 6.08 | 0 | 3.82 | 2.26 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0.04 |
| W57 | Lollipop, assorted flavours, Chupa Chup® | 100 | 3 | 1460 | 1460 | 0.69 | 0.36 | 84.4 | 0 | 81.2 | 3.22 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0.5 |
| | 1 lollipop | 13.1 | 0.4 | 191 | 191 | 0.09 | 0.05 | 11.1 | 0 | 10.6 | 0.42 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.07 |
| W1024 | Marmalade, assorted citrus fruits, sweetened with artificial or intense sweetener | 100 | 38.9 | 393 | 403 | 0.25 | 0.4 | 22 | 1.3 | 21.8 | 0.2 | 0.03 | trace | 0.01 | 0.004 | 0.008 | 0 | 5 | 0 |
| | 1 tablespoon (15 mL) | 20 | 7.8 | 79 | 81 | 0.05 | 0.08 | 4.4 | 0.3 | 4.36 | 0.04 | 0.01 | trace | trace | 0.001 | 0.002 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 333 | 130 | 1310 | 1340 | 0.83 | 1.33 | 73.3 | 4.2 | 72.6 | 0.68 | 0.11 | 0.01 | 0.04 | 0.014 | 0.027 | 0 | 17 | 0 |
| W1023 | Marmalade, assorted citrus fruits, sweetened with juice | 100 | 45.6 | 817 | 827 | 0.54 | 0.7 | 46 | 1.3 | 45.8 | 0.2 | 0.03 | trace | 0.01 | 0.004 | 0.008 | 0 | 9 | 0 |
| | 1 tablespoon seed (15 mL) | 19.6 | 8.9 | 160 | 162 | 0.11 | 0.14 | 9.02 | 0.3 | 8.98 | 0.04 | 0.01 | trace | trace | 0.001 | 0.002 | 0 | 2 | 0 |
| | 1 cup (250 mL) | 327 | 149 | 2670 | 2710 | 1.78 | 2.29 | 150 | 4.2 | 150 | 0.67 | 0.11 | 0.01 | 0.04 | 0.013 | 0.027 | 0 | 29 | 0 |
| W1022 | Marmalade, assorted citrus fruits, sweetened with sugar | 100 | 29.2 | 1250 | 1260 | 0.15 | 0.6 | 71.9 | 1.3 | 71.7 | 0.2 | 0.03 | trace | 0.01 | 0.004 | 0.008 | 0 | 18 | 0 |
| | 1 tablespoon seed (15 mL) | 22 | 6.4 | 274 | 277 | 0.03 | 0.13 | 15.8 | 0.3 | 15.8 | 0.05 | 0.01 | trace | trace | 0.001 | 0.002 | 0 | 4 | 0 |
| | 1 cup (250 mL) | 354 | 103 | 4410 | 4450 | 0.53 | 2.12 | 255 | 4.5 | 254 | 0.72 | 0.12 | 0.01 | 0.04 | 0.015 | 0.029 | 0 | 64 | 0 |
| W40 | Marshmallow, pink & white | 100 | 16 | 1380 | 1380 | 2.81 | 0.11 | 78.1 | 0 | 71.3 | 6.8 | 0 | 0 | 0 | | | 0 | 27 | 0 |
| | 1 marshmallow | 4 | 0.6 | 55 | 55 | 0.11 | trace | 3.12 | 0 | 2.85 | 0.27 | 0 | 0 | 0 | | | 0 | 1 | 0 |
| | 1 cup chopped (250 mL) | 82 | 13.1 | 1130 | 1130 | 2.31 | 0.09 | 64.1 | 0 | 58.5 | 5.58 | 0 | 0 | 0 | | | 0 | 22 | 0 |
| W1029 | Milk chocolate, plain | 100 | 0.8 | 2270 | 2290 | 8.83 | 31.5 | 55.9 | 3.1 | 55.1 | 0.75 | 19.3 | 9.24 | 1.08 | 0.101 | 0.9 | 19 | 74 | 26 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 20.5 | 0.2 | 465 | 470 | 1.81 | 6.47 | 11.4 | 0.6 | 11.3 | 0.15 | 3.95 | 1.9 | 0.22 | 0.021 | 0.184 | 3.9 | 15 | 5.3 |
| | 4 small squares (10.0 x 1.9 x 1.0 cm) | 22.8 | 0.2 | 517 | 522 | 2.01 | 7.19 | 12.7 | 0.7 | 12.6 | 0.17 | 4.4 | 2.11 | 0.25 | 0.023 | 0.205 | 4.33 | 17 | 5.9 |
| | 1 block medium (18.6 x 8.7 x 1.0 cm) | 205 | 1.6 | 4650 | 4700 | 18.1 | 64.7 | 114 | 6.4 | 113 | 1.54 | 39.5 | 18.9 | 2.21 | 0.206 | 1.85 | 39 | 152 | 53 |
| | 1 block big (19.9 x 10.6 x 1.1 cm) | 254 | 2 | 5760 | 5820 | 22.4 | 80.1 | 142 | 7.9 | 140 | 1.91 | 49 | 23.5 | 2.73 | 0.256 | 2.29 | 48.3 | 188 | 66 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| W43 | Liquorice, black | 100 | 524 | 31 | 141 | 1.13 | 0.38 | 0 | 0 | 0 | 0.01 | 0.15 | 0.15 | 0.27 | 0 | 9 | 0 | 0 | 0 |
| | 1 piece | 2 | 10 | 1 | 3 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 0.003 | 0.003 | 0.005 | 0 | trace | 0 | 0 | 0 |
| W44 | Lollies, Minties, Pascall | 100 | 2 | 3 | 22 | 0.24 | 0.16 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 mintie | 7 | trace | trace | 2 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W57 | Lollipop, assorted flavours, Chupa Chup® | 100 | 15 | 5 | 4 | 0.75 | 0.06 | 0 | 0 | 0 | 0 | 0.17 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 lollipop | 13.1 | 2 | 1 | trace | 0.1 | 0.01 | 0 | 0 | 0 | 0 | 0.022 | 0.052 | 0 | 0 | 0 | 0 | 0 | 0 |
| W1024 | Marmalade, assorted citrus fruits, sweetened with artificial or intense sweetener | 100 | 44 | 3 | 47 | 0 | 0 | 0 | 0 | 0 | 0.02 | 0.03 | 0 | 0.03 | 0 | 4 | 6.25 | 0 | trace |
| | 1 tablespoon (15 mL) | 20 | 9 | 1 | 9 | 0 | 0 | 0 | 0 | 0 | 0.004 | 0.006 | 0 | 0.006 | 0 | 1 | 1.25 | 0 | trace |
| | 1 cup (250 mL) | 333 | 147 | 10 | 157 | 0 | 0 | 0 | 0 | 0 | 0.067 | 0.1 | 0 | 0.1 | 0 | 14 | 20.8 | 0 | 0.01 |
| W1023 | Marmalade, assorted citrus fruits, sweetened with juice | 100 | 88 | 6 | 40 | 0 | 0 | 0 | 0 | 0 | 0.04 | 0.03 | 0 | 0.03 | 0 | 4 | 6.25 | 0 | trace |
| | 1 tablespoon seed (15 mL) | 19.6 | 17 | 1 | 8 | 0 | 0 | 0 | 0 | 0 | 0.008 | 0.006 | 0 | 0.006 | 0 | 1 | 1.23 | 0 | trace |
| | 1 cup (250 mL) | 327 | 288 | 20 | 131 | 0 | 0 | 0 | 0 | 0 | 0.13 | 0.098 | 0 | 0.098 | 0 | 14 | 20.4 | 0 | 0.01 |
| W1022 | Marmalade, assorted citrus fruits, sweetened with sugar | 100 | 33 | 3 | 13 | 0 | 0 | 0 | 0 | 0 | 0.71 | 0.03 | 0 | 0.03 | 0 | 4 | 6.25 | 0 | trace |
| | 1 tablespoon seed (15 mL) | 22 | 7 | 1 | 3 | 0 | 0 | 0 | 0 | 0 | 0.16 | 0.007 | 0 | 0.007 | 0 | 1 | 1.38 | 0 | trace |
| | 1 cup (250 mL) | 354 | 117 | 11 | 45 | 0 | 0 | 0 | 0 | 0 | 2.5 | 0.11 | 0 | 0.11 | 0 | 15 | 22.1 | 0 | 0.01 |
| W40 | Marshmallow, pink & white | 100 | 2 | 3 | 7 | 0.42 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| | 1 marshmallow | 4 | trace | trace | trace | 0.02 | trace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0 | 0 | 0 |
| | 1 cup chopped (250 mL) | 82 | 2 | 3 | 5 | 0.34 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| W1029 | Milk chocolate, plain | 100 | 450 | 250 | 250 | 1.3 | 1.4 | 4 | 68 | 49 | 0.09 | 0.56 | 1.7 | 0.24 | 0.53 | 23 | 0 | 0 | 3.2 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 20.5 | 92 | 51 | 51 | 0.27 | 0.29 | 0.82 | 14 | 10 | 0.018 | 0.12 | 0.35 | 0.049 | 0.11 | 5 | 0 | 0 | 0.67 |
| | 4 small squares (10.0 x 1.9 x 1.0 cm) | 22.8 | 103 | 57 | 57 | 0.3 | 0.32 | 0.91 | 16 | 11 | 0.021 | 0.13 | 0.39 | 0.055 | 0.12 | 5 | 0 | 0 | 0.74 |
| | 1 block medium (18.6 x 8.7 x 1.0 cm) | 205 | 923 | 513 | 513 | 2.67 | 2.87 | 8.2 | 140 | 101 | 0.18 | 1.1 | 3.5 | 0.49 | 1.1 | 46 | 0 | 0 | 6.7 |
| | 1 block big (19.9 x 10.6 x 1.1 cm) | 254 | 1140 | 635 | 635 | 3.3 | 3.56 | 10 | 173 | 125 | 0.23 | 1.4 | 4.3 | 0.61 | 1.3 | 57 | 0 | 0 | 8.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| W46 | Sauce, chocolate | 100 | 43.4 | 919 | 924 | 1.39 | 0.09 | 52.5 | 0.6 | 50.5 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 63 | 5 |
| | 1 tablespoon (15 mL) | 15 | 6.5 | 138 | 139 | 0.21 | 0.01 | 7.88 | 0.1 | 7.58 | 0.3 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0.75 |
| W1016 | Spread, hazelnut, Nutella®, Ferrero | 100 | 1 | 2110 | 2140 | 7.26 | 27.8 | 56.6 | 3.1 | 55.8 | 0.81 | 3.44 | 14.2 | 6.56 | | | 0 | 47 | 13 |
| | 1 tablespoon (15 mL) | 14 | 0.1 | 296 | 300 | 1.02 | 3.89 | 7.93 | 0.4 | 7.82 | 0.11 | 0.48 | 1.98 | 0.92 | | | 0 | 7 | 1.8 |
| W19 | Sugar, brown | 100 | 2.3 | 1620 | 1620 | 0.19 | 0 | 95.1 | 0 | 95.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 |
| | 1 teaspoon (5 mL) | 3.71 | 0.1 | 60 | 60 | 0.01 | 0 | 3.53 | 0 | 3.53 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 186 | 4.3 | 3010 | 3010 | 0.35 | 0 | 177 | 0 | 177 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 37 | 0 |
| W23 | Sugar, raw | 100 | 0.3 | 1690 | 1690 | 0 | 0 | 99.2 | 0 | 99.2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| | 1 teaspoon (5 mL) | 3.87 | trace | 65 | 65 | 0 | 0 | 3.84 | 0 | 3.84 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0 |
| | 1 cup (250 mL) | 194 | 0.6 | 3270 | 3270 | 0 | 0 | 192 | 0 | 192 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 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 | trace | 0 |
| | 1 cup (250 mL) | 247 | trace | 4200 | 4200 | 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 | 4.19 | 0 | 4.17 | 0.02 | 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 | 0.01 | 0.01 | 1.94 | 0 | 1.84 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | trace | 0.02 |
| W25 | Syrup, golden | 100 | 18.2 | 1310 | 1310 | 0.31 | 0 | 76.6 | 0 | 76.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 203 | 0 |
| | 1 tablespoon (15 mL) | 20 | 3.6 | 262 | 262 | 0.06 | 0 | 15.3 | 0 | 15.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 41 | 0 |
| W26 | Toffees, mixed | 100 | 4.8 | 1870 | 1880 | 2.13 | 18.6 | 67.1 | 1.5 | 49.2 | 17.9 | 14.2 | 3.06 | 0.5 | | | 14 | 320 | 0.8 |
| | 1 toffee | 5 | 0.2 | 93 | 94 | 0.11 | 0.93 | 3.36 | 0.1 | 2.46 | 0.9 | 0.71 | 0.15 | 0.03 | | | 0.7 | 16 | 0.04 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|-------------------------------------|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| W46 | Sauce, chocolate | 100 | 190 | 61 | 11 | 1.15 | 0.58 | 1.5 | 43 | 0 | 0.01 | 0.03 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.8 |
| | 1 tablespoon (15 mL) | 15 | 29 | 9 | 2 | 0.17 | 0.09 | 0.23 | 6 | 0 | 0.002 | 0.004 | 0.015 | 0 | 0 | 0 | 0 | 0 | 0.12 |
| W1016 | Spread, hazelnut, Nutella®, Ferrero | 100 | 466 | 218 | 149 | 2.68 | 1.29 | 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 | 0.38 | 0.18 | 0 | trace | trace | 0 | 0.041 | 0.21 | 0.008 | 0.04 | 2 | 0 | 0 | 0.2 |
| W19 | Sugar, brown | 100 | 298 | 0 | 149 | 1.2 | 0.2 | 1.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 3.71 | 11 | 0 | 6 | 0.05 | 0.01 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 186 | 554 | 0 | 277 | 2.23 | 0.37 | 3.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W23 | Sugar, raw | 100 | 21 | 0 | 7 | 0.3 | 0.04 | 0.72 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 3.87 | 1 | 0 | trace | 0.01 | trace | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 194 | 41 | 0 | 14 | 0.58 | 0.08 | 1.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W24 | Sugar, white | 100 | 2 | trace | 2 | 0.29 | 0.05 | 0.71 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 teaspoon (5 mL) | 4.9 | trace | trace | trace | 0.01 | trace | 0.04 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 247 | 5 | 1 | 5 | 0.72 | 0.12 | 1.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W1 | Sweet, hard, boiled | 100 | 8 | 12 | 5 | 0.4 | 0.3 | 3.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 boiled sweet | 5 | trace | 1 | trace | 0.02 | 0.02 | 0.18 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W18 | Sweet, peppermint | 100 | 3 | 3 | 7 | 0.2 | 0.3 | 3.6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 peppermint | 2 | trace | trace | trace | trace | 0.01 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W25 | Syrup, golden | 100 | 424 | 21 | 227 | 2.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 tablespoon (15 mL) | 20 | 85 | 4 | 45 | 0.48 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| W26 | Toffees, mixed | 100 | 165 | 64 | 95 | 1.5 | 0.4 | 3.6 | 77 | 23 | 0 | 0.11 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 toffee | 5 | 8 | 3 | 5 | 0.08 | 0.02 | 0.18 | 4 | 1 | 0 | 0.006 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 | |
| W1028 | White chocolate, plain | 100 | 0.9 | 2340 | 2340 | 6.94 | 31.9 | 61.3 | 0.3 | 61.3 | 0.03 | 19.2 | 9.51 | 1.14 | 0.107 | 0.954 | 15 | 68 | 24 | |
| | 1 square large (4.5 x 3.8 x 1.0 cm) | 20.3 | 0.2 | 475 | 475 | 1.41 | 6.47 | 12.4 | trace | 12.4 | trace | 3.89 | 1.93 | 0.23 | 0.022 | 0.194 | 3.05 | 14 | 4.9 | |
| | 4 small squares (9.1 x 1.9 x 1.0 cm) | 23 | 0.2 | 538 | 539 | 1.6 | 7.33 | 14.1 | 0.1 | 14.1 | 0.01 | 4.41 | 2.19 | 0.26 | 0.025 | 0.219 | 3.45 | 16 | 5.5 | |
| | 1 block medium (18.6 x 8.7 x 1.0 cm) | 202 | 1.8 | 4730 | 4730 | 14 | 64.4 | 124 | 0.5 | 124 | 0.05 | 38.7 | 19.2 | 2.3 | 0.217 | 1.93 | 30.3 | 137 | 48 | |
| 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 | 0.05 | 0.01 | 0.1 | | | 0 | 15 | 0.69 | |
| | 1 artichoke | 120 | 101 | 105 | 155 | 4.2 | 0.24 | 1.44 | 5.5 | 1.44 | 0 | 0.07 | 0.01 | 0.12 | | | 0 | 18 | 0.83 | |
| X134 | Asparagus, canned, drained | 100 | 91.3 | 106 | 141 | 3.13 | 0.4 | 2.24 | 4.4 | 2.2 | 0.04 | 0.1 | 0.02 | 0.2 | | | 0 | 336 | 0.69 | |
| | 1 cup spears (250 mL) | 256 | 234 | 271 | 361 | 8 | 1.02 | 5.73 | 11.3 | 5.63 | 0.1 | 0.27 | 0.04 | 0.52 | | | 0 | 860 | 1.8 | |
| X1106 | Asparagus, stalk, fresh, boiled, drained, no salt added | 100 | 92.4 | 73 | 88 | 2.13 | 0.21 | 1.68 | 1.9 | 1.68 | 0 | 0.06 | 0.02 | 0.06 | 0.016 | 0.039 | 0 | 0 | 0.27 | |
| | 1 cup sliced (250 mL) | 136 | 126 | 99 | 119 | 2.89 | 0.29 | 2.29 | 2.6 | 2.29 | 0 | 0.08 | 0.03 | 0.09 | 0.022 | 0.054 | 0 | 0 | 0.37 | |
| X1105 | Asparagus, stalk, fresh, raw | 100 | 92.7 | 80 | 95 | 2.69 | 0.2 | 1.6 | 1.8 | 1.6 | 0 | 0.06 | 0.02 | 0.06 | 0.015 | 0.037 | 0 | 0 | 0.3 | |
| | 1 spear (16-20cm long) | 15 | 13.9 | 12 | 14 | 0.4 | 0.03 | 0.24 | 0.3 | 0.24 | 0 | 0.01 | trace | 0.01 | 0.002 | 0.006 | 0 | 0 | 0.05 | |
| | 1 cup sliced 2.5 cm long (250 mL) | 118 | 109 | 95 | 112 | 3.17 | 0.24 | 1.89 | 2.1 | 1.89 | 0 | 0.07 | 0.02 | 0.07 | 0.018 | 0.044 | 0 | 0 | 0.35 | |
| | 1 bunch | 199 | 185 | 160 | 188 | 5.35 | 0.4 | 3.18 | 3.6 | 3.18 | 0 | 0.12 | 0.04 | 0.12 | 0.031 | 0.075 | 0 | 0 | 0.6 | |
| X1107 | Asparagus, stalk, fresh, steamed | 100 | 92 | 74 | 89 | 2.19 | 0.21 | 1.7 | 1.9 | 1.7 | 0 | 0.06 | 0.02 | 0.07 | 0.016 | 0.04 | 0 | 0 | 0.3 | |
| | 1 cup sliced (250 mL) | 135 | 124 | 100 | 121 | 2.95 | 0.29 | 2.3 | 2.6 | 2.3 | 0 | 0.08 | 0.03 | 0.09 | 0.022 | 0.054 | 0 | 0 | 0.41 | |
| X1004 | Baked beans, canned in tomato sauce | 100 | 69.7 | 310 | 352 | 5 | 0.6 | 12 | 5.2 | 3.7 | 8.25 | 0.1 | 0 | 0.3 | | | 0 | 462 | 2.9 | |
| | 1 cup (250 mL) | 268 | 187 | 832 | 943 | 13.4 | 1.61 | 32 | 13.9 | 9.92 | 22.1 | 0.27 | 0 | 0.8 | | | 0 | 1240 | 7.8 | |
| X1193 | Banana, green, cooking, deep-fried in oil | 100 | 51.3 | 766 | 799 | 1.7 | 6.91 | 28.3 | 4.1 | 1.01 | 27.3 | 0.66 | 5.14 | 2.37 | 0.701 | 1.63 | 0 | 0 | 0 | |
| | 5 slices (0.4 x 3.1cm diameter) | 13.7 | 7 | 105 | 109 | 0.23 | 0.95 | 3.88 | 0.6 | 0.14 | 3.74 | 0.09 | 0.71 | 0.33 | 0.096 | 0.223 | 0 | 0 | 0 | |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|----------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| W1028 | White chocolate, plain | 100 | 300 | 190 | 230 | 0 | 0.72 | 4 | 57 | 35 | 0.06 | 0.71 | 1.2 | 0.1 | 0.57 | 16 | 0 | 0 | 3.8 |
| | 1 square large (4.5 x 3.8 x 1.0 cm) | 20.3 | 61 | 39 | 47 | 0 | 0.15 | 0.81 | 12 | 7 | 0.012 | 0.14 | 0.25 | 0.02 | 0.12 | 3 | 0 | 0 | 0.78 |
| | 4 small squares (9.1 x 1.9 x 1.0 cm) | 23 | 69 | 44 | 53 | 0 | 0.17 | 0.92 | 13 | 8 | 0.014 | 0.16 | 0.28 | 0.023 | 0.13 | 4 | 0 | 0 | 0.88 |
| | 1 block medium (18.6 x 8.7 x 1.0 cm) | 202 | 606 | 384 | 465 | 0 | 1.45 | 8.1 | 115 | 70 | 0.12 | 1.4 | 2.4 | 0.2 | 1.2 | 33 | 0 | 0 | 7.7 |
| 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 | 396 | 48 | 53 | 0.6 | 0.72 | 0 | 18 | 108 | 0.084 | 0.036 | 1.7 | 0.084 | 0 | 110 | 9.6 | 0 | 0.24 |
| X134 | Asparagus, canned, drained | 100 | 200 | 70 | 20 | 1.42 | 0.61 | 2.8 | 63 | 378 | 0.05 | 0.22 | 1.7 | 0.01 | 0 | 87 | 11 | 0 | 1.4 |
| | 1 cup spears (250 mL) | 256 | 512 | 179 | 51 | 3.64 | 1.56 | 7.2 | 162 | 968 | 0.13 | 0.56 | 4.4 | 0.026 | 0 | 220 | 28.2 | 0 | 3.6 |
| X1106 | Asparagus, stalk, fresh, boiled, drained, no salt added | 100 | 237 | 51 | 20 | 0.39 | 0.56 | 2.2 | 25 | 152 | 0.17 | 0.24 | 1.6 | 0.14 | 0 | 120 | 6.99 | 0 | 0.31 |
| | 1 cup sliced (250 mL) | 136 | 322 | 70 | 27 | 0.53 | 0.76 | 3 | 34 | 206 | 0.23 | 0.32 | 2.2 | 0.2 | 0 | 160 | 9.51 | 0 | 0.42 |
| X1105 | Asparagus, stalk, fresh, raw | 100 | 250 | 54 | 20 | 0.39 | 0.56 | 2.1 | 27 | 160 | 0.2 | 0.25 | 1.8 | 0.16 | 0 | 140 | 2.84 | 0 | 0.3 |
| | 1 spear (16-20cm long) | 15 | 38 | 8 | 3 | 0.06 | 0.08 | 0.32 | 4 | 24 | 0.03 | 0.037 | 0.27 | 0.024 | 0 | 21 | 0.43 | 0 | 0.04 |
| | 1 cup sliced 2.5 cm long (250 mL) | 118 | 295 | 64 | 23 | 0.46 | 0.66 | 2.5 | 32 | 189 | 0.24 | 0.3 | 2.1 | 0.19 | 0 | 170 | 3.35 | 0 | 0.35 |
| | 1 bunch | 199 | 498 | 107 | 39 | 0.78 | 1.11 | 4.2 | 53 | 318 | 0.4 | 0.5 | 3.5 | 0.32 | 0 | 280 | 5.64 | 0 | 0.59 |
| X1107 | Asparagus, stalk, fresh, steamed | 100 | 266 | 57 | 21 | 0.42 | 0.6 | 2.2 | 27 | 162 | 0.19 | 0.25 | 1.8 | 0.15 | 0 | 130 | 7.9 | 0 | 0.31 |
| | 1 cup sliced (250 mL) | 135 | 359 | 78 | 28 | 0.56 | 0.8 | 3 | 36 | 218 | 0.26 | 0.34 | 2.4 | 0.21 | 0 | 180 | 10.7 | 0 | 0.42 |
| X1004 | Baked beans, canned in tomato sauce | 100 | 263 | 87 | 37 | 1.19 | 0.53 | 2.2 | 13 | 80 | 0.005 | 0 | 1.2 | 0.12 | 0 | 38 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 268 | 705 | 232 | 100 | 3.18 | 1.43 | 5.8 | 36 | 214 | 0.013 | 0 | 3.2 | 0.32 | 0 | 100 | 0 | 0 | trace |
| X1193 | Banana, green, cooking, deep-fried in oil | 100 | 692 | 37 | 7 | 0.42 | 0.3 | 0.68 | 22 | 132 | 0.072 | 0.032 | 0.38 | 0.27 | 0 | 4 | 9.07 | 0 | 1.7 |
| | 5 slices (0.4 x 3.1cm diameter) | 13.7 | 95 | 5 | 1 | 0.06 | 0.04 | 0.09 | 3 | 18 | 0.01 | 0.004 | 0.051 | 0.037 | 0 | 1 | 1.24 | 0 | 0.24 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1192 | Banana, green, cooking, peeled, boiled, drained | 100 | 76.7 | 290 | 310 | 0.9 | 0.3 | 15.5 | 2.6 | 0.55 | 14.9 | 0.05 | 0.03 | 0.06 | 0.009 | 0.028 | 0 | 0 | 0 |
| | 5 slices (0.6 x 2.9 cm diameter) | 23.4 | 17.9 | 68 | 73 | 0.21 | 0.07 | 3.63 | 0.6 | 0.13 | 3.5 | 0.01 | 0.01 | 0.01 | 0.002 | 0.007 | 0 | 0 | 0 |
| | 1 fruit (18-20 cm long) | 177 | 136 | 513 | 549 | 1.59 | 0.53 | 27.4 | 4.5 | 0.97 | 26.5 | 0.09 | 0.04 | 0.1 | 0.017 | 0.05 | 0 | 0 | 0 |
| X137 | Bean, black, boiled, drained, no salt added | 100 | 65.7 | 421 | 490 | 8.88 | 0.54 | 14.7 | 8.7 | 1.2 | 13.5 | 0.14 | 0.05 | 0.24 | | | 0 | 1 | 0.44 |
| | 1 cup (250 mL) | 182 | 120 | 766 | 892 | 16.2 | 0.98 | 26.8 | 15.8 | 2.18 | 24.6 | 0.26 | 0.09 | 0.44 | | | 0 | 2 | 0.8 |
| X138 | Bean, broad, boiled, drained, no salt added | 100 | 78.8 | 248 | 282 | 5.31 | 0.3 | 8.62 | 4.2 | 2.4 | 6.22 | 0.05 | 0.06 | 0.13 | | | 0 | 6 | 0.44 |
| | 1 cup (250 mL) | 170 | 134 | 422 | 479 | 9.03 | 0.51 | 14.7 | 7.1 | 4.08 | 10.6 | 0.09 | 0.1 | 0.22 | | | 0 | 10 | 0.75 |
| X1225 | Bean, butter bean, frozen, boiled, drained, no salt added | 100 | 90.3 | 97 | 126 | 1.68 | 0.2 | 3.61 | 3.6 | 2.25 | 1.36 | 0.04 | 0.01 | 0.11 | 0.069 | 0.043 | 0 | 2 | 0.31 |
| | 1 cup sliced (250 mL) | 123 | 111 | 120 | 155 | 2.07 | 0.25 | 4.44 | 4.4 | 2.76 | 1.67 | 0.05 | 0.01 | 0.14 | 0.085 | 0.053 | 0 | 3 | 0.38 |
| X1226 | Bean, butter bean, frozen, steamed or microwaved, no salt added | 100 | 87.8 | 124 | 157 | 2.2 | 0.5 | 4.02 | 4.1 | 2.5 | 1.52 | 0.05 | 0.01 | 0.13 | 0.077 | 0.048 | 0 | 3 | 0.32 |
| | 1 cup sliced (250 mL) | 122 | 107 | 151 | 191 | 2.68 | 0.61 | 4.9 | 5 | 3.05 | 1.85 | 0.06 | 0.01 | 0.15 | 0.094 | 0.059 | 0 | 3 | 0.4 |
| X139 | Bean, butter bean, seeds with pod, boiled, drained, no salt added | 100 | 91.6 | 82 | 107 | 2.31 | 0.2 | 2.1 | 3.1 | 1.8 | 0.3 | 0.04 | 0.01 | 0.11 | | | 0 | 3 | 0.14 |
| | 1 cup (250 mL) | 136 | 125 | 112 | 146 | 3.15 | 0.27 | 2.86 | 4.2 | 2.45 | 0.41 | 0.06 | 0.01 | 0.14 | | | 0 | 4 | 0.19 |
| X1109 | Bean, green runner or dwarf, seeds with pod, fresh, boiled, drained, no salt added | 100 | 89.5 | 114 | 141 | 2.19 | 0.19 | 4.08 | 3.4 | 3.11 | 0.97 | 0.06 | 0.03 | 0.06 | 0.023 | 0.032 | 0 | 0 | 0.25 |
| | 1 cup sliced (250 mL) | 121 | 108 | 138 | 170 | 2.65 | 0.24 | 4.93 | 4.1 | 3.76 | 1.18 | 0.07 | 0.03 | 0.08 | 0.028 | 0.039 | 0 | 0 | 0.3 |
| X1108 | Bean, green runner or dwarf, seeds with pod, fresh, raw | 100 | 89.2 | 115 | 143 | 2.13 | 0.2 | 4.2 | 3.5 | 3.2 | 1 | 0.06 | 0.03 | 0.07 | 0.024 | 0.033 | 0 | 0 | 0.3 |
| | 1 whole | 5.7 | 5.1 | 7 | 8 | 0.12 | 0.01 | 0.24 | 0.2 | 0.18 | 0.06 | trace | trace | trace | 0.001 | 0.002 | 0 | 0 | 0.02 |
| | 1 cup sliced 2 cm long (250 mL) | 120 | 107 | 138 | 172 | 2.55 | 0.24 | 5.04 | 4.2 | 3.84 | 1.2 | 0.07 | 0.03 | 0.08 | 0.029 | 0.04 | 0 | 0 | 0.36 |
| X1110 | Bean, green runner or dwarf, seeds with pod, fresh, steamed | 100 | 88.8 | 118 | 147 | 2.13 | 0.21 | 4.38 | 3.6 | 3.33 | 1.04 | 0.06 | 0.03 | 0.07 | 0.025 | 0.034 | 0 | 0 | 0.3 |
| | 1 cup sliced (250 mL) | 123 | 109 | 145 | 181 | 2.61 | 0.26 | 5.38 | 4.5 | 4.1 | 1.28 | 0.08 | 0.04 | 0.09 | 0.031 | 0.042 | 0 | 0 | 0.37 |
| X1223 | Bean, green, frozen, boiled, drained, no salt added | 100 | 90.3 | 104 | 131 | 1.94 | 0.2 | 3.75 | 3.3 | 1.68 | 2.07 | 0.09 | 0.04 | 0.1 | 0.036 | 0.049 | 0 | 2 | 0.3 |
| | 1 cup sliced (250 mL) | 123 | 111 | 128 | 161 | 2.39 | 0.25 | 4.61 | 4.1 | 2.07 | 2.54 | 0.11 | 0.05 | 0.12 | 0.044 | 0.06 | 0 | 2 | 0.37 |
| X1247 | Bean, green, frozen, steamed or microwaved, no salt added | 100 | 87.4 | 122 | 152 | 2.26 | 0.4 | 4.07 | 3.7 | 1.83 | 2.25 | 0.1 | 0.04 | 0.11 | 0.039 | 0.053 | 0 | 2 | 0.31 |
| | 1 cup sliced (250 mL) | 122 | 107 | 149 | 185 | 2.75 | 0.49 | 4.97 | 4.5 | 2.23 | 2.74 | 0.12 | 0.05 | 0.13 | 0.048 | 0.065 | 0 | 2 | 0.37 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1192 | Banana, green, cooking, peeled, boiled, drained | 100 | 335 | 18 | 4 | 0.22 | 0.16 | 0.36 | 13 | 75 | 0.036 | 0.016 | 0.19 | 0.14 | 0 | 2 | 4.31 | 0 | 0.42 |
| | 5 slices (0.6 x 2.9 cm diameter) | 23.4 | 78 | 4 | 1 | 0.05 | 0.04 | 0.09 | 3 | 18 | 0.009 | 0.004 | 0.045 | 0.033 | 0 | trace | 1.01 | 0 | 0.1 |
| | 1 fruit (18-20 cm long) | 177 | 594 | 32 | 7 | 0.38 | 0.28 | 0.64 | 22 | 133 | 0.064 | 0.029 | 0.34 | 0.25 | 0 | 4 | 7.63 | 0 | 0.73 |
| X137 | Bean, black, boiled, drained, no salt added | 100 | 355 | 140 | 27 | 2.1 | 1.12 | 2.1 | 1 | 6 | 0.24 | 0.06 | 2.3 | 0.07 | 0 | 150 | 0 | 0 | 0.17 |
| | 1 cup (250 mL) | 182 | 646 | 255 | 49 | 3.82 | 2.04 | 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 | 225 | 96 | 27 | 1.6 | 0.72 | 0.1 | 29 | 176 | 0.1 | 0.034 | 2.7 | 0.02 | 0 | 100 | 19 | 0 | 0.11 |
| | 1 cup (250 mL) | 170 | 383 | 163 | 46 | 2.72 | 1.22 | 0.17 | 50 | 299 | 0.17 | 0.058 | 4.6 | 0.034 | 0 | 180 | 32.3 | 0 | 0.19 |
| X1225 | Bean, butter bean, frozen, boiled, drained, no salt added | 100 | 202 | 31 | 58 | 0.59 | 0.23 | 0.61 | 5 | 31 | 0.055 | 0.087 | 0.43 | 0.17 | 0 | 68 | 11.3 | 0 | 0.14 |
| | 1 cup sliced (250 mL) | 123 | 249 | 38 | 72 | 0.73 | 0.29 | 0.75 | 6 | 38 | 0.068 | 0.11 | 0.53 | 0.2 | 0 | 84 | 13.9 | 0 | 0.17 |
| X1226 | Bean, butter bean, frozen, steamed or microwaved, no salt added | 100 | 250 | 39 | 68 | 0.69 | 0.27 | 0.68 | 14 | 81 | 0.061 | 0.097 | 0.51 | 0.18 | 0 | 73 | 14.4 | 0 | 0.15 |
| | 1 cup sliced (250 mL) | 122 | 305 | 47 | 83 | 0.85 | 0.33 | 0.83 | 17 | 99 | 0.075 | 0.12 | 0.62 | 0.23 | 0 | 89 | 17.5 | 0 | 0.19 |
| X139 | Bean, butter bean, seeds with pod, boiled, drained, no salt added | 100 | 207 | 27 | 15 | 0.4 | 1.4 | 0.15 | 14 | 81 | 0.05 | 0.09 | 1.4 | 0.02 | 0 | 33 | 11 | 0 | 0.11 |
| | 1 cup (250 mL) | 136 | 282 | 37 | 20 | 0.54 | 1.9 | 0.2 | 18 | 110 | 0.068 | 0.12 | 1.9 | 0.027 | 0 | 45 | 15 | 0 | 0.15 |
| X1109 | Bean, green runner or dwarf, seeds with pod, fresh, boiled, drained, no salt added | 100 | 227 | 28 | 44 | 0.62 | 0.28 | 0.49 | 47 | 281 | 0.047 | 0.14 | 6.5 | 0.16 | 0 | 16 | 9.46 | 0 | 0.1 |
| | 1 cup sliced (250 mL) | 121 | 275 | 34 | 54 | 0.75 | 0.34 | 0.59 | 57 | 339 | 0.056 | 0.17 | 7.8 | 0.19 | 0 | 20 | 11.4 | 0 | 0.12 |
| X1108 | Bean, green runner or dwarf, seeds with pod, fresh, raw | 100 | 260 | 32 | 48 | 0.67 | 0.3 | 0.5 | 54 | 321 | 0.06 | 0.13 | 7.8 | 0.19 | 0 | 26 | 7.89 | 0 | 0.11 |
| | 1 whole | 5.7 | 15 | 2 | 3 | 0.04 | 0.02 | 0.03 | 3 | 18 | 0.003 | 0.007 | 0.45 | 0.011 | 0 | 1 | 0.45 | 0 | 0.01 |
| | 1 cup sliced 2 cm long (250 mL) | 120 | 312 | 38 | 58 | 0.8 | 0.36 | 0.6 | 64 | 385 | 0.072 | 0.16 | 9.4 | 0.23 | 0 | 31 | 9.47 | 0 | 0.13 |
| X1110 | Bean, green runner or dwarf, seeds with pod, fresh, steamed | 100 | 271 | 33 | 50 | 0.7 | 0.31 | 0.52 | 53 | 318 | 0.056 | 0.17 | 7.8 | 0.18 | 0 | 23 | 9.61 | 0 | 0.11 |
| | 1 cup sliced (250 mL) | 123 | 333 | 41 | 62 | 0.86 | 0.38 | 0.64 | 65 | 391 | 0.069 | 0.21 | 9.6 | 0.22 | 0 | 28 | 11.8 | 0 | 0.13 |
| X1223 | Bean, green, frozen, boiled, drained, no salt added | 100 | 250 | 43 | 63 | 0.8 | 0.35 | 0 | 39 | 232 | 0.062 | 0.094 | 0.88 | 0.19 | 0 | 53 | 9.35 | 0 | 0.12 |
| | 1 cup sliced (250 mL) | 123 | 307 | 53 | 78 | 0.98 | 0.43 | 0 | 48 | 286 | 0.077 | 0.12 | 1.1 | 0.23 | 0 | 65 | 11.5 | 0 | 0.15 |
| X1247 | Bean, green, frozen, steamed or microwaved, no salt added | 100 | 301 | 52 | 72 | 0.91 | 0.4 | 0 | 36 | 215 | 0.068 | 0.1 | 1 | 0.2 | 0 | 80 | 11.9 | 0 | 0.13 |
| | 1 cup sliced (250 mL) | 122 | 367 | 63 | 88 | 1.12 | 0.49 | 0 | 44 | 263 | 0.083 | 0.13 | 1.2 | 0.25 | 0 | 98 | 14.5 | 0 | 0.16 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X10 | Bean, haricot, boiled, drained | 100 | 69.6 | 390 | 460 | 6.63 | 0.5 | 15.2 | 8.8 | 0.8 | 14.4 | 0.13 | 0.05 | 0.22 | | | 0 | 15 | 0.13 |
| | 1 cup (250 mL) | 180 | 125 | 701 | 828 | 11.9 | 0.9 | 27.4 | 15.8 | 1.44 | 25.9 | 0.24 | 0.08 | 0.4 | | | 0 | 27 | 0.23 |
| X1148 | Bean, mixed beans, canned in brine, drained | 100 | 69.7 | 306 | 359 | 6.92 | 1 | 8.9 | 6.6 | 1.2 | 7.7 | 0.18 | 0.14 | 0.67 | 0.272 | 0.396 | 0 | 133 | 0.2 |
| | 1 cup (250 mL) | 217 | 151 | 664 | 778 | 15 | 2.17 | 19.3 | 14.3 | 2.6 | 16.7 | 0.39 | 0.31 | 1.45 | 0.589 | 0.86 | 0 | 289 | 0.43 |
| X1060 | Bean, red kidney, boiled, drained | 100 | 71.1 | 307 | 365 | 7.88 | 0.5 | 9.1 | 7.2 | 0.6 | 8.5 | 0.08 | 0 | 0.29 | 0.174 | 0.111 | 0 | 8 | 0.44 |
| | 1 cup (250 mL) | 180 | 128 | 553 | 656 | 14.2 | 0.9 | 16.4 | 13 | 1.08 | 15.3 | 0.14 | 0 | 0.51 | 0.313 | 0.199 | 0 | 14 | 0.79 |
| X1250 | Bean, soy, (edamame), green, immature, shelled, frozen, boiled, drained, no salt added | 100 | 71.3 | 491 | 536 | 11.6 | 6.4 | 3.36 | 5.6 | 1.86 | 1.5 | 0.96 | 2.77 | 3.07 | 0.445 | 2.63 | 0 | 9 | 0.89 |
| | 1 cup (250 mL) | 171 | 122 | 840 | 916 | 19.8 | 10.9 | 5.75 | 9.5 | 3.19 | 2.57 | 1.63 | 4.74 | 5.25 | 0.76 | 4.49 | 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 | 3.65 | 6.6 | 2.02 | 1.63 | 1.04 | 3.01 | 3.33 | 0.482 | 2.85 | 0 | 11 | 1 |
| | 1 cup (250 mL) | 166 | 114 | 919 | 1010 | 20.2 | 12.8 | 6.06 | 11 | 3.36 | 2.7 | 1.72 | 4.99 | 5.53 | 0.801 | 4.73 | 0 | 18 | 1.7 |
| X1096 | Beetroot, canned in water, sliced, drained | 100 | 86 | 199 | 216 | 0.99 | 0.2 | 10.3 | 2.1 | 10.2 | 0.1 | 0.04 | 0.06 | 0.03 | 0.005 | 0.022 | 0 | 220 | 0.6 |
| | 1 slice (0.5 x 4.6 cm diameter) | 10.2 | 8.8 | 20 | 22 | 0.1 | 0.02 | 1.05 | 0.2 | 1.04 | 0.01 | trace | 0.01 | trace | 0.001 | 0.002 | 0 | 22 | 0.06 |
| | 1 cup sliced (250 mL) | 176 | 151 | 351 | 380 | 1.74 | 0.35 | 18.1 | 3.7 | 18 | 0.18 | 0.07 | 0.1 | 0.05 | 0.01 | 0.039 | 0 | 387 | 1.1 |
| X1165 | Beetroot, peeled, fresh, raw | 100 | 88.6 | 115 | 132 | 1.43 | 0.1 | 5.1 | 2.1 | 5.1 | 0 | 0.03 | 0.05 | 0.15 | 0.028 | 0.119 | 0 | 56 | 0.3 |
| | 1 cup sliced (250 mL) | 165 | 146 | 189 | 217 | 2.36 | 0.17 | 8.42 | 3.5 | 8.42 | 0 | 0.04 | 0.08 | 0.25 | 0.046 | 0.197 | 0 | 92 | 0.5 |
| | 1 cup grated (250 mL) | 170 | 151 | 195 | 224 | 2.43 | 0.17 | 8.67 | 3.6 | 8.67 | 0 | 0.04 | 0.08 | 0.25 | 0.048 | 0.203 | 0 | 95 | 0.51 |
| | 1 beetroot (7.4 cm) | 196 | 174 | 225 | 258 | 2.81 | 0.2 | 10 | 4.2 | 10 | 0 | 0.05 | 0.09 | 0.29 | 0.055 | 0.234 | 0 | 110 | 0.59 |
| X1166 | Beetroot, peeled, fresh, roasted, no salt added | 100 | 86.7 | 145 | 163 | 1.69 | 0.2 | 6.4 | 2.3 | 6.4 | 0 | 0.03 | 0.06 | 0.18 | 0.033 | 0.142 | 0 | 67 | 0.34 |
| | 1 beetroot (7.4 cm) | 166 | 144 | 241 | 271 | 2.8 | 0.33 | 10.6 | 3.8 | 10.6 | 0 | 0.05 | 0.09 | 0.29 | 0.055 | 0.236 | 0 | 111 | 0.56 |
| X1019 | Broccoflower, frozen, boiled, drained, no salt added | 100 | 91.8 | 100 | 123 | 2.56 | 0.4 | 2.48 | 2.8 | 2.48 | 0 | 0.1 | 0.01 | 0.11 | | | 0 | 4 | 0.13 |
| | 1 cup (250 mL) | 164 | 151 | 165 | 201 | 4.2 | 0.66 | 4.06 | 4.6 | 4.06 | 0 | 0.16 | 0.02 | 0.18 | | | 0 | 7 | 0.21 |
| X1016 | Broccoflower, frozen, raw | 100 | 90.2 | 113 | 136 | 3.47 | 0.4 | 2.32 | 2.8 | 2.32 | 0 | 0.1 | 0.01 | 0.11 | 0.076 | 0.03 | 0 | 6 | 0.2 |
| | 1 cup (250 mL) | 95 | 85.6 | 108 | 129 | 3.3 | 0.38 | 2.2 | 2.7 | 2.2 | 0 | 0.1 | 0.01 | 0.1 | 0.073 | 0.029 | 0 | 6 | 0.19 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| 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 | 576 | 216 | 117 | 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 | 1.53 | 0.87 | 1.9 | 0 | 0 | 0.07 | 0.04 | 1.6 | 0.19 | 0 | 22 | 0 | 0 | 0.13 |
| | 1 cup (250 mL) | 217 | 543 | 217 | 111 | 3.32 | 1.89 | 4.1 | 0 | 0 | 0.15 | 0.087 | 3.5 | 0.41 | 0 | 48 | 0 | 0 | 0.27 |
| 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 | 522 | 234 | 61 | 3.06 | 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 | 375 | 173 | 81 | 1.92 | 1.19 | 1.5 | 25 | 149 | 0.15 | 0.096 | 3.7 | 0.24 | 0 | 210 | 12.7 | 0 | 1.5 |
| | 1 cup (250 mL) | 171 | 641 | 296 | 138 | 3.28 | 2.04 | 2.5 | 43 | 255 | 0.25 | 0.16 | 6.3 | 0.41 | 0 | 360 | 21.6 | 0 | 2.5 |
| X1251 | Bean, soy, (edamame), green, immature, shelled, frozen, steamed or microwaved, no salt added | 100 | 434 | 198 | 93 | 2.2 | 1.37 | 1.6 | 29 | 171 | 0.17 | 0.11 | 4.1 | 0.28 | 0 | 260 | 18.4 | 0 | 1.3 |
| | 1 cup (250 mL) | 166 | 721 | 329 | 154 | 3.66 | 2.27 | 2.6 | 48 | 285 | 0.28 | 0.18 | 6.8 | 0.46 | 0 | 430 | 30.5 | 0 | 2.1 |
| X1096 | Beetroot, canned in water, sliced, drained | 100 | 156 | 18 | 12 | 0.41 | 0.21 | 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 | 2 | 1 | 0.04 | 0.02 | 0 | 0 | 0 | 0.001 | 0.002 | 0.004 | 0.008 | 0 | 0 | 0.02 | 0 | 0 |
| | 1 cup sliced (250 mL) | 176 | 275 | 31 | 21 | 0.72 | 0.37 | 0 | 0 | 0 | 0.018 | 0.035 | 0.07 | 0.14 | 0 | 0 | 0.35 | 0 | 0 |
| X1165 | Beetroot, peeled, fresh, raw | 100 | 390 | 28 | 13 | 0.29 | 0.28 | 0 | 1 | 8 | 0.09 | 0.03 | 0.9 | 1.8 | 0 | 27 | 2.84 | 0 | trace |
| | 1 cup sliced (250 mL) | 165 | 644 | 46 | 21 | 0.48 | 0.46 | 0 | 2 | 13 | 0.15 | 0.049 | 1.5 | 3 | 0 | 45 | 4.69 | 0 | trace |
| | 1 cup grated (250 mL) | 170 | 663 | 48 | 22 | 0.49 | 0.48 | 0 | 2 | 14 | 0.15 | 0.051 | 1.5 | 3.1 | 0 | 47 | 4.83 | 0 | trace |
| | 1 beetroot (7.4 cm) | 196 | 764 | 55 | 25 | 0.57 | 0.55 | 0 | 3 | 16 | 0.18 | 0.059 | 1.8 | 3.6 | 0 | 54 | 5.57 | 0 | trace |
| X1166 | Beetroot, peeled, fresh, roasted, no salt added | 100 | 464 | 33 | 15 | 0.35 | 0.33 | 0 | 2 | 9 | 0.096 | 0.034 | 1 | 2.1 | 0 | 26 | 2.54 | 0 | trace |
| | 1 beetroot (7.4 cm) | 166 | 771 | 55 | 25 | 0.57 | 0.55 | 0 | 3 | 15 | 0.16 | 0.056 | 1.7 | 3.4 | 0 | 43 | 4.21 | 0 | trace |
| X1019 | Broccoflower, frozen, boiled, drained, no salt added | 100 | 220 | 42 | 22 | 0.74 | 0.19 | 0.2 | 7 | 40 | 0.08 | 0.15 | 1.1 | 0.23 | 0 | 120 | 0.16 | 0 | 0.23 |
| | 1 cup (250 mL) | 164 | 361 | 69 | 36 | 1.21 | 0.31 | 0.33 | 11 | 66 | 0.13 | 0.25 | 1.9 | 0.38 | 0 | 190 | 0.26 | 0 | 0.37 |
| X1016 | Broccoflower, frozen, raw | 100 | 370 | 63 | 22 | 0.65 | 0.34 | 0.2 | 5 | 30 | 0.07 | 0.14 | 1.1 | 0.23 | 0 | 190 | 0.4 | 0 | 0.14 |
| | 1 cup (250 mL) | 95 | 352 | 60 | 21 | 0.62 | 0.32 | 0.19 | 5 | 29 | 0.067 | 0.13 | 1 | 0.22 | 0 | 180 | 0.38 | 0 | 0.13 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1022 | Broccoli, boiled, drained, no salt added | 100 | 91.9 | 100 | 127 | 3.03 | 0.5 | 1.75 | 3.4 | 1.75 | 0 | 0.1 | 0.05 | 0.21 | | | 0 | 5 | 0.13 |
| | 1 cup (250 mL) | 164 | 151 | 164 | 208 | 4.97 | 0.82 | 2.86 | 5.6 | 2.86 | 0 | 0.16 | 0.08 | 0.34 | | | 0 | 8 | 0.21 |
| X1220 | Broccoli, floret, frozen, boiled, drained, no salt added | 100 | 93 | 89 | 114 | 2.28 | 0.6 | 1.66 | 3.1 | 1.55 | 0.11 | 0.08 | 0.02 | 0.25 | 0.185 | 0.06 | 0 | 12 | 0.36 |
| | 1 cup florets (250 mL) | 114 | 106 | 102 | 130 | 2.6 | 0.68 | 1.89 | 3.6 | 1.76 | 0.13 | 0.09 | 0.02 | 0.28 | 0.211 | 0.068 | 0 | 14 | 0.41 |
| X1221 | Broccoli, floret, frozen, steamed or microwaved, no salt added | 100 | 89.7 | 115 | 145 | 3.43 | 0.7 | 1.84 | 3.6 | 1.71 | 0.13 | 0.09 | 0.02 | 0.27 | 0.204 | 0.066 | 0 | 14 | 0.38 |
| | 1 cup florets (250 mL) | 106 | 95.1 | 122 | 153 | 3.63 | 0.74 | 1.95 | 3.9 | 1.81 | 0.13 | 0.1 | 0.02 | 0.29 | 0.217 | 0.07 | 0 | 15 | 0.4 |
| X1020 | Broccoli, raw | 100 | 89.4 | 113 | 140 | 3.78 | 0.5 | 1.75 | 3.4 | 1.75 | 0 | 0.04 | 0.01 | 0 | 0 | 0 | 0 | 7 | 0.18 |
| | 1 cup (250 mL) | 83 | 74.2 | 93 | 116 | 3.14 | 0.42 | 1.45 | 2.8 | 1.45 | 0 | 0.03 | 0.01 | 0 | 0 | 0 | 0 | 6 | 0.15 |
| X1094 | Brussels sprout, boiled, drained, no salt added | 100 | 85.6 | 160 | 193 | 3.18 | 0.45 | 5.23 | 4.2 | 4.52 | 0.71 | 0.1 | 0.06 | 0.09 | 0.035 | 0.033 | 0 | 7 | 0 |
| | 1 cup quartered (250 mL) | 130 | 111 | 208 | 251 | 4.14 | 0.59 | 6.81 | 5.5 | 5.88 | 0.93 | 0.13 | 0.08 | 0.11 | 0.045 | 0.043 | 0 | 8 | 0 |
| X1095 | Brussels sprout, steamed | 100 | 84.5 | 184 | 220 | 3.57 | 0.46 | 6.26 | 4.5 | 5.53 | 0.73 | 0.1 | 0.07 | 0.09 | 0.035 | 0.034 | 0 | 7 | 0 |
| | 1 cup quartered (250 mL) | 128 | 108 | 235 | 281 | 4.57 | 0.58 | 8.01 | 5.8 | 7.08 | 0.93 | 0.13 | 0.08 | 0.11 | 0.045 | 0.043 | 0 | 9 | 0 |
| X250 | Cabbage, Chinese, cooked | 100 | 96 | 63 | 72 | 2.31 | 0.1 | 1.2 | 1.1 | 1.2 | 0 | 0.02 | 0.01 | 0.05 | | | 0 | 3 | 0.07 |
| | 1 cup chopped (250 mL) | 145 | 139 | 92 | 105 | 3.35 | 0.15 | 1.74 | 1.6 | 1.74 | 0 | 0.03 | 0.02 | 0.07 | | | 0 | 4 | 0.1 |
| X1038 | Cabbage, bok choy, raw | 100 | 93.2 | 69 | 84 | 1.95 | 0.2 | 1.7 | 1.8 | 1.7 | 0 | 0.03 | 0.02 | 0.1 | | | 0 | 15 | 2.6 |
| | 1 cup chopped (250 mL) | 77.4 | 72.1 | 54 | 65 | 1.51 | 0.16 | 1.32 | 1.4 | 1.32 | 0 | 0.02 | 0.01 | 0.08 | | | 0 | 12 | 2 |
| X1040 | Cabbage, choy sum, raw | 100 | 94.4 | 42 | 55 | 1.95 | 0.2 | 0.1 | 1.6 | 0 | 0.1 | 0.03 | 0.02 | 0.1 | | | 0 | 13 | 4.4 |
| | 1 cup chopped (250 mL) | 72 | 68 | 30 | 40 | 1.4 | 0.14 | 0.07 | 1.2 | 0 | 0.07 | 0.02 | 0.01 | 0.07 | | | 0 | 9 | 3.2 |
| X1103 | Cabbage, green drumhead, leaves, boiled, drained, no salt added | 100 | 92.1 | 92 | 106 | 1.16 | 0.2 | 3.82 | 1.8 | 3.82 | 0 | 0.04 | 0.02 | 0.03 | 0.012 | 0.013 | 0 | 7 | 0.17 |
| | 1 cup shredded (250 mL) | 104 | 95.8 | 96 | 110 | 1.21 | 0.2 | 3.98 | 1.8 | 3.98 | 0 | 0.04 | 0.02 | 0.03 | 0.013 | 0.014 | 0 | 7 | 0.17 |
| X1102 | Cabbage, green drumhead, leaves, raw | 100 | 91.7 | 94 | 108 | 1.19 | 0.2 | 3.9 | 1.8 | 3.9 | 0 | 0.04 | 0.02 | 0.03 | 0.012 | 0.013 | 0 | 7 | 0.2 |
| | 1 cup shredded (250 mL) | 63.5 | 58.2 | 60 | 69 | 0.75 | 0.13 | 2.48 | 1.1 | 2.48 | 0 | 0.03 | 0.01 | 0.02 | 0.008 | 0.009 | 0 | 5 | 0.13 |
| X1104 | Cabbage, green drumhead, leaves, steamed | 100 | 91.9 | 92 | 106 | 1.16 | 0.2 | 3.82 | 1.8 | 3.82 | 0 | 0.04 | 0.02 | 0.03 | 0.012 | 0.013 | 0 | 7 | 0.19 |
| | 1 cup shredded (250 mL) | 98.3 | 90.3 | 90 | 104 | 1.14 | 0.19 | 3.76 | 1.7 | 3.76 | 0 | 0.04 | 0.01 | 0.03 | 0.012 | 0.013 | 0 | 7 | 0.18 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1022 | Broccoli, boiled, drained, no salt added | 100 | 180 | 59 | 32 | 0.57 | 0.28 | 4.1 | 110 | 660 | 0.064 | 0.17 | 1.1 | 0.28 | 0 | 31 | 57 | 0 | 1.6 |
| | 1 cup (250 mL) | 164 | 295 | 97 | 52 | 0.94 | 0.46 | 6.7 | 181 | 1080 | 0.11 | 0.28 | 1.8 | 0.46 | 0 | 51 | 93.5 | 0 | 2.7 |
| X1220 | Broccoli, floret, frozen, boiled, drained, no salt added | 100 | 163 | 49 | 35 | 0.49 | 0.27 | 0.71 | 45 | 270 | 0.054 | 0.11 | 0.65 | 0.31 | 0 | 74 | 20.6 | 0 | 0.98 |
| | 1 cup florets (250 mL) | 114 | 186 | 56 | 40 | 0.55 | 0.31 | 0.81 | 51 | 308 | 0.061 | 0.13 | 0.75 | 0.35 | 0 | 85 | 23.5 | 0 | 1.1 |
| X1221 | Broccoli, floret, frozen, steamed or microwaved, no salt added | 100 | 200 | 61 | 41 | 0.57 | 0.32 | 0.79 | 42 | 252 | 0.059 | 0.13 | 0.79 | 0.34 | 0 | 130 | 37.5 | 0 | 1.1 |
| | 1 cup florets (250 mL) | 106 | 212 | 64 | 43 | 0.6 | 0.34 | 0.84 | 45 | 267 | 0.063 | 0.13 | 0.84 | 0.36 | 0 | 140 | 39.8 | 0 | 1.1 |
| X1020 | Broccoli, raw | 100 | 350 | 78 | 33 | 0.6 | 0.47 | 5 | 105 | 630 | 0.08 | 0.19 | 1.2 | 0.33 | 0 | 49 | 99 | 0 | 0.98 |
| | 1 cup (250 mL) | 83 | 291 | 65 | 27 | 0.5 | 0.39 | 4.2 | 87 | 523 | 0.066 | 0.16 | 1 | 0.27 | 0 | 41 | 82.2 | 0 | 0.82 |
| X1094 | Brussels sprout, boiled, drained, no salt added | 100 | 386 | 53 | 17 | 0.51 | 0.41 | 2.3 | 3 | 15 | 0.11 | 0.14 | 0.5 | 0.24 | 0 | 12 | 5.83 | 0 | 0.1 |
| | 1 cup quartered (250 mL) | 130 | 501 | 69 | 22 | 0.66 | 0.53 | 3 | 3 | 20 | 0.14 | 0.18 | 0.65 | 0.31 | 0 | 16 | 7.57 | 0 | 0.13 |
| X1095 | Brussels sprout, steamed | 100 | 436 | 60 | 18 | 0.55 | 0.44 | 2.4 | 3 | 16 | 0.12 | 0.15 | 0.57 | 0.25 | 0 | 16 | 6.72 | 0 | 0.1 |
| | 1 cup quartered (250 mL) | 128 | 559 | 77 | 23 | 0.7 | 0.56 | 3 | 3 | 21 | 0.16 | 0.19 | 0.73 | 0.33 | 0 | 21 | 8.61 | 0 | 0.13 |
| X250 | Cabbage, Chinese, cooked | 100 | 90 | 23 | 88 | 1.9 | 0.17 | 0.06 | 290 | 1740 | 0.05 | 0.04 | 0.57 | 0.08 | 0 | 41 | 19 | 0 | 0.2 |
| | 1 cup chopped (250 mL) | 145 | 131 | 33 | 128 | 2.76 | 0.25 | 0.09 | 421 | 2520 | 0.072 | 0.058 | 0.83 | 0.12 | 0 | 59 | 27.6 | 0 | 0.29 |
| X1038 | Cabbage, bok choy, raw | 100 | 320 | 32 | 76 | 0.65 | 0.28 | 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 | 248 | 25 | 59 | 0.5 | 0.22 | 0.46 | 137 | 820 | 0.085 | 0.1 | 0.57 | 0.31 | 0 | 85 | 6.19 | 0 | 0.08 |
| X1040 | Cabbage, choy sum, raw | 100 | 290 | 34 | 95 | 0.68 | 0.33 | 0 | 194 | 1160 | 0.01 | 0.1 | 1.1 | 0.4 | 0 | 130 | 8 | 0 | 0.1 |
| | 1 cup chopped (250 mL) | 72 | 209 | 24 | 68 | 0.49 | 0.24 | 0 | 139 | 835 | 0.007 | 0.072 | 0.82 | 0.29 | 0 | 94 | 5.76 | 0 | 0.07 |
| X1103 | Cabbage, green drumhead, leaves, boiled, drained, no salt added | 100 | 221 | 30 | 36 | 0.24 | 0.13 | 0.39 | 1 | 5 | 0.031 | 0.071 | 0.26 | 0.092 | 0 | 12 | 14.6 | 0 | 0 |
| | 1 cup shredded (250 mL) | 104 | 229 | 31 | 38 | 0.25 | 0.14 | 0.41 | 1 | 6 | 0.033 | 0.073 | 0.27 | 0.095 | 0 | 13 | 15.2 | 0 | 0 |
| X1102 | Cabbage, green drumhead, leaves, raw | 100 | 250 | 34 | 39 | 0.26 | 0.14 | 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 | 159 | 22 | 25 | 0.17 | 0.09 | 0.25 | 1 | 4 | 0.025 | 0.051 | 0.2 | 0.07 | 0 | 12 | 8.5 | 0 | 0 |
| X1104 | Cabbage, green drumhead, leaves, steamed | 100 | 245 | 33 | 38 | 0.26 | 0.14 | 0.39 | 1 | 6 | 0.035 | 0.075 | 0.29 | 0.097 | 0 | 16 | 25 | 0 | 0 |
| | 1 cup shredded (250 mL) | 98.3 | 241 | 33 | 38 | 0.25 | 0.14 | 0.39 | 1 | 5 | 0.035 | 0.073 | 0.28 | 0.095 | 0 | 16 | 24.6 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1039 | Cabbage, tat soi, raw | 100 | 93.1 | 55 | 72 | 2.6 | 0.3 | 0 | 2.1 | 0 | 0 | 0.07 | 0.04 | 0.11 | | | 0 | 6 | 0.9 |
| | 1 cup (250 mL) | 84.1 | 78.3 | 47 | 61 | 2.19 | 0.25 | 0 | 1.8 | 0 | 0 | 0.05 | 0.03 | 0.09 | | | 0 | 5 | 0.76 |
| X1149 | Cannellini bean, canned in brine, drained | 100 | 73 | 288 | 332 | 6.74 | 1 | 8 | 5.6 | 0 | 8 | 0.13 | 0.06 | 0.5 | 0.313 | 0.188 | 0 | 210 | 0.3 |
| | 1 cup (250 mL) | 219 | 160 | 630 | 728 | 14.8 | 2.19 | 17.5 | 12.3 | 0 | 17.5 | 0.28 | 0.14 | 1.1 | 0.685 | 0.412 | 0 | 460 | 0.66 |
| X1049 | Capsicum, green, raw | 100 | 93.6 | 73 | 85 | 0.94 | 0.2 | 2.9 | 1.5 | 2.8 | 0.1 | 0.04 | 0.01 | 0.1 | 0.029 | 0.074 | 0 | 0 | 0.5 |
| | 1 cup chopped (250 mL) | 125 | 117 | 91 | 106 | 1.17 | 0.25 | 3.63 | 1.9 | 3.5 | 0.13 | 0.05 | 0.01 | 0.13 | 0.037 | 0.093 | 0 | 0 | 0.63 |
| | 1 capsicum | 132 | 124 | 96 | 112 | 1.24 | 0.26 | 3.83 | 2 | 3.7 | 0.13 | 0.06 | 0.01 | 0.14 | 0.039 | 0.098 | 0 | 0 | 0.66 |
| X1048 | Capsicum, red, raw | 100 | 92.6 | 108 | 120 | 0.94 | 0.2 | 5 | 1.5 | 4.9 | 0.1 | 0.04 | 0.01 | 0.11 | 0.029 | 0.074 | 0 | 0 | 6 |
| | 1 cup chopped (250 mL) | 130 | 120 | 141 | 156 | 1.22 | 0.26 | 6.5 | 2 | 6.37 | 0.13 | 0.06 | 0.01 | 0.14 | 0.038 | 0.097 | 0 | 0 | 7.8 |
| | 1 capsicum | 167 | 155 | 181 | 201 | 1.57 | 0.33 | 8.35 | 2.5 | 8.18 | 0.17 | 0.07 | 0.02 | 0.18 | 0.049 | 0.124 | 0 | 0 | 10 |
| X10003 | Capsicum, red, sliced, frozen, pan-fried with olive oil, no salt added | 100 | 85.8 | 248 | 270 | 1.4 | 4.11 | 4.23 | 2.8 | 4.1 | 0.13 | 0.6 | 3.12 | 0.38 | 0.093 | 0.289 | 0 | 10 | 3.3 |
| | 1 cup sliced (250 mL) | 168 | 144 | 416 | 453 | 2.35 | 6.9 | 7.11 | 4.6 | 6.89 | 0.22 | 1.01 | 5.24 | 0.64 | 0.157 | 0.486 | 0 | 17 | 5.6 |
| X1228 | Carrot, cubed or sliced, frozen, boiled, drained, no salt added | 100 | 93.2 | 97 | 120 | 0.46 | 0.3 | 4.59 | 2.9 | 4.53 | 0.06 | 0.02 | 0.01 | 0.1 | 0.006 | 0.094 | 0 | 42 | 0 |
| | 1 cup diced or sliced (250 mL) | 146 | 136 | 142 | 175 | 0.68 | 0.44 | 6.7 | 4.2 | 6.61 | 0.09 | 0.04 | 0.01 | 0.15 | 0.009 | 0.137 | 0 | 61 | 0 |
| X1117 | Carrot, flesh, fresh, baked with oil | 100 | 81.9 | 227 | 262 | 1 | 0.8 | 10.6 | 4.4 | 10.3 | 0.31 | 0.07 | 0.3 | 0.29 | 0.048 | 0.241 | 0 | 64 | 1.8 |
| | 1 cup slices 5 cm thick (250 mL) | 123 | 101 | 279 | 322 | 1.23 | 0.98 | 13 | 5.4 | 12.6 | 0.38 | 0.09 | 0.37 | 0.36 | 0.06 | 0.296 | 0 | 79 | 2.2 |
| X1115 | Carrot, flesh, fresh, boiled, drained, no salt added | 100 | 88.1 | 144 | 169 | 0.63 | 0.22 | 7.39 | 3 | 7.17 | 0.22 | 0.03 | 0.01 | 0.12 | 0.007 | 0.108 | 0 | 42 | 1.1 |
| | 1 cup sliced 1 cm thick (250 mL) | 146 | 129 | 211 | 246 | 0.91 | 0.32 | 10.8 | 4.4 | 10.5 | 0.32 | 0.04 | 0.02 | 0.17 | 0.011 | 0.157 | 0 | 62 | 1.6 |
| X1114 | Carrot, flesh, fresh, raw | 100 | 88.9 | 134 | 156 | 0.63 | 0.2 | 6.8 | 2.8 | 6.6 | 0.2 | 0.03 | 0.01 | 0.11 | 0.007 | 0.099 | 0 | 41 | 1.2 |
| | 1 cup grated (250 mL) | 94.4 | 83.9 | 126 | 147 | 0.59 | 0.19 | 6.42 | 2.6 | 6.23 | 0.19 | 0.02 | 0.01 | 0.1 | 0.006 | 0.094 | 0 | 39 | 1.1 |
| | 1 whole (15 cm long) | 110 | 97.8 | 147 | 172 | 0.69 | 0.22 | 7.48 | 3.1 | 7.26 | 0.22 | 0.03 | 0.01 | 0.12 | 0.007 | 0.109 | 0 | 45 | 1.3 |
| | 1 cup stick 7 cm long (250 mL) | 112 | 99.6 | 150 | 175 | 0.7 | 0.22 | 7.62 | 3.1 | 7.39 | 0.22 | 0.03 | 0.01 | 0.12 | 0.008 | 0.111 | 0 | 46 | 1.3 |
| | 1 cup sliced 1 cm thick (250 mL) | 128 | 114 | 171 | 200 | 0.8 | 0.26 | 8.7 | 3.6 | 8.45 | 0.26 | 0.03 | 0.01 | 0.14 | 0.009 | 0.127 | 0 | 52 | 1.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1039 | Cabbage, tat soi, raw | 100 | 370 | 52 | 160 | 1.95 | 0.55 | 0 | 467 | 2800 | 0.04 | 0.05 | 0.6 | 0.19 | 0 | 160 | 10 | 0 | 0.1 |
| | 1 cup (250 mL) | 84.1 | 311 | 44 | 135 | 1.64 | 0.46 | 0 | 393 | 2350 | 0.034 | 0.042 | 0.51 | 0.16 | 0 | 130 | 8.41 | 0 | 0.08 |
| X1149 | Cannellini bean, canned in brine, drained | 100 | 250 | 87 | 48 | 1.31 | 0.64 | 2.3 | 0 | 0 | 0.06 | 0.04 | 1.6 | 0.17 | 0 | 18 | 4.01 | 0 | 0.02 |
| | 1 cup (250 mL) | 219 | 548 | 191 | 105 | 2.87 | 1.4 | 5 | 0 | 0 | 0.13 | 0.088 | 3.6 | 0.37 | 0 | 39 | 8.78 | 0 | 0.05 |
| X1049 | Capsicum, green, raw | 100 | 169 | 20 | 8 | 0.32 | 0.16 | 0 | 20 | 117 | 0.06 | 0.14 | 0.95 | 0.26 | 0 | 25 | 24.1 | 0 | 0 |
| | 1 cup chopped (250 mL) | 125 | 211 | 25 | 10 | 0.4 | 0.2 | 0 | 24 | 146 | 0.075 | 0.18 | 1.2 | 0.33 | 0 | 31 | 30.1 | 0 | 0 |
| | 1 capsicum | 132 | 223 | 26 | 11 | 0.42 | 0.22 | 0 | 26 | 154 | 0.079 | 0.19 | 1.3 | 0.34 | 0 | 33 | 31.8 | 0 | 0 |
| X1048 | Capsicum, red, raw | 100 | 210 | 24 | 6 | 0.34 | 0.2 | 0 | 155 | 930 | 0 | 0.14 | 1.1 | 0.56 | 0 | 85 | 144 | 0 | 0.01 |
| | 1 cup chopped (250 mL) | 130 | 273 | 31 | 8 | 0.44 | 0.26 | 0 | 202 | 1210 | 0 | 0.18 | 1.4 | 0.73 | 0 | 110 | 187 | 0 | 0.01 |
| | 1 capsicum | 167 | 351 | 40 | 11 | 0.57 | 0.33 | 0 | 259 | 1550 | 0 | 0.23 | 1.8 | 0.94 | 0 | 140 | 240 | 0 | 0.01 |
| X10003 | Capsicum, red, sliced, frozen, pan-fried with olive oil, no salt added | 100 | 284 | 34 | 12 | 0.42 | 0.2 | 1.8 | 76 | 457 | 0.049 | 0.18 | 1.1 | 0.5 | 0 | 63 | 60.1 | 0 | 4.1 |
| | 1 cup sliced (250 mL) | 168 | 478 | 57 | 21 | 0.71 | 0.34 | 3 | 128 | 767 | 0.082 | 0.3 | 1.9 | 0.84 | 0 | 110 | 101 | 0 | 6.9 |
| X1228 | Carrot, cubed or sliced, frozen, boiled, drained, no salt added | 100 | 163 | 20 | 32 | 0.23 | 0.15 | 0 | 891 | 5340 | 0.034 | 0.027 | 0.25 | 0.13 | 0 | 0 | 0 | 0 | 0.63 |
| | 1 cup diced or sliced (250 mL) | 146 | 238 | 29 | 47 | 0.34 | 0.22 | 0 | 1300 | 7790 | 0.05 | 0.039 | 0.37 | 0.2 | 0 | 0 | 0 | 0 | 0.93 |
| X1117 | Carrot, flesh, fresh, baked with oil | 100 | 271 | 28 | 37 | 0.22 | 0.22 | 0.62 | 1290 | 7720 | 0.055 | 0.12 | 0.67 | 0.18 | 0 | 26 | 3.46 | 0 | 0.44 |
| | 1 cup slices 5 cm thick (250 mL) | 123 | 333 | 35 | 46 | 0.27 | 0.27 | 0.77 | 1590 | 9500 | 0.067 | 0.15 | 0.82 | 0.22 | 0 | 32 | 4.26 | 0 | 0.54 |
| X1115 | Carrot, flesh, fresh, boiled, drained, no salt added | 100 | 170 | 18 | 25 | 0.15 | 0.15 | 0.44 | 853 | 5110 | 0.034 | 0.078 | 0.44 | 0.12 | 0 | 15 | 2.63 | 0 | 0.26 |
| | 1 cup sliced 1 cm thick (250 mL) | 146 | 249 | 26 | 36 | 0.21 | 0.21 | 0.64 | 1250 | 7460 | 0.05 | 0.11 | 0.64 | 0.17 | 0 | 21 | 3.83 | 0 | 0.38 |
| X1114 | Carrot, flesh, fresh, raw | 100 | 174 | 18 | 24 | 0.14 | 0.14 | 0.4 | 872 | 5220 | 0.039 | 0.08 | 0.45 | 0.12 | 0 | 21 | 1.58 | 0 | 0.24 |
| | 1 cup grated (250 mL) | 94.4 | 164 | 17 | 23 | 0.13 | 0.13 | 0.38 | 823 | 4930 | 0.037 | 0.076 | 0.43 | 0.11 | 0 | 20 | 1.49 | 0 | 0.22 |
| | 1 whole (15 cm long) | 110 | 191 | 20 | 26 | 0.15 | 0.15 | 0.44 | 959 | 5740 | 0.043 | 0.088 | 0.5 | 0.13 | 0 | 23 | 1.74 | 0 | 0.26 |
| | 1 cup stick 7 cm long (250 mL) | 112 | 195 | 20 | 27 | 0.16 | 0.16 | 0.45 | 976 | 5850 | 0.044 | 0.09 | 0.5 | 0.13 | 0 | 23 | 1.77 | 0 | 0.27 |
| | 1 cup sliced 1 cm thick (250 mL) | 128 | 223 | 23 | 31 | 0.18 | 0.18 | 0.51 | 1120 | 6680 | 0.05 | 0.1 | 0.58 | 0.15 | 0 | 27 | 2.02 | 0 | 0.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1116 | Carrot, flesh, fresh, steamed | 100 | 87.7 | 151 | 176 | 0.75 | 0.23 | 7.64 | 3.1 | 7.42 | 0.23 | 0.03 | 0.01 | 0.12 | 0.008 | 0.111 | 0 | 46 | 1.3 |
| | 1 cup sliced 0.5 cm thick (250 mL) | 136 | 119 | 205 | 240 | 1.02 | 0.31 | 10.4 | 4.3 | 10.1 | 0.31 | 0.04 | 0.02 | 0.16 | 0.01 | 0.152 | 0 | 63 | 1.7 |
| X1118 | Carrot, flesh, fresh, stir fried | 100 | 83.6 | 260 | 288 | 0.75 | 2.76 | 8.55 | 3.5 | 8.3 | 0.25 | 0.21 | 1.52 | 0.79 | 0.207 | 0.577 | 0 | 52 | 1.4 |
| | 1 cup stick 7 cm long (250 mL) | 116 | 96.9 | 302 | 334 | 0.87 | 3.2 | 9.92 | 4.1 | 9.62 | 0.29 | 0.25 | 1.76 | 0.91 | 0.24 | 0.669 | 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 | 1.53 | 35 | 0.06 | 0.06 | 0.04 | | | 0 | 7 | 0.61 |
| | 1 cup (250 mL) | 227 | 134 | 1450 | 1490 | 1.59 | 0.45 | 82.9 | 4.5 | 3.47 | 79.5 | 0.14 | 0.14 | 0.09 | | | 0 | 16 | 1.4 |
| X1283 | Cassava, root tuber, frozen, peeled, boiled, drained, no salt added | 100 | 65.3 | 480 | 495 | 0.64 | 0.3 | 26.9 | 1.9 | 2 | 24.9 | 0.06 | 0.09 | 0.05 | 0.011 | 0.041 | 0 | 6 | 0 |
| | 1 root (9.6 x 4.0 cm diameter) | 88.4 | 57.7 | 424 | 438 | 0.56 | 0.27 | 23.8 | 1.7 | 1.77 | 22 | 0.05 | 0.08 | 0.05 | 0.01 | 0.036 | 0 | 5 | 0 |
| | 1 cup diced (250 mL) | 166 | 108 | 797 | 822 | 1.06 | 0.5 | 44.7 | 3.2 | 3.32 | 41.4 | 0.1 | 0.16 | 0.09 | 0.019 | 0.068 | 0 | 10 | 0 |
| X1282 | Cassava, root tuber, frozen, peeled, raw | 100 | 62.6 | 543 | 561 | 0.89 | 0.4 | 30.2 | 2.2 | 2.2 | 28 | 0.07 | 0.1 | 0.06 | 0.013 | 0.045 | 0 | 7 | 0 |
| | 1 root (9.6 x 4.0 cm diameter) | 79.3 | 49.6 | 431 | 445 | 0.7 | 0.32 | 23.9 | 1.7 | 1.75 | 22.2 | 0.05 | 0.08 | 0.05 | 0.01 | 0.036 | 0 | 6 | 0 |
| | 1 cup diced (250 mL) | 150 | 93.9 | 815 | 841 | 1.33 | 0.6 | 45.3 | 3.2 | 3.3 | 42 | 0.1 | 0.16 | 0.09 | 0.019 | 0.068 | 0 | 11 | 0 |
| X1129 | Cauliflower, boiled, drained, no salt added | 100 | 92.9 | 50 | 67 | 0.78 | 0.1 | 1.87 | 2.1 | 1.73 | 0.14 | 0.05 | 0.08 | 0.11 | 0.078 | 0.026 | 0 | 7 | 0.33 |
| | 1 floret (7.9 cm length) | 73.4 | 68.2 | 37 | 49 | 0.57 | 0.07 | 1.37 | 1.5 | 1.27 | 0.1 | 0.04 | 0.06 | 0.08 | 0.057 | 0.019 | 0 | 5 | 0.24 |
| | 1 cup chopped (250 mL) | 153 | 142 | 76 | 102 | 1.2 | 0.15 | 2.85 | 3.2 | 2.65 | 0.21 | 0.08 | 0.12 | 0.16 | 0.12 | 0.04 | 0 | 10 | 0.5 |
| | 1 cup florets (250 mL) | 158 | 147 | 79 | 105 | 1.23 | 0.16 | 2.95 | 3.3 | 2.74 | 0.21 | 0.09 | 0.12 | 0.17 | 0.124 | 0.041 | 0 | 11 | 0.52 |
| X1217 | Cauliflower, floret, frozen, boiled, drained, no salt added | 100 | 94.1 | 73 | 92 | 1.5 | 0.4 | 1.93 | 2.3 | 1.65 | 0.28 | 0.07 | 0.1 | 0.14 | 0.105 | 0.035 | 0 | 14 | 0.31 |
| | 1 cup florets (250 mL) | 111 | 104 | 81 | 102 | 1.67 | 0.44 | 2.15 | 2.6 | 1.83 | 0.32 | 0.08 | 0.12 | 0.16 | 0.116 | 0.039 | 0 | 15 | 0.34 |
| X1218 | Cauliflower, floret, frozen, steamed or microwaved, no salt added | 100 | 92.2 | 85 | 107 | 1.96 | 0.5 | 1.97 | 2.7 | 1.68 | 0.29 | 0.07 | 0.11 | 0.15 | 0.107 | 0.036 | 0 | 15 | 0.3 |
| | 1 cup florets (250 mL) | 108 | 99.6 | 92 | 115 | 2.11 | 0.54 | 2.13 | 2.9 | 1.82 | 0.31 | 0.08 | 0.11 | 0.16 | 0.116 | 0.039 | 0 | 16 | 0.32 |
| X1128 | Cauliflower, fresh, raw | 100 | 92.4 | 62 | 79 | 0.81 | 0.4 | 1.94 | 2.2 | 1.8 | 0.14 | 0.06 | 0.08 | 0.11 | 0.081 | 0.027 | 0 | 7 | 0.4 |
| | 1 cup florets (250 mL) | 152 | 140 | 94 | 120 | 1.24 | 0.61 | 2.95 | 3.3 | 2.74 | 0.21 | 0.09 | 0.12 | 0.17 | 0.124 | 0.041 | 0 | 11 | 0.61 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1116 | Carrot, flesh, fresh, steamed | 100 | 196 | 20 | 27 | 0.16 | 0.16 | 0.45 | 882 | 5280 | 0.039 | 0.085 | 0.48 | 0.13 | 0 | 19 | 2.83 | 0 | 0.27 |
| | 1 cup sliced 0.5 cm thick (250 mL) | 136 | 266 | 28 | 37 | 0.21 | 0.21 | 0.61 | 1200 | 7180 | 0.054 | 0.12 | 0.65 | 0.17 | 0 | 25 | 3.85 | 0 | 0.36 |
| X1118 | Carrot, flesh, fresh, stir fried | 100 | 219 | 23 | 30 | 0.18 | 0.18 | 0.5 | 944 | 5660 | 0.044 | 0.096 | 0.54 | 0.14 | 0 | 21 | 2.88 | 0 | 0.67 |
| | 1 cup stick 7 cm long (250 mL) | 116 | 254 | 27 | 35 | 0.2 | 0.2 | 0.58 | 1100 | 6560 | 0.051 | 0.11 | 0.62 | 0.17 | 0 | 24 | 3.34 | 0 | 0.78 |
| X237 | Cassava, baked in traditional Papua New Guinea oven | 100 | 365 | 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 | 829 | 86 | 73 | 4.54 | 1.59 | 2.3 | 1 | 5 | 0.2 | 0.091 | 1.6 | 0.91 | 0 | 27 | 107 | 0 | 0.55 |
| X1283 | Cassava, root tuber, frozen, peeled, boiled, drained, no salt added | 100 | 278 | 30 | 18 | 0.2 | 0.31 | 0 | 4 | 25 | 0.058 | 0.025 | 0.83 | 0.082 | 0 | 53 | 14.1 | 0 | trace |
| | 1 root (9.6 x 4.0 cm diameter) | 88.4 | 246 | 27 | 16 | 0.18 | 0.28 | 0 | 4 | 22 | 0.051 | 0.022 | 0.73 | 0.072 | 0 | 47 | 12.4 | 0 | trace |
| | 1 cup diced (250 mL) | 166 | 462 | 50 | 30 | 0.33 | 0.52 | 0 | 7 | 41 | 0.097 | 0.041 | 1.4 | 0.14 | 0 | 88 | 23.3 | 0 | 0.01 |
| X1282 | Cassava, root tuber, frozen, peeled, raw | 100 | 340 | 37 | 21 | 0.23 | 0.36 | 0 | 5 | 30 | 0.08 | 0.03 | 1 | 0.1 | 0 | 89 | 25.3 | 0 | trace |
| | 1 root (9.6 x 4.0 cm diameter) | 79.3 | 270 | 29 | 17 | 0.18 | 0.29 | 0 | 4 | 24 | 0.063 | 0.024 | 0.8 | 0.079 | 0 | 71 | 20.1 | 0 | trace |
| | 1 cup diced (250 mL) | 150 | 510 | 56 | 32 | 0.35 | 0.54 | 0 | 8 | 45 | 0.12 | 0.045 | 1.5 | 0.15 | 0 | 130 | 38 | 0 | 0.01 |
| X1129 | Cauliflower, boiled, drained, no salt added | 100 | 268 | 36 | 17 | 0.31 | 0.22 | 0.58 | 0 | 0 | 0.031 | 0.061 | 0.35 | 0.13 | 0 | 21 | 39.1 | 0 | trace |
| | 1 floret (7.9 cm length) | 73.4 | 197 | 27 | 12 | 0.23 | 0.16 | 0.42 | 0 | 0 | 0.023 | 0.044 | 0.25 | 0.096 | 0 | 15 | 28.7 | 0 | trace |
| | 1 cup chopped (250 mL) | 153 | 410 | 56 | 26 | 0.48 | 0.34 | 0.88 | 0 | 0 | 0.047 | 0.093 | 0.53 | 0.2 | 0 | 32 | 59.8 | 0 | trace |
| | 1 cup florets (250 mL) | 158 | 424 | 57 | 27 | 0.49 | 0.35 | 0.91 | 0 | 0 | 0.049 | 0.096 | 0.55 | 0.21 | 0 | 33 | 61.7 | 0 | trace |
| X1217 | Cauliflower, floret, frozen, boiled, drained, no salt added | 100 | 158 | 32 | 20 | 0.3 | 0.21 | 0.52 | 0 | 0 | 0.037 | 0.059 | 0.49 | 0.22 | 0 | 49 | 15.1 | 0 | trace |
| | 1 cup florets (250 mL) | 111 | 175 | 36 | 22 | 0.34 | 0.23 | 0.57 | 0 | 0 | 0.041 | 0.065 | 0.54 | 0.25 | 0 | 54 | 16.7 | 0 | trace |
| X1218 | Cauliflower, floret, frozen, steamed or microwaved, no salt added | 100 | 179 | 37 | 21 | 0.33 | 0.22 | 0.53 | 0 | 0 | 0.038 | 0.06 | 0.49 | 0.23 | 0 | 82 | 16.6 | 0 | trace |
| | 1 cup florets (250 mL) | 108 | 193 | 40 | 23 | 0.35 | 0.24 | 0.57 | 0 | 0 | 0.041 | 0.065 | 0.53 | 0.25 | 0 | 89 | 17.9 | 0 | trace |
| X1128 | Cauliflower, fresh, raw | 100 | 310 | 42 | 18 | 0.34 | 0.24 | 0.6 | 0 | 0 | 0.04 | 0.07 | 0.42 | 0.16 | 0 | 33 | 35.9 | 0 | trace |
| | 1 cup florets (250 mL) | 152 | 471 | 64 | 28 | 0.52 | 0.37 | 0.91 | 0 | 0 | 0.061 | 0.11 | 0.64 | 0.24 | 0 | 50 | 54.5 | 0 | trace |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1091 | Celery, American Green, stalk, raw | 100 | 95 | 39 | 50 | 0.54 | 0.2 | 1.3 | 1.4 | 1.3 | 0 | 0.03 | 0.07 | 0.05 | 0.009 | 0.038 | 0 | 30 | 0.7 |
| | 1 strip (14.2 cm long) | 35.4 | 33.6 | 14 | 18 | 0.19 | 0.07 | 0.46 | 0.5 | 0.46 | 0 | 0.01 | 0.02 | 0.02 | 0.003 | 0.013 | 0 | 11 | 0.25 |
| | 1 stalk (24-32 cm long) | 69.6 | 66.1 | 27 | 35 | 0.38 | 0.14 | 0.91 | 1 | 0.91 | 0 | 0.02 | 0.05 | 0.03 | 0.006 | 0.026 | 0 | 21 | 0.49 |
| X1092 | Celery, American Green, stalk, stir fried | 100 | 91.4 | 132 | 143 | 0.68 | 2.5 | 1.63 | 1.4 | 1.63 | 0 | 0.2 | 1.44 | 0.65 | 0.19 | 0.453 | 0 | 38 | 0.83 |
| | 1 cup diced (250 mL) | 223 | 204 | 294 | 319 | 1.52 | 5.58 | 3.63 | 3.1 | 3.63 | 0 | 0.45 | 3.21 | 1.44 | 0.423 | 1.01 | 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 | 0.74 | 1.15 | 3.78 | 0.188 | 3.59 | 0 | 9 | 0 |
| | 1 cup (250 mL) | 224 | 13 | 2740 | 3010 | 50.2 | 11.2 | 86.8 | 32.9 | 3.81 | 83 | 1.65 | 2.57 | 8.47 | 0.421 | 8.03 | 0 | 20 | 0 |
| X1146 | Chickpea, canned in brine, drained | 100 | 66.6 | 399 | 443 | 7.23 | 2 | 11.9 | 5.5 | 0 | 11.9 | 0.38 | 0.71 | 1.53 | 0.073 | 1.45 | 0 | 156 | 0.3 |
| | 1 cup (250 mL) | 213 | 142 | 850 | 944 | 15.4 | 4.26 | 25.3 | 11.7 | 0 | 25.3 | 0.81 | 1.5 | 3.25 | 0.157 | 3.09 | 0 | 332 | 0.64 |
| X76 | Chickpea, cooked | 100 | 74.2 | 418 | 479 | 5.31 | 4.5 | 9.5 | 7.6 | 1.4 | 8.1 | 1.68 | 1.42 | 0.5 | | | 0 | 480 | 0.44 |
| | 1 cup (250 mL) | 173 | 128 | 724 | 829 | 9.19 | 7.79 | 16.4 | 13.1 | 2.42 | 14 | 2.91 | 2.46 | 0.87 | | | 0 | 830 | 0.76 |
| X1150 | Chilli bean, canned in chilli sauce, undrained | 100 | 69.5 | 339 | 384 | 5.35 | 1 | 12.4 | 5.6 | 6.2 | 6.2 | 0.12 | 0.08 | 0.42 | 0.202 | 0.215 | 0 | 230 | 2.7 |
| | 1 cup (250 mL) | 274 | 190 | 928 | 1050 | 14.7 | 2.74 | 34 | 15.3 | 17 | 17 | 0.32 | 0.22 | 1.15 | 0.555 | 0.588 | 0 | 630 | 7.4 |
| X142 | Choko, flesh, cooked | 100 | 93.6 | 88 | 97 | 0.63 | 0.2 | 4.1 | 1.2 | 3.5 | 0.6 | 0.12 | 0.03 | 0.01 | | | 0 | 8 | 0.69 |
| | 1 cup sliced (250 mL) | 140 | 131 | 123 | 136 | 0.88 | 0.28 | 5.74 | 1.7 | 4.9 | 0.84 | 0.17 | 0.04 | 0.02 | | | 0 | 11 | 0.97 |
| X259 | Corn, baby sweet corn, canned, drained | 100 | 92.5 | 96 | 121 | 2.88 | 0.4 | 1.9 | 3.1 | 1.4 | 0.5 | 0.08 | 0.08 | 0.16 | | | 0 | 1140 | 0.81 |
| X1058 | Courgette, green, unpeeled, raw | 100 | 94.4 | 47 | 56 | 1.75 | 0.2 | 0.6 | 1.1 | 0.6 | 0 | 0.05 | 0.01 | 0.08 | 0.054 | 0.02 | 0 | 0 | 0.5 |
| | 1 slice (3.9 x 3.2 cm diameter) | 30.3 | 28.6 | 14 | 17 | 0.53 | 0.06 | 0.18 | 0.3 | 0.18 | 0 | 0.01 | trace | 0.02 | 0.016 | 0.006 | 0 | 0 | 0.15 |
| | 1 cup chopped (250 mL) | 115 | 109 | 54 | 65 | 2.01 | 0.23 | 0.69 | 1.3 | 0.69 | 0 | 0.05 | 0.01 | 0.09 | 0.062 | 0.023 | 0 | 0 | 0.58 |
| X1043 | Cucumber, Lebanese, unpeeled, raw | 100 | 95.6 | 43 | 51 | 0.44 | 0.1 | 1.9 | 1 | 1.9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0.2 |
| | 1 cucumber | 95 | 90.8 | 41 | 49 | 0.42 | 0.1 | 1.81 | 1 | 1.81 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 0.19 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1091 | Celery, American Green, stalk, raw | 100 | 340 | 24 | 38 | 0.11 | 0.06 | 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 | 13 | 0.04 | 0.02 | 0 | 4 | 22 | 0.004 | 0.014 | 0.053 | 0.021 | 0 | 0 | 0.25 | 0 | 0.13 |
| | 1 stalk (24-32 cm long) | 69.6 | 237 | 17 | 26 | 0.08 | 0.04 | 0 | 7 | 44 | 0.007 | 0.028 | 0.1 | 0.042 | 0 | 0 | 0.49 | 0 | 0.25 |
| X1092 | Celery, American Green, stalk, stir fried | 100 | 426 | 30 | 48 | 0.14 | 0.08 | 0 | 12 | 71 | 0.011 | 0.048 | 0.18 | 0.071 | 0 | 0 | 0.75 | 0 | 0.78 |
| | 1 cup diced (250 mL) | 223 | 950 | 67 | 106 | 0.31 | 0.17 | 0 | 26 | 157 | 0.025 | 0.11 | 0.4 | 0.16 | 0 | 0 | 1.66 | 0 | 1.7 |
| X1256 | Chickpea (channa dhal), split, seed coat removed, raw, dry | 100 | 1060 | 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 | 2370 | 1010 | 90 | 10.5 | 8.29 | 67 | 24 | 143 | 0.87 | 0.31 | 6.3 | 1.4 | 0 | 360 | 0 | 0 | 4.3 |
| X1146 | Chickpea, canned in brine, drained | 100 | 160 | 91 | 44 | 1.37 | 1.23 | 10 | 3 | 16 | 0.06 | 0.04 | 1.4 | 0.21 | 0 | 56 | 3.67 | 0 | 0.88 |
| | 1 cup (250 mL) | 213 | 341 | 194 | 94 | 2.92 | 2.62 | 22 | 6 | 34 | 0.13 | 0.085 | 2.9 | 0.45 | 0 | 120 | 7.82 | 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 | 159 | 52 | 3.11 | 1.38 | 3.5 | 14 | 87 | 0.14 | 0.052 | 2 | 0.19 | 0 | 300 | 0 | 0 | 1.1 |
| X1150 | Chilli bean, canned in chilli sauce, undrained | 100 | 360 | 99 | 36 | 2 | 0.64 | 2.9 | 29 | 172 | 0.05 | 0.06 | 1.4 | 0.52 | 0 | 17 | 0 | 0 | 0.31 |
| | 1 cup (250 mL) | 274 | 986 | 271 | 99 | 5.48 | 1.75 | 7.9 | 79 | 471 | 0.14 | 0.16 | 3.7 | 1.4 | 0 | 46 | 0 | 0 | 0.84 |
| X142 | Choko, flesh, cooked | 100 | 79 | 30 | 16 | 0.3 | 0.2 | 0.11 | 8 | 45 | 0.02 | 0.02 | 0.5 | 0.03 | 0 | 18 | 11 | 0 | 1 |
| | 1 cup sliced (250 mL) | 140 | 111 | 42 | 22 | 0.42 | 0.28 | 0.15 | 11 | 63 | 0.028 | 0.028 | 0.7 | 0.042 | 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 | 0.52 | 0.5 | 0 | 49 | 296 | 0.04 | 0.13 | 1 | 0.099 | 0 | 22 | 11 | 0 | 0.81 |
| | 1 slice (3.9 x 3.2 cm diameter) | 30.3 | 112 | 14 | 6 | 0.16 | 0.15 | 0 | 15 | 90 | 0.012 | 0.039 | 0.31 | 0.03 | 0 | 7 | 3.33 | 0 | 0.25 |
| | 1 cup chopped (250 mL) | 115 | 426 | 53 | 21 | 0.6 | 0.58 | 0 | 57 | 341 | 0.046 | 0.15 | 1.2 | 0.11 | 0 | 25 | 12.7 | 0 | 0.93 |
| X1043 | Cucumber, Lebanese, unpeeled, raw | 100 | 87 | 44 | 57 | 0.03 | 0.18 | 0 | 14 | 83 | 0.018 | 0.018 | 0.36 | 0 | 0 | 0 | 13 | 0 | 0 |
| | 1 cucumber | 95 | 83 | 42 | 54 | 0.03 | 0.17 | 0 | 13 | 78 | 0.017 | 0.017 | 0.34 | 0 | 0 | 0 | 12.4 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1052 | Cucumber, telegraph, raw, unpeeled | 100 | 96.6 | 45 | 51 | 0.75 | 0 | 1.9 | 0.8 | 1.8 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 |
| | 1 slice (2.3 x 4.5 cm diameter) | 37.6 | 36.3 | 17 | 19 | 0.28 | 0 | 0.71 | 0.3 | 0.68 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| | 1 cup diced (250 mL) | 148 | 143 | 67 | 76 | 1.11 | 0 | 2.81 | 1.2 | 2.66 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 |
| | 1 whole (32 x 4.5 cm diameter) | 425 | 411 | 191 | 219 | 3.19 | 0 | 8.08 | 3.4 | 7.65 | 0.43 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 |
| X1086 | Eggplant, boiled, drained, no salt added | 100 | 93.8 | 62 | 79 | 0.68 | 0.09 | 2.76 | 2.1 | 2.67 | 0.09 | 0.03 | 0.02 | 0.01 | 0.001 | 0.012 | 0 | 0 | 0 |
| | 1 cup sliced (250 mL) | 188 | 176 | 116 | 148 | 1.29 | 0.16 | 5.19 | 3.9 | 5.02 | 0.16 | 0.06 | 0.04 | 0.03 | 0.002 | 0.023 | 0 | 0 | 0 |
| X1088 | Eggplant, fried with oil | 100 | 64.6 | 1050 | 1070 | 0.9 | 26.3 | 3.61 | 2.8 | 3.49 | 0.11 | 1.92 | 15.8 | 6.85 | 2.08 | 4.75 | 0 | 0 | 0 |
| | 1 slice (1.2 x 6.4 cm diameter) | 29.9 | 19.3 | 314 | 320 | 0.27 | 7.86 | 1.08 | 0.8 | 1.05 | 0.03 | 0.57 | 4.72 | 2.05 | 0.622 | 1.42 | 0 | 0 | 0 |
| | 1 cup sliced (250 mL) | 185 | 120 | 1940 | 1980 | 1.66 | 48.6 | 6.67 | 5.2 | 6.46 | 0.21 | 3.54 | 29.2 | 12.7 | 3.85 | 8.78 | 0 | 0 | 0 |
| X1087 | Eggplant, steamed | 100 | 92.5 | 74 | 94 | 0.81 | 0.1 | 3.3 | 2.5 | 3.2 | 0.1 | 0.04 | 0.03 | 0.02 | 0.001 | 0.015 | 0 | 0 | 0 |
| | 1 slice (0.6 x 6.3 cm diameter) | 19.7 | 18.2 | 15 | 18 | 0.16 | 0.02 | 0.65 | 0.5 | 0.63 | 0.02 | 0.01 | trace | trace | 0 | 0.003 | 0 | 0 | 0 |
| | 1 cup sliced (250 mL) | 173 | 160 | 127 | 162 | 1.4 | 0.18 | 5.71 | 4.3 | 5.54 | 0.18 | 0.06 | 0.05 | 0.03 | 0.003 | 0.025 | 0 | 0 | 0 |
| X260 | Garlic, raw, peeled | 100 | 64.3 | 332 | 467 | 7.94 | 0.6 | 10.3 | 16.9 | 1.57 | 8.7 | 0.12 | 0.01 | 0.34 | | | 0 | 4 | 0.69 |
| | 1 clove | 3 | 1.9 | 10 | 14 | 0.24 | 0.02 | 0.31 | 0.5 | 0.05 | 0.26 | trace | 0 | 0.01 | | | 0 | trace | 0.02 |
| X143 | Gherkin, pickled, in sweetened brine, drained | 100 | 73.4 | 451 | 469 | 0.38 | 0.3 | 25.5 | 2.2 | 24.7 | 0.8 | 0.09 | 0.01 | 0.14 | | | 0 | 520 | 2.7 |
| | 1 gherkin (2 x 6 cm) | 19 | 13.9 | 86 | 89 | 0.07 | 0.06 | 4.85 | 0.4 | 4.69 | 0.15 | 0.02 | trace | 0.03 | | | 0 | 99 | 0.51 |
| X1030 | Ginger, preserved | 100 | 73.8 | 356 | 373 | 0 | 0 | 21 | 2.1 | 19.1 | 1.9 | 0 | 0 | 0 | 0 | 0 | 0 | 207 | 0.69 |
| | 1 cup sliced (250 mL) | 101 | 74.5 | 360 | 377 | 0 | 0 | 21.2 | 2.2 | 19.2 | 1.92 | 0 | 0 | 0 | 0 | 0 | 0 | 209 | 0.7 |
| X1265 | Green lettuce, assorted varieties, raw, fresh | 100 | 96.2 | 42 | 57 | 1.54 | 0.2 | 0.5 | 1.9 | 0.5 | 0 | 0.03 | trace | 0.14 | 0.099 | 0.04 | 0 | 8 | 1.1 |
| | 1 cup shredded (250 mL) | 25.9 | 24.9 | 11 | 15 | 0.4 | 0.05 | 0.13 | 0.5 | 0.13 | 0 | 0.01 | trace | 0.04 | 0.026 | 0.01 | 0 | 2 | 0.29 |
| X1264 | Iceberg lettuce, green, raw, fresh | 100 | 96.4 | 46 | 55 | 0.79 | 0.1 | 1.7 | 1.1 | 1.7 | 0 | 0.02 | trace | trace | 0 | 0 | 0 | 3 | 0.3 |
| | 1 cup shredded (250 mL) | 58.1 | 56 | 27 | 32 | 0.46 | 0.06 | 0.99 | 0.6 | 0.99 | 0 | 0.01 | trace | 0 | 0 | 0 | 0 | 2 | 0.17 |
| X1268 | Kale, baby leaf, raw, fresh | 100 | 92.3 | 62 | 80 | 3.41 | 0.1 | 0 | 2.3 | 0 | 0 | 0.06 | 0.04 | 0.22 | 0.192 | 0.03 | 0 | 18 | 6 |
| | 1 cup (250 mL) | 24.6 | 22.7 | 15 | 20 | 0.84 | 0.03 | 0 | 0.6 | 0 | 0 | 0.01 | 0.01 | 0.06 | 0.047 | 0.007 | 0 | 4 | 1.5 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1052 | Cucumber, telegraph, raw, unpeeled | 100 | 166 | 26 | 16 | 0.16 | 0.12 | 0 | 10 | 59 | 0.04 | 0.12 | 0.26 | 0.06 | 0 | 3 | 0.6 | 0 | 0.11 |
| | 1 slice (2.3 x 4.5 cm diameter) | 37.6 | 62 | 10 | 6 | 0.06 | 0.05 | 0 | 4 | 22 | 0.015 | 0.045 | 0.096 | 0.023 | 0 | 1 | 0.23 | 0 | 0.04 |
| | 1 cup diced (250 mL) | 148 | 246 | 38 | 24 | 0.24 | 0.18 | 0 | 15 | 87 | 0.059 | 0.18 | 0.38 | 0.089 | 0 | 4 | 0.89 | 0 | 0.16 |
| | 1 whole (32 x 4.5 cm diameter) | 425 | 706 | 111 | 68 | 0.68 | 0.53 | 0 | 42 | 251 | 0.17 | 0.51 | 1.1 | 0.26 | 0 | 12 | 2.55 | 0 | 0.47 |
| X1086 | Eggplant, boiled, drained, no salt added | 100 | 155 | 19 | 6 | 0.14 | 0.1 | 0 | 5 | 29 | 0.021 | 0.031 | 0.29 | 0.059 | 0 | 0 | 0.58 | 0 | trace |
| | 1 cup sliced (250 mL) | 188 | 292 | 35 | 12 | 0.26 | 0.19 | 0 | 9 | 55 | 0.039 | 0.058 | 0.55 | 0.11 | 0 | 0 | 1.09 | 0 | trace |
| X1088 | Eggplant, fried with oil | 100 | 225 | 27 | 9 | 0.19 | 0.14 | 0 | 6 | 36 | 0.029 | 0.043 | 0.41 | 0.081 | 0 | 0 | 0.86 | 0 | 3.9 |
| | 1 slice (1.2 x 6.4 cm diameter) | 29.9 | 67 | 8 | 3 | 0.06 | 0.04 | 0 | 2 | 11 | 0.009 | 0.013 | 0.12 | 0.024 | 0 | 0 | 0.26 | 0 | 1.2 |
| | 1 cup sliced (250 mL) | 185 | 417 | 50 | 16 | 0.35 | 0.25 | 0 | 11 | 66 | 0.053 | 0.079 | 0.75 | 0.15 | 0 | 0 | 1.6 | 0 | 7.2 |
| X1087 | Eggplant, steamed | 100 | 204 | 24 | 8 | 0.17 | 0.12 | 0 | 6 | 36 | 0.028 | 0.039 | 0.39 | 0.073 | 0 | 0 | 0.78 | 0 | trace |
| | 1 slice (0.6 x 6.3 cm diameter) | 19.7 | 40 | 5 | 2 | 0.03 | 0.02 | 0 | 1 | 7 | 0.005 | 0.008 | 0.076 | 0.014 | 0 | 0 | 0.15 | 0 | 0 |
| | 1 cup sliced (250 mL) | 173 | 353 | 42 | 13 | 0.3 | 0.21 | 0 | 11 | 63 | 0.048 | 0.067 | 0.67 | 0.13 | 0 | 0 | 1.35 | 0 | trace |
| X260 | Garlic, 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 | 0.06 | 0.03 | 0.06 | 0 | 0 | 0.004 | 0.001 | 0.045 | 0.011 | 0 | trace | 0.51 | 0 | 0 |
| X143 | Gherkin, pickled, in sweetened brine, drained | 100 | 11 | 10 | 22 | 0.5 | 0 | 0.09 | 6 | 38 | 0 | 0 | 0.3 | 0.04 | 0 | 1 | 1 | 0 | 0.31 |
| | 1 gherkin (2 x 6 cm) | 19 | 2 | 2 | 4 | 0.1 | 0 | 0.02 | 1 | 7 | 0 | 0 | 0.057 | 0.008 | 0 | trace | 0.19 | 0 | 0.06 |
| X1030 | Ginger, preserved | 100 | 0 | 0 | 45 | 0.31 | 0.14 | 66 | 1 | 7 | 0 | 0 | 0.9 | 0.16 | 0 | 11 | 0 | 0 | 0 |
| | 1 cup sliced (250 mL) | 101 | 0 | 0 | 46 | 0.31 | 0.14 | 67 | 1 | 7 | 0 | 0 | 0.91 | 0.16 | 0 | 11 | 0 | 0 | 0 |
| X1265 | Green lettuce, assorted varieties, raw, fresh | 100 | 310 | 31 | 53 | 1.04 | 0.22 | 0.4 | 150 | 897 | 0.05 | 0.09 | 0.47 | 0.06 | 0 | 81 | 2.46 | 0 | 0.35 |
| | 1 cup shredded (250 mL) | 25.9 | 80 | 8 | 14 | 0.27 | 0.06 | 0.1 | 39 | 232 | 0.013 | 0.023 | 0.12 | 0.016 | 0 | 21 | 0.64 | 0 | 0.09 |
| X1264 | Iceberg lettuce, green, raw, fresh | 100 | 220 | 21 | 17 | 0.19 | 0.11 | 0.4 | 25 | 149 | 0.04 | 0.03 | 0.35 | 0.03 | 0 | 56 | 2.89 | 0 | 0.1 |
| | 1 cup shredded (250 mL) | 58.1 | 128 | 12 | 10 | 0.11 | 0.06 | 0.23 | 14 | 87 | 0.023 | 0.017 | 0.2 | 0.017 | 0 | 33 | 1.68 | 0 | 0.06 |
| X1268 | Kale, baby leaf, raw, fresh | 100 | 470 | 59 | 260 | 1.32 | 0.61 | 0 | 600 | 3590 | 0.08 | 0.28 | 0.99 | 0.19 | 0 | 200 | 15.1 | 0 | 0.77 |
| | 1 cup (250 mL) | 24.6 | 116 | 15 | 64 | 0.33 | 0.15 | 0 | 148 | 883 | 0.02 | 0.069 | 0.24 | 0.047 | 0 | 49 | 3.72 | 0 | 0.19 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1241 | Kale, chopped, frozen, steamed, no salt added | 100 | 89.4 | 90 | 125 | 3.43 | 0.6 | 0.56 | 4.3 | 0.41 | 0.15 | 0.08 | 0.04 | 0.21 | 0.143 | 0.056 | 0 | 22 | 0.39 |
| | 1 cup chopped (250 mL) | 201 | 180 | 181 | 251 | 6.9 | 1.21 | 1.13 | 8.7 | 0.83 | 0.3 | 0.15 | 0.08 | 0.42 | 0.288 | 0.114 | 0 | 44 | 0.79 |
| X1163 | Kale, fresh, raw | 100 | 84.8 | 122 | 168 | 4.63 | 0.9 | 0.58 | 5.8 | 0.5 | 0.08 | 0.09 | 0.05 | 0.26 | 0.179 | 0.07 | 0 | 23 | 3 |
| | 1 cup chopped (250 mL) | 42.6 | 36.1 | 52 | 72 | 1.97 | 0.38 | 0.25 | 2.5 | 0.21 | 0.03 | 0.04 | 0.02 | 0.11 | 0.076 | 0.03 | 0 | 10 | 1.3 |
| X1164 | Kale, fresh, sautéed with oil, no salt added | 100 | 66.1 | 513 | 600 | 7.29 | 9.8 | 1.53 | 11 | 1.4 | 0.13 | 0.77 | 5.69 | 3.1 | 1.41 | 1.67 | 0 | 37 | 4.6 |
| | 1 cup chopped (250 mL) | 54.9 | 36.3 | 281 | 330 | 4 | 5.38 | 0.84 | 6 | 0.77 | 0.07 | 0.42 | 3.13 | 1.7 | 0.773 | 0.915 | 0 | 21 | 2.5 |
| X1064 | Kumara, 'Owairaka Red', flesh, boiled, drained, no salt added | 100 | 74.7 | 349 | 363 | 1.25 | 0.21 | 18.8 | 1.8 | 5.2 | 13.6 | 0.06 | trace | 0.09 | 0.01 | 0.074 | 0 | 27 | 0 |
| | Kumara, 'Owairaka Red', flesh, raw | 100 | 74.7 | 349 | 363 | 1.25 | 0.21 | 18.8 | 1.8 | 5.2 | 13.6 | 0.06 | trace | 0.09 | 0.01 | 0.074 | 0 | 28 | 0 |
| | 1 kumara | 217 | 162 | 757 | 788 | 2.71 | 0.46 | 40.8 | 3.9 | 11.3 | 29.5 | 0.12 | trace | 0.19 | 0.023 | 0.162 | 0 | 61 | 0 |
| X10001 | Kumara, 'Purple Dawn', peeled, fresh, raw | 100 | 79.3 | 315 | 330 | 1.62 | 0.31 | 16.2 | 1.9 | 4 | 12.2 | 0.06 | trace | 0.11 | 0.014 | 0.091 | 0 | 12 | 0 |
| | 1 cup cubed (250 mL) | 118 | 93.6 | 371 | 390 | 1.91 | 0.37 | 19.1 | 2.3 | 4.72 | 14.4 | 0.07 | trace | 0.13 | 0.016 | 0.107 | 0 | 14 | 0 |
| X10001 | 1 tuber (24.0 cm long) | 800 | 634 | 2520 | 2640 | 13 | 2.47 | 130 | 15.5 | 32 | 97.8 | 0.45 | 0.02 | 0.86 | 0.109 | 0.726 | 0 | 96 | 0 |
| X10005 | Kumara, 'Purple Dawn', peeled, roasted | 100 | 56.1 | 581 | 612 | 2.82 | 0.65 | 30 | 3.8 | 17.1 | 12.9 | 0.09 | trace | 0.18 | 0.023 | 0.154 | 0 | 20 | 0 |
| | 1 cup cubed (250 mL) | 102 | 57.2 | 593 | 624 | 2.88 | 0.67 | 30.6 | 3.9 | 17.4 | 13.1 | 0.1 | trace | 0.19 | 0.024 | 0.157 | 0 | 21 | 0 |
| X1010 | Kumara, flesh, boiled, drained, no salt added | 100 | 77.4 | 256 | 273 | 1.38 | 0.3 | 13.1 | 2.1 | 4.55 | 8.5 | 0.07 | 0 | 0.13 | | | 0 | 18 | 0.29 |
| | 1 cup whole (250 mL) | 347 | 269 | 889 | 948 | 4.77 | 1.04 | 45.3 | 7.3 | 15.8 | 29.5 | 0.23 | 0 | 0.45 | | | 0 | 62 | 1 |
| X1162 | Leek, bulb & stalk, fresh, stir-fried, no salt added | 100 | 83.5 | 159 | 197 | 1.48 | 2.2 | 3.06 | 4.8 | 3 | 0.06 | 0.2 | 1.46 | 0.69 | 0.204 | 0.478 | 0 | 2 | 0.72 |
| | 1 cup chopped (250 mL) | 121 | 101 | 192 | 238 | 1.79 | 2.66 | 3.7 | 5.8 | 3.63 | 0.07 | 0.24 | 1.77 | 0.84 | 0.247 | 0.578 | 0 | 3 | 0.87 |
| X54 | Lentil, split, boiled, drained, no salt added | 100 | 72.1 | 412 | 441 | 7.63 | 0.5 | 15.5 | 3.7 | 0.8 | 14.7 | 0.07 | 0.09 | 0.24 | | | 0 | 12 | 0.44 |
| | 1 cup (250 mL) | 200 | 144 | 823 | 882 | 15.3 | 1 | 31 | 7.4 | 1.6 | 29.4 | 0.15 | 0.18 | 0.48 | | | 0 | 24 | 0.88 |
| X305 | Lettuce, hydroponic varieties, raw | 100 | 94.8 | 75 | 89 | 1.94 | 0.31 | 1.8 | 1.7 | 1.7 | 0.1 | 0.06 | 0 | 0.19 | | | 0 | 13 | 0.68 |
| | 1 cup torn leaves (250 mL) | 36 | 34.1 | 27 | 32 | 0.7 | 0.11 | 0.65 | 0.6 | 0.61 | 0.04 | 0.02 | 0 | 0.07 | | | 0 | 5 | 0.25 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1241 | Kale, chopped, frozen, steamed, no salt added | 100 | 206 | 48 | 168 | 0.98 | 0.43 | 0.93 | 487 | 2920 | 0.046 | 0.12 | 1.8 | 0.29 | 0 | 72 | 18.3 | 0 | 3.8 |
| | 1 cup chopped (250 mL) | 201 | 414 | 97 | 338 | 1.97 | 0.87 | 1.9 | 978 | 5860 | 0.093 | 0.24 | 3.6 | 0.58 | 0 | 140 | 36.8 | 0 | 7.6 |
| X1163 | Kale, fresh, raw | 100 | 440 | 68 | 280 | 1.59 | 0.63 | 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 | 187 | 29 | 119 | 0.68 | 0.27 | 2.9 | 232 | 1390 | 0.085 | 0.13 | 1.1 | 0.16 | 0 | 60 | 25.3 | 0 | 0.41 |
| X1164 | Kale, fresh, sautéed with oil, no salt added | 100 | 715 | 110 | 455 | 2.58 | 1.02 | 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 | 392 | 61 | 250 | 1.42 | 0.56 | 6.1 | 613 | 3670 | 0.16 | 0.25 | 2.3 | 0.32 | 0 | 170 | 45.3 | 0 | 3.8 |
| X1064 | Kumara, 'Owairaka Red', flesh, boiled, drained, no salt added | 100 | 455 | 42 | 15 | 0.5 | 0.2 | 0.12 | 17 | 100 | 0.08 | 0.067 | 2.5 | 0.1 | 0 | 2 | 24.2 | 0 | 0.2 |
| | Kumara, 'Owairaka Red', flesh, raw | 100 | 506 | 44 | 16 | 0.53 | 0.21 | 0.12 | 20 | 118 | 0.1 | 0.07 | 2.7 | 0.11 | 0 | 3 | 32.2 | 0 | 0.2 |
| | 1 kumara | 217 | 1100 | 95 | 35 | 1.15 | 0.46 | 0.26 | 43 | 255 | 0.22 | 0.15 | 5.8 | 0.24 | 0 | 6 | 69.9 | 0 | 0.44 |
| X10001 | Kumara, 'Purple Dawn', peeled, fresh, raw | 100 | 460 | 32 | 14 | 0.42 | 0.23 | 0 | 10 | 61 | 0.06 | 0.04 | 1.3 | 0.12 | 0 | 28 | 0 | 0 | 0.15 |
| | 1 cup cubed (250 mL) | 118 | 543 | 38 | 16 | 0.5 | 0.27 | 0 | 12 | 72 | 0.071 | 0.047 | 1.6 | 0.14 | 0 | 33 | 0 | 0 | 0.17 |
| X10001 | 1 tuber (24.0 cm long) | 800 | 3680 | 256 | 109 | 3.36 | 1.84 | 0 | 82 | 488 | 0.48 | 0.32 | 11 | 0.96 | 0 | 220 | 0 | 0 | 1.2 |
| X10005 | Kumara, 'Purple Dawn', peeled, roasted | 100 | 780 | 54 | 23 | 0.71 | 0.39 | 0 | 16 | 98 | 0.092 | 0.064 | 2.2 | 0.19 | 0 | 38 | 0 | 0 | 0.25 |
| | 1 cup cubed (250 mL) | 102 | 795 | 55 | 24 | 0.73 | 0.4 | 0 | 17 | 100 | 0.093 | 0.066 | 2.2 | 0.2 | 0 | 38 | 0 | 0 | 0.26 |
| X1010 | Kumara, flesh, boiled, drained, no salt added | 100 | 350 | 35 | 22 | 0.48 | 0.26 | 0.48 | 3 | 15 | 0.03 | 0.02 | 2.2 | 0.25 | 0 | 32 | 19 | 0 | 0.47 |
| | 1 cup whole (250 mL) | 347 | 1210 | 121 | 76 | 1.67 | 0.9 | 1.7 | 9 | 52 | 0.1 | 0.069 | 7.6 | 0.87 | 0 | 110 | 65.9 | 0 | 1.6 |
| X1162 | Leek, bulb & stalk, fresh, stir-fried, no salt added | 100 | 248 | 32 | 42 | 0.52 | 0.29 | 0 | 2 | 15 | 0.15 | 0.062 | 0.59 | 0.26 | 0 | 47 | 7.01 | 0 | 0.25 |
| | 1 cup chopped (250 mL) | 121 | 300 | 39 | 51 | 0.63 | 0.35 | 0 | 3 | 18 | 0.18 | 0.074 | 0.71 | 0.31 | 0 | 56 | 8.48 | 0 | 0.31 |
| 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 | 154 | 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 | 0.97 | 0.24 | 0 | 89 | 530 | 0.07 | 0.08 | 0.46 | 0.04 | 0 | 55 | 0 | 0 | 0.57 |
| | 1 cup torn leaves (250 mL) | 36 | 101 | 12 | 22 | 0.35 | 0.09 | 0 | 32 | 191 | 0.025 | 0.029 | 0.17 | 0.014 | 0 | 20 | 0 | 0 | 0.21 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X57 | Marrow, flesh, boiled, drained, no salt added | 100 | 97.8 | 31 | 36 | 0.38 | 0.03 | 1.4 | 0.6 | 1.3 | 0.1 | 0.01 | trace | 0.01 | | | 0 | 1 | 0.44 |
| X1198 | Mixed vegetables, beans, carrots, corn & peas, frozen, boiled, drained, no salt added | 100 | 87.3 | 177 | 207 | 2.36 | 0.4 | 7.17 | 3.7 | 4.24 | 2.93 | 0.1 | 0.08 | 0.3 | 0.05 | 0.248 | 0 | 22 | 0.26 |
| | 1 cup (250 mL) | 165 | 144 | 292 | 341 | 3.9 | 0.66 | 11.8 | 6.2 | 7 | 4.83 | 0.16 | 0.14 | 0.5 | 0.082 | 0.409 | 0 | 36 | 0.43 |
| X1243 | Mixed vegetables, broccoli (50%) & cauliflower (50%), frozen, steam or microwaved, no salt added | 100 | 91 | 100 | 126 | 2.69 | 0.6 | 1.91 | 3.1 | 1.7 | 0.21 | 0.08 | 0.06 | 0.21 | 0.156 | 0.051 | 0 | 14 | 0.34 |
| | 1 cup (250 mL) | 112 | 102 | 112 | 141 | 3.01 | 0.67 | 2.13 | 3.5 | 1.9 | 0.23 | 0.09 | 0.07 | 0.23 | 0.174 | 0.057 | 0 | 16 | 0.38 |
| X1246 | Mixed vegetables, broccoli, carrots & cauliflower, frozen, boiled, drained, no salt added | 100 | 93.4 | 87 | 109 | 1.38 | 0.43 | 2.8 | 2.8 | 2.65 | 0.15 | 0.06 | 0.04 | 0.16 | 0.095 | 0.064 | 0 | 23 | 0.21 |
| | 1 cup (250 mL) | 124 | 116 | 108 | 135 | 1.71 | 0.53 | 3.47 | 3.5 | 3.29 | 0.18 | 0.07 | 0.05 | 0.2 | 0.118 | 0.079 | 0 | 29 | 0.26 |
| X1200 | Mixed vegetables, carrots, corn & peas, frozen, boiled and drained, no salt added | 100 | 82.5 | 241 | 277 | 2.93 | 1.1 | 8.85 | 4.5 | 5.83 | 3.02 | 0.21 | 0.26 | 0.59 | 0.051 | 0.531 | 0 | 34 | 0.27 |
| | 1 cup (250 mL) | 164 | 135 | 395 | 454 | 4.8 | 1.8 | 14.5 | 7.3 | 9.57 | 4.95 | 0.35 | 0.42 | 0.97 | 0.084 | 0.871 | 0 | 55 | 0.44 |
| X1202 | Mixed vegetables, corn & peas, frozen, boiled and drained, no salt added | 100 | 79.9 | 267 | 308 | 4.88 | 0.9 | 8.9 | 5.1 | 6 | 2.9 | 0.28 | 0.36 | 0.73 | 0.07 | 0.647 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 167 | 133 | 447 | 515 | 8.14 | 1.5 | 14.9 | 8.5 | 10 | 4.84 | 0.47 | 0.6 | 1.21 | 0.117 | 1.08 | 0 | 0 | 0 |
| X1089 | Mushroom, Portobello, whole, raw | 100 | 92.1 | 60 | 72 | 2.16 | 0.3 | 0.7 | 1.6 | 0.6 | 0.1 | 0.03 | 0.13 | 0.07 | 0.016 | 0.054 | 0 | 4 | 0 |
| | 1 mushroom (7.5 -10.2 cm diameter) | 62.1 | 57.2 | 37 | 45 | 1.34 | 0.19 | 0.44 | 1 | 0.37 | 0.06 | 0.02 | 0.08 | 0.04 | 0.01 | 0.034 | 0 | 2 | 0 |
| | 1 cup sliced (250 mL) | 78.8 | 72.6 | 47 | 57 | 1.7 | 0.24 | 0.55 | 1.3 | 0.47 | 0.08 | 0.02 | 0.11 | 0.06 | 0.012 | 0.043 | 0 | 3 | 0 |
| X1189 | Mushroom, button, white or brown, fresh, boiled, drained, no salt added | 100 | 91.5 | 97 | 114 | 4.46 | 0.5 | 0.13 | 2.2 | 0 | 0.13 | 0.05 | trace | 0.2 | 0 | 0.199 | 0 | 5 | 0.33 |
| | 1 cup sliced (250 mL) | 176 | 161 | 170 | 201 | 7.86 | 0.88 | 0.23 | 3.8 | 0 | 0.23 | 0.09 | 0.01 | 0.36 | 0.001 | 0.35 | 0 | 8 | 0.58 |
| X1190 | Mushroom, button, white or brown, fresh, baked, no added fat | 100 | 86.3 | 144 | 165 | 5.7 | 1.2 | 0.16 | 2.7 | 0 | 0.16 | 0.07 | 0.01 | 0.25 | 0 | 0.243 | 0 | 6 | 0.45 |
| | 1 cup quartered (250 mL) | 174 | 150 | 250 | 287 | 9.92 | 2.09 | 0.27 | 4.6 | 0 | 0.27 | 0.11 | 0.01 | 0.43 | 0.001 | 0.422 | 0 | 11 | 0.78 |
| X1187 | Mushroom, button, white or brown, fresh, raw | 100 | 92 | 76 | 89 | 3.48 | 0.4 | 0.1 | 1.7 | 0 | 0.1 | 0.04 | trace | 0.16 | 0 | 0.155 | 0 | 4 | 0.3 |
| | 1 cup sliced (250 mL) | 104 | 95.7 | 79 | 93 | 3.62 | 0.42 | 0.1 | 1.8 | 0 | 0.1 | 0.04 | trace | 0.16 | 0 | 0.161 | 0 | 4 | 0.31 |
| X298 | Mushroom, fried in butter | 100 | 85 | 253 | 277 | 3.54 | 5.05 | 0.38 | 3 | 0 | 0.38 | 3.16 | 1.16 | 0.28 | | 0.225 | 37 | 41 | 0.2 |
| | 1 cup (250 mL) | 150 | 127 | 380 | 416 | 5.31 | 7.58 | 0.57 | 4.5 | 0 | 0.57 | 4.74 | 1.74 | 0.41 | | 0.337 | 55.5 | 62 | 0.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X57 | Marrow, flesh, boiled, drained, no salt added | 100 | 84 | 13 | 14 | 0.2 | 0.07 | 0.18 | 5 | 30 | 0.01 | 0.01 | 0.3 | 0.03 | 0 | 20 | 2 | 0 | 0 |
| X1198 | Mixed vegetables, beans, carrots, corn & peas, frozen, boiled, drained, no salt added | 100 | 191 | 47 | 33 | 0.63 | 0.37 | 0 | 505 | 3020 | 0.081 | 0.082 | 1.2 | 0.22 | 0 | 34 | 1.65 | 0 | 0.32 |
| | 1 cup (250 mL) | 165 | 315 | 78 | 54 | 1.05 | 0.62 | 0 | 833 | 4990 | 0.13 | 0.14 | 2 | 0.37 | 0 | 55 | 2.72 | 0 | 0.53 |
| X1243 | Mixed vegetables, broccoli (50%) & cauliflower (50%), frozen, steam or microwaved, no salt added | 100 | 189 | 49 | 31 | 0.45 | 0.27 | 0.66 | 21 | 126 | 0.049 | 0.092 | 0.64 | 0.29 | 0 | 110 | 27.1 | 0 | 0.54 |
| | 1 cup (250 mL) | 112 | 212 | 55 | 35 | 0.5 | 0.3 | 0.74 | 24 | 141 | 0.054 | 0.1 | 0.72 | 0.32 | 0 | 120 | 30.3 | 0 | 0.61 |
| X1246 | Mixed vegetables, broccoli, carrots & cauliflower, frozen, boiled, drained, no salt added | 100 | 161 | 33 | 29 | 0.34 | 0.21 | 0.39 | 335 | 2010 | 0.041 | 0.065 | 0.46 | 0.22 | 0 | 39 | 11.4 | 0 | 0.54 |
| | 1 cup (250 mL) | 124 | 200 | 41 | 36 | 0.42 | 0.26 | 0.49 | 416 | 2490 | 0.051 | 0.08 | 0.57 | 0.27 | 0 | 49 | 14.2 | 0 | 0.67 |
| X1200 | Mixed vegetables, carrots, corn & peas, frozen, boiled and drained, no salt added | 100 | 188 | 61 | 24 | 0.81 | 0.54 | 0 | 206 | 1230 | 0.12 | 0.094 | 1.8 | 0.22 | 0 | 31 | 1.67 | 0 | 0.39 |
| | 1 cup (250 mL) | 164 | 308 | 100 | 39 | 1.33 | 0.89 | 0 | 338 | 2020 | 0.19 | 0.15 | 3 | 0.36 | 0 | 51 | 2.74 | 0 | 0.63 |
| X1202 | Mixed vegetables, corn & peas, frozen, boiled and drained, no salt added | 100 | 207 | 86 | 17 | 1.19 | 0.81 | 1.6 | 30 | 181 | 0.22 | 0.12 | 2.8 | 0.24 | 0 | 45 | 1.2 | 0 | 0.02 |
| | 1 cup (250 mL) | 167 | 346 | 144 | 28 | 1.98 | 1.35 | 2.7 | 50 | 302 | 0.37 | 0.2 | 4.7 | 0.4 | 0 | 75 | 2 | 0 | 0.04 |
| X1089 | Mushroom, Portobello, whole, raw | 100 | 370 | 105 | 1 | 0.19 | 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 | 1 | 0.12 | 0.25 | 12 | 0 | 0 | 0.056 | 0.34 | 3.1 | 0.14 | 0 | 0 | 0.19 | 0 | 0.14 |
| | 1 cup sliced (250 mL) | 78.8 | 292 | 83 | 1 | 0.15 | 0.32 | 16 | 0 | 0 | 0.071 | 0.43 | 3.9 | 0.17 | 0 | 0 | 0.24 | 0 | 0.17 |
| X1189 | Mushroom, button, white or brown, fresh, boiled, drained, no salt added | 100 | 369 | 107 | 2 | 0.33 | 0.59 | 16 | 0 | 0 | 0.11 | 0.65 | 6.4 | 0.29 | 0 | 0 | 0 | 0 | trace |
| | 1 cup sliced (250 mL) | 176 | 650 | 189 | 4 | 0.58 | 1.03 | 29 | 0 | 0 | 0.2 | 1.1 | 11 | 0.52 | 0 | 0 | 0 | 0 | trace |
| X1190 | Mushroom, button, white or brown, fresh, baked, no added fat | 100 | 500 | 145 | 3 | 0.42 | 0.75 | 20 | 0 | 0 | 0.16 | 0.83 | 8.8 | 0.4 | 0 | 0 | 0 | 0 | trace |
| | 1 cup quartered (250 mL) | 174 | 870 | 253 | 5 | 0.73 | 1.31 | 35 | 0 | 0 | 0.27 | 1.4 | 15 | 0.7 | 0 | 0 | 0 | 0 | trace |
| X1187 | Mushroom, button, white or brown, fresh, raw | 100 | 320 | 93 | 2 | 0.27 | 0.48 | 13 | 0 | 0 | 0.11 | 0.56 | 5.9 | 0.27 | 0 | 0 | 0 | 0 | trace |
| | 1 cup sliced (250 mL) | 104 | 333 | 97 | 2 | 0.28 | 0.5 | 13 | 0 | 0 | 0.11 | 0.58 | 6.1 | 0.28 | 0 | 0 | 0 | 0 | trace |
| X298 | Mushroom, fried in butter | 100 | 430 | 120 | 8 | 0.53 | 0.84 | 53 | 174 | 85 | 0 | 0.28 | 2.8 | 0.14 | 0 | 27 | 0.7 | 0 | 0.4 |
| | 1 cup (250 mL) | 150 | 645 | 180 | 12 | 0.8 | 1.26 | 80 | 261 | 128 | 0 | 0.42 | 4.2 | 0.21 | 0 | 41 | 1.05 | 0 | 0.6 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1130 | Onion, brown, flesh, fresh, raw | 100 | 88.5 | 115 | 130 | 1.44 | 0.1 | 5.12 | 1.8 | 5.1 | 0.02 | 0.01 | 0.29 | 0.02 | 0.001 | 0.017 | 0 | 2 | 0.5 |
| | 1 onion (6.9 cm diameter) | 174 | 154 | 200 | 226 | 2.5 | 0.17 | 8.91 | 3.2 | 8.87 | 0.04 | 0.02 | 0.51 | 0.03 | 0.001 | 0.03 | 0 | 4 | 0.87 |
| X1131 | Onion, brown, flesh, fresh, sautéed | 100 | 86.1 | 186 | 202 | 1.54 | 1.8 | 5.49 | 2 | 5.47 | 0.02 | 0.15 | 1.26 | 0.46 | 0.144 | 0.314 | 0 | 2 | 0.51 |
| | 1 cup sliced (250 mL) | 157 | 135 | 292 | 317 | 2.42 | 2.83 | 8.61 | 3.1 | 8.58 | 0.03 | 0.23 | 1.98 | 0.73 | 0.227 | 0.493 | 0 | 4 | 0.8 |
| | 1 cup chopped (250 mL) | 170 | 146 | 316 | 343 | 2.62 | 3.06 | 9.33 | 3.3 | 9.29 | 0.04 | 0.25 | 2.14 | 0.79 | 0.245 | 0.533 | 0 | 4 | 0.87 |
| X146 | Onion, pickled | 100 | 82.1 | 237 | 249 | 0.5 | 0.2 | 13 | 1.5 | 12.3 | 0.7 | 0.04 | 0.03 | 0.09 | | | 0 | 790 | 0.36 |
| | 1 onion | 25 | 20.5 | 59 | 62 | 0.13 | 0.05 | 3.25 | 0.4 | 3.08 | 0.18 | 0.01 | 0.01 | 0.02 | | | 0 | 198 | 0.09 |
| X1270 | Onion, red, flesh, fresh, sautéed with oil | 100 | 77.9 | 415 | 431 | 1.29 | 7.9 | 7.31 | 2.1 | 7.31 | 0 | 1.04 | 5.87 | 0.44 | 0.053 | 0.383 | 0 | 2 | 0.35 |
| | 1 cup sliced (250 mL) | 132 | 103 | 547 | 569 | 1.71 | 10.4 | 9.65 | 2.7 | 9.65 | 0 | 1.37 | 7.75 | 0.58 | 0.07 | 0.506 | 0 | 3 | 0.46 |
| | 1 cup chopped or diced (250 mL) | 165 | 129 | 684 | 711 | 2.14 | 13 | 12.1 | 3.4 | 12.1 | 0 | 1.71 | 9.69 | 0.72 | 0.087 | 0.633 | 0 | 3 | 0.57 |
| X1269 | Onion, red, flesh, raw, fresh | 100 | 89.9 | 133 | 146 | 1.07 | 0.2 | 6.3 | 1.7 | 6.3 | 0 | 0.02 | 0.01 | 0.02 | 0.001 | 0.016 | 0 | 2 | 0.3 |
| | 1 onion (6.2 cm diameter) | 137 | 123 | 182 | 201 | 1.46 | 0.27 | 8.63 | 2.3 | 8.63 | 0 | 0.02 | 0.01 | 0.02 | 0.001 | 0.023 | 0 | 2 | 0.41 |
| X68 | Parsley, raw | 100 | 78.7 | 120 | 158 | 5.19 | 0.5 | 0.8 | 4.7 | 0.8 | 0 | 0.02 | 0.23 | 0.15 | | | 0 | 33 | 0.69 |
| | 1 tablespoon (15 mL) | 3.7 | 2.9 | 4 | 6 | 0.19 | 0.02 | 0.03 | 0.2 | 0.03 | 0 | trace | 0.01 | trace | | | 0 | 1 | 0.03 |
| | 1 cup chopped (250 mL) | 64 | 50.4 | 77 | 101 | 3.32 | 0.32 | 0.51 | 3 | 0.51 | 0 | 0.02 | 0.15 | 0.09 | | | 0 | 21 | 0.44 |
| X1099 | Parsnip, boiled, drained, no salt added | 100 | 82.2 | 206 | 238 | 0.89 | 0.3 | 10.6 | 4 | 5.9 | 4.7 | 0.04 | 0.07 | 0.1 | 0.011 | 0.089 | 0 | 2 | 0 |
| | 1 cup sliced (250 mL) | 199 | 164 | 411 | 475 | 1.78 | 0.6 | 21.1 | 8 | 11.7 | 9.35 | 0.09 | 0.15 | 0.2 | 0.021 | 0.176 | 0 | 5 | 0 |
| X1100 | Parsnip, flesh, baked without fat | 100 | 75.1 | 272 | 314 | 1.33 | 0.41 | 13.8 | 5.3 | 7.87 | 5.9 | 0.06 | 0.1 | 0.13 | 0.014 | 0.118 | 0 | 3 | 0 |
| | 1 cup sliced (250 mL) | 145 | 109 | 394 | 456 | 1.92 | 0.59 | 20 | 7.7 | 11.4 | 8.56 | 0.09 | 0.14 | 0.19 | 0.02 | 0.171 | 0 | 5 | 0 |
| X1101 | Parsnip, flesh, steamed | 100 | 81 | 221 | 254 | 1.08 | 0.31 | 11.2 | 4.1 | 6.15 | 5.1 | 0.05 | 0.08 | 0.11 | 0.011 | 0.092 | 0 | 3 | 0 |
| | 1 cup sliced (250 mL) | 177 | 143 | 391 | 449 | 1.91 | 0.55 | 19.9 | 7.3 | 10.9 | 9.03 | 0.08 | 0.14 | 0.19 | 0.019 | 0.163 | 0 | 4 | 0 |
| X1135 | Pea, green, frozen, boiled, drained, no salt added | 100 | 76.8 | 289 | 336 | 5.5 | 0.92 | 9.48 | 6 | 5.2 | 4.28 | 0.18 | 0.23 | 0.5 | 0.07 | 0.427 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 181 | 139 | 522 | 609 | 9.96 | 1.66 | 17.2 | 10.8 | 9.42 | 7.74 | 0.33 | 0.42 | 0.91 | 0.128 | 0.773 | 0 | 2 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1130 | Onion, brown, flesh, fresh, raw | 100 | 182 | 32 | 24 | 0.2 | 0.26 | 0.7 | 0 | 0 | 0.03 | 0.03 | 0.29 | 0.26 | 0 | 0 | 4.57 | 0 | trace |
| | 1 onion (6.9 cm diameter) | 174 | 317 | 56 | 42 | 0.35 | 0.45 | 1.2 | 0 | 0 | 0.052 | 0.052 | 0.51 | 0.45 | 0 | 0 | 7.95 | 0 | trace |
| X1131 | Onion, brown, flesh, fresh, sautéed | 100 | 195 | 34 | 26 | 0.21 | 0.28 | 0.75 | 0 | 0 | 0.027 | 0.031 | 0.28 | 0.25 | 0 | 0 | 5.45 | 0 | 0.23 |
| | 1 cup sliced (250 mL) | 157 | 306 | 54 | 40 | 0.34 | 0.44 | 1.2 | 0 | 0 | 0.043 | 0.048 | 0.44 | 0.39 | 0 | 0 | 8.56 | 0 | 0.36 |
| | 1 cup chopped (250 mL) | 170 | 332 | 58 | 44 | 0.36 | 0.47 | 1.3 | 0 | 0 | 0.046 | 0.052 | 0.48 | 0.43 | 0 | 0 | 9.27 | 0 | 0.39 |
| X146 | Onion, pickled | 100 | 63 | 17 | 26 | 0.1 | 0 | 0.07 | 0 | 0 | 0.02 | 0.06 | 0.1 | 0.09 | 0 | 12 | 0 | 0 | 0.3 |
| | 1 onion | 25 | 16 | 4 | 7 | 0.03 | 0 | 0.02 | 0 | 0 | 0.005 | 0.015 | 0.025 | 0.022 | 0 | 3 | 0 | 0 | 0.08 |
| X1270 | Onion, red, flesh, fresh, sautéed with oil | 100 | 208 | 38 | 15 | 0.19 | 0.19 | 1.8 | 0 | 0 | 0.031 | 0.035 | 0.84 | 0.16 | 0 | 21 | 4.89 | 0 | 0.73 |
| | 1 cup sliced (250 mL) | 132 | 275 | 50 | 20 | 0.26 | 0.26 | 2.4 | 0 | 0 | 0.041 | 0.046 | 1.1 | 0.22 | 0 | 28 | 6.45 | 0 | 0.97 |
| | 1 cup chopped or diced (250 mL) | 165 | 344 | 62 | 26 | 0.32 | 0.32 | 3 | 0 | 0 | 0.051 | 0.057 | 1.4 | 0.27 | 0 | 35 | 8.07 | 0 | 1.2 |
| X1269 | Onion, red, flesh, raw, fresh | 100 | 172 | 31 | 13 | 0.16 | 0.16 | 1.5 | 0 | 0 | 0.03 | 0.03 | 0.77 | 0.15 | 0 | 25 | 4.75 | 0 | trace |
| | 1 onion (6.2 cm diameter) | 137 | 236 | 42 | 18 | 0.22 | 0.22 | 2.1 | 0 | 0 | 0.041 | 0.041 | 1.1 | 0.21 | 0 | 34 | 6.51 | 0 | 0.01 |
| X68 | Parsley, raw | 100 | 1080 | 130 | 330 | 8 | 0.9 | 0.19 | 1170 | 7000 | 0.15 | 0.3 | 1.8 | 0.2 | 0 | 150 | 150 | 0 | 0.75 |
| | 1 tablespoon (15 mL) | 3.7 | 40 | 5 | 12 | 0.3 | 0.03 | 0.01 | 43 | 259 | 0.006 | 0.011 | 0.067 | 0.007 | 0 | 6 | 5.55 | 0 | 0.03 |
| | 1 cup chopped (250 mL) | 64 | 691 | 83 | 211 | 5.12 | 0.58 | 0.12 | 748 | 4480 | 0.096 | 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 | 0.28 | 0 | 0 | 0 | 0.048 | 0.045 | 1.4 | 0.081 | 0 | 0 | 2.15 | 0 | 0.39 |
| | 1 cup sliced (250 mL) | 199 | 716 | 68 | 62 | 0.4 | 0.55 | 0 | 0 | 0 | 0.096 | 0.09 | 2.7 | 0.16 | 0 | 0 | 4.27 | 0 | 0.77 |
| X1100 | Parsnip, flesh, baked without fat | 100 | 533 | 51 | 44 | 0.28 | 0.39 | 0 | 0 | 0 | 0.072 | 0.063 | 1.9 | 0.11 | 0 | 0 | 3.3 | 0 | 0.52 |
| | 1 cup sliced (250 mL) | 145 | 773 | 73 | 64 | 0.41 | 0.56 | 0 | 0 | 0 | 0.1 | 0.092 | 2.8 | 0.17 | 0 | 0 | 4.79 | 0 | 0.75 |
| X1101 | Parsnip, flesh, steamed | 100 | 417 | 40 | 34 | 0.22 | 0.3 | 0 | 0 | 0 | 0.056 | 0.049 | 1.5 | 0.089 | 0 | 0 | 2.58 | 0 | 0.4 |
| | 1 cup sliced (250 mL) | 177 | 738 | 70 | 61 | 0.39 | 0.54 | 0 | 0 | 0 | 0.1 | 0.088 | 2.7 | 0.16 | 0 | 0 | 4.56 | 0 | 0.71 |
| X1135 | Pea, green, frozen, boiled, drained, no salt added | 100 | 193 | 93 | 26 | 1.47 | 0.88 | 0 | 200 | 1200 | 0.3 | 0.12 | 2.1 | 0.069 | 0 | 46 | 12.8 | 0 | 2.1 |
| | 1 cup (250 mL) | 181 | 349 | 168 | 47 | 2.67 | 1.6 | 0 | 363 | 2170 | 0.55 | 0.22 | 3.9 | 0.13 | 0 | 83 | 23.2 | 0 | 3.8 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1255 | Pea, green, split, dry, boiled, drained, no salt added | 100 | 61.3 | 450 | 559 | 8.88 | 0.8 | 15.8 | 13.6 | 0.4 | 15.4 | 0.16 | 0.24 | 0.53 | 0.086 | 0.443 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 172 | 105 | 774 | 961 | 15.3 | 1.38 | 27.3 | 23.4 | 0.69 | 26.6 | 0.28 | 0.41 | 0.91 | 0.149 | 0.762 | 0 | 0 | 0 |
| X1253 | Pea, yellow, split, dry, boiled, drained, no salt added | 100 | 61.6 | 446 | 547 | 8.72 | 0.8 | 15.8 | 12.6 | 0.4 | 15.4 | 0.15 | 0.22 | 0.57 | 0.093 | 0.475 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 176 | 108 | 786 | 962 | 15.3 | 1.41 | 27.8 | 22.1 | 0.7 | 27.1 | 0.26 | 0.39 | 1 | 0.164 | 0.835 | 0 | 0 | 0 |
| X1177 | Potato, flesh & skin, floury, baked without oil, no added salt | 100 | 68.5 | 393 | 416 | 3.27 | 0.25 | 19.3 | 2.9 | 0 | 19.3 | 0.04 | 0.01 | 0.05 | 0.005 | 0.038 | 0 | 2 | 1.9 |
| | 1 small (6.3 x 4.4 cm diameter) | 77.1 | 52.8 | 303 | 321 | 2.52 | 0.19 | 14.9 | 2.3 | 0 | 14.9 | 0.03 | trace | 0.04 | 0.004 | 0.029 | 0 | 2 | 1.4 |
| | 1 medium (9.0 x 4.8 cm diameter) | 163 | 112 | 640 | 678 | 5.33 | 0.4 | 31.5 | 4.8 | 0 | 31.5 | 0.06 | 0.01 | 0.09 | 0.008 | 0.061 | 0 | 3 | 3 |
| | 1 large (11.5 x 5.7 cm diameter) | 258 | 177 | 1010 | 1070 | 8.44 | 0.64 | 49.8 | 7.6 | 0 | 49.8 | 0.1 | 0.02 | 0.14 | 0.013 | 0.097 | 0 | 5 | 4.8 |
| X1184 | Potato, flesh & skin, waxy, boiled, drained, no salt added | 100 | 83 | 216 | 228 | 1.67 | 0.1 | 10.8 | 1.5 | 0.87 | 9.94 | 0.02 | trace | 0.03 | 0.003 | 0.019 | 0 | 0 | 0.2 |
| | 1 small (5.5 x 4.4 cm diameter) | 83.5 | 69.3 | 180 | 190 | 1.39 | 0.09 | 9.03 | 1.3 | 0.72 | 8.3 | 0.01 | trace | 0.02 | 0.002 | 0.016 | 0 | 0 | 0.17 |
| | 1 medium (7.6 x 4.7 cm diameter) | 129 | 107 | 279 | 294 | 2.15 | 0.13 | 13.9 | 2 | 1.12 | 12.8 | 0.02 | trace | 0.03 | 0.004 | 0.025 | 0 | 0 | 0.26 |
| | 1 large (9.7 x 5.4 cm diameter) | 230 | 191 | 497 | 525 | 3.83 | 0.24 | 24.9 | 3.5 | 2 | 22.9 | 0.04 | 0.01 | 0.06 | 0.007 | 0.044 | 0 | 0 | 0.46 |
| X1179 | Potato, flesh, floury, boiled, drained, mashed, no salt added | 100 | 79.5 | 247 | 259 | 1.88 | 0.1 | 12.4 | 1.6 | 0 | 12.4 | 0.02 | trace | 0.02 | 0.007 | 0.016 | 0 | 1 | 0.75 |
| | 1 cup mashed (250 mL) | 246 | 195 | 607 | 638 | 4.62 | 0.25 | 30.5 | 3.9 | 0 | 30.5 | 0.04 | 0.01 | 0.06 | 0.016 | 0.038 | 0 | 3 | 1.9 |
| X1181 | Potato, flesh, floury, fried in canola oil, no salt added | 100 | 68.6 | 498 | 518 | 2.56 | 4.7 | 16.5 | 2.4 | 0 | 16.5 | 0.32 | 2.76 | 1.19 | 0.377 | 0.796 | 0 | 1 | 0 |
| | 1 cup (250 mL) | 197 | 135 | 982 | 1020 | 5.04 | 9.26 | 32.6 | 4.7 | 0 | 32.6 | 0.63 | 5.44 | 2.34 | 0.743 | 1.57 | 0 | 3 | 0 |
| X1032 | Potato, fries beer batter, frozen, baked | 100 | 59.9 | 712 | 733 | 3.66 | 6.31 | 24.5 | 2.6 | 0.5 | 24 | 0.54 | 3.9 | 1.5 | 0.414 | 1.07 | 0 | 280 | 0 |
| | 1 cup (250 mL) | 156 | 93.4 | 1110 | 1140 | 5.7 | 9.84 | 38.2 | 4.1 | 0.78 | 37.4 | 0.84 | 6.09 | 2.34 | 0.645 | 1.67 | 0 | 437 | 0 |
| X1033 | Potato, fries tempura, frozen, baked, Crunchy Steak Cut Fries, Wattie's® | 100 | 58.6 | 766 | 784 | 3.13 | 8.2 | 24.1 | 2.2 | 0.5 | 23.6 | 0.69 | 5.12 | 1.85 | 0.467 | 1.36 | 0 | 410 | 0 |
| | 1 cup (250 mL) | 172 | 101 | 1320 | 1350 | 5.38 | 14.1 | 41.5 | 3.8 | 0.86 | 40.6 | 1.19 | 8.8 | 3.19 | 0.804 | 2.33 | 0 | 705 | 0 |
| X327 | Potato, fries, chunky cut, frozen, precooked in canola oil, baked | 100 | 55.7 | 792 | 829 | 3.56 | 4.75 | 32.7 | 4.6 | 0 | 32.7 | 0.47 | 2.71 | 0.89 | | | 0 | 67 | 0.6 |
| | 10 chips or fries | 82.6 | 46 | 654 | 684 | 2.94 | 3.92 | 27 | 3.8 | 0 | 27 | 0.39 | 2.24 | 0.73 | | | 0 | 55 | 0.5 |
| X324 | Potato, fries, chunky cut, frozen, precooked in polyunsaturated oil, baked | 100 | 61.3 | 636 | 652 | 3.56 | 3.72 | 25.8 | 2 | 0 | 25.8 | 0.63 | 1.02 | 1.53 | | | 0 | 67 | 0.6 |
| | 10 chips or fries | 80 | 49 | 509 | 522 | 2.85 | 2.98 | 20.6 | 1.6 | 0 | 20.6 | 0.51 | 0.82 | 1.22 | | | 0 | 54 | 0.48 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1255 | Pea, green, split, dry, boiled, drained, no salt added | 100 | 364 | 159 | 13 | 1.67 | 1.04 | 3.4 | 7 | 42 | 0.18 | 0.051 | 1.4 | 0.11 | 0 | 0 | 0 | 0 | 0.06 |
| | 1 cup (250 mL) | 172 | 626 | 273 | 23 | 2.87 | 1.79 | 5.9 | 12 | 72 | 0.31 | 0.088 | 2.3 | 0.19 | 0 | 0 | 0 | 0 | 0.1 |
| X1253 | Pea, yellow, split, dry, boiled, drained, no salt added | 100 | 174 | 124 | 23 | 1.8 | 0.98 | 0 | 2 | 10 | 0.18 | 0.05 | 0.65 | 0.11 | 0 | 0 | 0 | 0 | 0.07 |
| | 1 cup (250 mL) | 176 | 306 | 218 | 40 | 3.17 | 1.73 | 0 | 3 | 17 | 0.32 | 0.088 | 1.1 | 0.19 | 0 | 0 | 0 | 0 | 0.11 |
| X1177 | Potato, flesh & skin, floury, baked without oil, no added salt | 100 | 750 | 74 | 11 | 1.84 | 0.53 | 1.1 | 0 | 0 | 0.15 | 0.098 | 3 | 0.69 | 0 | 19 | 4.5 | 0 | 0 |
| | 1 small (6.3 x 4.4 cm diameter) | 77.1 | 578 | 57 | 8 | 1.42 | 0.41 | 0.81 | 0 | 0 | 0.11 | 0.075 | 2.3 | 0.53 | 0 | 15 | 3.47 | 0 | 0 |
| | 1 medium (9.0 x 4.8 cm diameter) | 163 | 1220 | 120 | 18 | 3 | 0.86 | 1.7 | 0 | 0 | 0.24 | 0.16 | 4.9 | 1.1 | 0 | 32 | 7.34 | 0 | 0 |
| | 1 large (11.5 x 5.7 cm diameter) | 258 | 1940 | 190 | 28 | 4.75 | 1.36 | 2.7 | 0 | 0 | 0.37 | 0.25 | 7.8 | 1.8 | 0 | 50 | 11.6 | 0 | 0 |
| X1184 | Potato, flesh & skin, waxy, boiled, drained, no salt added | 100 | 335 | 31 | 5 | 0.37 | 0.28 | 0 | 0 | 0 | 0.061 | 0.05 | 1.3 | 0.26 | 0 | 10 | 5.86 | 0 | 0 |
| | 1 small (5.5 x 4.4 cm diameter) | 83.5 | 280 | 26 | 4 | 0.31 | 0.23 | 0 | 0 | 0 | 0.051 | 0.041 | 1 | 0.21 | 0 | 8 | 4.89 | 0 | 0 |
| | 1 medium (7.6 x 4.7 cm diameter) | 129 | 432 | 40 | 7 | 0.47 | 0.36 | 0 | 0 | 0 | 0.078 | 0.064 | 1.6 | 0.33 | 0 | 13 | 7.56 | 0 | 0 |
| | 1 large (9.7 x 5.4 cm diameter) | 230 | 771 | 71 | 12 | 0.84 | 0.64 | 0 | 0 | 0 | 0.14 | 0.11 | 2.9 | 0.59 | 0 | 22 | 13.5 | 0 | trace |
| X1179 | Potato, flesh, floury, boiled, drained, mashed, no salt added | 100 | 399 | 39 | 4 | 0.42 | 0.27 | 0.42 | 0 | 0 | 0.1 | 0.045 | 1.5 | 0.25 | 0 | 14 | 4.23 | 0 | 0 |
| | 1 cup mashed (250 mL) | 246 | 982 | 97 | 10 | 1.04 | 0.66 | 1 | 0 | 0 | 0.25 | 0.11 | 3.6 | 0.61 | 0 | 35 | 10.4 | 0 | 0 |
| X1181 | Potato, flesh, floury, fried in canola oil, no salt added | 100 | 595 | 58 | 6 | 0.58 | 0.38 | 0 | 0 | 0 | 0.14 | 0.069 | 2.2 | 0.42 | 0 | 16 | 5.07 | 0 | 0.57 |
| | 1 cup (250 mL) | 197 | 1170 | 114 | 11 | 1.13 | 0.75 | 0 | 0 | 0 | 0.27 | 0.14 | 4.4 | 0.83 | 0 | 31 | 9.99 | 0 | 1.1 |
| X1032 | Potato, fries beer batter, frozen, baked | 100 | 510 | 148 | 14 | 0.58 | 0.37 | 5 | 0 | 0 | 0 | 0.03 | 1.4 | 0.19 | 0 | 41 | 2 | 0 | 0.56 |
| | 1 cup (250 mL) | 156 | 796 | 231 | 21 | 0.91 | 0.58 | 7.8 | 0 | 0 | 0 | 0.047 | 2.2 | 0.3 | 0 | 64 | 3.12 | 0 | 0.88 |
| X1033 | Potato, fries tempura, frozen, baked, Crunchy Steak Cut Fries, Wattie's® | 100 | 320 | 123 | 9 | 0.57 | 0.32 | 0 | 0 | 0 | 0 | 0.03 | 1.4 | 0.19 | 0 | 41 | 2 | 0 | 0.56 |
| | 1 cup (250 mL) | 172 | 550 | 212 | 16 | 0.98 | 0.55 | 0 | 0 | 0 | 0 | 0.052 | 2.5 | 0.33 | 0 | 71 | 3.44 | 0 | 0.97 |
| X327 | Potato, fries, chunky cut, frozen, precooked in canola oil, baked | 100 | 488 | 136 | 11 | 0.76 | 0.54 | 0.25 | 0 | 0 | 0.11 | 0.02 | 2.4 | 0.64 | 0 | 24 | 6.2 | 0 | 0.76 |
| | 10 chips or fries | 82.6 | 403 | 112 | 9 | 0.63 | 0.45 | 0.21 | 0 | 0 | 0.091 | 0.017 | 2 | 0.53 | 0 | 20 | 5.12 | 0 | 0.63 |
| X324 | Potato, fries, chunky cut, frozen, precooked in polyunsaturated oil, baked | 100 | 488 | 136 | 11 | 0.76 | 0.54 | 0.25 | 0 | 0 | 0.11 | 0.02 | 2.4 | 0.64 | 0 | 24 | 6.2 | 0 | 0.76 |
| | 10 chips or fries | 80 | 390 | 109 | 9 | 0.61 | 0.43 | 0.2 | 0 | 0 | 0.088 | 0.016 | 1.9 | 0.51 | 0 | 19 | 4.96 | 0 | 0.61 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X321 | Potato, fries, shoestring cut, frozen, precooked in polyunsaturated oil, baked | 100 | 52.4 | 911 | 927 | 3.56 | 7.83 | 33 | 2 | 0 | 33 | 1.33 | 2.15 | 3.22 | | | 0 | 67 | 0.6 |
| | 10 chips or fries | 21 | 11 | 191 | 195 | 0.75 | 1.64 | 6.93 | 0.4 | 0 | 6.93 | 0.28 | 0.45 | 0.68 | | | 0 | 14 | 0.13 |
| X322 | Potato, fries, straight cut, frozen, precooked in polyunsaturated oil, baked | 100 | 60.2 | 710 | 726 | 3.56 | 5.52 | 26.2 | 2 | 0 | 26.2 | 0.94 | 1.52 | 2.27 | | | 0 | 67 | 0.6 |
| | 10 chips or fries | 58.8 | 35.4 | 417 | 427 | 2.1 | 3.25 | 15.4 | 1.2 | 0 | 15.4 | 0.55 | 0.89 | 1.33 | | | 0 | 39 | 0.35 |
| X1037 | Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams | 100 | 60.5 | 618 | 645 | 3.44 | 3.88 | 24.5 | 3.3 | 0.6 | 23.9 | 0.31 | 2.33 | 1 | 0.288 | 0.693 | 0 | 33 | 0 |
| | 1 cup (250 mL) | 151 | 91.4 | 934 | 974 | 5.19 | 5.86 | 37 | 5 | 0.91 | 36.1 | 0.46 | 3.52 | 1.51 | 0.434 | 1.05 | 0 | 50 | 0 |
| X314 | Potato, wedges, frozen, precooked in polyunsaturated oil, baked | 100 | 56.8 | 782 | 798 | 3.94 | 6.22 | 28.5 | 2 | 0 | 28.5 | 1.06 | 1.71 | 2.56 | | | 0 | 375 | 1.2 |
| | 10 wedges | 94.7 | 53.7 | 740 | 755 | 3.73 | 5.89 | 27 | 1.9 | 0 | 27 | 1 | 1.62 | 2.42 | | | 0 | 355 | 1.1 |
| X1186 | Pumpkin, Kumi Kumi, flesh and skin, fresh, boiled, drained, no salt added | 100 | 93.3 | 86 | 95 | 1.26 | 0.2 | 3.37 | 1.1 | 2.4 | 0.97 | 0.04 | trace | 0.1 | 0.072 | 0.026 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 154 | 144 | 133 | 147 | 1.94 | 0.31 | 5.19 | 1.8 | 3.7 | 1.49 | 0.06 | trace | 0.15 | 0.111 | 0.04 | 0 | 0 | 0 |
| X1121 | Pumpkin, Whangaparaoa crown, flesh, fresh, steamed, Whangaparaoa crown | 100 | 85.9 | 163 | 189 | 1.18 | 0.44 | 7.44 | 3.2 | 6.44 | 1 | 0.08 | 0.12 | 0.12 | 0.052 | 0.062 | 0 | 0 | 0.53 |
| | 1 cup sliced 5 x 2 x 2 cm (250 mL) | 146 | 125 | 238 | 276 | 1.72 | 0.65 | 10.9 | 4.7 | 9.41 | 1.46 | 0.11 | 0.17 | 0.17 | 0.075 | 0.091 | 0 | 0 | 0.77 |
| X1120 | Pumpkin, Whangaparaoa crown, flesh, boiled, drained, no salt added | 100 | 86.7 | 154 | 179 | 1.12 | 0.42 | 7.05 | 3.1 | 6.11 | 0.95 | 0.07 | 0.11 | 0.11 | 0.049 | 0.059 | 0 | 0 | 0.45 |
| | 1 cup sliced 5 x 2 x 2 cm (250 mL) | 155 | 134 | 239 | 277 | 1.73 | 0.65 | 10.9 | 4.7 | 9.46 | 1.47 | 0.11 | 0.18 | 0.17 | 0.076 | 0.091 | 0 | 0 | 0.69 |
| X1119 | Pumpkin, Whangaparaoa crown, fresh, raw | 100 | 87.4 | 147 | 170 | 1.06 | 0.4 | 6.7 | 2.9 | 5.8 | 0.9 | 0.07 | 0.11 | 0.11 | 0.046 | 0.056 | 0 | 0 | 0.5 |
| | 1 cup sliced 5 x 2 x 2 cm (250 mL) | 128 | 112 | 188 | 218 | 1.36 | 0.51 | 8.58 | 3.7 | 7.42 | 1.15 | 0.09 | 0.14 | 0.14 | 0.059 | 0.072 | 0 | 0 | 0.64 |
| X1122 | Pumpkin, flesh, Whangaparaoa crown, fresh, baked with oil | 100 | 77.2 | 298 | 338 | 1.81 | 1.95 | 11.5 | 5 | 9.93 | 1.54 | 0.21 | 0.95 | 0.51 | 0.18 | 0.325 | 0 | 0 | 0.81 |
| | 1 cup sliced 5 x 2 x 2 cm (250 mL) | 124 | 95.7 | 370 | 419 | 2.25 | 2.42 | 14.2 | 6.2 | 12.3 | 1.91 | 0.26 | 1.17 | 0.64 | 0.223 | 0.403 | 0 | 0 | 1 |
| X181 | Puwaha, Sow Thistle, leaves & upper stem, boiled, drained, no salt added | 100 | 93.5 | 69 | 111 | 2.31 | 0.7 | 0.23 | 5.2 | 0.2 | 0.03 | 0.11 | 0.05 | 0.4 | | | 0 | 26 | 2.7 |
| | 1 cup chopped (250 mL) | 146 | 137 | 101 | 162 | 3.38 | 1.02 | 0.34 | 7.6 | 0.29 | 0.04 | 0.16 | 0.07 | 0.58 | | | 0 | 38 | 3.9 |
| X1012 | Puwaha, leaves, raw, Prickly Sow Thistle | 100 | 90.8 | 80 | 105 | 2.41 | 0.85 | 0.43 | 3.2 | 0.2 | 0.23 | 0.1 | 0.04 | 0.32 | | | 0 | 110 | 0.69 |
| | 1 cup chopped (250 mL) | 40 | 36.3 | 32 | 42 | 0.96 | 0.34 | 0.17 | 1.3 | 0.08 | 0.09 | 0.04 | 0.02 | 0.13 | | | 0 | 44 | 0.28 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X321 | Potato, fries, shoestring cut, frozen, precooked in polyunsaturated oil, baked | 100 | 488 | 136 | 11 | 0.76 | 0.54 | 0.25 | 0 | 0 | 0.11 | 0.02 | 2.4 | 0.64 | 0 | 24 | 6.2 | 0 | 0.76 |
| | 10 chips or fries | 21 | 102 | 29 | 2 | 0.16 | 0.11 | 0.05 | 0 | 0 | 0.023 | 0.004 | 0.51 | 0.13 | 0 | 5 | 1.3 | 0 | 0.16 |
| X322 | Potato, fries, straight cut, frozen, precooked in polyunsaturated oil, baked | 100 | 488 | 136 | 11 | 0.76 | 0.54 | 0.25 | 0 | 0 | 0.11 | 0.02 | 2.4 | 0.64 | 0 | 24 | 6.2 | 0 | 0.76 |
| | 10 chips or fries | 58.8 | 287 | 80 | 6 | 0.45 | 0.32 | 0.15 | 0 | 0 | 0.065 | 0.012 | 1.4 | 0.38 | 0 | 14 | 3.65 | 0 | 0.45 |
| X1037 | Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams | 100 | 570 | 108 | 16 | 0.73 | 0.53 | 0 | 1 | 6 | 0 | 0.03 | 2.1 | 0.47 | 0 | 30 | 2 | 0 | 0.56 |
| | 1 cup (250 mL) | 151 | 861 | 163 | 24 | 1.1 | 0.8 | 0 | 2 | 9 | 0 | 0.045 | 3.1 | 0.71 | 0 | 45 | 3.02 | 0 | 0.85 |
| X314 | Potato, wedges, frozen, precooked in polyunsaturated oil, baked | 100 | 464 | 126 | 12 | 0.75 | 0.5 | 0.64 | 0 | 0 | 0.12 | 0.03 | 2.7 | 0.52 | 0 | 30 | 6.2 | 0 | 0.76 |
| | 10 wedges | 94.7 | 439 | 119 | 12 | 0.71 | 0.47 | 0.61 | 0 | 0 | 0.11 | 0.028 | 2.6 | 0.49 | 0 | 28 | 5.87 | 0 | 0.72 |
| X1186 | Pumpkin, Kumi Kumi, flesh and skin, fresh, boiled, drained, no salt added | 100 | 139 | 28 | 16 | 0.25 | 0.43 | 0 | 29 | 172 | 0.06 | 0.03 | 0.5 | 0.21 | 0 | 9 | 9.07 | 0 | 0.14 |
| | 1 cup cubed (250 mL) | 154 | 214 | 43 | 24 | 0.39 | 0.66 | 0 | 44 | 265 | 0.092 | 0.046 | 0.76 | 0.32 | 0 | 14 | 14 | 0 | 0.21 |
| X1121 | Pumpkin, Whangaparaoa crown, flesh, fresh, steamed, Whangaparaoa crown | 100 | 422 | 28 | 28 | 0.4 | 0.23 | 0 | 230 | 1380 | 0.013 | 0.095 | 1.4 | 0.22 | 0 | 6 | 6.5 | 0 | 0.81 |
| | 1 cup sliced 5 x 2 x 2 cm (250 mL) | 146 | 616 | 41 | 41 | 0.58 | 0.34 | 0 | 336 | 2010 | 0.019 | 0.14 | 2.1 | 0.32 | 0 | 8 | 9.49 | 0 | 1.2 |
| X1120 | Pumpkin, Whangaparaoa crown, fresh, boiled, drained, no salt added | 100 | 360 | 24 | 25 | 0.36 | 0.21 | 0 | 206 | 1240 | 0.011 | 0.085 | 1.2 | 0.2 | 0 | 4 | 3.95 | 0 | 0.77 |
| | 1 cup sliced 5 x 2 x 2 cm (250 mL) | 155 | 558 | 37 | 39 | 0.56 | 0.33 | 0 | 320 | 1920 | 0.017 | 0.13 | 1.9 | 0.31 | 0 | 6 | 6.13 | 0 | 1.2 |
| X1119 | Pumpkin, Whangaparaoa crown, fresh, raw | 100 | 380 | 25 | 25 | 0.36 | 0.21 | 0 | 218 | 1310 | 0.013 | 0.09 | 1.3 | 0.22 | 0 | 6 | 0.76 | 0 | 0.73 |
| | 1 cup sliced 5 x 2 x 2 cm (250 mL) | 128 | 486 | 32 | 32 | 0.46 | 0.27 | 0 | 279 | 1670 | 0.017 | 0.12 | 1.7 | 0.28 | 0 | 8 | 0.97 | 0 | 0.93 |
| X1122 | Pumpkin, flesh, Whangaparaoa crown, fresh, baked with oil | 100 | 650 | 43 | 43 | 0.62 | 0.36 | 0 | 354 | 2120 | 0.02 | 0.15 | 2.2 | 0.36 | 0 | 9 | 5.47 | 0 | 1.4 |
| | 1 cup sliced 5 x 2 x 2 cm (250 mL) | 124 | 806 | 53 | 53 | 0.76 | 0.45 | 0 | 439 | 2630 | 0.025 | 0.18 | 2.7 | 0.44 | 0 | 11 | 6.78 | 0 | 1.8 |
| X181 | Puwaha, Sow Thistle, leaves & upper stem, boiled, drained, no salt added | 100 | 160 | 37 | 101 | 1.08 | 0.5 | 0.2 | 1370 | 8230 | 0.02 | 0.032 | 0.71 | 0.05 | 0 | 74 | 22 | 0 | 0.7 |
| | 1 cup chopped (250 mL) | 146 | 234 | 54 | 147 | 1.58 | 0.73 | 0.29 | 2010 | 12000 | 0.029 | 0.047 | 1 | 0.073 | 0 | 110 | 32.1 | 0 | 1 |
| X1012 | Puwaha, leaves, raw, Prickly Sow Thistle | 100 | 450 | 29 | 100 | 0.89 | 0.87 | 0.2 | 691 | 4140 | 0.02 | 0.18 | 2.6 | 0.36 | 0 | 96 | 0.98 | 0 | 0.52 |
| | 1 cup chopped (250 mL) | 40 | 180 | 12 | 40 | 0.36 | 0.35 | 0.08 | 277 | 1660 | 0.008 | 0.072 | 1 | 0.14 | 0 | 38 | 0.39 | 0 | 0.21 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1274 | Radish, unpeeled, raw, fresh | 100 | 94.7 | 56 | 66 | 0.78 | 0 | 2.5 | 1.3 | 2.5 | 0 | 0.02 | 0.01 | 0 | 0 | 0 | 0 | 7 | 0.9 |
| | 1 slice (0.4 x 3.9 cm diameter) | 5.9 | 5.6 | 3 | 4 | 0.05 | 0 | 0.15 | 0.1 | 0.15 | 0 | trace | 0 | 0 | 0 | 0 | 0 | trace | 0.05 |
| | 1 radish (3.4 cm diameter) | 25.6 | 24.2 | 14 | 17 | 0.2 | 0 | 0.64 | 0.3 | 0.64 | 0 | trace | trace | 0 | 0 | 0 | 0 | 2 | 0.23 |
| | 1 cup sliced (250 mL) | 156 | 148 | 87 | 104 | 1.22 | 0 | 3.9 | 2.1 | 3.9 | 0 | 0.03 | 0.01 | trace | 0 | 0 | 0 | 11 | 1.4 |
| X1258 | Red Cabbage, steamed | 100 | 91.2 | 100 | 117 | 1.38 | 0.2 | 4.06 | 2.1 | 4 | 0.06 | 0.03 | 0.01 | 0.04 | 0.021 | 0.014 | 0 | 6 | 0 |
| | 1 cup chopped or shredded (250 mL) | 144 | 131 | 144 | 168 | 1.99 | 0.29 | 5.84 | 3.1 | 5.76 | 0.08 | 0.04 | 0.01 | 0.05 | 0.03 | 0.02 | 0 | 9 | 0 |
| X1257 | Red cabbage, raw, fresh | 100 | 91.2 | 97 | 115 | 1.33 | 0.1 | 4.16 | 2.3 | 4.1 | 0.06 | 0.03 | 0.01 | 0.04 | 0.022 | 0.014 | 0 | 7 | 0 |
| | 1 cup chopped or shredded (250 mL) | 85.9 | 78.3 | 83 | 99 | 1.14 | 0.09 | 3.57 | 2 | 3.52 | 0.05 | 0.02 | 0.01 | 0.03 | 0.019 | 0.012 | 0 | 6 | 0 |
| X1259 | Red cabbage, stir-fried with oil | 100 | 80 | 431 | 456 | 1.92 | 8.2 | 5.58 | 3.1 | 5.5 | 0.08 | 1.13 | 5.68 | 0.6 | 0.121 | 0.475 | 0 | 9 | 0 |
| | 1 cup chopped or shredded (250 mL) | 144 | 115 | 620 | 656 | 2.76 | 11.8 | 8.03 | 4.5 | 7.92 | 0.11 | 1.62 | 8.17 | 0.86 | 0.174 | 0.684 | 0 | 13 | 0 |
| X1147 | Red kidney bean, canned in brine, drained | 100 | 72.1 | 308 | 357 | 7.23 | 1 | 8.7 | 6.2 | 1 | 7.7 | 0.14 | 0.1 | 0.51 | 0.302 | 0.207 | 0 | 150 | 0.2 |
| | 1 cup (250 mL) | 215 | 155 | 662 | 768 | 15.5 | 2.15 | 18.7 | 13.3 | 2.15 | 16.6 | 0.3 | 0.21 | 1.1 | 0.649 | 0.445 | 0 | 323 | 0.43 |
| X1266 | Red lettuce, raw, fresh | 100 | 95.3 | 38 | 53 | 1.49 | 0.2 | 0.3 | 1.9 | 0.3 | 0 | 0.04 | trace | 0.17 | 0.12 | 0.044 | 0 | 8 | 1.3 |
| | 1 cup shredded (250 mL) | 29.3 | 27.9 | 11 | 16 | 0.44 | 0.06 | 0.09 | 0.6 | 0.09 | 0 | 0.01 | trace | 0.05 | 0.035 | 0.013 | 0 | 2 | 0.38 |
| X1018 | Rocket, leaves, raw | 100 | 92.8 | 76 | 95 | 3.22 | 0.5 | 0.18 | 2.3 | 0.18 | 0 | 0.09 | 0.05 | 0.32 | | | 0 | 13 | 0 |
| | 1 cup (250 mL) | 37.5 | 34.8 | 29 | 36 | 1.21 | 0.19 | 0.07 | 0.9 | 0.07 | 0 | 0.03 | 0.02 | 0.12 | | | 0 | 5 | 0 |
| X1047 | Salad, Mesclun, leaves, raw | 100 | 93 | 54 | 71 | 2.5 | 0.3 | 0 | 2.2 | 0 | 0 | 0.04 | 0.01 | 0.11 | 0.084 | 0.02 | 0 | 24 | 8.4 |
| | 1 cup (250 mL) | 37.5 | 34.9 | 20 | 27 | 0.94 | 0.11 | 0 | 0.8 | 0 | 0 | 0.02 | trace | 0.04 | 0.032 | 0.007 | 0 | 9 | 3.2 |
| X1263 | Sauerkraut, canned, undrained, shelf-stable | 100 | 90.1 | 40 | 62 | 0.93 | 0.2 | 1.02 | 2.7 | 0.9 | 0.12 | 0.03 | 0.01 | 0.03 | 0.016 | 0.016 | 0 | 530 | 0.2 |
| | 1 cup (250 mL) | 156 | 141 | 63 | 97 | 1.45 | 0.31 | 1.58 | 4.2 | 1.4 | 0.18 | 0.04 | 0.01 | 0.05 | 0.025 | 0.025 | 0 | 827 | 0.31 |
| X1279 | Sauerkraut, undrained, refrigerated | 100 | 90.4 | 34 | 54 | 1.11 | 0.2 | 0.48 | 2.4 | 0.4 | 0.08 | 0.03 | trace | trace | 0 | 0 | 0 | 810 | 0.4 |
| | 1 cup (250 mL) | 123 | 111 | 42 | 66 | 1.37 | 0.25 | 0.59 | 2.9 | 0.49 | 0.1 | 0.03 | trace | trace | 0 | 0 | 0 | 996 | 0.49 |
| X1260 | Savoy cabbage, raw, fresh | 100 | 90.5 | 113 | 130 | 1.69 | 0.4 | 4.06 | 2.2 | 4 | 0.06 | 0.04 | 0.02 | 0.06 | 0.042 | 0.018 | 0 | 6 | 0.8 |
| | 1 cup chopped or shredded (250 mL) | 66.6 | 60.3 | 75 | 87 | 1.13 | 0.27 | 2.7 | 1.4 | 2.66 | 0.04 | 0.02 | 0.01 | 0.04 | 0.028 | 0.012 | 0 | 4 | 0.53 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|---|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1274 | Radish, unpeeled, raw, fresh | 100 | 230 | 16 | 27 | 0.33 | 0.11 | 0.5 | 0 | 0 | 0.02 | 0.03 | 0.42 | 0.07 | 0 | 84 | 11.7 | 0 | trace |
| | 1 slice (0.4 x 3.9 cm diameter) | 5.9 | 14 | 1 | 2 | 0.02 | 0.01 | 0.03 | 0 | 0 | 0.001 | 0.002 | 0.025 | 0.004 | 0 | 5 | 0.69 | 0 | 0 |
| | 1 radish (3.4 cm diameter) | 25.6 | 59 | 4 | 7 | 0.08 | 0.03 | 0.13 | 0 | 0 | 0.005 | 0.008 | 0.11 | 0.018 | 0 | 21 | 2.99 | 0 | 0 |
| | 1 cup sliced (250 mL) | 156 | 359 | 25 | 42 | 0.52 | 0.17 | 0.78 | 0 | 0 | 0.031 | 0.047 | 0.65 | 0.11 | 0 | 130 | 18.2 | 0 | trace |
| X1258 | Red Cabbage, steamed | 100 | 210 | 24 | 32 | 0.28 | 0.15 | 0.58 | 1 | 6 | 0.041 | 0.046 | 0.5 | 0.11 | 0 | 110 | 35.6 | 0 | trace |
| | 1 cup chopped or shredded (250 mL) | 144 | 302 | 34 | 46 | 0.4 | 0.21 | 0.84 | 2 | 9 | 0.059 | 0.066 | 0.71 | 0.16 | 0 | 160 | 51.2 | 0 | trace |
| X1257 | Red cabbage, raw, fresh | 100 | 240 | 27 | 35 | 0.3 | 0.16 | 0.6 | 1 | 6 | 0.05 | 0.05 | 0.54 | 0.13 | 0 | 82 | 27.6 | 0 | trace |
| | 1 cup chopped or shredded (250 mL) | 85.9 | 206 | 23 | 30 | 0.26 | 0.14 | 0.52 | 1 | 5 | 0.043 | 0.043 | 0.46 | 0.11 | 0 | 71 | 23.7 | 0 | trace |
| X1259 | Red cabbage, stir-fried with oil | 100 | 310 | 35 | 45 | 0.39 | 0.21 | 0.78 | 3 | 19 | 0.058 | 0.061 | 0.68 | 0.16 | 0 | 150 | 45 | 0 | 0.98 |
| | 1 cup chopped or shredded (250 mL) | 144 | 447 | 50 | 65 | 0.56 | 0.3 | 1.1 | 5 | 28 | 0.084 | 0.088 | 0.98 | 0.23 | 0 | 210 | 64.9 | 0 | 1.4 |
| X1147 | Red kidney bean, canned in brine, drained | 100 | 250 | 106 | 50 | 1.42 | 0.79 | 2 | 0 | 0 | 0.08 | 0.05 | 1.6 | 0.17 | 0 | 24 | 1.58 | 0 | 0.03 |
| | 1 cup (250 mL) | 215 | 538 | 228 | 108 | 3.05 | 1.7 | 4.3 | 0 | 0 | 0.17 | 0.11 | 3.5 | 0.37 | 0 | 51 | 3.4 | 0 | 0.07 |
| X1266 | Red lettuce, raw, fresh | 100 | 440 | 36 | 66 | 1.18 | 0.22 | 0 | 212 | 1270 | 0.05 | 0.08 | 0.53 | 0.09 | 0 | 85 | 0 | 0 | 0.31 |
| | 1 cup shredded (250 mL) | 29.3 | 129 | 11 | 19 | 0.35 | 0.06 | 0 | 62 | 372 | 0.015 | 0.023 | 0.16 | 0.026 | 0 | 25 | 0 | 0 | 0.09 |
| X1018 | Rocket, leaves, raw | 100 | 350 | 41 | 200 | 0.85 | 0.42 | 0.2 | 444 | 2660 | 0.09 | 0.24 | 1.2 | 0.23 | 0 | 2 | 4.95 | 0 | 0.88 |
| | 1 cup (250 mL) | 37.5 | 131 | 15 | 75 | 0.32 | 0.16 | 0.08 | 167 | 998 | 0.034 | 0.09 | 0.43 | 0.086 | 0 | 1 | 1.86 | 0 | 0.33 |
| X1047 | Salad, Mesclun, leaves, raw | 100 | 400 | 37 | 150 | 1.11 | 0.37 | 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 | 0.42 | 0.14 | 0 | 181 | 1080 | 0 | 0.094 | 0.27 | 0.12 | 0 | 59 | 1.65 | 0 | 0 |
| X1263 | Sauerkraut, canned, undrained, shelf-stable | 100 | 210 | 25 | 53 | 0.61 | 0.11 | 2 | 2 | 10 | 0.02 | 0.03 | 0.25 | 0.14 | 0 | 34 | 11.7 | 0 | trace |
| | 1 cup (250 mL) | 156 | 328 | 39 | 83 | 0.95 | 0.17 | 3.1 | 2 | 15 | 0.031 | 0.047 | 0.4 | 0.22 | 0 | 53 | 18.3 | 0 | 0.01 |
| X1279 | Sauerkraut, undrained, refrigerated | 100 | 220 | 32 | 55 | 0.28 | 0.14 | 1.3 | 2 | 10 | 0.02 | 0.03 | 0.29 | 0.14 | 0 | 34 | 11.7 | 0 | trace |
| | 1 cup (250 mL) | 123 | 271 | 39 | 68 | 0.34 | 0.17 | 1.6 | 2 | 13 | 0.025 | 0.037 | 0.35 | 0.17 | 0 | 42 | 14.4 | 0 | trace |
| X1260 | Savoy cabbage, raw, fresh | 100 | 280 | 34 | 57 | 0.32 | 0.18 | 0.9 | 4 | 22 | 0.05 | 0.07 | 0.62 | 0.14 | 0 | 47 | 27.1 | 0 | 0.08 |
| | 1 cup chopped or shredded (250 mL) | 66.6 | 186 | 23 | 38 | 0.21 | 0.12 | 0.6 | 2 | 15 | 0.033 | 0.047 | 0.41 | 0.093 | 0 | 31 | 18.1 | 0 | 0.05 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1261 | Savoy cabbage, steamed | 100 | 90.8 | 112 | 130 | 2.51 | 0.2 | 3.73 | 2.2 | 3.67 | 0.06 | 0.03 | 0.01 | 0.06 | 0.039 | 0.017 | 0 | 5 | 0.64 |
| | 1 cup chopped or shredded (250 mL) | 96.5 | 87.6 | 108 | 125 | 2.42 | 0.19 | 3.6 | 2.1 | 3.55 | 0.05 | 0.03 | 0.01 | 0.06 | 0.038 | 0.017 | 0 | 5 | 0.61 |
| X1262 | Savoy cabbage, stir-fried with oil | 100 | 78.5 | 454 | 480 | 2.51 | 8.7 | 4.95 | 3.3 | 4.88 | 0.07 | 1.09 | 5.46 | 0.61 | 0.149 | 0.461 | 0 | 7 | 0.93 |
| | 1 cup chopped or shredded (250 mL) | 97.3 | 76.4 | 442 | 467 | 2.44 | 8.47 | 4.81 | 3.2 | 4.74 | 0.07 | 1.06 | 5.31 | 0.6 | 0.145 | 0.449 | 0 | 7 | 0.9 |
| X1013 | Seaweed, sheet, toasted, nori | 100 | 2.4 | 966 | 1270 | 38.8 | 7.2 | 2.4 | 38.2 | 0.4 | 2 | 0.97 | 1.42 | 3.15 | 0.04 | 2.19 | 0 | 690 | 3000 |
| | 5 sheets | 11.3 | 0.3 | 109 | 144 | 4.38 | 0.81 | 0.27 | 4.3 | 0.05 | 0.23 | 0.11 | 0.16 | 0.36 | 0.005 | 0.247 | 0 | 78 | 340 |
| X1112 | Silverbeet, leaves & stems, fresh, boiled, drained, no salt added | 100 | 91.9 | 68 | 90 | 2.18 | 0.19 | 1.42 | 2.7 | 1.42 | 0 | 0.03 | 0.02 | 0.05 | 0.028 | 0.016 | 0 | 100 | 1.8 |
| | 1 cup chopped (250 mL) | 72.4 | 66.5 | 49 | 65 | 1.58 | 0.14 | 1.03 | 2 | 1.03 | 0 | 0.02 | 0.01 | 0.04 | 0.02 | 0.011 | 0 | 73 | 1.3 |
| X1111 | Silverbeet, leaves & stems, fresh, raw | 100 | 91.4 | 72 | 95 | 2.31 | 0.2 | 1.5 | 2.9 | 1.5 | 0 | 0.03 | 0.02 | 0.05 | 0.029 | 0.017 | 0 | 112 | 2.2 |
| | 1 cup chopped (250 mL) | 33.2 | 30.4 | 24 | 32 | 0.77 | 0.07 | 0.5 | 1 | 0.5 | 0 | 0.01 | trace | 0.02 | 0.01 | 0.006 | 0 | 37 | 0.73 |
| X1113 | Silverbeet, leaves & stems, fresh, steamed | 100 | 91.4 | 72 | 95 | 2.31 | 0.2 | 1.5 | 2.9 | 1.5 | 0 | 0.03 | 0.02 | 0.05 | 0.029 | 0.017 | 0 | 112 | 2.1 |
| | 1 cup chopped (250 mL) | 65 | 59.4 | 47 | 62 | 1.5 | 0.13 | 0.98 | 1.9 | 0.98 | 0 | 0.02 | 0.01 | 0.03 | 0.019 | 0.011 | 0 | 73 | 1.4 |
| X1046 | Spinach, English, boiled, drained, no salt added | 100 | 93.9 | 63 | 81 | 2.81 | 0.4 | 0 | 2.3 | 0 | 0 | 0.05 | 0.02 | 0.2 | 0.164 | 0.036 | 0 | 5 | 4.7 |
| | 1 cup (250 mL) | 150 | 141 | 94 | 122 | 4.22 | 0.6 | 0 | 3.5 | 0 | 0 | 0.07 | 0.03 | 0.3 | 0.246 | 0.054 | 0 | 7 | 7.1 |
| X1045 | Spinach, English, raw | 100 | 93 | 57 | 75 | 2.5 | 0.4 | 0 | 2.2 | 0 | 0 | 0.05 | 0.02 | 0.19 | 0.152 | 0.033 | 0 | 11 | 11 |
| | 1 cup chopped (250 mL) | 42.9 | 39.9 | 25 | 32 | 1.07 | 0.17 | 0 | 0.9 | 0 | 0 | 0.02 | 0.01 | 0.08 | 0.065 | 0.014 | 0 | 5 | 4.9 |
| X1267 | Spinach, baby leaf, raw, fresh | 100 | 92.7 | 62 | 81 | 3 | 0.3 | 0 | 2.4 | 0 | 0 | 0.05 | 0.04 | 0.28 | 0.235 | 0.04 | 0 | 17 | 5.4 |
| | 1 cup (250 mL) | 26.1 | 24.2 | 16 | 21 | 0.78 | 0.08 | 0 | 0.6 | 0 | 0 | 0.01 | 0.01 | 0.07 | 0.061 | 0.01 | 0 | 5 | 1.4 |
| X1239 | Spinach, chopped, frozen, boiled, undrained, no salt added | 100 | 91 | 97 | 123 | 2.96 | 0.8 | 1.04 | 3.2 | 0.77 | 0.27 | 0.09 | 0.05 | 0.36 | 0.293 | 0.063 | 0 | 46 | 2.1 |
| | 1 cup chopped (250 mL) | 175 | 159 | 171 | 216 | 5.17 | 1.4 | 1.82 | 5.7 | 1.35 | 0.47 | 0.15 | 0.08 | 0.63 | 0.513 | 0.11 | 0 | 81 | 3.7 |
| X1132 | Spring onion, bulb and stalk, fresh, raw | 100 | 90.9 | 88 | 107 | 1.88 | 0.2 | 2.84 | 2.5 | 2.8 | 0.04 | 0.03 | 0.08 | 0.09 | 0.045 | 0.046 | 0 | 1 | 1.7 |
| | 1 tablespoon (15 mL) | 4.5 | 4.1 | 4 | 5 | 0.08 | 0.01 | 0.13 | 0.1 | 0.13 | trace | trace | trace | trace | 0.002 | 0.002 | 0 | trace | 0.08 |
| | 1 cup chopped (250 mL) | 69.5 | 63.2 | 61 | 75 | 1.3 | 0.14 | 1.97 | 1.7 | 1.95 | 0.03 | 0.02 | 0.06 | 0.06 | 0.031 | 0.032 | 0 | 1 | 1.2 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1261 | Savoy cabbage, steamed | 100 | 236 | 29 | 51 | 0.28 | 0.16 | 0.84 | 1 | 9 | 0.04 | 0.062 | 0.55 | 0.12 | 0 | 110 | 34.7 | 0 | 0.08 |
| | 1 cup chopped or shredded (250 mL) | 96.5 | 227 | 28 | 49 | 0.27 | 0.15 | 0.81 | 1 | 8 | 0.038 | 0.06 | 0.53 | 0.11 | 0 | 110 | 33.5 | 0 | 0.07 |
| X1262 | Savoy cabbage, stir-fried with oil | 100 | 341 | 41 | 69 | 0.39 | 0.22 | 1.1 | 10 | 61 | 0.055 | 0.081 | 0.73 | 0.16 | 0 | 130 | 44.5 | 0 | 1.1 |
| | 1 cup chopped or shredded (250 mL) | 97.3 | 332 | 40 | 68 | 0.38 | 0.21 | 1.1 | 10 | 60 | 0.053 | 0.079 | 0.71 | 0.16 | 0 | 120 | 43.3 | 0 | 1.1 |
| 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 | 316 | 69 | 27 | 2.26 | 0.5 | 2.3 | 163 | 976 | 0.019 | 0.27 | 1.9 | 0.16 | 7.6 | 1 | 15.1 | 0 | 0.22 |
| X1112 | Silverbeet, leaves & stems, fresh, boiled, drained, no salt added | 100 | 425 | 33 | 54 | 0.61 | 0.21 | 0 | 269 | 1610 | 0.042 | 0.16 | 0.31 | 0.077 | 0 | 100 | 4.13 | 0 | 0.28 |
| | 1 cup chopped (250 mL) | 72.4 | 307 | 24 | 39 | 0.44 | 0.15 | 0 | 195 | 1170 | 0.03 | 0.12 | 0.23 | 0.056 | 0 | 75 | 2.99 | 0 | 0.2 |
| X1111 | Silverbeet, leaves & stems, fresh, raw | 100 | 500 | 39 | 60 | 0.68 | 0.23 | 0 | 317 | 1900 | 0.055 | 0.19 | 0.39 | 0.096 | 0 | 56 | 4.98 | 0 | 0.3 |
| | 1 cup chopped (250 mL) | 33.2 | 166 | 13 | 20 | 0.23 | 0.08 | 0 | 105 | 631 | 0.018 | 0.063 | 0.13 | 0.032 | 0 | 19 | 1.65 | 0 | 0.1 |
| X1113 | Silverbeet, leaves & stems, fresh, steamed | 100 | 500 | 39 | 60 | 0.68 | 0.23 | 0 | 301 | 1810 | 0.05 | 0.18 | 0.37 | 0.086 | 0 | 120 | 2.91 | 0 | 0.3 |
| | 1 cup chopped (250 mL) | 65 | 325 | 25 | 39 | 0.44 | 0.15 | 0 | 196 | 1170 | 0.032 | 0.12 | 0.24 | 0.056 | 0 | 80 | 1.89 | 0 | 0.19 |
| X1046 | Spinach, English, boiled, drained, no salt added | 100 | 340 | 31 | 88 | 1.81 | 0.41 | 0 | 398 | 2390 | 0 | 0.14 | 0.66 | 0.13 | 0 | 130 | 1.2 | 0 | 0 |
| | 1 cup (250 mL) | 150 | 510 | 47 | 132 | 2.72 | 0.62 | 0 | 597 | 3580 | 0 | 0.21 | 1 | 0.2 | 0 | 200 | 1.8 | 0 | 0 |
| X1045 | Spinach, English, raw | 100 | 710 | 47 | 69 | 4.4 | 0.62 | 0 | 403 | 2410 | 0 | 0.24 | 1 | 0.16 | 0 | 200 | 2.9 | 0 | 0 |
| | 1 cup chopped (250 mL) | 42.9 | 305 | 20 | 30 | 1.89 | 0.27 | 0 | 173 | 1040 | 0 | 0.1 | 0.44 | 0.069 | 0 | 85 | 1.24 | 0 | 0 |
| X1267 | Spinach, baby leaf, raw, fresh | 100 | 820 | 48 | 75 | 1.36 | 0.62 | 0 | 567 | 3390 | 0.1 | 0.24 | 1.1 | 0.16 | 0 | 220 | 7.28 | 0 | 1.1 |
| | 1 cup (250 mL) | 26.1 | 214 | 13 | 20 | 0.36 | 0.16 | 0 | 148 | 886 | 0.026 | 0.063 | 0.29 | 0.042 | 0 | 57 | 1.9 | 0 | 0.28 |
| X1239 | Spinach, chopped, frozen, boiled, undrained, no salt added | 100 | 308 | 47 | 220 | 1.39 | 1.35 | 0 | 243 | 1460 | 0.059 | 0.15 | 1.1 | 0.21 | 0 | 100 | 6.25 | 0 | 2.3 |
| | 1 cup chopped (250 mL) | 175 | 538 | 83 | 385 | 2.42 | 2.37 | 0 | 426 | 2550 | 0.1 | 0.26 | 1.9 | 0.37 | 0 | 180 | 10.9 | 0 | 4.1 |
| X1132 | Spring onion, bulb and stalk, fresh, raw | 100 | 200 | 21 | 66 | 0.56 | 0.16 | 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 | 1 | 3 | 0.03 | 0.01 | 0.03 | trace | 1 | 0.003 | 0.004 | 0.021 | 0.004 | 0 | 4 | 0.5 | 0 | 0.01 |
| | 1 cup chopped (250 mL) | 69.5 | 139 | 15 | 46 | 0.39 | 0.11 | 0.42 | 4 | 23 | 0.042 | 0.063 | 0.33 | 0.063 | 0 | 61 | 7.76 | 0 | 0.21 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1133 | Spring onion, bulb and stalk, fresh, sautéed | 100 | 87.9 | 169 | 191 | 2.05 | 2.2 | 3.1 | 2.7 | 3.06 | 0.04 | 0.15 | 1.24 | 0.57 | 0.202 | 0.361 | 0 | 1 | 1.8 |
| | 1 tablespoon (15 mL) | 6.64 | 5.8 | 11 | 13 | 0.14 | 0.15 | 0.21 | 0.2 | 0.2 | trace | 0.01 | 0.08 | 0.04 | 0.013 | 0.024 | 0 | trace | 0.12 |
| | 1 cup chopped (250 mL) | 111 | 97.6 | 188 | 211 | 2.27 | 2.45 | 3.44 | 3 | 3.39 | 0.05 | 0.17 | 1.38 | 0.63 | 0.224 | 0.401 | 0 | 1 | 2 |
| X1284 | Sprout, alfalfa, raw | 100 | 93.3 | 85 | 100 | 4 | 0.41 | 0.1 | 1.9 | 0.1 | 0 | 0.06 | 0.01 | 0.1 | 0.04 | 0.054 | 0 | 9 | 0.7 |
| | 1 tablespoon (15 mL) | 1.98 | 1.8 | 2 | 2 | 0.08 | 0.01 | trace | trace | trace | 0 | trace | 0 | trace | 0.001 | 0.001 | 0 | trace | 0.01 |
| | 1 cup (250 mL) | 33.2 | 31 | 28 | 33 | 1.33 | 0.14 | 0.03 | 0.6 | 0.03 | 0 | 0.02 | trace | 0.03 | 0.013 | 0.018 | 0 | 3 | 0.23 |
| X1285 | Sprout, mung bean, raw | 100 | 92.1 | 91 | 104 | 3.04 | 0.21 | 1.87 | 1.6 | 1.6 | 0.27 | 0.04 | 0.01 | 0.04 | 0.017 | 0.017 | 0 | 4 | 0.2 |
| | 1 cup (250 mL) | 101 | 93 | 92 | 105 | 3.07 | 0.21 | 1.89 | 1.6 | 1.62 | 0.27 | 0.04 | 0.01 | 0.04 | 0.017 | 0.018 | 0 | 4 | 0.2 |
| X1273 | Squash, buttercup, flesh and skin, raw, fresh | 100 | 74.9 | 290 | 316 | 1.61 | 0.4 | 14.6 | 3.2 | 4 | 10.6 | 0.1 | 0.01 | trace | 0 | 0 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 126 | 94.4 | 366 | 398 | 2.02 | 0.5 | 18.4 | 4.1 | 5.04 | 13.3 | 0.12 | 0.01 | trace | 0 | 0 | 0 | 0 | 0 |
| X1271 | Squash, buttercup, flesh, raw, fresh | 100 | 75.3 | 289 | 312 | 1.48 | 0.2 | 15.1 | 2.8 | 3.8 | 11.3 | 0.08 | 0.07 | 0.16 | 0.074 | 0.087 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 127 | 95.6 | 367 | 396 | 1.88 | 0.25 | 19.2 | 3.6 | 4.83 | 14.4 | 0.1 | 0.09 | 0.2 | 0.093 | 0.11 | 0 | 0 | 0 |
| X1272 | Squash, buttercup, flesh, steamed, no salt added | 100 | 75.1 | 320 | 342 | 1.58 | 0.3 | 15.1 | 2.8 | 4.07 | 11.1 | 0.08 | 0.07 | 0.16 | 0.072 | 0.085 | 0 | 0 | 0 |
| | 1 cup cubed (250 mL) | 161 | 121 | 515 | 551 | 2.55 | 0.48 | 24.4 | 4.6 | 6.55 | 17.8 | 0.13 | 0.12 | 0.25 | 0.116 | 0.137 | 0 | 0 | 0 |
| X1234 | Sugar snap pea, frozen, boiled, drained, no salt added | 100 | 90 | 133 | 152 | 2.39 | 0.4 | 4.56 | 2.4 | 2.7 | 1.86 | 0.06 | 0.01 | 0.16 | 0.059 | 0.102 | 0 | 0 | 0 |
| | 10 pods | 44.8 | 40.3 | 60 | 68 | 1.07 | 0.18 | 2.04 | 1.1 | 1.21 | 0.83 | 0.03 | 0.01 | 0.07 | 0.026 | 0.046 | 0 | 0 | 0 |
| | 1 cup whole (250 mL) | 112 | 101 | 149 | 171 | 2.68 | 0.45 | 5.1 | 2.7 | 3.02 | 2.08 | 0.06 | 0.02 | 0.18 | 0.066 | 0.114 | 0 | 0 | 0 |
| X1235 | Sugar snap pea, frozen, steamed or microwaved, no salt added | 100 | 85.2 | 171 | 194 | 2.97 | 0.5 | 6.02 | 2.9 | 3.98 | 2.05 | 0.06 | 0.02 | 0.18 | 0.065 | 0.112 | 0 | 0 | 0 |
| | 10 pods | 44 | 37.5 | 75 | 85 | 1.31 | 0.22 | 2.65 | 1.3 | 1.75 | 0.9 | 0.03 | 0.01 | 0.08 | 0.029 | 0.049 | 0 | 0 | 0 |
| | 1 cup whole (250 mL) | 106 | 90.3 | 182 | 206 | 3.15 | 0.53 | 6.39 | 3 | 4.22 | 2.17 | 0.06 | 0.02 | 0.19 | 0.069 | 0.119 | 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 | 0.02 | 0.01 | 0.03 | 0.02 | 0.01 | 0 | 21 | 0.18 |
| | 1 cup cubed (250 mL) | 187 | 169 | 172 | 215 | 1.5 | 0.19 | 8.22 | 5.4 | 7.85 | 0.37 | 0.03 | 0.02 | 0.06 | 0.038 | 0.018 | 0 | 40 | 0.34 |
| X1158 | Sweet corn, creamed, canned | 100 | 79.3 | 279 | 294 | 1.76 | 0.8 | 12.9 | 1.9 | 3.4 | 9.53 | 0.17 | 0.29 | 0.5 | 0.018 | 0.486 | 0 | 175 | 0.5 |
| | 1 cup (250 mL) | 267 | 212 | 746 | 786 | 4.69 | 2.14 | 34.5 | 5.1 | 9.08 | 25.5 | 0.46 | 0.78 | 1.35 | 0.048 | 1.3 | 0 | 467 | 1.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1133 | Spring onion, bulb and stalk, fresh, sautéed | 100 | 218 | 23 | 72 | 0.61 | 0.18 | 0.66 | 5 | 31 | 0.056 | 0.093 | 0.46 | 0.088 | 0 | 67 | 14.9 | 0 | 0.62 |
| | 1 tablespoon (15 mL) | 6.64 | 14 | 2 | 5 | 0.04 | 0.01 | 0.04 | trace | 2 | 0.004 | 0.006 | 0.03 | 0.006 | 0 | 4 | 0.99 | 0 | 0.04 |
| | 1 cup chopped (250 mL) | 111 | 242 | 25 | 80 | 0.68 | 0.19 | 0.73 | 6 | 34 | 0.062 | 0.1 | 0.51 | 0.098 | 0 | 75 | 16.6 | 0 | 0.69 |
| X1284 | Sprout, alfalfa, raw | 100 | 83 | 83 | 17 | 0.77 | 0.61 | 2.2 | 48 | 287 | 0.09 | 0.18 | 1.8 | 0.33 | 0 | 87 | 5.82 | 0 | 0.59 |
| | 1 tablespoon (15 mL) | 1.98 | 2 | 2 | trace | 0.02 | 0.01 | 0.04 | 1 | 6 | 0.002 | 0.004 | 0.035 | 0.007 | 0 | 2 | 0.12 | 0 | 0.01 |
| | 1 cup (250 mL) | 33.2 | 28 | 28 | 5 | 0.26 | 0.2 | 0.73 | 16 | 95 | 0.03 | 0.06 | 0.59 | 0.11 | 0 | 29 | 1.93 | 0 | 0.2 |
| X1285 | Sprout, mung bean, raw | 100 | 108 | 40 | 13 | 0.46 | 0.33 | 2.1 | 0 | 0 | 0.06 | 0.1 | 1.2 | 0.2 | 0 | 82 | 13.2 | 0 | 0.01 |
| | 1 cup (250 mL) | 101 | 109 | 40 | 13 | 0.47 | 0.33 | 2.1 | 0 | 0 | 0.061 | 0.1 | 1.3 | 0.2 | 0 | 82 | 13.4 | 0 | 0.01 |
| X1273 | Squash, buttercup, flesh and skin, raw, fresh | 100 | 440 | 38 | 18 | 0.51 | 0.31 | 0 | 392 | 2350 | 0.04 | 0.1 | 1.2 | 0.17 | 0 | 46 | 4.74 | 0 | 2.1 |
| | 1 cup cubed (250 mL) | 126 | 554 | 48 | 23 | 0.64 | 0.39 | 0 | 494 | 2960 | 0.05 | 0.13 | 1.5 | 0.21 | 0 | 58 | 5.97 | 0 | 2.7 |
| X1271 | Squash, buttercup, flesh, raw, fresh | 100 | 430 | 29 | 13 | 0.41 | 0.26 | 0 | 370 | 2220 | 0.05 | 0.09 | 1.1 | 0.17 | 0 | 64 | 3.74 | 0 | 1.4 |
| | 1 cup cubed (250 mL) | 127 | 546 | 37 | 17 | 0.52 | 0.33 | 0 | 470 | 2820 | 0.064 | 0.11 | 1.4 | 0.22 | 0 | 81 | 4.75 | 0 | 1.8 |
| X1272 | Squash, buttercup, flesh, steamed, no salt added | 100 | 422 | 28 | 13 | 0.4 | 0.26 | 0 | 337 | 2020 | 0.044 | 0.084 | 1 | 0.15 | 0 | 53 | 25.8 | 0 | 1.4 |
| | 1 cup cubed (250 mL) | 161 | 679 | 46 | 21 | 0.65 | 0.41 | 0 | 542 | 3250 | 0.071 | 0.14 | 1.6 | 0.24 | 0 | 86 | 41.5 | 0 | 2.2 |
| X1234 | Sugar snap pea, frozen, boiled, drained, no salt added | 100 | 113 | 49 | 55 | 0.61 | 0.39 | 0.62 | 33 | 197 | 0.099 | 0.084 | 1 | 0.16 | 0 | 61 | 10.6 | 0 | trace |
| | 10 pods | 44.8 | 51 | 22 | 25 | 0.27 | 0.18 | 0.28 | 15 | 88 | 0.044 | 0.037 | 0.46 | 0.071 | 0 | 27 | 4.74 | 0 | 0 |
| | 1 cup whole (250 mL) | 112 | 127 | 55 | 61 | 0.68 | 0.44 | 0.69 | 37 | 220 | 0.11 | 0.094 | 1.1 | 0.18 | 0 | 68 | 11.9 | 0 | trace |
| X1235 | Sugar snap pea, frozen, steamed or microwaved, no salt added | 100 | 139 | 60 | 64 | 0.71 | 0.46 | 0.68 | 41 | 247 | 0.12 | 0.097 | 1.3 | 0.18 | 0 | 86 | 15.4 | 0 | trace |
| | 10 pods | 44 | 61 | 27 | 28 | 0.31 | 0.2 | 0.3 | 18 | 109 | 0.054 | 0.043 | 0.55 | 0.081 | 0 | 38 | 6.79 | 0 | 0 |
| | 1 cup whole (250 mL) | 106 | 147 | 64 | 67 | 0.75 | 0.48 | 0.72 | 44 | 262 | 0.13 | 0.1 | 1.3 | 0.2 | 0 | 91 | 16.4 | 0 | trace |
| X1168 | Swede, peeled, fresh, boiled, drained, no salt added | 100 | 154 | 23 | 42 | 0.14 | 0.17 | 0.43 | 1 | 7 | 0.086 | 0.019 | 0.95 | 0.22 | 0 | 7 | 13.4 | 0 | trace |
| | 1 cup cubed (250 mL) | 187 | 288 | 43 | 78 | 0.27 | 0.33 | 0.8 | 2 | 13 | 0.16 | 0.036 | 1.8 | 0.42 | 0 | 13 | 25.1 | 0 | trace |
| X1158 | Sweet corn, creamed, canned | 100 | 155 | 50 | 2 | 0.31 | 0.36 | 0 | 5 | 29 | 0.04 | 0.06 | 0.99 | 0.24 | 0 | 44 | 5.69 | 0 | 0.31 |
| | 1 cup (250 mL) | 267 | 414 | 134 | 5 | 0.83 | 0.96 | 0 | 13 | 76 | 0.11 | 0.16 | 2.6 | 0.64 | 0 | 120 | 15.2 | 0 | 0.82 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1157 | Sweet corn, kernel, canned, drained | 100 | 79.3 | 255 | 294 | 2.34 | 1.1 | 10.3 | 4.8 | 4.2 | 6.09 | 0.35 | 0.53 | 0.82 | 0.029 | 0.789 | 0 | 74 | 0.5 |
| | 1 cup kernel (250 mL) | 186 | 147 | 475 | 546 | 4.35 | 2.05 | 19.1 | 8.9 | 7.81 | 11.3 | 0.65 | 0.98 | 1.52 | 0.055 | 1.47 | 0 | 138 | 0.93 |
| X1155 | Sweet corn, kernel, fresh, boiled, drained, no salt added | 100 | 75.1 | 374 | 409 | 3.65 | 2.5 | 12.9 | 4.4 | 6.9 | 5.99 | 0.45 | 0.85 | 1.04 | 0.034 | 1.01 | 0 | 0 | 0 |
| | 1 cob (18.5 x 5.4 cm diameter) | 166 | 125 | 620 | 679 | 6.06 | 4.15 | 21.4 | 7.3 | 11.5 | 9.94 | 0.75 | 1.4 | 1.73 | 0.056 | 1.67 | 0 | 0 | 0 |
| | 1 cup kernel (250 mL) | 185 | 139 | 691 | 756 | 6.75 | 4.63 | 23.8 | 8.1 | 12.8 | 11.1 | 0.83 | 1.56 | 1.93 | 0.062 | 1.86 | 0 | 0 | 0 |
| X1156 | Sweet corn, kernel, fresh, microwaved, no salt added | 100 | 69.7 | 450 | 490 | 4.16 | 2.8 | 16.2 | 5 | 8.5 | 7.72 | 0.54 | 1.02 | 1.26 | 0.041 | 1.22 | 0 | 0 | 0 |
| | 1 cob (17.8 x 5.1 cm diameter) | 129 | 89.9 | 581 | 632 | 5.37 | 3.61 | 20.9 | 6.4 | 11 | 9.96 | 0.7 | 1.32 | 1.62 | 0.052 | 1.57 | 0 | 0 | 0 |
| | 1 cup kernel (250 mL) | 184 | 128 | 828 | 902 | 7.66 | 5.15 | 29.8 | 9.2 | 15.6 | 14.2 | 1 | 1.88 | 2.31 | 0.075 | 2.24 | 0 | 0 | 0 |
| X1160 | Sweet corn, kernel, frozen, boiled, drained, no salt added | 100 | 80.3 | 261 | 291 | 2.69 | 2 | 8.33 | 3.7 | 5 | 3.33 | 0.38 | 0.66 | 0.91 | 0.032 | 0.878 | 0 | 0 | 0 |
| | 1 cup (250 mL) | 183 | 147 | 478 | 532 | 4.92 | 3.66 | 15.2 | 6.7 | 9.15 | 6.09 | 0.7 | 1.21 | 1.67 | 0.058 | 1.61 | 0 | 0 | 0 |
| X10012 | Taro, corm, flesh, baked | 100 | 69 | 481 | 506 | 1.3 | 1.04 | 24.7 | 3.1 | 2.18 | 22.5 | 0.2 | 0.57 | 0.18 | 0.022 | 0.153 | 0 | 0 | 0.7 |
| | 1 cup sliced (250 mL) | 148 | 102 | 712 | 748 | 1.93 | 1.55 | 36.6 | 4.6 | 3.23 | 33.3 | 0.3 | 0.85 | 0.26 | 0.032 | 0.227 | 0 | 0 | 1 |
| X1063 | Taro, corm, flesh, boiled | 100 | 65.1 | 457 | 482 | 1.31 | 0.3 | 24.9 | 3.1 | 2.2 | 22.7 | 0.09 | 0.02 | 0.12 | 0.017 | 0.1 | 0 | 0 | 0.67 |
| | 1 cup sliced (250 mL) | 145 | 94.4 | 662 | 698 | 1.9 | 0.44 | 36.1 | 4.5 | 3.19 | 32.9 | 0.13 | 0.02 | 0.17 | 0.025 | 0.145 | 0 | 0 | 0.96 |
| X1053 | Taro, corm, flesh, raw | 100 | 65.1 | 457 | 482 | 1.31 | 0.3 | 24.9 | 3.1 | 2.2 | 22.7 | 0.09 | 0.02 | 0.12 | 0.017 | 0.1 | 0 | 0 | 0.7 |
| | 1 cube (3 cm) | 30 | 19.5 | 137 | 144 | 0.39 | 0.09 | 7.47 | 0.9 | 0.66 | 6.81 | 0.03 | trace | 0.04 | 0.005 | 0.03 | 0 | 0 | 0.21 |
| X1153 | Tofu, soy bean curd, regular, firm, simmered or pouched, no salt added | 100 | 72.6 | 530 | 539 | 14.2 | 7.8 | 0 | 1 | 0 | 0 | 1.04 | 1.38 | 4.96 | 0.744 | 4.22 | 0 | 4 | 0 |
| | 1 piece | 33.2 | 24.1 | 176 | 179 | 4.72 | 2.59 | 0 | 0.3 | 0 | 0 | 0.35 | 0.46 | 1.65 | 0.247 | 1.4 | 0 | 1 | 0 |
| X1152 | Tofu, soy bean curd, regular, firm, stir-fried, no salt added | 100 | 59.3 | 856 | 867 | 17.9 | 14.9 | 0 | 1.4 | 0 | 0 | 1.78 | 5.4 | 8.12 | 1.48 | 6.63 | 0 | 6 | 0 |
| | 1 piece (3.5 x 2.2 x 2.6 cm) | 18.1 | 10.7 | 155 | 157 | 3.24 | 2.7 | 0 | 0.2 | 0 | 0 | 0.32 | 0.98 | 1.47 | 0.267 | 1.2 | 0 | 1 | 0 |
| X1126 | Tomato, canned in tomato juice, assorted flavours, canned, undrained, salt added | 100 | 92.6 | 78 | 89 | 1.19 | 0.2 | 2.94 | 1.5 | 2.9 | 0.04 | 0.02 | 0.11 | 0.03 | 0.006 | 0.026 | 0 | 152 | 0.6 |
| | 1 cup (250 mL) | 279 | 258 | 216 | 249 | 3.31 | 0.56 | 8.2 | 4.1 | 8.09 | 0.11 | 0.05 | 0.3 | 0.09 | 0.018 | 0.072 | 0 | 424 | 1.7 |
| X1125 | Tomato, canned in tomato juice, plain, undrained, no salt added | 100 | 93.3 | 66 | 78 | 1.13 | 0.1 | 2.54 | 1.5 | 2.5 | 0.04 | 0.01 | 0.05 | 0.02 | 0.003 | 0.013 | 0 | 6 | 0.5 |
| | 1 cup (250 mL) | 280 | 261 | 185 | 218 | 3.15 | 0.28 | 7.11 | 4.1 | 7 | 0.11 | 0.02 | 0.15 | 0.05 | 0.009 | 0.036 | 0 | 18 | 1.4 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1157 | Sweet corn, kernel, canned, drained | 100 | 138 | 47 | 2 | 0.32 | 0.39 | 0 | 6 | 37 | 0.04 | 0.09 | 1.4 | 0.18 | 0 | 36 | 2.26 | 0 | 0.3 |
| | 1 cup kernel (250 mL) | 186 | 257 | 87 | 3 | 0.6 | 0.73 | 0 | 11 | 69 | 0.074 | 0.17 | 2.5 | 0.34 | 0 | 67 | 4.2 | 0 | 0.56 |
| X1155 | Sweet corn, kernel, fresh, boiled, drained, no salt added | 100 | 273 | 95 | 2 | 0.61 | 0.9 | 0 | 4 | 24 | 0.11 | 0.12 | 1.9 | 0.15 | 0 | 24 | 3.33 | 0 | 0.34 |
| | 1 cob (18.5 x 5.4 cm diameter) | 166 | 453 | 157 | 3 | 1.02 | 1.5 | 0 | 7 | 40 | 0.17 | 0.2 | 3.2 | 0.24 | 0 | 39 | 5.52 | 0 | 0.56 |
| | 1 cup kernel (250 mL) | 185 | 505 | 175 | 3 | 1.14 | 1.67 | 0 | 7 | 45 | 0.19 | 0.22 | 3.6 | 0.27 | 0 | 44 | 6.15 | 0 | 0.62 |
| X1156 | Sweet corn, kernel, fresh, microwaved, no salt added | 100 | 366 | 127 | 2 | 0.78 | 1.15 | 0 | 5 | 31 | 0.14 | 0.15 | 2.6 | 0.19 | 0 | 38 | 4.55 | 0 | 0.41 |
| | 1 cob (17.8 x 5.1 cm diameter) | 129 | 472 | 164 | 3 | 1.01 | 1.48 | 0 | 7 | 40 | 0.18 | 0.19 | 3.3 | 0.24 | 0 | 48 | 5.87 | 0 | 0.52 |
| | 1 cup kernel (250 mL) | 184 | 673 | 233 | 4 | 1.44 | 2.11 | 0 | 9 | 57 | 0.26 | 0.28 | 4.7 | 0.34 | 0 | 69 | 8.37 | 0 | 0.75 |
| X1160 | Sweet corn, kernel, frozen, boiled, drained, no salt added | 100 | 204 | 64 | 2 | 0.36 | 0.48 | 1 | 5 | 27 | 0.075 | 0.093 | 2.2 | 0.26 | 0 | 34 | 1.25 | 0 | 0.29 |
| | 1 cup (250 mL) | 183 | 373 | 117 | 4 | 0.66 | 0.87 | 1.9 | 8 | 50 | 0.14 | 0.17 | 4 | 0.47 | 0 | 62 | 2.29 | 0 | 0.52 |
| X10012 | Taro, corm, flesh, baked | 100 | 397 | 40 | 17 | 0.57 | 2.38 | 0 | 2 | 11 | 0.099 | 0.13 | 1.4 | 0.22 | 0 | 62 | 3.87 | 0 | 1.7 |
| | 1 cup sliced (250 mL) | 148 | 588 | 59 | 25 | 0.84 | 3.53 | 0 | 3 | 16 | 0.15 | 0.19 | 2.1 | 0.32 | 0 | 91 | 5.73 | 0 | 2.5 |
| X1063 | Taro, corm, flesh, boiled | 100 | 400 | 40 | 17 | 0.57 | 2.4 | 0 | 2 | 10 | 0.09 | 0.12 | 1.4 | 0.21 | 0 | 50 | 2.93 | 0 | 1.6 |
| | 1 cup sliced (250 mL) | 145 | 580 | 58 | 25 | 0.83 | 3.48 | 0 | 2 | 14 | 0.13 | 0.18 | 2 | 0.3 | 0 | 72 | 4.24 | 0 | 2.3 |
| X1053 | Taro, corm, flesh, raw | 100 | 400 | 40 | 17 | 0.57 | 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 | 0.17 | 0.72 | 0 | 1 | 3 | 0.03 | 0.039 | 0.43 | 0.066 | 0 | 19 | 1.17 | 0 | 0.48 |
| X1153 | Tofu, soy bean curd, regular, firm, simmered or pouched, no salt added | 100 | 120 | 174 | 186 | 1.77 | 1.21 | 2.1 | 0 | 0 | 0.054 | 0.07 | 2 | 0.14 | 0 | 2 | 0 | 0 | 0.32 |
| | 1 piece | 33.2 | 40 | 58 | 62 | 0.59 | 0.4 | 0.69 | 0 | 0 | 0.018 | 0.023 | 0.67 | 0.046 | 0 | 1 | 0 | 0 | 0.11 |
| X1152 | Tofu, soy bean curd, regular, firm, stir-fried, no salt added | 100 | 158 | 230 | 246 | 2.34 | 1.6 | 2.8 | 0 | 0 | 0.066 | 0.087 | 2.5 | 0.17 | 0 | 3 | 0 | 0 | 1.4 |
| | 1 piece (3.5 x 2.2 x 2.6 cm) | 18.1 | 29 | 42 | 44 | 0.42 | 0.29 | 0.5 | 0 | 0 | 0.012 | 0.016 | 0.45 | 0.031 | 0 | trace | 0 | 0 | 0.25 |
| X1126 | Tomato, canned in tomato juice, assorted flavours, canned, undrained, salt added | 100 | 340 | 25 | 16 | 5.2 | 0.14 | 0 | 34 | 205 | 0.04 | 0.05 | 0.69 | 0.12 | 0 | 8 | 5.84 | 0 | 0.84 |
| | 1 cup (250 mL) | 279 | 949 | 70 | 46 | 14.5 | 0.39 | 0 | 96 | 572 | 0.11 | 0.14 | 1.9 | 0.34 | 0 | 22 | 16.3 | 0 | 2.3 |
| X1125 | Tomato, canned in tomato juice, plain, undrained, no salt added | 100 | 340 | 24 | 14 | 0.75 | 0.12 | 0 | 34 | 205 | 0.04 | 0.05 | 0.67 | 0.12 | 0 | 8 | 8.65 | 0 | 0.84 |
| | 1 cup (250 mL) | 280 | 952 | 67 | 38 | 2.1 | 0.34 | 0 | 96 | 574 | 0.11 | 0.14 | 1.9 | 0.34 | 0 | 22 | 24.2 | 0 | 2.3 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1124 | Tomato, canned in tomato juice, plain, undrained, salt added | 100 | 92.8 | 70 | 82 | 1.38 | 0.1 | 2.54 | 1.5 | 2.5 | 0.04 | 0.01 | 0.05 | 0.02 | 0.003 | 0.013 | 0 | 44 | 0 |
| | 1 cup (250 mL) | 275 | 255 | 193 | 226 | 3.78 | 0.28 | 6.99 | 4.1 | 6.88 | 0.11 | 0.02 | 0.15 | 0.05 | 0.009 | 0.036 | 0 | 121 | 0 |
| X125 | Tomato, canned, drained | 100 | 94 | 107 | 121 | 1.25 | 0.2 | 4.63 | 1.7 | 4.6 | 0.03 | 0.03 | 0.03 | 0.09 | | | 0 | 138 | 0.55 |
| | 1 cup (250 mL) | 254 | 239 | 273 | 307 | 3.18 | 0.51 | 11.8 | 4.3 | 11.7 | 0.08 | 0.09 | 0.09 | 0.24 | | | 0 | 351 | 1.4 |
| X1079 | Tomato, paste, canned | 100 | 74.2 | 258 | 286 | 3.56 | 0.5 | 10.5 | 3.6 | 9.9 | 0.6 | 0.12 | 0.09 | 0.17 | 0.028 | 0.134 | 4.2 | 270 | 2 |
| | 1 tablespoon (15 mL) | 15.1 | 11.2 | 39 | 43 | 0.54 | 0.08 | 1.59 | 0.5 | 1.5 | 0.09 | 0.02 | 0.01 | 0.03 | 0.004 | 0.02 | 0.63 | 41 | 0.3 |
| X1078 | Tomato, puree, canned, Wattie's® | 100 | 86.9 | 149 | 163 | 1.51 | 0.2 | 6.8 | 1.8 | 6.5 | 0.3 | 0.05 | 0.04 | 0.07 | 0.011 | 0.054 | 2.26 | 240 | 0.6 |
| | 1 tablespoon (15 mL) | 15.3 | 13.3 | 23 | 25 | 0.23 | 0.03 | 1.04 | 0.3 | 1 | 0.05 | 0.01 | trace | 0.01 | 0.002 | 0.008 | 0.35 | 37 | 0.09 |
| | 1 cup (250 mL) | 254 | 221 | 378 | 414 | 3.84 | 0.51 | 17.3 | 4.6 | 16.5 | 0.76 | 0.12 | 0.09 | 0.18 | 0.028 | 0.137 | 5.74 | 610 | 1.5 |
| X1215 | Tomato, red, bite-sized cherry, fresh, ripe, raw | 100 | 91.6 | 111 | 126 | 0.99 | 0.52 | 4.42 | 1.8 | 4 | 0.42 | 0.09 | 0.09 | 0.29 | 0.018 | 0.271 | 0 | 3 | 0 |
| | 5 fruits mixed shapes | 58.1 | 53.2 | 65 | 73 | 0.58 | 0.3 | 2.57 | 1 | 2.32 | 0.25 | 0.05 | 0.05 | 0.17 | 0.01 | 0.157 | 0 | 1 | 0 |
| | 1 cup halves (250 mL) | 174 | 159 | 194 | 219 | 1.73 | 0.91 | 7.7 | 3.1 | 6.96 | 0.74 | 0.16 | 0.15 | 0.5 | 0.031 | 0.471 | 0 | 4 | 0 |
| X1213 | Tomato, red, medium to large size, fresh, ripe, raw, all year round | 100 | 95.9 | 51 | 62 | 0.38 | 0.16 | 2.27 | 1.4 | 1.85 | 0.42 | 0.05 | 0.04 | 0.13 | 0.011 | 0.121 | 0 | 2 | 0.3 |
| | 1 fruit (6.0 cm diameter) | 128 | 123 | 65 | 79 | 0.48 | 0.21 | 2.91 | 1.8 | 2.37 | 0.54 | 0.06 | 0.06 | 0.17 | 0.014 | 0.155 | 0 | 2 | 0.38 |
| X1214 | Tomato, red, small, cocktail, fresh, ripe, raw, NZ grown | 100 | 93.9 | 76 | 86 | 0.79 | 0.2 | 3.22 | 1.3 | 2.8 | 0.42 | 0.05 | 0.04 | 0.13 | 0.011 | 0.121 | 0 | 1 | 0 |
| | 1 fruit (4.5 cm diameter) | 74.7 | 70.1 | 56 | 64 | 0.59 | 0.15 | 2.41 | 1 | 2.09 | 0.32 | 0.03 | 0.03 | 0.1 | 0.008 | 0.091 | 0 | 1 | 0 |
| | 1 cup chopped or diced (250 mL) | 192 | 180 | 145 | 165 | 1.51 | 0.38 | 6.19 | 2.5 | 5.38 | 0.81 | 0.09 | 0.08 | 0.25 | 0.021 | 0.233 | 0 | 2 | 0 |
| X295 | Tomato, sun-dried | 100 | 14.6 | 1110 | 1210 | 15.2 | 2.97 | 43.5 | 12.3 | 23 | 20.5 | 0.5 | 0.48 | 1.31 | | | 0 | 2100 | 1.6 |
| | 1 cup (250 mL) | 54 | 7.9 | 598 | 651 | 8.2 | 1.6 | 23.5 | 6.6 | 12.4 | 11 | 0.27 | 0.26 | 0.71 | | | 0 | 1130 | 0.86 |
| X129 | Turnip, root, flesh, boiled, drained, no salt added | 100 | 94.5 | 62 | 87 | 0.69 | 0.3 | 2.3 | 3.1 | 2.2 | 0.1 | 0.04 | 0.03 | 0.18 | | | 0 | 28 | 0.44 |
| | 1 cup mashed (250 mL) | 122 | 115 | 76 | 106 | 0.84 | 0.37 | 2.81 | 3.8 | 2.68 | 0.12 | 0.05 | 0.03 | 0.22 | | | 0 | 34 | 0.54 |
| X1280 | Watercress, leafy vegetable, raw, fresh | 100 | 93.2 | 58 | 72 | 2.58 | 0.3 | 0.2 | 1.8 | 0.2 | 0 | 0.05 | 0.02 | 0.12 | 0.089 | 0.034 | 0 | 15 | 0.7 |
| | 10 sprigs | 16.5 | 15.4 | 10 | 12 | 0.43 | 0.05 | 0.03 | 0.3 | 0.03 | 0 | 0.01 | trace | 0.02 | 0.015 | 0.006 | 0 | 2 | 0.12 |
| | 1 cup chopped (250 mL) | 34.3 | 32 | 20 | 25 | 0.88 | 0.1 | 0.07 | 0.6 | 0.07 | 0 | 0.02 | 0.01 | 0.04 | 0.031 | 0.012 | 0 | 5 | 0.24 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1124 | Tomato, canned in tomato juice, plain, undrained, salt added | 100 | 340 | 24 | 14 | 0.75 | 0.12 | 0 | 34 | 205 | 0.04 | 0.05 | 0.73 | 0.12 | 0 | 8 | 8.65 | 0 | 0.84 |
| | 1 cup (250 mL) | 275 | 935 | 66 | 37 | 2.06 | 0.33 | 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 | 0.21 | 0.17 | 0.2 | 35 | 209 | 0.01 | 0 | 0.58 | 0.01 | 0 | 8 | 8 | 0 | 0.25 |
| | 1 cup (250 mL) | 254 | 686 | 48 | 81 | 0.53 | 0.43 | 0.51 | 89 | 531 | 0.025 | 0 | 1.5 | 0.025 | 0 | 20 | 20.3 | 0 | 0.64 |
| X1079 | Tomato, paste, canned | 100 | 900 | 70 | 35 | 0.99 | 0.38 | 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 | 136 | 11 | 5 | 0.15 | 0.06 | 0.14 | 25 | 147 | 0.021 | 0.036 | 0.38 | 0.32 | 0 | 0 | 1.25 | 0 | 0.53 |
| X1078 | Tomato, puree, canned, Wattie's® | 100 | 420 | 36 | 17 | 0.47 | 0.19 | 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 | 6 | 3 | 0.07 | 0.03 | 0 | 14 | 85 | 0.015 | 0.023 | 0.09 | 0.089 | 0 | 0 | 1.18 | 0 | 0.22 |
| | 1 cup (250 mL) | 254 | 1070 | 91 | 42 | 1.19 | 0.49 | 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 | 0.71 | 0.21 | 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 | 0.41 | 0.12 | 0 | 38 | 227 | 0.041 | 0.029 | 0.19 | 0.093 | 0 | 9 | 15.9 | 0 | 0.36 |
| | 1 cup halves (250 mL) | 174 | 539 | 73 | 18 | 1.24 | 0.37 | 0 | 114 | 680 | 0.12 | 0.087 | 0.56 | 0.28 | 0 | 26 | 47.5 | 0 | 1.1 |
| X1213 | Tomato, red, medium to large size, fresh, ripe, raw, all year round | 100 | 255 | 27 | 13 | 0.26 | 0.12 | 0 | 40 | 242 | 0.03 | 0.02 | 0.17 | 0.12 | 0 | 3 | 11.8 | 0 | 0.38 |
| | 1 fruit (6.0 cm diameter) | 128 | 326 | 35 | 17 | 0.33 | 0.15 | 0 | 52 | 310 | 0.038 | 0.026 | 0.21 | 0.15 | 0 | 3 | 15.1 | 0 | 0.49 |
| X1214 | Tomato, red, small, cocktail, fresh, ripe, raw, NZ grown | 100 | 270 | 31 | 15 | 0.47 | 0.16 | 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 | 202 | 23 | 11 | 0.35 | 0.12 | 0 | 38 | 230 | 0.052 | 0.03 | 0.27 | 0.15 | 0 | 17 | 12.6 | 0 | 0.51 |
| | 1 cup chopped or diced (250 mL) | 192 | 518 | 60 | 28 | 0.9 | 0.31 | 0 | 99 | 591 | 0.13 | 0.077 | 0.69 | 0.38 | 0 | 44 | 32.4 | 0 | 1.3 |
| X295 | Tomato, sun-dried | 100 | 3430 | 356 | 110 | 9.09 | 1.99 | 0 | 87 | 522 | 0.53 | 0.49 | 9.1 | 0.33 | 0 | 68 | 39.2 | 0 | 0.01 |
| | 1 cup (250 mL) | 54 | 1850 | 192 | 59 | 4.91 | 1.08 | 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 | 0.11 | 0.22 | 3 | 16 | 0.03 | 0.04 | 0.55 | 0.06 | 0 | 9 | 17 | 0 | 0 |
| | 1 cup mashed (250 mL) | 122 | 195 | 23 | 67 | 0.49 | 0.13 | 0.27 | 3 | 20 | 0.037 | 0.049 | 0.68 | 0.073 | 0 | 11 | 20.7 | 0 | 0 |
| X1280 | Watercress, leafy vegetable, raw, fresh | 100 | 370 | 54 | 127 | 0.68 | 0.4 | 0 | 273 | 1630 | 0.07 | 0.18 | 1.5 | 0.23 | 0 | 150 | 25.1 | 0 | 0.37 |
| | 10 sprigs | 16.5 | 61 | 9 | 21 | 0.11 | 0.07 | 0 | 45 | 270 | 0.012 | 0.03 | 0.26 | 0.038 | 0 | 24 | 4.13 | 0 | 0.06 |
| | 1 cup chopped (250 mL) | 34.3 | 127 | 19 | 44 | 0.23 | 0.14 | 0 | 94 | 561 | 0.024 | 0.062 | 0.53 | 0.079 | 0 | 51 | 8.59 | 0 | 0.13 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| 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 |
| X1281 | Watercress, sautéed with olive oil | 100 | 72.5 | 655 | 671 | 2.84 | 16.3 | 0.22 | 2 | 0.22 | 0 | 2.87 | 12.8 | 1.7 | 0.278 | 1.42 | 0 | 16 | 0.73 |
| | 1 cup (250 mL) | 143 | 104 | 937 | 960 | 4.07 | 23.3 | 0.31 | 2.9 | 0.31 | 0 | 4.11 | 18.3 | 2.43 | 0.397 | 2.03 | 0 | 23 | 1 |
| X1076 | Yams, New Zealand, red, unpeeled, baked without fat | 100 | 70.9 | 400 | 416 | 1.94 | 0.35 | 20.9 | 1.9 | 7.41 | 13.4 | 0.05 | 0.04 | 0.14 | 0.017 | 0.125 | 0 | 0 | 0 |
| X1077 | Yams, New Zealand, red, unpeeled, boiled, drained, no salt added | 100 | 83.9 | 242 | 251 | 1.17 | 0.21 | 12.6 | 1.1 | 4.48 | 8.13 | 0.03 | 0.02 | 0.09 | 0.01 | 0.075 | 0 | 0 | 0 |

The Concise New Zealand Food Composition Tables, 14th Edition 2021

| FoodID | Short Food Name | Measure | Potassium K mg | Phosphorus P mg | Calcium Ca mg | Iron Fe mg | Zinc Zn mg | Selenium Se µg | Vitamin A µg | Beta- carotene µg | Thiamin mg | Riboflavin mg | Niacin mg | Vitamin B6 mg | Vitamin B12 µg | Dietary folate µg | Vitamin C mg | Vitamin D µg | Vitamin E mg |
|--------|--|---------|----------------------|-----------------------|---------------------|------------------|------------------|----------------------|--------------------|-------------------------|---------------|------------------|--------------|---------------------|----------------------|-------------------------|--------------------|--------------------|--------------------|
| X1281 | Watercress, sautéed with olive oil | 100 | 404 | 59 | 139 | 0.74 | 0.44 | 0 | 320 | 1920 | 0.069 | 0.19 | 1.6 | 0.24 | 0 | 200 | 34 | 0 | 1.1 |
| | 1 cup (250 mL) | 143 | 578 | 84 | 199 | 1.06 | 0.63 | 0 | 458 | 2740 | 0.098 | 0.27 | 2.3 | 0.34 | 0 | 290 | 48.6 | 0 | 1.5 |
| X1076 | Yams, New Zealand, red, unpeeled, baked without fat | 100 | 603 | 78 | 6 | 0.55 | 0.36 | 0 | 145 | 867 | 0.088 | 0.2 | 0.64 | 0.34 | 0 | 65 | 0.83 | 0 | 0 |
| X1077 | Yams, New Zealand, red, unpeeled, boiled, drained, no salt added | 100 | 328 | 45 | 3 | 0.32 | 0.21 | 0 | 87 | 524 | 0.05 | 0.12 | 0.39 | 0.21 | 0 | 33 | 0.47 | 0 | 0 |

Appendix I – Alcohol (ethanol) values per 100 grams of edible portion and followed by per gram weight of measure for each beverage or sauce.

| 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 | 10.3 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 332 | 12.2 |
| | 1 large can (440 mL, 1.6 standard drinks) | 442 | 16.2 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 452 | 16.6 |
| | 1 large bottle (500 mL, 1.8 standard drinks) | 502 | 18.4 |
| B1015 | Beer, high-strength, >5% alcohol by volume | 100 | 4.5 |
| | 1 small glass (280 mL, 1.3 standard drinks) | 283 | 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 | 20.6 |
| | 1 large bottle (500 mL, 2.3 standard drinks) | 504 | 22.8 |
| B35 | Beer, low alcohol | 100 | 1 |
| | 1 small glass (280 mL, 0.3 standard drinks) | 269 | 2.7 |
| | 1 regular bottle or can (330 mL, 0.3 standard drinks) | 317 | 3.2 |
| | 1 large can (440 mL, 0.4 standard drinks) | 422 | 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 | 5.8 |
| | 1 regular bottle or can (330 mL, 0.7 standard drinks) | 333 | 6.9 |
| | 1 large can (440 mL, 0.9 standard drinks) | 444 | 9.2 |
| | 1 large glass (450 mL, 0.9 standard drinks) | 454 | 9.4 |
| | 1 large bottle (500 mL, 1.0 standard drink) | 504 | 10.5 |
| B1017 | Beer, mid-strength, 4% alcohol by volume | 100 | 3 |
| | 1 small glass (280 mL, 0.9 standard drinks) | 283 | 8.5 |
| | 1 regular bottle or can (330 mL, 1.0 standard drink) | 332 | 10 |
| | 1 large can (440 mL, 1.3 standard drinks) | 443 | 13.3 |
| | 1 large glass (450 mL, 1.4 standard drinks) | 453 | 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) | 103 | 3.6 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 339 | 11.9 |
| | 1 large can (440 mL, 1.6 standard drinks) | 452 | 15.8 |
| B1031 | Bourbon & regular cola, 7% alcohol by volume, pre-mixed | 100 | 5.3 |
| | 100 mL (0.5 standard drinks) | 102 | 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) | 284 | 11.1 |
| | 1 regular bottle (330 mL, 1.3 standard drinks) | 334 | 13.1 |
| | 1 large glass (450 mL, 1.8 standard drinks) | 456 | 17.8 |
| B12 | Cider, sweet | 100 | 3.7 |
| | 1 small glass (280 mL, 1.0 standard drinks) | 283 | 10.5 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 333 | 12.3 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 454 | 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) | 152 | 10.7 |
| | Port, wine, fortified | 100 | 15.9 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 103 | 16.4 |
| B17 | 1 average glass (150 mL, 2.5 standard drinks) | 154 | 24.5 |
| | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 7.8 |
| B1038 | 1 tall glass (250 mL, 2.0 standard drinks) | 252 | 19.6 |
| | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 6.4 |
| B1037 | 1 short glass (150 mL, 1.0 standard drink) | 152 | 9.8 |
| | Sherry, dry | 100 | 15.7 |
| B18 | 1 small glass (100 mL, 1.6 standard drinks) | 99 | 15.5 |
| | 1 average glass (150 mL, 2.3 standard drinks) | 148 | 23.2 |
| | Sherry, sweet | 100 | 15.6 |
| B20 | 1 small glass (100 mL, 1.6 standard drinks) | 101 | 15.8 |
| | 1 average glass (150 mL, 2.4 standard drinks) | 152 | 23.7 |
| | Spirit, 70 proof | 100 | 31.7 |
| B21 | 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 | 3 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 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 | 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 | 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 | 2.9 |
| | 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) | 103 | 3.6 |
| | 1 small can (270 mL, 1.0 standard drink) | 277 | 9.7 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 339 | 11.9 |
| B1033 | Vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed | 100 | 5.1 |
| | 100 mL (0.5 standard drinks) | 102 | 5.2 |
| | 1 small can (250 mL, 1.3 standard drinks) | 254 | 13 |
| | 1 regular bottle (330 mL, 1.7 standard drinks) | 335 | 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 | 18.8 |
| 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 | 16.4 |

| FoodID | Short Food Name | Measure g | Alcohol g |
|---------------------------------|---|--------------|--------------|
| 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 | 16 |
| 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 | 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 | 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 | 13.9 |
| 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) | 149 | 14.7 |
| B1019 | Wine, white, dry, 13% alcohol by volume, Chardonnay | 100 | 10.2 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 10.2 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 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 | 14.5 |
| B1024 | Wine, white, sweet, dessert, 11.5% alcohol by volume | 100 | 8.5 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 107 | 9.1 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 160 | 13.5 |
| BEVERAGES, NON-ALCOHOLIC | | | |
| C1161 | Tea, fermented (kombucha), with cane sugar, ready to drink | 100 | 1.1 |
| | 1 cup (250 mL) | 248 | 2.8 |
| C1162 | Tea, fermented (kombucha), with fruit juices, ready to drink | 100 | 0.7 |
| | 1 cup (250 mL) | 247 | 1.7 |

| FoodID | Short Food Name | Measure g | Alcohol g |
|---------------|--|----------------------|----------------------|
| C1163 | Tea, fermented (kombucha), with intense sweetener, ready to drink | 100 | 0.2 |
| | 1 cup (250 mL) | 248 | 0.6 |
| 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 100 grams of edible portion and followed by gram weight of measure for each food or beverage.

| FoodID | Short Food Name | Measure g | Caffeine mg |
|------------------------|--|--------------|----------------|
| BAKERY PRODUCTS | | | |
| A148 | Biscuit, Afghan | 100 | 4 |
| | 1 biscuit (1.3 x 5.5 cm diameter) | 17.6 | 1 |
| A1060 | Biscuit, Chocolate Chip Fudge, Farmbake™, Arnott's™ | 100 | 4 |
| | 1 biscuit (1.0 x 5.8 cm diameter) | 12.7 | trace |
| A1061 | Biscuit, Chocolate Chip, Cookie Time® | 100 | 8 |
| | 1 biscuit (1.7 x 11.0 cm diameter) | 96.1 | 7 |
| A1076 | Biscuit, Classic Dark, Tim Tam™, Arnott's™ | 100 | 19 |
| | 1 biscuit (6.2 x 3.2 x 1.3 cm) | 19 | 4 |
| A1069 | Biscuit, Dark Chocolate, Digestive™, Arnott's™ | 100 | 12 |
| | 1 biscuit (0.7 x 7.5 cm diameter) | 18 | 2 |
| A1070 | Biscuit, Dark Chocolate, Wheaten™, Griffin's™ | 100 | 12 |
| | 1 biscuit (0.5 x 5.4 cm diameter) | 10.3 | 1 |
| A1072 | Biscuit, Double Deck Dark Chocolate Delight, Chit Chat™, Griffin's™ | 100 | 8 |
| | 1 biscuit (6.5 x 2.9 x 1.3 cm) | 19.1 | 2 |
| A71 | Biscuit, MallowPuffs™, Griffin's™ | 100 | 8 |
| | 1 biscuit (2.7 x 4.5 cm diameter) | 21.5 | 2 |
| A1074 | Biscuit, Milk Chocolate, Digestives™, Arnott's™ | 100 | 5 |
| | 1 biscuit (0.7 x 7.5 cm diameter) | 17.6 | 1 |
| A1066 | Biscuit, White & Dark Chocolate, Farmbake™, Arnott's™ | 100 | 4 |
| | 1 biscuit (1.0 x 5.2 cm diameter) | 12.6 | trace |
| A1067 | Biscuit, milk chocolate, Double Chocolate, Cookies, Ernest Adams® | 100 | 9 |
| | 1 biscuit (1.3 x 5.3 cm diameter) | 13.3 | 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 | 2 |
| A1071 | Biscuit, milk chocolate, Original, Tim Tam™, Arnott's™ | 100 | 8 |
| | 1 biscuit (6.2 x 3.2 x 1.3 cm) | 18.5 | 2 |
| A1075 | Biscuit, milk chocolate, Wheaten™, Griffin's™ | 100 | 5 |
| | 1 biscuit (0.8 x 5.5 cm diameter) | 10.8 | trace |
| A66 | Biscuit, peanut brownie | 100 | 4 |
| | 1 biscuit (1.2 x 5.4 cm diameter) | 12 | trace |
| | 1 biscuit (1.6 x 5.5 cm diameter) | 22 | 1 |

| 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 |
| | 1 wedge (11.0 x 7.0 x 5.6 cm) | 140 | 17 |
| A1143 | Doughnut, chocolate iced | 100 | 4 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.6 | 1 |
| | 1 doughnut regular (3.4 x 8.9 cm diameter) | 63.1 | 3 |
| A128 | Muffin, chocolate | 100 | 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 | 9 |
| | 100 mL (0.4 standard drinks) | 103 | 9 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 339 | 29 |
| | 1 large can (440 mL, 1.6 standard drinks) | 452 | 38 |
| B1031 | Bourbon & regular cola, 7% alcohol by volume, pre-mixed | 100 | 8 |
| | 100 mL (0.5 standard drinks) | 102 | 8 |
| | 1 small can (250 mL, 1.4 standard drinks) | 256 | 19 |
| | 1 regular bottle or can (330 mL, 1.8 standard drinks) | 338 | 25 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 6 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252 | 16 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 7 |
| | 1 short glass (150 mL, 1.0 standard drink) | 152 | 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 | 55 |
| BEVERAGES, NON-ALCOHOLIC | | | |
| C1036 | Baking cocoa, powder, Bournville®, Cadbury® | 100 | 106 |
| | 1 teaspoon (5 mL) | 1.9 | 2 |
| C1044 | Coffee mix, instant, dry powder, Cafe Menu Cappuccino, Nescafe® | 100 | 476 |
| | 1 teaspoon (5 mL) | 2.3 | 11 |
| C1047 | Coffee, brewed from grounds, dripped prepared | 100 | 39 |
| | 1 cup (250 mL) | 255 | 99 |
| C1046 | Coffee, brewed from grounds, plunger prepared | 100 | 39 |
| | 1 cup (250 mL) | 255 | 100 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--------|---|--------------|----------------|
| C1045 | Coffee, espresso, cafe variety | 100 | 387 |
| | 1 shot (30 mL) | 30 | 116 |
| | 2 shot (55 ml) | 55 | 213 |
| | 1 cup short black cafe size (70 mL) | 70 | 271 |
| | 1 cup short black takeaway size (90 mL) | 90 | 348 |
| C10006 | Coffee, flat white, double shot & milk standard, regular takeaway cup (285 mL) | 100 | 87 |
| | 1 cup regular takeaway size (285 mL) | 245 | 213 |
| C1048 | Coffee, instant, dry powder with water | 100 | 33 |
| | 1 cup (250 mL) | 250 | 83 |
| C10001 | Coffee, instant, caffeinated, dry powder with water & milk standard | 100 | 33 |
| | 1 cup (250 mL) | 250 | 83 |
| C10003 | Coffee, instant, caffeinated, dry powder with water & milk trim | 100 | 33 |
| | 1 cup (250 mL) | 250 | 83 |
| C1043 | Coffee, instant, decaffeinated, dry powder | 100 | 110 |
| | 1 teaspoon (5 mL) | 1.7 | 2 |
| C1042 | Coffee, instant, dry powder | 100 | 4590 |
| | 1 teaspoon (5 mL) | 1.8 | 83 |
| C10013 | Coffee, latte, double shot & milk standard, large cafe cup (300 mL) | 100 | 97 |
| | 1 cup large cafe size (300 mL) | 219 | 213 |
| C10017 | Coffee, latte, double shot & milk trim, large cafe cup (300 mL) | 100 | 97 |
| | 1 cup large cafe size (300 mL) | 219 | 213 |
| C1092 | Coffee, long black, double shot, small cafe cup (150 mL) | 100 | 142 |
| | 1 cup small cafe size (150 mL) | 150 | 210 |
| C1055 | Coffee, long black, double shot, regular takeaway cup (285 mL) | 100 | 75 |
| | 1 cup regular takeaway size (285 mL) | 285 | 213 |
| C10029 | Coffee, mochaccino, double shot & milk standard, large cafe cup (300 mL) | 100 | 97 |
| | 1 cup large cafe size (300 mL) | 224 | 218 |
| C10033 | Coffee, mochaccino, double shot & milk trim, large cafe cup (300 mL) | 100 | 97 |
| | 1 cup large cafe size (300 mL) | 224 | 218 |
| C1030 | Energy drink, assorted flavours, V™, Frucor, fortified | 100 | 28 |
| | 1 cup (250 mL) | 258 | 73 |
| C1031 | Energy drink, sugar free, V™, Frucor, fortified | 100 | 30 |
| | 1 cup (250 mL) | 265 | 79 |
| C74 | Energy food drink, dry powder, Chocolate, Nesquik®, Nestle® | 100 | 10 |
| | 1 teaspoon (5 mL) | 2.65 | trace |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--------------------------|--|--------------|----------------|
| C1038 | Energy food drink, dry powder, Chocolate Frothy Classic & Extreme Choc, Jarrah 1 teaspoon (5 mL) | 100 2.03 | 22 trace |
| C1037 | Energy food drink, dry powder, Drinking Chocolate, Cadbury 1 teaspoon (5 mL) | 100 3.05 | 30 1 |
| C1094 | Liquid breakfast, assorted flavours, Up&Go™, Sanitarium™, fortified vitamins A, B1, B2, B3, B6, B12, B6, C & folate 1 cup (250 mL) | 100 267 | trace 1 |
| C1124 | Milo® powder, fortified vitamins B3, B6, B12, C & D, Ca, Fe and P 1 teaspoon (5 mL) | 100 2.3 | 24 trace |
| C1123 | Soft drink, assorted tea flavours, artificially sweetened 1 cup (250 mL) | 100 252 | 3 9 |
| C1122 | Soft drink, assorted tea flavours, reduced sugar 1 cup (250 mL) | 100 253 | 3 9 |
| C1121 | Soft drink, assorted tea flavours, sugar-sweetened 1 cup (250 mL) | 100 257 | 5 13 |
| C1115 | Soft drink, carbonated, cola flavour, artificially sweetened, caffeinated 1 cup (250 mL) | 100 252 | 9 24 |
| C1114 | Soft drink, cola flavour, reduced sugar, caffeinated 1 cup (250 mL) | 100 257 | 8 21 |
| C1112 | Soft drink, cola flavour, sugar-sweetened, caffeinated 1 cup (250 mL) | 100 254 | 8 21 |
| C1040 | Tea beverage, black 1 cup (250 mL) | 100 255 | 23 57 |
| C1041 | Tea beverage, black, decaffeinated 1 cup (250 mL) | 100 255 | 2 5 |
| C1039 | Tea beverage, green 1 cup (250 mL) | 100 253 | 12 31 |
| BREAKFAST CEREALS | | | |
| D1041 | Breakfast cereals, rice puffed, cocoa coated, fortified vitamins B1, B2, B3 & folate, & Fe 1 cup (250 mL) | 100 62.9 | 7 5 |
| D1038 | Coco Pops®, Kellogg's®, fortified vitamins B1, B2, B3, C & folate, Ca, Fe & Zn 1 cup (250 mL) | 100 52.4 | 4 2 |
| DAIRY | | | |
| F110 | Ice cream, Jelly Tip, Tip Top™ 1 cup (250 mL) | 100 201 | 2 4 |
| F113 | Ice cream, Paddle Pop®, chocolate | 100 | 4 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--------------------|--|--------------|----------------|
| | 1 ice-block | 90.6 | 4 |
| F1070 | Ice cream, chocolate, standard | 100 | 6 |
| | 1 cup (250 mL) | 152 | 9 |
| F1104 | Milk, coffee flavour, high fat, sugar-sweetened | 100 | 42 |
| | 100 mL | 105 | 44 |
| F1103 | Milk, coffee flavour, reduced fat, high protein, sugar-sweetened | 100 | 24 |
| | 100 mL | 104 | 25 |
| F1101 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamin A | 100 | 13 |
| | 100 mL | 105 | 14 |
| F1102 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 | 100 | 27 |
| | 100 mL | 106 | 29 |
| F1105 | Milk, coffee flavour, regular fat, sugar-sweetened | 100 | 75 |
| | 100 mL | 105 | 79 |
| F1097 | Milk, cow, fresh or UHT milk with coffee flavour, fluid, sugar-sweetened | 100 | 22 |
| | 100 mL | 106 | 23 |
| F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar-sweetened, premium | 100 | trace |
| | 100 mL | 107 | trace |
| F1080 | Yoghurt dessert, Greek-style, chocolate flavoured, sweetened, premium | 100 | 2 |
| | 1 cup (250 mL) | 261 | 6 |
| RECIPES | | | |
| R10015 | Cake, chocolate, baked, iced with butter icing | 100 | 2 |
| | 1 piece (1/4th of 460 g cake) | 115 | 3 |
| R10011 | Pudding, rice, cocoa & coconut, cooked | 100 | 2 |
| SNACK FOODS | | | |
| U30 | Muesli bar, chocolate chip | 100 | 2 |
| | 1 bar | 32 | 1 |
| U27 | Muesli bar, chocolate coated, Snacker | 100 | 2 |
| | 1 bar | 33 | 1 |
| U1011 | Nut bar, peanut & chocolate, Choc Peanut, Tasti | 100 | 5 |
| | 1 bar (9.0 x 3.1 x 1.8 cm) | 38.3 | 2 |
| U1010 | Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural™ | 100 | 5 |
| | 1 bar (8.8 x 3.3 x 1.4 cm) | 32.6 | 1 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--|---|--------------|----------------|
| 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) | 206 | 33 |
| W1013 | Chocolate bar & block, Dairy Milk with Crunchie™, Cadbury® | 100 | 16 |
| | 1 block (20.4 x 9.5 x 0.9 cm) | 198 | 32 |
| | 1 block (20.1 x 16.2 x 1.0 cm) | 355 | 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) | 205 | 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 |
| 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 |
| | 1 block (19.9 x 10.6 x 1.1 cm) | 259.4 | 36 |
| W1015 | Chocolate, compound | 100 | 19 |
| | 1 cup (250 mL) | 216 | 41 |
| W7 | Chocolate, fancy & filled | 100 | 16 |
| | 1 chocolate | 5 | 1 |
| W1025 | Dark chocolate, cocoa solids (45–69%), sugar added | 100 | 50 |
| | 1 square large (4.5 x 3.8 x 1.0 cm) | 20 | 10 |
| | 4 squares small (10.0 x 1.9 x 1.0 cm) | 23.1 | 12 |
| | 1 block (17.5 x 8.4 x 1.0 cm) | 179 | 90 |
| W1026 | Dark chocolate, cocoa solids (70–84%), sugar added | 100 | 75 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 20.9 | 16 |
| | 4 small squares (9.2 x 2.4 x 1.0 cm) | 22.7 | 17 |
| | 1 block (17.5 x 8.4 x 1.0 cm) | 179 | 134 |

| FoodID | Short Food Name | Measure g | Caffeine mg |
|--------|--|--------------|----------------|
| W1027 | Dark chocolate, cocoa solids (>85%), sugar added | 100 | 90 |
| | 4 small squares (9.4 x 1.5 x 0.7 cm) | 12.2 | 11 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 19.6 | 18 |
| | 1 block (17.8 x 8.1 x 0.6 cm) | 93 | 84 |
| W46 | Sauce, chocolate | 100 | 10 |
| | 1 tablespoon (15 mL) | 15 | 1 |
| W1016 | Spread, hazelnut, Nutella®, Ferrero | 100 | 11 |
| | 1 tablespoon (15 mL) | 14 | 2 |

Appendix III – Added and free sugar values per 100 grams of edible portion and by gram weight of measure for each food or beverage.

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|------------------------|---|----------------|----------------------|----------------------|
| BAKERY PRODUCTS | | | | |
| A148 | Biscuit, Afghan 1 biscuit (1.3 x 5.5 cm diameter) | 100 17.6 | 30.3 5.33 | 30.3 5.33 |
| A146 | Biscuit, Arrowroot 1 biscuit | 100 8 | 23.9 1.91 | 23.9 1.91 |
| A1060 | Biscuit, Chocolate Chip Fudge, Farmbake™, Arnott's™ 1 biscuit (1.0 x 5.8 cm diameter) | 100 12.7 | 38.5 4.89 | 38.5 4.89 |
| 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 8.49 | 44.7 8.49 |
| A1069 | Biscuit, Dark Chocolate, Digestive™, Arnott's™ 1 biscuit (0.7 x 7.5 cm diameter) | 100 18 | 31.8 5.72 | 31.8 5.72 |
| A1070 | Biscuit, Dark Chocolate, Wheaten™, Griffin's™ 1 biscuit (0.5 x 5.4 cm diameter) | 100 10.3 | 32.8 3.38 | 32.8 3.38 |
| 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 3.37 4.87 | 37.5 3.37 4.87 |
| A71 | Biscuit, MallowPuffs™, Griffin's™ 1 biscuit (2.7 x 4.5 cm diameter) | 100 21.5 | 44.6 9.59 | 44.6 9.59 |
| A64 | Biscuit, Malt 1 biscuit (6.6 x 4.4 x 0.6 cm) | 100 7.5 | 18.4 1.38 | 18.4 1.38 |
| A1074 | Biscuit, Milk Chocolate, Digestives™, Arnott's™ 1 biscuit (0.7 x 7.5 cm diameter) | 100 17.6 | 34.2 6.01 | 34.2 6.01 |
| A1066 | Biscuit, White & Dark Chocolate, Farmbake™, Arnott's™ 1 biscuit (1.0 x 5.2 cm diameter) | 100 12.6 | 39.2 4.93 | 39.2 4.93 |
| 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™ | 100 | 46.1 | 46.1 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|---|--------------|-------------------|------------------|
| | 1 biscuit (6.2 x 3.3 x 1.5 cm) | 22.8 | 10.5 | 10.5 |
| 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 | 8.49 | 8.49 |
| A1075 | Biscuit, milk chocolate, Wheaten™, Griffin's™ | 100 | 34 | 34 |
| | 1 biscuit (0.8 x 5.5 cm diameter) | 10.8 | 3.67 | 3.67 |
| A66 | Biscuit, peanut brownie | 100 | 28.7 | 28.7 |
| | 1 biscuit (1.2 x 5.4 cm diameter) | 12 | 3.44 | 3.44 |
| | 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 | 1.61 | 1.61 |
| | 1 biscuit (1.6 x 5.3 cm diameter) | 20.5 | 2.64 | 2.64 |
| A12 | Biscuit, wafer, raspberry, cream filled | 100 | 38.4 | 38.4 |
| | 1 biscuit (2.6 x 8.0 x 1.0 cm) | 9 | 3.46 | 3.46 |
| A62 | Biscuit, with coconut, Krispie, Griffin's | 100 | 26.4 | 26.4 |
| | 1 biscuit (0.6 x 6.0 cm diameter) | 8.8 | 2.32 | 2.32 |
| A9 | Biscuit, with cream filling | 100 | 30.4 | 30.4 |
| | 1 biscuit | 15 | 4.55 | 4.55 |
| A1100 | Bread, Gluten Free Ancient Grain & Seeds, Bürgen® | 100 | 5.6 | 5.6 |
| | 1 slice (8.7 x 8.6 x 1.1 cm) | 44.8 | 2.51 | 2.51 |
| 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 | 1.46 | 1.46 |
| A1195 | Bread, banana, white, loaf, as purchased | 100 | 24.5 | 24.5 |
| | 1 slice (8.8 x 7.6 x 1.5 cm) | 50.3 | 12.3 | 12.3 |
| A130 | Bun, iced | 100 | 32.5 | 32.5 |
| | 1 bun | 80 | 26 | 26 |
| A1158 | Bun, sweetened with dried fruit, un-iced | 100 | 3 | 3 |
| | 1 bun (7.6 x 6.9 x 4.8 cm) | 79.5 | 2.39 | 2.39 |
| A1160 | Bun, sweetened, plain, spiced, un-iced | 100 | 3.9 | 3.9 |
| | 1 bun (6.7 x 6.6 x 5.0 cm) | 57.9 | 2.26 | 2.26 |
| A1159 | Bun, sweetened, with chocolate, spiced, un-iced | 100 | 10.4 | 10.4 |
| | 1 bun (6.7 x 6.3 x 5.3 cm) | 63.8 | 6.64 | 6.64 |
| A1153 | Cake, assorted fruits, light, un-iced | 100 | 9.46 | 9.46 |
| | 1 piece (5.4 x 4.5 x 3.1 cm) | 55.2 | 5.22 | 5.22 |
| A1152 | Cake, assorted fruits, rich or dark, un-iced | 100 | 10.3 | 10.3 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|---|--------------|-------------------|------------------|
| | 1 piece (4.8 x 4.2 x 3.7 cm) | 55.2 | 5.67 | 5.67 |
| 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) | 140 | 46.5 | 46.5 |
| 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 | 0.19 | 0.19 |
| | 1 biscuit (12 x 5.6 x 0.5 cm) | 6.4 | 0.01 | 0.01 |
| A1031 | Cracker, mixed grain, Cruskits™, Light, Arnott's™ | 100 | 1.72 | 1.72 |
| | 1 biscuit (11.8 x 5.7 x 0.4 cm) | 6 | 0.1 | 0.1 |
| A1032 | Cracker, mixed grain, Litebread™, Original Crisp bread, Huntley & Palmers™ | 100 | 4.34 | 4.34 |
| | 1 biscuit (12 x 5.9 x 0.4 cm) | 6.7 | 0.29 | 0.29 |
| A233 | Cracker, rice, barbecue flavoured | 100 | 1.2 | 1.2 |
| | 1 biscuit (4.7 cm diameter) | 1.9 | 0.02 | 0.02 |
| A1034 | Cracker, rice, plain | 100 | 1.96 | 1.96 |
| | 1 biscuit (4.7 cm diameter) | 2.1 | 0.04 | 0.04 |
| A1035 | Cracker, rice, seaweed flavoured, Sakata® | 100 | 4 | 4 |
| | 1 biscuit (5.0 cm diameter) | 2 | 0.08 | 0.08 |
| A141 | Cracker, rye, Crispbread, Ryvita® | 100 | 1.65 | 1.65 |
| | 1 cracker | 10 | 0.17 | 0.17 |
| A1033 | Cracker, wheat, Cream Crackers, Reduced Fat, Huntley & Palmers™ | 100 | 2.17 | 2.17 |
| | 1 biscuit (6.4 x 6.0 x 0.3 cm) | 7.9 | 0.17 | 0.17 |
| A119 | Cracker, wheat, Meal Mates™, Griffin's™ | 100 | 1.05 | 1.05 |
| | 1 biscuit (0.4 x 6.3 cm diameter) | 5.8 | 0.06 | 0.06 |
| A1030 | Cracker, wheat, Salada™, Light, Original, Arnott's™ | 100 | 1.42 | 1.42 |
| | 1 biscuit (10 x 8.7 x 0.4 cm) | 14.8 | 0.21 | 0.21 |
| A137 | Cracker, wheat, Snax, Griffin's™ | 100 | 2.33 | 2.33 |
| | 1 biscuit (0.5 x 5.0 cm diameter) | 3.6 | 0.08 | 0.08 |
| A140 | Cracker, wheat, Water Cracker, Arnott's™ | 100 | 0.43 | 0.43 |
| | 1 biscuit (0.4 x 5.5 cm diameter) | 3.2 | 0.01 | 0.01 |
| A134 | Cracker, wheat, cheese-flavoured | 100 | 2.25 | 2.25 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|---------------------------------|--|--------------|-------------------|------------------|
| | 1 biscuit Cheddar (4.4 x 2.6 x 0.4 cm) | 2.3 | 0.05 | 0.05 |
| | 1 biscuit Cheds (6.9 x 5.3 x 0.5 cm) | 8.3 | 0.19 | 0.19 |
| A135 | Cracker, wheat, sesame | 100 | 2.05 | 2.05 |
| | 1 biscuit Sesame Wheat (6.0 x 5.9 x 0.5 cm) | 6.7 | 0.14 | 0.14 |
| A1143 | Doughnut, chocolate iced | 100 | 17.6 | 17.6 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.6 | 3.63 | 3.63 |
| | 1 doughnut regular (3.4 x 8.9 cm diameter) | 63.1 | 11.1 | 11.1 |
| A1142 | Doughnut, cinnamon & sugar dusted | 100 | 23.3 | 23.3 |
| | 1 doughnut mini (2.8 x 5.1 cm diameter) | 20.9 | 4.87 | 4.87 |
| | 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 | 13 | 13 |
| A1144 | Doughnut, non-chocolate iced | 100 | 23.4 | 23.4 |
| | 1 doughnut mini (2.5 x 6.0 cm diameter) | 21.2 | 4.96 | 4.96 |
| | 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) | 103 | 5.87 | 5.87 |
| | 1 regular bottle or can (330 mL, 1.2 standard drinks) | 339 | 19.3 | 19.3 |
| | 1 large can (440 mL, 1.6 standard drinks) | 452 | 25.8 | 25.8 |
| B1031 | Bourbon & regular cola, 7% alcohol by volume, pre-mixed | 100 | 8 | 8 |
| | 100 mL (0.5 standard drinks) | 102 | 8.16 | 8.16 |
| | 1 small can (250 mL, 1.4 standard drinks) | 256 | 20.5 | 20.5 |
| | 1 regular bottle or can (330 mL, 1.8 standard drinks) | 338 | 27 | 27 |
| B1030 | Cider, apple, 5% alcohol by volume | 100 | 0 | 5.6 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| | 1 small glass (280 mL, 1.1 standard drinks) | 284 | 0 | 15.9 |
| | 1 regular bottle (330 mL, 1.3 standard drinks) | 334 | 0 | 18.7 |
| | 1 large glass (450 mL, 1.8 standard drinks) | 456 | 0 | 25.5 |
| | 1 large bottle (500 mL, 2.0 standard drinks) | 506 | 0 | 28.3 |
| B12 | Cider, sweet | 100 | 0 | 2.6 |
| | 1 small glass (280 mL, 1.0 standard drinks) | 283 | 0 | 7.36 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 333 | 0 | 8.66 |
| | 1 large glass (450 mL, 1.7 standard drinks) | 454 | 0 | 11.8 |
| | 1 large bottle (500 mL, 1.9 standard drinks) | 505 | 0 | 13.1 |
| B1042 | Gin & tonic water, 9% alcohol by volume, pub or home-mixed | 100 | 7.17 | 7.17 |
| | 1 short glass (150 mL, 1.1 standard drink) | 152 | 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 | 0 | 19 |
| B1038 | Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | 100 | 6.13 | 6.14 |
| | 1 tall glass (250 mL, 2.0 standard drinks) | 252 | 15.5 | 15.5 |
| B1037 | Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | 100 | 6.43 | 6.44 |
| | 1 short glass (150 mL, 1.0 standard drink) | 152 | 9.78 | 9.79 |
| B18 | Sherry, dry | 100 | 0 | 1.34 |
| | 1 small glass (100 mL, 1.6 standard drinks) | 99 | 0 | 1.33 |
| | 1 average glass (150 mL, 2.3 standard drinks) | 148 | 0 | 1.98 |
| 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) | 152 | 0 | 15.7 |
| B1009 | Spirit, whiskey, 86 proof | 100 | 0 | 0.1 |
| | 1 shot (30 mL, 1.0 standard drink) | 28.2 | 0 | 0.03 |
| | Double shot (60 mL, 2.0 standard drinks) | 56.4 | 0 | 0.06 |
| B1035 | Vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 9.3 | 9.3 |
| | 100 mL (0.3 standard drinks) | 105 | 9.77 | 9.77 |
| | 1 small bottle (270 mL, 0.8 standard drinks) | 284 | 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 | 20.1 | 20.1 |
| B1039 | Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | 100 | 7.69 | 7.69 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252 | 19.4 | 19.4 |
| B1036 | Vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed | 100 | 8.9 | 8.9 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|---|--------------|-------------------|------------------|
| | 100 mL (0.3 standard drinks) | 105 | 9.35 | 9.35 |
| | 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) | 103 | 7.52 | 7.52 |
| | 1 small can (270 mL, 1.0 standard drink) | 277 | 20.2 | 20.2 |
| | 1 regular bottle (330 mL, 1.2 standard drinks) | 339 | 24.7 | 24.7 |
| B1033 | Vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed | 100 | 6.1 | 6.1 |
| | 100 mL (0.5 standard drinks) | 102 | 6.22 | 6.22 |
| | 1 small can (250 mL, 1.3 standard drinks) | 254 | 15.5 | 15.5 |
| | 1 regular bottle (330 mL, 1.7 standard drinks) | 335 | 20.4 | 20.4 |
| B1040 | Vodka & orange juice, 10% alcohol by volume, pub or home-mixed | 100 | 0.67 | 6.06 |
| | 1 tall glass (250 mL, 1.9 standard drinks) | 252 | 1.68 | 15.3 |
| B1026 | Wine, red, 14% alcohol by volume, Cabernet Sauvignon | 100 | 0 | 0.22 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 0 | 0.22 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149 | 0 | 0.33 |
| B1028 | Wine, red, 13.5% alcohol by volume, Pinot Noir | 100 | 0 | 0.16 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 0 | 0.16 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149 | 0 | 0.24 |
| B1027 | Wine, red, 14% alcohol by volume, Merlot | 100 | 0 | 0.36 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.5 | 0 | 0.36 |
| | 1 average glass (150 mL, 1.6 standard drinks) | 149 | 0 | 0.54 |
| B1025 | Wine, red, 14% alcohol by volume, Shiraz | 100 | 0 | 0.15 |
| | 1 small glass (100 mL, 1.1 standard drinks) | 99.4 | 0 | 0.15 |
| | 1 average glass (150 mL, 1.7 standard drinks) | 149 | 0 | 0.22 |
| B1029 | Wine, rose, 12% alcohol by volume | 100 | 0 | 0.74 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.5 | 0 | 0.74 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149 | 0 | 1.1 |
| B1020 | Wine, white, dry, 11% alcohol by volume, Semillon | 100 | 0 | 0.23 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 99.3 | 0 | 0.23 |
| | 1 average glass (150 mL, 1.3 standard drinks) | 149 | 0 | 0.34 |
| B1021 | Wine, white, dry, 12% alcohol by volume, Sauvignon Blanc | 100 | 0 | 0.27 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 0 | 0.27 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 0 | 0.4 |
| B1019 | Wine, white, dry, 13% alcohol by volume, Chardonnay | 100 | 0 | 0.27 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|---------------------------------|---|--------------|-------------------|------------------|
| | 1 small glass (100 mL, 1.0 standard drink) | 99.2 | 0 | 0.27 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 0 | 0.4 |
| B1022 | Wine, white, medium dry, 12% alcohol by volume, Riesling | 100 | 0 | 0.43 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.3 | 0 | 0.43 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 149 | 0 | 0.64 |
| B1023 | Wine, white, sparkling, 12% alcohol by volume | 100 | 0 | 0.97 |
| | 1 small glass (100 mL, 1.0 standard drink) | 99.5 | 0 | 0.97 |
| | 1 average glass (150 mL, 1.5 standard drinks) | 149 | 0 | 1.45 |
| B1024 | Wine, white, sweet, dessert, 11.5% alcohol by volume | 100 | 0 | 14.7 |
| | 1 small glass (100 mL, 0.9 standard drinks) | 107 | 0 | 15.7 |
| | 1 average glass (150 mL, 1.4 standard drinks) | 160 | 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 | 102 | 2.45 | 2.45 |
| C1126 | Almond milk, sugar-sweetened | 100 | 2.6 | 2.6 |
| | 100 mL | 102 | 2.65 | 2.65 |
| C1137 | Coconut milk, sugar-sweetened, ready to drink | 100 | 1.5 | 1.5 |
| | 100 mL | 102 | 1.53 | 1.53 |
| C1136 | Coconut milk, unsweetened | 100 | 0 | 0.2 |
| | 100 mL | 102 | 0 | 0.2 |
| C1130 | Coconut water, unsweetened | 100 | 0 | 2.9 |
| | 100 mL | 102 | 0 | 2.96 |
| | 1 cup (250 mL) | 254 | 0 | 7.37 |
| 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 vitamins B2, B3, B5, B6 & B12 | 100 | 10.3 | 10.3 |
| | 1 cup (250 mL) | 258 | 26.6 | 26.6 |
| C74 | Energy food drink, dry powder, Chocolate, Nesquik®, Nestlé® | 100 | 82.3 | 82.3 |
| | 1 teaspoon (5 mL) | 2.65 | 2.18 | 2.18 |
| C1038 | Energy food drink, dry powder, Chocolatte Frothy Classic & Extreme Choc, Jarrah | 100 | 2.1 | 2.1 |
| | 1 teaspoon (5 mL) | 2.03 | 0.04 | 0.04 |
| C1037 | Energy food drink, dry powder, Drinking Chocolate, Cadbury | 100 | 80.4 | 80.4 |
| | 1 teaspoon (5 mL) | 3.05 | 2.45 | 2.45 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| C138 | Flavoured drink, assorted fruit flavours, dry powder, Vitafresh™, Hansells, fortified vitamin C | 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 | 8.82 | 8.82 |
| | 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 |
| C1103 | Fruit drink orange, sweetened, fortified vitamin C | 100 | 3.61 | 6.5 |
| | 1 cup (250 mL) | 256 | 9.24 | 16.6 |
| C1108 | Fruit drink, blackcurrant, sweetened, fortified vitamin C | 100 | 8.6 | 8.6 |
| | 1 cup (250 mL) | 257 | 22.1 | 22.1 |
| C1105 | Fruit drink, cranberry, sweetened, fortified vitamin C | 100 | 8.85 | 9.4 |
| | 1 cup (250 mL) | 258 | 22.8 | 24.3 |
| C1106 | Fruit drink, cranberry, unsweetened | 100 | 0 | 0.6 |
| | 1 cup (250 mL) | 248 | 0 | 1.49 |
| C1168 | Fruit drink, from apple juice, sugar-sweetened, shelf-stable, fortified vitamin C | 100 | 8.8 | 8.8 |
| | 1 cup (250 mL) | 255 | 22.4 | 22.4 |
| C1169 | Fruit drink, from apple juice, sweetened with intensive sweetener, shelf-stable, ready to drink | 100 | 0 | 4 |
| | 1 cup (250 mL) | 252 | 0 | 10.1 |
| C1102 | Fruit drink, orange, unsweetened, fortified vitamin C | 100 | 0 | 3 |
| | 1 cup (250 mL) | 254 | 0 | 7.62 |
| C1028 | Juice concentrate, blackcurrant, frozen | 100 | 0 | 33 |
| | 1 tablespoon (15 mL) | 19.2 | 0 | 6.34 |
| C1140 | Juice concentrate, blackcurrant, reduced sugar, fortified vitamin C | 100 | 18.3 | 27.2 |
| | 1 tablespoon (15 mL) | 17.2 | 3.15 | 4.68 |
| C1132 | Juice concentrate, blackcurrant, sugar-sweetened, fortified vitamin C | 100 | 36.9 | 49.1 |
| | 1 tablespoon (15 mL) | 18.8 | 6.94 | 9.23 |
| C1141 | Juice concentrate, lemon or lime, reduced sugar, fortified vitamin C | 100 | 21 | 21.9 |
| | 1 tablespoon (15 mL) | 17.3 | 3.64 | 3.79 |
| C1133 | Juice concentrate, lemon or lime, sugar-sweetened, fortified vitamin C | 100 | 44.9 | 45.8 |
| | 1 tablespoon (15 mL) | 16.4 | 7.36 | 7.51 |
| C55 | Juice concentrate, orange | 100 | 0 | 34.1 |
| | 1 tablespoon (15 mL) | 16.9 | 0 | 5.76 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| C1167 | Juice, apple, unsweetened, shelf-stable, fortified vitamin C | 100 | 0 | 9.5 |
| | 1 cup (250 mL) | 255 | 0 | 24.2 |
| C1165 | Juice, apple, with apple pulp, unsweetened, refrigerated, ready to drink, fortified vitamin C | 100 | 0 | 9.6 |
| | 1 cup (250 mL) | 258 | 0 | 24.8 |
| 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 vitamin C | 100 | 0 | 10.4 |
| | 1 cup (250 mL) | 262 | 0 | 27.2 |
| C1100 | Juice, orange, sweetened, fortified vitamin C | 100 | 0.86 | 7.8 |
| | 1 cup (250 mL) | 258 | 2.22 | 20.1 |
| C1099 | Juice, orange, unsweetened, fortified vitamin C | 100 | 0 | 7 |
| | 1 cup (250 mL) | 255 | 0 | 17.9 |
| C1098 | Juice, orange, unsweetened, shelf-stable or refrigerated, Arano | 100 | 0 | 5.8 |
| | 1 cup (250 mL) | 257 | 0 | 14.9 |
| C16 | Juice, tomato, McCoy™ | 100 | 0 | 4.4 |
| | 1 cup (250 mL) | 257 | 0 | 11.3 |
| C1097 | Liquid breakfast, assorted flavours, Fast Start™, Anchor™, fortified vitamins A, B1, B2, B3, B6, B12, D & folate | 100 | 3.3 | 3.3 |
| | 1 cup (250 mL) | 268 | 8.84 | 8.84 |
| C1094 | Liquid breakfast, assorted flavours, Fast Start™, Anchor™, fortified vitamins A, B1, B2, B3, B6, B12, D & folate | 100 | 4.7 | 4.7 |
| | 1 cup (250 mL) | 267 | 12.5 | 12.5 |
| C1124 | Milo® powder, fortified vitamins B2, B3, B6, B12, C & D, Ca, Fe and P | 100 | 35.9 | 47.9 |
| | 1 teaspoon (5 mL) | 2.3 | 0.83 | 1.1 |
| C1125 | Oat milk, unsweetened | 100 | 0 | 1.5 |
| | 1 cup (250 mL) | 261 | 0 | 3.92 |
| C1017 | Probiotic drink, assorted flavours, Activate® Body Boost Shots, Meadow Fresh, fortified vitamins A, B1, B3, B5, B6, C & E, & Zn | 100 | 4.5 | 4.5 |
| | 100 mL | 103 | 4.64 | 4.64 |
| C1006 | Rice milk, Get Natural®, fortified Ca & P | 100 | 3 | 3 |
| | 1 cup (250 mL) | 275 | 8.25 | 8.25 |
| C1007 | Rice milk, Organic Rice Lactose Free Drink Original, Signature Range | 100 | 4.85 | 4.85 |
| | 1 cup (250 mL) | 268 | 13 | 13 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| C1002 | Rice milk, Original Calcium Enriched, Vitasoy[®], fortified Ca & P | 100 | 5.45 | 5.45 |
| | 1 cup (250 mL) | 270 | 14.7 | 14.7 |
| C1001 | Rice milk, Original Lactose Free Beverage Low Fat & Natural, Rice Dream[™] | 100 | 4.25 | 4.25 |
| | 1 cup (250 mL) | 262 | 11.1 | 11.1 |
| C1003 | Rice milk, Protein & Calcium Enriched, Vitasoy[®], fortified Ca & P | 100 | 5.8 | 5.8 |
| | 1 cup (250 mL) | 268 | 15.5 | 15.5 |
| C1004 | Rice milk, Rice Drink Original, Rice Dream[™], fortified vitamins A, D & B12, Ca & P | 100 | 4.25 | 4.25 |
| | 1 cup (250 mL) | 270 | 11.5 | 11.5 |
| C1005 | Rice milk, Rice Drink Vanilla, Rice Dream[™], fortified vitamins A, D & B12, Ca & P | 100 | 4.25 | 4.25 |
| | 1 cup (250 mL) | 270 | 11.5 | 11.5 |
| C1023 | Smoothie, Feijoa Smoothie, Simply Squeezed[®], fortified vitamins A, C, E & folate, & Ca | 100 | 9.15 | 11.2 |
| | 1 cup (250 mL) | 272 | 24.9 | 30.5 |
| C1022 | Smoothie, berry, fortified vitamin C | 100 | 0 | 10.4 |
| | 1 cup (250 mL) | 275 | 0 | 28.6 |
| C1120 | Soft drink, assorted fruit flavours, reduced sugar | 100 | 6.1 | 6.1 |
| | 1 cup (250 mL) | 259 | 15.8 | 15.8 |
| C1122 | Soft drink, assorted tea flavours, reduced sugar | 100 | 4.4 | 4.4 |
| | 1 cup (250 mL) | 253 | 11.1 | 11.1 |
| C1121 | Soft drink, assorted tea flavours, sugar-sweetened | 100 | 7.1 | 7.1 |
| | 1 cup (250 mL) | 257 | 18.2 | 18.2 |
| C1119 | Soft drink, carbonated, assorted fruit flavours, sugar-sweetened | 100 | 9.8 | 9.8 |
| | 1 cup (250 mL) | 259 | 25.4 | 25.4 |
| C1116 | Soft drink, carbonated, lemon flavour, sugar-sweetened | 100 | 9.9 | 9.9 |
| | 1 cup (250 mL) | 257 | 25.4 | 25.4 |
| C1114 | Soft drink, cola flavour, reduced sugar, caffeinated | 100 | 6.4 | 6.4 |
| | 1 cup (250 mL) | 257 | 16.4 | 16.4 |
| C1112 | Soft drink, cola flavour, sugar-sweetened, caffeinated | 100 | 7.9 | 7.9 |
| | 1 cup (250 mL) | 254 | 20.1 | 20.1 |
| C1135 | Soft drink, ginger beer, artificially sweetened, diet | 100 | 0.6 | 0.6 |
| | 1 cup (250 mL) | 251 | 1.51 | 1.51 |
| C1158 | Soft drink, ginger beer, reduced sugar | 100 | 5.2 | 5.2 |
| | 1 cup (250 mL) | 251 | 13.1 | 13.1 |
| C1134 | Soft drink, ginger beer, sugar-sweetened | 100 | 9.6 | 9.6 |
| | 1 cup (250 mL) | 258 | 24.8 | 24.8 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| C1117 | Soft drink, lemon flavour, reduced sugar | 100 | 7 | 7 |
| | 1 cup (250 mL) | 256 | 17.9 | 17.9 |
| C79 | Soft drink, tonic water | 100 | 8.8 | 8.8 |
| | 1 cup (250 mL) | 258 | 22.7 | 22.7 |
| C166 | Soy drink, soy milk, So Good™ Essential, Sanitarium™, fortified vitamins A, B1, B2, B3, B6, B12, E & folate, Ca, Fe, Mg & P | 100 | 1.96 | 1.96 |
| | 1 cup (250 mL) | 260 | 5.1 | 5.1 |
| C30 | Soy milk, So Good™ Lite Soy Milk, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 1.83 | 1.83 |
| | 1 cup (250 mL) | 260 | 4.76 | 4.76 |
| C29 | Soy milk, So Good™ Regular Soy Milk, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 1.83 | 1.83 |
| | 1 cup (250 mL) | 255 | 4.67 | 4.67 |
| C92 | Soy milk, So Good™, Vanilla Flavoured, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 100 | 4.57 | 4.57 |
| | 1 cup (250 mL) | 255 | 11.7 | 11.7 |
| C1034 | Sports drink, assorted flavours, Isopower, Low Carb, Mizone®, fortified vitamins B3, B5, B6, B12 & C | 100 | 3.4 | 3.4 |
| | 1 cup (250 mL) | 255 | 8.67 | 8.67 |
| C1033 | Sports drink, assorted flavours, Isopower, Mizone®, Frucor, fortified vitamins B3, B5, B6 & B12 | 100 | 6 | 6 |
| | 1 cup (250 mL) | 257 | 15.4 | 15.4 |
| C18 | Sports drink, flavoured, Lucozade | 100 | 14 | 14 |
| | 1 cup (250 mL) | 265 | 37.1 | 37.1 |
| C86 | Sports drink, ready to drink, Gatorade® | 100 | 6.36 | 6.36 |
| | 1 cup (250 mL) | 256 | 16.3 | 16.3 |
| C1032 | Sports water, assorted flavours, Mizone®, Frucor, fortified vitamins B3, B5, B6, B12 & C | 100 | 2.5 | 2.5 |
| | 1 cup (250 mL) | 260 | 6.5 | 6.5 |
| C1161 | Tea, fermented (kombucha), with cane sugar, ready to drink | 100 | 3.1 | 3.1 |
| | 1 cup (250 mL) | 248 | 7.69 | 7.69 |
| C1162 | Tea, fermented (kombucha), with fruit juices, ready to drink | 100 | 2.7 | 2.7 |
| | 1 cup (250 mL) | 247 | 6.67 | 6.67 |
| C1163 | Tea, fermented (kombucha), with intense sweetener, ready to drink | 100 | 0.5 | 0.5 |
| | 1 cup (250 mL) | 248 | 1.24 | 1.24 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|------------------|--|--------------|-------------------|------------------|
| BREAKFAST | | | | |
| CEREALS | | | | |
| D1046 | All Bran® Original, Kellogg's®, fortified vitamins B1, B2 & folate | 100 | 18.2 | 18.2 |
| | 1 cup (250 mL) | 78.9 | 14.4 | 14.4 |
| D1041 | Breakfast cereals, rice puffed, cocoa coated, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 34.5 | 34.5 |
| | 1 cup (250 mL) | 62.9 | 21.7 | 21.7 |
| D1053 | Cluster Crisp™, Manuka Honey with Roasted Cashew, Sanitarium™, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 21 | 21 |
| | 1 cup (250 mL) | 92.6 | 19.4 | 19.4 |
| D1045 | Cluster Crisp™, Sanitarium™, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 21 | 21 |
| | 1 cup (250 mL) | 92.8 | 19.5 | 19.5 |
| D1052 | Cluster Crisp™, Vanilla Almond, Sanitarium™, fortified vitamins, B1, B2, B3 & folate, & Fe | 100 | 21 | 21 |
| | 1 cup (250 mL) | 92.9 | 19.5 | 19.5 |
| D1038 | Coco Pops®, Kellogg's®, fortified vitamins B1, B2, B3, C & folate, Ca, Fe & Zn | 100 | 38.8 | 38.8 |
| | 1 cup (250 mL) | 52.4 | 20.3 | 20.3 |
| D1032 | Crunchy Nut Corn Flakes®, Kellogg's®, fortified vitamins B1, B2, B3, C & folate, & Fe | 100 | 31.7 | 31.7 |
| | 1 cup (250 mL) | 44 | 13.9 | 13.9 |
| D1036 | Fruitful Breakfast, Hubbards | 100 | 28.4 | 28.4 |
| | 1 cup (250 mL) | 148 | 42 | 42 |
| D1043 | Just Right®, Original Kellogg's®, fortified vitamins B1, B2, B3 & folate, & Fe | 100 | 26.2 | 26.2 |
| | 1 cup (250 mL) | 53.1 | 13.9 | 13.9 |
| D1049 | Light 'n' Tasty™, Apricot, Sanitarium™, fortified vitamins B1, B2, B3, E & folate, Ca & Fe | 100 | 22.8 | 23.2 |
| | 1 cup (250 mL) | 77.5 | 17.6 | 18 |
| D1050 | Light 'n' Tasty™, Berry, Sanitarium™, fortified vitamins B1, B2, B3 & folate, Ca & Fe | 100 | 17.9 | 17.9 |
| | 1 cup (250 mL) | 82.4 | 14.8 | 14.8 |
| D1051 | Light 'n' Tasty™, Peach & Raspberry, Sanitarium™, fortified vitamins B1, B2, B3, E & folate, Ca & Fe | 100 | 22.9 | 22.9 |
| | 1 cup (250 mL) | 75.7 | 17.3 | 17.3 |
| D1037 | Nutri-Grain®, Kellogg's®, fortified vitamins B1, B2, B3, B6, C & folate, Ca & Fe | 100 | 35.1 | 35.1 |
| | 1 cup (250 mL) | 36.8 | 12.9 | 12.9 |
| D1069 | Porridge, oats, assorted fruits flavoured, sugar-sweetened, prepared with water | 100 | 5.66 | 5.66 |
| | 1 cup (250 mL) | 252 | 14.3 | 14.3 |
| D1066 | Porridge, oats, plain, sweetened with honey and/or sugar, prepared with water | 100 | 6.78 | 6.78 |
| | 1 cup (250 mL) | 251 | 17 | 17 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| D10005 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with standard milk 1 cup (250 mL) | 100 251 | 5.46 13.7 | 5.46 13.7 |
| D10006 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with trim milk 1 cup (250 mL) | 100 252 | 5.51 13.9 | 5.51 13.9 |
| D10003 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with standard milk 1 cup (250 mL) | 100 251 | 6.69 16.8 | 6.69 16.8 |
| D10004 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with trim milk 1 cup (250 mL) | 100 252 | 6.68 16.8 | 6.68 16.8 |
| D1017 | Puffed Wheat™, Sanitarium™ 1 cup (250 mL) | 100 30 | 6.7 2.01 | 6.7 2.01 |
| D1029 | Ricies™, Sanitarium™, fortified vitamins B1, B2 & B3, & Fe 1 cup (250 mL) | 100 32 | 8 2.56 | 8 2.56 |
| D1018 | San Bran™, Sanitarium™ | 100 | 19.5 | 19.5 |
| D1048 | Simply Toasted Muesli Apricot, Hubbards 1 cup (250 mL) | 100 143 | 17.9 25.6 | 22.7 32.5 |
| D1057 | Skippy™ Cornflakes, Sanitarium™, fortified vitamins B1, B2, B3 & folate & Fe 1 cup (250 mL) | 100 33.4 | 7.3 2.44 | 7.3 2.44 |
| D1016 | Special K®, Forest Berries, Kellogg's®, fortified vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn 1 cup (250 mL) | 100 40 | 25.7 10.3 | 25.7 10.3 |
| D1042 | Special K®, Original, Kellogg's®, fortified vitamins B1, B2, B3, B6 & folate, Ca & Fe 1 cup (250 mL) | 100 41.5 | 14.2 5.89 | 14.2 5.89 |
| D43 | Sultana Bran®, Kellogg's®, fortified vitamins B1, B2, B3, B6 & folate, Fe & Zn 1 cup (250 mL) | 100 45 | 13.2 5.94 | 13.2 5.94 |
| D1047 | Toasted Muesli Golden Oats & Fruit, Sanitarium™ 1 cup (250 mL) | 100 129 | 16 20.6 | 16 20.6 |
| D1055 | Toasted Muesli Super Fruity, Sanitarium™, fortified vitamin E 1 cup (250 mL) | 100 133 | 17.4 23.1 | 17.4 23.1 |
| D1054 | Toasted Strawberry and Rhubarb, Sanitarium™ 1 cup (250 mL) | 100 126 | 19.5 24.6 | 20.2 25.5 |
| D1012 | Weet-Bix™ Oat Bran, Sanitarium™, fortified vitamins E & folate 1 biscuit (8.6 x 4.3 x 1.8 cm) | 100 22.2 | 6.8 1.51 | 6.8 1.51 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|-----------------------------------|--|--------------|-------------------|------------------|
| D1056 | Weet-Bix™, Sanitarium™, fortified vitamins B1, B2, B3 & folate & Fe | 100 | 1.7 | 1.7 |
| | 1 biscuit (8.4 x 4.2 x 1.9 cm) | 16.8 | 0.29 | 0.29 |
| D1035 | Weeties™, Sanitarium™ | 100 | 0.6 | 0.6 |
| | 1 cup (250 mL) | 51.5 | 0.31 | 0.31 |
| CEREALS AND PSEUDO-CEREALS | | | | |
| E1050 | Noodle, wheat flour, assorted flavours, boiled, undrained, 2 Minutes, Maggi® | 100 | 0.63 | 0.63 |
| | 1 cup (250 mL) | 285 | 1.79 | 1.79 |
| | 1 cake (11.5 x 8.0 x 2.6 cm) | 396 | 2.49 | 2.49 |
| E1049 | Noodle, wheat, Shin Ramyun Noodle Soup Hot & Spicy, Nong Shim, boiled, undrained | 100 | 0.31 | 0.31 |
| | 1 cup (250 mL) | 284 | 0.87 | 0.87 |
| | 1 cake (11.5 x 8.0 x 2.6 cm) | 732 | 2.24 | 2.24 |
| E10001 | Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled | 100 | 1.28 | 1.28 |
| | 1 cup (250 mL) | 181 | 2.31 | 2.31 |
| E1069 | Rice, creamed, canned | 100 | 8.4 | 8.4 |
| | 1 cup (250 mL) | 258 | 21.7 | 21.7 |
| E1005 | Spaghetti, canned in tomato sauce | 100 | 3.04 | 4.7 |
| | 1 cup (250 mL) | 295 | 8.95 | 13.9 |
| E1054 | Taco shell, corn flour, baked, commercial | 100 | 1.21 | 1.21 |
| | 1 shell small (13.2 cm diameter) | 11 | 0.13 | 0.13 |
| | 1 shell standard | 14 | 0.17 | 0.17 |
| | 1 shell jumbo | 19 | 0.23 | 0.23 |
| E43 | Yoghurt, soy | 100 | 3.82 | 3.82 |
| DAIRY | | | | |
| F69 | Cheese, cream, reduced fat 16%, Country Goodness | 100 | 1.6 | 1.6 |
| | 1 cup (250 mL) | 254 | 4.06 | 4.06 |
| F79 | Cheese, processed, sliced, reduced fat | 100 | 0.4 | 0.4 |
| | 1 slice (8.4 x 8.4 x 0.3 cm) | 20.7 | 0.08 | 0.08 |
| F1098 | Custard, from milk, vanilla flavour, sugar-sweetened, regular | 100 | 6.2 | 6.2 |
| | 1 cup (250 mL) | 269 | 16.7 | 16.7 |
| F1099 | Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy | 100 | 8 | 8 |
| | 1 cup (250 mL) | 269 | 21.5 | 21.5 |
| F76 | Dessert, vanilla, 99% fat free, frozen, WeightWatchers | 100 | 12.1 | 12.1 |
| | 1 cup (250 mL) | 138 | 16.7 | 16.7 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|---|--------------|-------------------|------------------|
| F1064 | Fromage frais, assorted fruits & flavours, Fruche® | 100 | 9.04 | 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) | 201 | 44.4 | 44.4 |
| 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 | 4.92 | 4.99 |
| | 1 scoop (64 mL) | 56.3 | 12.8 | 13 |
| | 1 cup (250 mL) | 192 | 43.7 | 44.4 |
| F1070 | Ice cream, chocolate, standard | 100 | 16.6 | 16.6 |
| | 1 scoop (22 mL) | 13.4 | 2.22 | 2.22 |
| | 1 scoop (64 mL) | 38.9 | 6.46 | 6.46 |
| | 1 cup (250 mL) | 152 | 25.2 | 25.2 |
| F118 | Ice cream, creamy, fruit ripple | 100 | 17.6 | 18 |
| | 1 scoop (22 mL) | 14.9 | 2.63 | 2.68 |
| | 1 scoop (64 mL) | 43.3 | 7.63 | 7.79 |
| | 1 cup (250 mL) | 169 | 29.8 | 30.4 |
| F111 | Ice cream, hokey pokey | 100 | 18.2 | 18.2 |
| | 1 scoop (22 mL) | 13.8 | 2.52 | 2.52 |
| | 1 scoop (64 mL) | 40.2 | 7.33 | 7.33 |
| | 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 scoop (22 mL) | 11.7 | 1.38 | 1.38 |
| | 1 scoop (64 mL) | 34 | 4.01 | 4.01 |
| | 1 cup (250 mL) | 133 | 15.7 | 15.7 |
| F29 | Ice cream, vanilla, premium | 100 | 13.4 | 13.4 |
| | 1 scoop (22 mL) | 12.4 | 1.66 | 1.66 |
| | 1 scoop (64 mL) | 36.1 | 4.82 | 4.82 |
| | 1 cup (250 mL) | 141 | 18.8 | 18.8 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| F28 | Ice cream, vanilla, standard | 100 | 14.6 | 14.6 |
| | 1 scoop (22 mL) | 12.6 | 1.84 | 1.84 |
| | 1 scoop (64 mL) | 36.6 | 5.34 | 5.34 |
| | 1 cup (250 mL) | 143 | 20.9 | 20.9 |
| F1104 | Milk, coffee flavour, high fat, sugar-sweetened | 100 | 5.5 | 5.5 |
| | 100 mL | 105 | 5.78 | 5.78 |
| F1103 | Milk, coffee flavour, reduced fat, high protein, sugar-sweetened | 100 | 3.55 | 3.55 |
| | 100 mL | 104 | 3.69 | 3.69 |
| F1101 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamin A | 100 | 3.7 | 3.7 |
| | 100 mL | 105 | 3.89 | 3.89 |
| F1102 | Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamins B2, B3, B5, B6 & B12 | 100 | 5.3 | 5.3 |
| | 100 mL | 106 | 5.62 | 5.62 |
| F1105 | Milk, coffee flavour, regular fat, sugar-sweetened | 100 | 2.8 | 2.8 |
| | 100 mL | 105 | 2.94 | 2.94 |
| F30 | Milk, condensed, sweetened, skim | 100 | 44.5 | 44.5 |
| | 1 tablespoon (15 mL) | 20 | 8.9 | 8.9 |
| F31 | Milk, condensed, sweetened, whole | 100 | 43.9 | 43.9 |
| | 1 tablespoon (15 mL) | 19 | 8.34 | 8.34 |
| F1097 | Milk, cow, fresh or ultra-heat treated (UHT) milk with coffee flavour, fluid, sugar-sweetened | 100 | 4.3 | 4.3 |
| | 100 mL | 106 | 4.56 | 4.56 |
| F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar-sweetened, premium | 100 | 6.3 | 6.3 |
| | 100 mL | 107 | 6.74 | 6.74 |
| F1080 | Yoghurt dessert, Greek-style, chocolate flavoured, sweetened, premium | 100 | 7 | 7 |
| | 1 cup (250 mL) | 261 | 18.3 | 18.3 |
| F1083 | Yoghurt smoothie, assorted fruits, sweetened | 100 | 2.62 | 7.9 |
| | 1 cup (250 mL) | 272 | 7.14 | 21.5 |
| F1077 | Yoghurt, Fresh 'n Fruity™, assorted fruits, regular fat, fortified Ca, vitamins A & D | 100 | 9.46 | 9.46 |
| | 1 cup (250 mL) | 261 | 24.7 | 24.7 |
| F1081 | Yoghurt, Greek-style, low fat, Cyclops® | 100 | 1 | 1 |
| | 1 cup (250 mL) | 260 | 2.6 | 2.6 |
| F1073 | Yoghurt, Meadow Fresh®, Live lite, assorted fruits, non-fat, fortified Ca, vitamins A & D | 100 | 4.16 | 4.16 |
| | 1 cup (250 mL) | 260 | 10.8 | 10.8 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--|--|--------------|-------------------|------------------|
| F1075 | Yoghurt, Meadow Fresh[®], low fat, assorted fruits fortified Ca | 100 | 8.86 | 8.86 |
| | 1 cup (250 mL) | 260 | 23 | 23 |
| F1076 | Yoghurt, Symbio Probalance™, assorted fruits, low fat, fortified Ca, vitamins A & D | 100 | 7.06 | 7.06 |
| | 1 cup (250 mL) | 259 | 18.3 | 18.3 |
| F1074 | Yoghurt, Yoplait, Delite, assorted fruits, low fat | 100 | 7.36 | 7.36 |
| | 1 cup (250 mL) | 260 | 19.1 | 19.1 |
| F1078 | Yoghurt, Yoplait, assorted fruits, regular fat | 100 | 7.36 | 7.36 |
| | 1 cup (250 mL) | 261 | 19.2 | 19.2 |
| F77 | Yoghurt, apricot, frozen, Tip Top™ | 100 | 13.2 | 13.8 |
| | 1 cup (250 mL) | 204 | 26.9 | 28.1 |
| F1079 | Yoghurt, premium, assorted fruits | 100 | 8.36 | 8.36 |
| | 1 cup (250 mL) | 261 | 21.8 | 21.8 |
| FAST FOODS AND READY TO EAT MEALS | | | | |
| H1020 | Beef salad, Thai, takeaway | 100 | 6.55 | 6.55 |
| | 1 cup (250 mL) | 214 | 14 | 14 |
| H1015 | Beef, black bean, stir fry, Chinese | 100 | 1 | 1 |
| | 1 cup (250 mL) | 247 | 2.47 | 2.47 |
| H8 | Burger, Big Mac[®], McDonald's[®] | 100 | 1.55 | 1.55 |
| | 1 burger | 204 | 3.16 | 3.16 |
| H24 | Burger, Filet-o-Fish[®], McDonald's[®] | 100 | 1.55 | 1.55 |
| | 1 burger | 136 | 2.11 | 2.11 |
| H10 | Burger, Quarter Pounder[®] with cheese, McDonald's[®] | 100 | 1.6 | 1.6 |
| | 1 burger | 185 | 2.96 | 2.96 |
| H3 | Burger, cheeseburger | 100 | 2.05 | 2.05 |
| | 1 burger | 255 | 5.23 | 5.23 |
| H4 | Burger, cheeseburger, McDonald's[®] | 100 | 1.8 | 1.8 |
| | 1 burger | 137 | 2.47 | 2.47 |
| H6 | Burger, hamburger | 100 | 1.95 | 1.95 |
| | 1 burger | 172 | 3.35 | 3.35 |
| H7 | Burger, hamburger, McDonald's[®] | 100 | 2.45 | 2.45 |
| | 1 burger | 98 | 2.4 | 2.4 |
| H17 | Chicken, crumbed, breast, deep-fried, Kentucky Fried Chicken[®] | 100 | 0.1 | 0.1 |
| | 1 piece | 89 | 0.09 | 0.09 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| H16 | Chicken, crumbed, wing, deep-fried, Kentucky Fried Chicken® | 100 | 0.1 | 0.1 |
| | 1 piece | 37 | 0.04 | 0.04 |
| H20 | Coleslaw, Kentucky Fried Chicken® | 100 | 8.64 | 8.64 |
| | 1 cup (250 mL) | 200 | 17.3 | 17.3 |
| H1026 | Curry, beef korma, Indian, takeaway | 100 | 4.23 | 4.23 |
| | 1 cup (250 mL) | 248 | 10.5 | 10.5 |
| H1027 | Curry, beef madras, Indian, takeaway | 100 | 3.7 | 3.7 |
| | 1 cup (250 mL) | 252 | 9.32 | 9.32 |
| H1023 | Curry, butter chicken, Indian, takeaway | 100 | 4.18 | 4.18 |
| | 1 cup (250 mL) | 258 | 10.8 | 10.8 |
| H1024 | Curry, chicken masala, Indian, takeaway | 100 | 3.28 | 3.28 |
| | 1 cup (250 mL) | 249 | 8.17 | 8.17 |
| H1021 | Curry, chicken, green, Thai, takeaway | 100 | 2.58 | 2.58 |
| | 1 cup (250 mL) | 249 | 6.41 | 6.41 |
| H1025 | Curry, rogan josh, Indian, takeaway | 100 | 3.06 | 3.06 |
| | 1 cup (250 mL) | 267 | 8.17 | 8.17 |
| H57 | Fish, cake, baked | 100 | 3.7 | 3.7 |
| | 1 cake | 76 | 2.81 | 2.81 |
| H23 | Fish, cake, deep-fried in peanut oil | 100 | 2.1 | 2.1 |
| | 1 cake (1.5 x 7 cm diameter) | 80 | 1.68 | 1.68 |
| H61 | Fish, fingers, baked | 100 | 1 | 1 |
| | 1 finger (8.3 x 2.2 x 1.3 cm) | 25 | 0.25 | 0.25 |
| 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 |
| H10015 | Frozen meal, lasagne topper, baked or microwaved | 100 | 0.65 | 0.65 |
| | 1 single meal | 139 | 0.9 | 0.9 |
| H10016 | Frozen meal, lasagne with beef meat mince, baked or microwaved | 100 | 2.1 | 2.1 |
| | 1 single meal small | 296 | 6.22 | 6.22 |
| | 1 single meal medium | 382 | 8.02 | 8.02 |
| H10008 | Frozen meal, roast beef with mashed potato & vegetables, microwaved | 100 | 1.25 | 1.25 |
| | 1 single meal | 411 | 5.14 | 5.14 |
| H10006 | Frozen meal, roast pork with mashed potato & vegetables, microwaved | 100 | 1.25 | 1.25 |
| | 1 single meal | 449 | 5.61 | 5.61 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|---|--------------|-------------------|------------------|
| H10017 | Frozen meal, spaghetti with Bolognese sauce and beef mince, microwaved | 100 | 1.45 | 1.45 |
| | 1 single meal small | 280 | 4.06 | 4.06 |
| | 1 single meal medium | 347 | 5.03 | 5.03 |
| H1022 | Noodle, pad thai with chicken & egg, Thai, takeaway | 100 | 3.83 | 3.83 |
| | 1 cup (250 mL) | 132 | 5.05 | 5.05 |
| H151 | Pancake, McDonald's® | 100 | 2.9 | 2.9 |
| | 1 pancake | 49 | 1.42 | 1.42 |
| H27 | Pie, apple, McDonald's® | 100 | 7.4 | 11.4 |
| | 1 pie | 85 | 6.29 | 9.65 |
| H29 | Pie, mince, family size | 100 | 0.9 | 0.9 |
| | 1 pie (4 x 18.5 cm diameter) | 635 | 5.72 | 5.72 |
| 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 | 2.75 | 2.75 |
| 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 | 1.56 | 1.56 |
| H1054 | Pie, savoury, mince & cheese, individual size, ready to eat | 100 | 0.8 | 0.8 |
| | 1 pie (3.6 x bottom 8.9 x top 11.1 cm diameters) | 221 | 1.77 | 1.77 |
| H191 | Pizza, Hawaiian, thick crust | 100 | 2.23 | 2.23 |
| | 1 pizza (2.25 x 28.3 cm diameter) | 742 | 16.5 | 16.5 |
| H190 | Pizza, barbeque chicken, thick crust | 100 | 1.98 | 1.98 |
| | 1 pizza (2.35 x 28.2 cm diameter) | 715 | 14.1 | 14.1 |
| H177 | Pizza, frozen, Hawaiian & House special, premium, baked | 100 | 1.3 | 1.3 |
| | 1 pizza (2.5 x 24.6 cm diameter) | 654 | 8.5 | 8.5 |
| H176 | Pizza, frozen, meat lovers, premium, baked | 100 | 0.55 | 0.55 |
| | 1 pizza (2.5 x 24.6 cm diameter) | 675 | 3.71 | 3.71 |
| H189 | Pizza, meat, thick crust | 100 | 1.73 | 1.73 |
| | 1 pizza (2.35 x 27.8 cm diameter) | 700 | 12.1 | 12.1 |
| H41 | Pizza, supreme, thin crust, Pizza Hut® | 100 | 0.45 | 0.45 |
| | 1 pizza | 384 | 1.73 | 1.73 |
| H1014 | Pork, sweet & sour, Chinese, takeaway | 100 | 13.3 | 13.3 |
| | 1 cup (250 mL) | 195 | 25.8 | 25.8 |
| H1058 | Salad, coleslaw with dressing, fresh, from deli | 100 | 3.55 | 3.55 |
| | 1 cup (250 mL) | 206 | 7.31 | 7.31 |
| H1043 | Sausage roll, individual size, microwaved | 100 | 2.8 | 2.8 |
| | 1 sausage roll (9.5 x 4.5 x 2.9 cm) | 110 | 3.08 | 3.08 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|-------------------|--|--------------|-------------------|------------------|
| H1044 | Sausage roll, party size, baked | 100 | 2.8 | 2.8 |
| | 1 sausage roll (5.2 x 3.9 x 3.3 cm) | 40.8 | 1.14 | 1.14 |
| H1002 | Sausage roll, with cheese, baked | 100 | 2.2 | 2.2 |
| | 1 sausage roll (5.1 x 4 x 3.6 cm) | 36.8 | 0.81 | 0.81 |
| H52 | Saveloy, battered, fried, Independent Shops | 100 | 3.3 | 3.3 |
| | 1 sausage | 138 | 4.55 | 4.55 |
| H1003 | Savoury, bacon & egg, baked | 100 | 0.5 | 0.5 |
| | 1 savoury (2.3 x 5.3 cm diameter) | 44.9 | 0.23 | 0.23 |
| H1005 | Savoury, mince & cheese, heated | 100 | 0.5 | 0.5 |
| | 1 savoury (2.7 x 5.1 cm diameter) | 59.4 | 0.3 | 0.3 |
| H1004 | Savoury, mince, heated | 100 | 0.5 | 0.5 |
| | 1 savoury (2.6 x 5.6 cm diameter) | 53.1 | 0.27 | 0.27 |
| H1006 | Savoury, potato top, heated | 100 | 0.5 | 0.5 |
| | 1 savoury (2.8 x 5.6 cm diameter) | 59.2 | 0.3 | 0.3 |
| H1019 | Soup, tom yam gai, chicken, Thai, takeaway | 100 | 1.05 | 1.05 |
| | 1 cup (250 mL) | 235 | 2.47 | 2.47 |
| H208 | Spring roll, traditional with meat, baked, Highmark | 100 | 2.1 | 2.1 |
| | 1 roll (8.5 x 3 x 2.5 cm) | 42.9 | 0.9 | 0.9 |
| | 1 roll (12.2 x 4.5 x 3 cm) | 121 | 2.54 | 2.54 |
| H212 | Spring roll, traditional, with meat, deep-fried, Highmark | 100 | 2.12 | 2.12 |
| | 1 roll (8.4 x 3.1 x 2.5 cm) | 43.1 | 0.91 | 0.91 |
| | 1 roll (12.2 x 4.5 x 3 cm) | 121 | 2.56 | 2.56 |
| H211 | Spring roll, vegetarian, baked, Highmark | 100 | 2.52 | 2.52 |
| | 1 roll (11.8 x 6 x 2.8 cm) | 108 | 2.72 | 2.72 |
| FIN FISHES | | | | |
| K1028 | Mackerel, canned in tomato sauce, undrained | 100 | 0.95 | 1.9 |
| | 1 cup (250 mL) | 242 | 2.3 | 4.6 |
| K1031 | Sardines, canned in tomato sauce, undrained | 100 | 0.9 | 1.8 |
| | 1 cup (250 mL) | 255 | 2.3 | 4.59 |
| K1008 | Tuna, canned in oil, assorted flavours, undrained | 100 | 0.42 | 1.8 |
| | 1 cup (250 mL) | 254 | 1.07 | 4.57 |
| K1009 | Tuna, canned in water, assorted flavours, undrained | 100 | 2.62 | 4 |
| | 1 cup (250 mL) | 253 | 6.63 | 10.1 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|---------------|--|--------------|-------------------|------------------|
| FRUITS | | | | |
| L1137 | Apricot, canned in juice, undrained | 100 | 0 | 4.12 |
| | 1 cup halves (250 mL) | 261 | 0 | 10.7 |
| L1140 | Apricot, canned in syrup, drained | 100 | 5.45 | 5.45 |
| | 1 half | 12.3 | 0.67 | 0.67 |
| | 1 cup halves (250 mL) | 255 | 13.9 | 13.9 |
| L1141 | Apricot, canned in syrup, undrained | 100 | 10.1 | 10.1 |
| | 1 cup halves (250 mL) | 264 | 26.5 | 26.5 |
| L1052 | Blackcurrant, puree, frozen | 100 | 0 | 7.1 |
| | 1 cup (250 mL) | 282 | 0 | 20 |
| L1046 | Boysenberry, puree, seedless, frozen | 100 | 0 | 6.9 |
| | 1 cup (250 mL) | 265 | 0 | 18.3 |
| L1023 | Cranberry, dried, sweetened | 100 | 38.5 | 38.5 |
| | 1 cup (250 mL) | 128 | 49.3 | 49.3 |
| L1147 | Fruit salad, canned in syrup, undrained | 100 | 11.3 | 11.3 |
| | 1 cup (250 mL) | 271 | 30.7 | 30.7 |
| L91 | Juice, lemon, raw | 100 | 0 | 1.6 |
| | 1 tablespoon (15 mL) | 16 | 0 | 0.26 |
| 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 | 2.56 | 8.69 |
| | 1 cup (250 mL) | 260 | 6.66 | 22.6 |
| L1123 | Peach, canned in juice, undrained | 100 | 0 | 5.3 |
| | 1 cup sliced (250 mL) | 283 | 0 | 15 |
| L1126 | Peach, canned in syrup, drained | 100 | 9.1 | 9.1 |
| | 1 half | 52.8 | 4.81 | 4.81 |
| | 5 slices | 66.3 | 6.03 | 6.03 |
| | 1 cup diced or sliced (250 mL) | 261 | 23.8 | 23.8 |
| L204 | Pear, canned in juice, undrained | 100 | 0 | 2 |
| | 1 cup (250 mL) | 258 | 0 | 5.17 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|----------------------|--|--------------|-------------------|------------------|
| L1134 | Pineapple, canned in syrup, drained | 100 | 4.87 | 4.89 |
| | 1 slice (0.8 x 7.4 cm diameter) | 34.9 | 1.7 | 1.71 |
| | 1 cup chunk or pieces (250 mL) | 218 | 10.6 | 10.7 |
| | 1 cup crushed (250 mL) | 251 | 12.2 | 12.3 |
| L1135 | Pineapple, canned in syrup, undrained | 100 | 8.82 | 8.82 |
| | 1 cup (250 mL) | 277 | 24.4 | 24.4 |
| L148 | Plum, canned in syrup, drained | 100 | 18.6 | 18.6 |
| | 1 plum | 49 | 9.09 | 9.1 |
| | 1 cup (250 mL) | 169 | 31.4 | 31.4 |
| MEAT PRODUCTS | | | | |
| N58 | Chicken, nugget, crumbed, baked | 100 | 0.81 | 0.81 |
| | 1 piece | 20.6 | 0.17 | 0.17 |
| N22 | Pate, chicken liver | 100 | 1 | 1 |
| | 1 tablespoon (15 mL) | 14 | 0.14 | 0.14 |
| N23 | Pate, pork liver | 100 | 0.2 | 0.2 |
| | 1 tablespoon (15 mL) | 14 | 0.03 | 0.03 |
| N1053 | Patty, burger, beef, not crumbed, frozen, pan-fried without oil | 100 | 1.41 | 1.41 |
| | 1 patty (8.2 x 6.9 x 0.9 cm) | 37 | 0.52 | 0.52 |
| | 1 patty (8.9 x 8.6 x 1.8 cm) | 103 | 1.45 | 1.45 |
| N1055 | Patty, burger, chicken, crumbed, frozen, pan-fried with oil | 100 | 3.51 | 3.51 |
| | 1 patty (9.1 x 7.9 x 1.3 cm) | 61.7 | 2.17 | 2.17 |
| | 1 patty (9.6 x 7.7 x 2.3 cm) | 109 | 3.83 | 3.83 |
| N12 | Pie, pork | 100 | 1.6 | 1.6 |
| | 1 pie (3 x 10 cm diameter) | 190 | 3.04 | 3.04 |
| N61 | Sausage, assorted meats & flavours, precooked, grilled | 100 | 1.29 | 1.29 |
| | 1 sausage | 70 | 0.91 | 0.91 |
| N2 | Sausage, black pudding, fried | 100 | 0.8 | 0.8 |
| | 1 slice (4.0 x 2.0 cm diameter) | 30 | 0.24 | 0.24 |
| N1039 | Sausage, salami assorted meats & flavours | 100 | 0.25 | 0.25 |
| | 1 slice (0.2 x 7.4 cm diameter) | 7.9 | 0.02 | 0.02 |
| 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 | 0.04 | 0.04 |
| MISCELLANEOUS | | | | |
| P68 | Coffee whitener, powder | 100 | 54.9 | 54.9 |
| | 1 tablespoon (15 mL) | 8.1 | 4.45 | 4.45 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|-----------------------|--|--------------|-------------------|------------------|
| P1004 | Spread, yeast extract, Marmite™, Sanitarium™, fortified | 100 | 11.6 | 11.6 |
| | 1 teaspoon (5 mL) | 5.75 | 0.67 | 0.67 |
| P16 | Stock, Oxo cubes | 100 | 2.2 | 2.2 |
| | 1 cube (2 cm) | 6.3 | 0.14 | 0.14 |
| P11 | Vinegar | 100 | 0 | 0.6 |
| | 1 tablespoon (15 mL) | 15.3 | 0 | 0.09 |
| P59 | Vinegar, cider | 100 | 0 | 0.6 |
| | 1 tablespoon (15 mL) | 15 | 0 | 0.09 |
| NUTS AND SEEDS | | | | |
| Q1034 | Coconut yoghurt, from coconut cream, assorted fruit flavours, sugar-sweetened | 100 | 1.66 | 4.4 |
| | 1 cup (250 mL) | 257 | 4.27 | 11.3 |
| 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 | 9.43 | 15.8 |
| Q1035 | Coconut yoghurt, from coconut milk, plain, unsweetened | 100 | 0 | 2 |
| | 1 cup (250 mL) | 246 | 0 | 4.92 |
| Q1021 | Peanut butter, smooth & crunchy, salt & sugar added | 100 | 6.09 | 6.09 |
| | 1 teaspoon (5 mL) | 6.2 | 0.38 | 0.38 |
| | 1 tablespoon (15 mL) | 18.6 | 1.13 | 1.13 |
| RECIPES | | | | |
| R5740 | Bolognaise, prepared with beef mince, cooked, no salt added | 100 | 0 | 1.01 |
| | 1 cup (250 mL) | 269 | 0 | 2.72 |
| R10021 | Cake, banana, baked, home-made, un-iced | 100 | 17.6 | 17.6 |
| | 1 slice (2.4 x 3.2 x 4.6 cm) | 21.5 | 3.78 | 3.78 |
| R10022 | Cake, banana, baked, iced with butter icing | 100 | 35.7 | 35.7 |
| | 1 piece (1/4th of 5.4 x 9.4 cm radius cake) | 126 | 45 | 45 |
| R10015 | Cake, chocolate, baked, iced with butter icing | 100 | 40.8 | 40.8 |
| | 1 piece (1/4th of 460 g cake) | 115 | 46.9 | 46.9 |
| R5749 | Chilli con carne and corn chips | 100 | 0.34 | 1.98 |
| R5748 | Chilli con carne, with beef mince and red kidney beans, no salt added | 100 | 0 | 2.31 |
| | 1 cup (250 mL) | 270 | 0 | 6.23 |
| R10014 | Custard square, baked | 100 | 3.12 | 3.12 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|----------------------------------|--|--------------|-------------------|------------------|
| R10009 | Lemon curd, cooked | 100 | 27.6 | 28.1 |
| | 1 cup (250 mL) | 20 | 18.4 | 18.4 |
| | 1 meringue (7.5 cm diameter) | 30 | 27.6 | 27.6 |
| R10017 | Pie, lemon meringue, baked | 100 | 26 | 26 |
| R10018 | Pikelet, plain, pan-fried without oil, home-made | 100 | 14.3 | 14.3 |
| | 1 pikelet (1.2 x 8.9 cm diameter) | 40.8 | 5.85 | 5.85 |
| R10020 | Pudding, custard, prepared with standard milk, simmered | 100 | 5.99 | 5.99 |
| | 1 cup (250 mL) | 267 | 16 | 16 |
| R5745 | Pudding, custard, prepared with whole milk (4% fat), simmered | 100 | 5.98 | 5.98 |
| | 1 cup (250 mL) | 265 | 15.9 | 15.9 |
| R10011 | Pudding, rice, cocoa & coconut, cooked | 100 | 11.6 | 11.6 |
| R10024 | Ratatouille, with assorted vegetables, cooked, no salt added | 100 | 0.1 | 0.1 |
| | 1 cup (250 mL) | 253 | 0.26 | 0.26 |
| R5741 | Spaghetti bolognese, meat base, with spaghetti, no salt added | 100 | 0 | 0.67 |
| R10008 | Tart, jam, baked | 100 | 15.3 | 28.3 |
| SAUCES AND CONDIMENTS | | | | |
| S77 | Dip, sour cream, assorted flavours, 30% fat, La Bonne | 100 | 3.3 | 3.3 |
| | 1 tablespoon (15 mL) | 14.2 | 0.47 | 0.47 |
| S79 | Dip, sour cream, lite, assorted flavours, 7% fat | 100 | 2.65 | 2.65 |
| | 1 tablespoon (15 mL) | 15.8 | 0.42 | 0.42 |
| S28 | Dressing, French, Kraft | 100 | 5.85 | 5.85 |
| | 1 tablespoon (15 mL) | 15 | 0.88 | 0.88 |
| S31 | Dressing, Italian, Kraft | 100 | 5.85 | 5.85 |
| | 1 tablespoon (15 mL) | 14.7 | 0.86 | 0.86 |
| S29 | Dressing, coleslaw, Lite, Eta® | 100 | 8.23 | 8.23 |
| | 1 tablespoon (15 mL) | 15.2 | 1.25 | 1.25 |
| S45 | Dressing, mayonnaise, commercial | 100 | 14.8 | 14.8 |
| | 1 tablespoon (15 mL) | 14.7 | 2.17 | 2.17 |
| S64 | Dressing, mayonnaise, reduced fat, commercial | 100 | 18.6 | 18.6 |
| | 1 tablespoon (15 mL) | 13.8 | 2.57 | 2.57 |
| S50 | Dressing, thousand island, Eta® | 100 | 15.4 | 15.4 |
| | 1 tablespoon (15 mL) | 15.6 | 2.41 | 2.41 |
| S7 | Dressing, vinaigrette | 100 | 9.53 | 9.53 |
| | 1 tablespoon (15 mL) | 16 | 1.53 | 1.53 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| S1018 | Gravy, dry powder mix, assorted flavours, prepared with water | 100 | 0.41 | 0.41 |
| | 1 cup (250 mL) | 251 | 1.04 | 1.04 |
| S2 | Pickle, sweet | 100 | 30.8 | 30.8 |
| | 1 tablespoon (15 mL) | 17 | 5.23 | 5.23 |
| S14 | Sauce, Worcestershire | 100 | 16.9 | 16.9 |
| | 1 tablespoon (15 mL) | 18 | 3.04 | 3.04 |
| S22 | Sauce, chilli | 100 | 17.3 | 17.3 |
| | 1 tablespoon (15 mL) | 17 | 2.94 | 2.94 |
| S1016 | Sauce, chilli, sweet, commercial | 100 | 44.5 | 44.5 |
| | 1 tablespoon (15 mL) | 18.4 | 8.19 | 8.19 |
| 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 | 7.44 | 7.44 |
| | 1 cup (250 mL) | 273 | 20.3 | 20.3 |
| S70 | Sauce, simmer, butter chicken, heated | 100 | 5.8 | 5.8 |
| | 1 cup (250 mL) | 268 | 15.5 | 15.5 |
| S1019 | Sauce, simmer, korma, cream & coconut base | 100 | 4.35 | 4.52 |
| | 1 cup (250 mL) | 266 | 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) | 283 | 66.6 | 66.6 |
| S1014 | Sauce, soy, commercial | 100 | 3.9 | 3.9 |
| | 1 tablespoon (15 mL) | 17.6 | 0.69 | 0.69 |
| 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 | 6.95 | 6.95 |
| | 1 tablespoon (15 mL) | 14.6 | 1.02 | 1.02 |
| S44 | Sauce, tomato | 100 | 22.7 | 24.4 |
| | 1 tablespoon (15 mL) | 16.5 | 3.75 | 4.03 |
| S1008 | Sauce, tomato, ketchup | 100 | 22.6 | 24.2 |
| | 1 teaspoon (5 mL) | 6.3 | 1.42 | 1.53 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------------------|---|--------------|-------------------|------------------|
| SHELLFISHES | | | | |
| T1015 | Mussel, green, meat, marinated, assorted flavours, drained, ready to eat, Sealord™ | 100 | 6.6 | 6.6 |
| | 1 mussel | 16 | 1.06 | 1.06 |
| | 1 cup (250 mL) | 281 | 18.5 | 18.5 |
| T1005 | Mussel, green, meat, marinated, drained, ready to eat, Talley's | 100 | 4.8 | 4.8 |
| | 1 mussel | 16 | 0.77 | 0.77 |
| | 1 cup (250 mL) | 250 | 12 | 12 |
| T17 | Oyster, battered, deep-fried in peanut oil | 100 | 2.8 | 2.8 |
| | 1 oyster | 23 | 0.64 | 0.64 |
| T20 | Scallop, battered, deep-fried | 100 | 2.8 | 2.8 |
| | 1 scallop | 24 | 0.67 | 0.67 |
| | 1 cup (250 mL) | 142 | 3.98 | 3.98 |
| T23 | Squid, in flour, fried | 100 | 1 | 1 |
| | 1 squid ring | 20 | 0.2 | 0.2 |
| | 1 cup (250 mL) | 158 | 1.58 | 1.58 |
| SNACK FOODS | | | | |
| U1016 | Corn chip, assorted flavours, salted, fried in assorted oils | 100 | 2.4 | 2.4 |
| | 10 chips or crisps | 25.1 | 0.6 | 0.6 |
| U1017 | Corn snack, extruded, assorted shapes, cheese flavour, salted | 100 | 7.7 | 7.7 |
| | 10 chips or crisps | 14.4 | 1.11 | 1.11 |
| 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 | 8.45 | 8.78 |
| U30 | Muesli bar, chocolate chip | 100 | 18 | 18 |
| | 1 bar | 32 | 5.76 | 5.76 |
| 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 | 4.29 | 9.68 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------------|---|--------------|-------------------|------------------|
| U70 | Muesli bar, fruit filled, wholemeal, assorted flavours | 100 | 16.2 | 29.7 |
| | 1 bar | 50 | 8.09 | 14.8 |
| U24 | Muesli bar, yoghurt coated | 100 | 19.3 | 19.3 |
| | 1 bar | 33 | 6.38 | 6.38 |
| U57 | Multigrain chip, assorted flavours, Grainwaves®, Bluebird | 100 | 7.68 | 7.68 |
| | 1 cup (250 mL) | 35 | 2.69 | 2.69 |
| 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 | 6.53 | 6.53 |
| 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 | 6.53 | 6.53 |
| U1004 | Pretzels, wheat flour, salted, baked | 100 | 0.4 | 0.4 |
| | 1 cup (250 mL) | 52.4 | 0.21 | 0.21 |
| U1023 | Snack, cassava crisps, plain or assorted flavours, salt added | 100 | 9 | 9 |
| | 10 chips or crisps | 11.5 | 1.04 | 1.04 |
| U1024 | Snack, kumara chips, plain or assorted flavours | 100 | 1.5 | 1.5 |
| | 10 chips or crisps | 25.1 | 0.38 | 0.38 |
| U18 | Snack, popcorn, candied | 100 | 44 | 44 |
| | 1 cup (250 mL) | 21.6 | 9.5 | 9.5 |
| U1016 | Corn chip, assorted flavours, salted, fried in assorted oils | 100 | 2.4 | 2.4 |
| SOUPS | | | | |
| V1006 | Soup, Tuscan tomato, heated, Wattie's® | 100 | 0.48 | 0.48 |
| | 1 cup (250 mL) | 260 | 1.25 | 1.25 |
| V57 | Soup, beef, instant dry mix, prepared with water, Continental® | 100 | 0.05 | 0.05 |
| | 1 cup (250 mL) | 250 | 0.12 | 0.12 |
| V1003 | Soup, chicken & vegetable, heated, Wattie's® | 100 | 0.45 | 0.45 |
| | 1 cup (250 mL) | 271 | 1.22 | 1.22 |
| V59 | Soup, chicken noodle, instant dry mix, prepared with water, Continental® | 100 | 0.06 | 0.06 |
| | 1 cup (250 mL) | 275 | 0.17 | 0.17 |
| V68 | Soup, chicken noodle, instant dry mix, prepared with water, Maggi® | 100 | 0.01 | 0.01 |
| | 1 cup (250 mL) | 275 | 0.03 | 0.03 |
| V4 | Soup, cream of chicken, canned | 100 | 0.55 | 0.55 |
| | 1 cup (250 mL) | 259 | 1.43 | 1.43 |
| V9 | Soup, cream of mushroom, canned | 100 | 0.4 | 0.4 |
| | 1 cup (250 mL) | 261 | 1.04 | 1.04 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--|---|--------------|-------------------|------------------|
| V15 | Soup, cream of tomato, canned | 100 | 0.25 | 0.25 |
| | 1 cup (250 mL) | 260 | 0.65 | 0.65 |
| V65 | Soup, creme of vegetable, instant dry mix, prepared with water, Maggi® | 100 | 0.06 | 0.06 |
| | 1 cup (250 mL) | 250 | 0.15 | 0.15 |
| V1004 | Soup, lentil & vegetables, heated, Wattie's® | 100 | 0.7 | 0.7 |
| | 1 cup (250 mL) | 270 | 1.89 | 1.89 |
| V8 | Soup, minestrone, instant dry mix, prepared with water | 100 | 0.08 | 0.08 |
| | 1 cup (250 mL) | 268 | 0.23 | 0.23 |
| V66 | Soup, mushroom, instant dry mix, prepared with water, Maggi® | 100 | 0.04 | 0.04 |
| | 1 cup (250 mL) | 250 | 0.1 | 0.1 |
| V1001 | Soup, pumpkin, heated | 100 | 0.37 | 0.37 |
| | 1 cup (250 mL) | 275 | 1.02 | 1.02 |
| V1007 | Soup, pumpkin, heated, Wattie's® | 100 | 0.13 | 0.13 |
| | 1 cup (250 mL) | 249 | 0.33 | 0.33 |
| V55 | Soup, tomato, instant dry mix, prepared with water, Continental® | 100 | 0.04 | 0.04 |
| | 1 cup (250 mL) | 257 | 0.1 | 0.1 |
| V18 | Soup, vegetable, canned | 100 | 1.2 | 1.2 |
| | 1 cup (250 mL) | 257 | 3.08 | 3.08 |
| 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 | 9.27 | 9.27 |
| | 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) | 206 | 90.9 | 90.9 |
| W1013 | Chocolate bar & block, Dairy Milk with Crunchie™, Cadbury® | 100 | 51 | 51 |
| | 1 block (20.4 x 9.5 x 0.9 cm) | 198 | 101 | 101 |
| | 1 block (20.1 x 16.2 x 1.0 cm) | 355 | 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) | 205 | 98.5 | 98.5 |
| W5 | Chocolate bar, Bounty®, Mars | 100 | 47.7 | 47.7 |
| | 1 bar | 50 | 23.9 | 23.9 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| 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 |
| 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 big (19.9 x 10.6 x 1.1 cm) | 259 | 95.7 | 95.7 |
| W1015 | Chocolate, compound | 100 | 62.7 | 62.7 |
| | 1 cup (250 mL) | 216 | 135 | 135 |
| W7 | Chocolate, fancy & filled | 100 | 61.7 | 61.7 |
| | 1 chocolate | 5 | 3.09 | 3.09 |
| W1025 | Dark chocolate, cocoa solids (45–69%), sugar added | 100 | 51.8 | 51.8 |
| | 1 square large (4.5 x 3.8 x 1.0 cm) | 20 | 10.4 | 10.4 |
| | 4 squares small (10.0 x 1.9 x 1.0 cm) | 23.1 | 12 | 12 |
| | 1 block (17.5 x 8.4 x 1.0 cm) | 179 | 92.7 | 92.7 |
| W1026 | Dark chocolate, cocoa solids (70–84%), sugar added | 100 | 31.9 | 31.9 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 20.9 | 6.67 | 6.67 |
| | 4 small squares (9.2 x 2.4 x 1.0 cm) | 22.7 | 7.24 | 7.24 |
| | 1 block (17.5 x 8.4 x 1.0 cm) | 179 | 57.1 | 57.1 |
| W1027 | Dark chocolate, cocoa solids (>85%), sugar added | 100 | 12 | 12 |
| | 4 small squares (9.4 x 1.5 x 0.7 cm) | 12.2 | 1.46 | 1.46 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 19.6 | 2.35 | 2.35 |
| | 1 block (17.8 x 8.1 x 0.6 cm) | 93 | 11.2 | 11.2 |
| W8 | Fruit gum | 100 | 56.2 | 56.2 |
| | 1 fruit gum | 2 | 1.12 | 1.12 |
| W1018 | Honey, manuka | 100 | 70.6 | 70.6 |
| | 1 teaspoon (5 mL) | 7.88 | 5.56 | 5.56 |
| | 1 tablespoon (15 mL) | 23.6 | 16.7 | 16.7 |
| W1019 | Honey, multifloral | 100 | 70.5 | 70.5 |
| | 1 teaspoon (5 mL) | 7.92 | 5.58 | 5.58 |
| | 1 tablespoon (15 mL) | 23.8 | 16.8 | 16.8 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|--------|--|--------------|-------------------|------------------|
| 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 | 5.28 | 10.6 |
| W15 | Jam, stone fruit | 100 | 32.3 | 64.5 |
| | 1 tablespoon (15 mL) | 16.3 | 5.26 | 10.5 |
| W45 | Jellybeans, Jaybees, Pascall | 100 | 71.5 | 71.5 |
| | 1 jellybean | 2 | 1.43 | 1.43 |
| W29 | Liquorice, allsorts | 100 | 65 | 65 |
| | 1 stick (1.5 x 1.6 cm diameter) | 3.8 | 2.47 | 2.47 |
| W43 | Liquorice, black | 100 | 44.6 | 44.6 |
| | 1 piece | 2 | 0.89 | 0.89 |
| 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 | 9.94 | 9.94 |
| W1023 | Marmalade, assorted citrus fruits, sweetened with juice | 100 | 0 | 30.7 |
| | 1 tablespoon seed (15 mL) | 19.6 | 0 | 6.02 |
| | 1 cup (250 mL) | 327 | 0 | 100 |
| W1022 | Marmalade, assorted citrus fruits, sweetened with sugar | 100 | 63.8 | 63.8 |
| | 1 tablespoon seed (15 mL) | 22 | 14 | 14 |
| | 1 cup (250 mL) | 354 | 226 | 226 |
| W40 | Marshmallow, pink & white | 100 | 71.3 | 71.3 |
| | 1 marshmallow | 4 | 2.85 | 2.85 |
| | 1 cup chopped (250 mL) | 82 | 58.5 | 58.5 |
| W1029 | Milk chocolate, plain | 100 | 45.3 | 45.3 |
| | 2 squares large (8.5 x 3.3 x 0.6 cm) | 20.5 | 9.29 | 9.29 |
| | 4 small squares (10.0 x 1.9 x 1.0 cm) | 22.8 | 10.3 | 10.3 |
| | 1 block medium (18.6 x 8.7 x 1.0 cm) | 205 | 92.9 | 92.9 |
| | 1 block big (19.9 x 10.6 x 1.1 cm) | 254 | 115 | 115 |
| W46 | Sauce, chocolate | 100 | 50.5 | 50.5 |
| | 1 tablespoon (15 mL) | 15 | 7.58 | 7.58 |
| W1016 | Spread, hazelnut, Nutella®, Ferrero | 100 | 51.3 | 51.3 |
| | 1 tablespoon (15 mL) | 14 | 7.19 | 7.19 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|------------------------------|---|--------------|-------------------|------------------|
| W19 | Sugar, brown | 100 | 95.1 | 95.1 |
| | 1 teaspoon (5 mL) | 3.71 | 3.53 | 3.53 |
| | 1 cup (250 mL) | 186 | 177 | 177 |
| W23 | Sugar, raw | 100 | 99.2 | 99.2 |
| | 1 teaspoon (5 mL) | 3.87 | 3.84 | 3.84 |
| | 1 cup (250 mL) | 194 | 192 | 192 |
| W24 | Sugar, white | 100 | 100 | 100 |
| | 1 teaspoon (5 mL) | 4.9 | 4.9 | 4.9 |
| | 1 cup (250 mL) | 247 | 247 | 247 |
| W1 | Sweet, hard, boiled | 100 | 83.3 | 83.3 |
| | 1 boiled sweet | 5 | 4.17 | 4.17 |
| W18 | Sweet, peppermint | 100 | 91.9 | 91.9 |
| | 1 peppermint | 2 | 1.84 | 1.84 |
| 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 | 2.37 | 2.37 |
| W1028 | White chocolate, plain | 100 | 47.5 | 47.5 |
| | 1 square large (4.5 x 3.8 x 1.0 cm) | 20.3 | 9.64 | 9.64 |
| | 4 small squares (9.1 x 1.9 x 1.0 cm) | 23 | 10.9 | 10.9 |
| VEGETABLES AND PULSES | | | | |
| X1004 | Baked beans, canned in tomato sauce | 100 | 2.36 | 2.36 |
| | 1 cup (250 mL) | 268 | 6.34 | 6.34 |
| 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 | 4.33 | 4.33 |
| X1030 | Ginger, preserved | 100 | 17.7 | 17.7 |
| | 1 cup sliced (250 mL) | 101 | 17.8 | 17.8 |
| X146 | Onion, pickled | 100 | 8.22 | 8.22 |
| | 1 onion | 25 | 2.06 | 2.06 |
| X1126 | Tomato, canned in tomato juice, assorted flavours, canned, undrained, salt added | 100 | 0 | 0.82 |
| | 1 cup (250 mL) | 279 | 0 | 2.29 |

| FoodID | Short Food Name | Measure g | Sugar, added g | Sugar, free g |
|---------------|--|----------------------|---------------------------|--------------------------|
| X1125 | Tomato, canned in tomato juice, plain, undrained, no salt added | 100 | 0 | 0.82 |
| | 1 cup (250 mL) | 280 | 0 | 2.3 |
| X1124 | Tomato, canned in tomato juice, plain, undrained, salt added | 100 | 0 | 0.82 |
| | 1 cup (250 mL) | 275 | 0 | 2.26 |
| X1079 | Tomato, paste, canned | 100 | 0 | 9.9 |
| | 1 tablespoon (15 mL) | 15.1 | 0 | 1.5 |
| X1078 | Tomato, puree, canned, Wattie's® | 100 | 3.25 | 6.5 |
| | 1 tablespoon (15 mL) | 15.3 | 0.5 | 1 |
| | 1 cup (250 mL) | 254 | 8.26 | 16.5 |
| X1004 | Baked beans, canned in tomato sauce | 100 | 2.36 | 2.36 |

Appendix IV – Food index.

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-------------------------|-----------------------------|-------------|
| All Bran® Original, Kellogg's®, fortified vitamins B1, B2 & folate | D1046 | Breakfast cereal, wheat bran pellets, ready to eat, All Bran® Original, Kellogg's®, fortified vitamins B1, B2 & folate | BREAKFAST CEREALS | z | 51 |
| 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 | 33 |
| 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 | 33 |
| Almond milk, sugar-sweetened | C1126 | Drink, almond milk, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| Almond milk, unsweetened | C1127 | Drink, almond milk, unsweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| Almond, dried, blanched | Q1041 | Nut, almond, dried, blanched, composite | NUTS AND SEEDS | z | 175 |
| Almond, dry roasted, salt added | Q1008 | Nut, almond, dry roasted, salt added | NUTS AND SEEDS | u | 175 |
| Almond, dry roasted, unblanched, no salt added | Q1004 | Nut, almond, dry roasted, unblanched, no salt added | NUTS AND SEEDS | u | 175 |
| Almond, kernels, dried, raw, unblanched | Q1025 | Nut, almonds, kernel, dried, whole, raw, unblanched, composite | NUTS AND SEEDS | z | 175 |
| Almond, roasted with oil, unblanched, no salt added | Q1003 | Nut, almond, roasted with oil, unblanched, no salt added | NUTS AND SEEDS | z | 175 |
| Apple, cooking, flesh, stewed | L16 | Apple, cooking, flesh, stewed | FRUITS | Mixed | 125 |
| Apple, flesh & skin, raw, combined varieties | L1153 | Apple, flesh & skin, raw, combined varieties | FRUITS | z | 125 |
| Apple, flesh, raw, combined varieties | L1154 | Apple, flesh, raw, combined varieties | FRUITS | z | 125 |
| Apricot, canned in juice, undrained | L1137 | Apricot, in juice, no sugar added, canned, undrained, composite | FRUITS | z | 125 |
| Apricot, canned in syrup, drained | L1140 | Apricot, in syrup, sugar-sweetened, canned, drained, composite | FRUITS | z | 125 |
| Apricot, canned in syrup, undrained | L1141 | Apricot, in syrup, sugar-sweetened, canned, undrained, composite | FRUITS | z | 125 |
| Apricot, dried | L1156 | Apricot, dried, composite | FRUITS | z | 125 |
| Apricot, flesh & skin, raw, fresh | L1168 | Apricot, flesh & skin, raw, fresh, raw, composite | FRUITS | z | 127 |
| Apricot, flesh & skin, stewed | L25 | Apricot, flesh & skin, stewed | FRUITS | b | 127 |
| Artichoke, globe, boiled, drained, no salt added | X2 | Artichoke, inflorescent vegetable, boiled, drained, no salt added, globe | VEGETABLES AND PULSES | b | 217 |
| Asparagus, canned, drained | X134 | Asparagus, stem vegetable, stalk, canned, drained | VEGETABLES AND PULSES | z | 217 |
| 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 | 217 |
| Asparagus, stalk, fresh, raw | X1105 | Asparagus, stem vegetable, stalk, fresh, raw, combined cultivar | VEGETABLES AND PULSES | z | 217 |
| Asparagus, stalk, fresh, steamed | X1107 | Asparagus, stem vegetable, stalk, fresh, steamed, combined cultivar | VEGETABLES AND PULSES | z | 217 |
| Avocado, 'Hass', New Zealand | L1159 | Avocado, flesh, fresh, raw, 'Hass', New Zealand | FRUITS | z | 127 |
| 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 | 165 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|----------------------------|-----------------------------|-------------|
| Bagels, white, 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 | 217 |
| Baking cocoa, powder, Bournville®, Cadbury® | C1036 | Baking cocoa, cocoa, powder, Cocoa, Bournville®, Cadbury® | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| Banana, green, cooking, deep-fried in oil | X1193 | Banana, fruit vegetable, green, cooking, deep-fried in oil | VEGETABLES AND PULSES | z | 217 |
| Banana, green, cooking, peeled, boiled, drained | X1192 | Banana, fruit vegetable, green, cooking, peeled, boiled, drained | VEGETABLES AND PULSES | z | 219 |
| Banana, yellow, ripened, raw | L1101 | Banana, flesh & seed, raw, ripened, yellow, composite | FRUITS | z | 127 |
| Barley, pearl, boiled | E3 | Barley, pearl, boiled | CEREALS AND PSEUDO-CEREALS | b | 59 |
| 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 | 115 |
| Bean, black, boiled, drained, no salt added | X137 | Bean, seed vegetable, boiled, drained, no salt added, black | VEGETABLES AND PULSES | u | 219 |
| Bean, broad, boiled, drained, no salt added | X138 | Bean, seed vegetable, boiled, drained, no salt added, broad | VEGETABLES AND PULSES | u | 219 |
| 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 | 219 |
| 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 | 219 |
| Bean, butter bean, seeds with pod, boiled, drained, no salt added | X139 | Bean, fruit vegetable, seeds with pod, boiled, drained, no salt added, butter bean | VEGETABLES AND PULSES | a | 219 |
| 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 | 219 |
| 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 | 219 |
| 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 | 219 |
| 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 | 219 |
| 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 | 219 |
| Bean, haricot, boiled, drained | X10 | Bean, seed vegetable, boiled, drained, haricot | VEGETABLES AND PULSES | b | 221 |
| Bean, mixed beans, canned in brine, drained | X1148 | Bean, mixed beans, seed, in brine, canned, drained, composite | VEGETABLES AND PULSES | z | 221 |
| Bean, red kidney, boiled, drained | X1060 | Bean, seed vegetable, dried, boiled, drained, red kidney | VEGETABLES AND PULSES | z | 221 |
| 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 | 221 |
| 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 | 221 |
| Beef mince, prime, 5–10% fat, raw | M1232 | Beef, mince, prime, 5–10% fat, raw, composite | MEATS | z | 145 |
| Beef mince, standard, 10–20% fat, raw | M1233 | Beef, mince, standard, 10–20% fat, raw, composite | MEATS | z | 145 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|-----------------------------------|-----------------------------|-------------|
| Beef salad, Thai, takeaway | H1020 | Salad, beef, ready to eat, Thai, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 95 |
| Beef, black bean, stir fry, Chinese | H1015 | Beef, black bean, stir fry, Chinese, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 95 |
| Beef, canned, Corned Beef, Salisbury | M1034 | Beef, corned, canned, Corned Beef, Salisbury | MEATS | z | 145 |
| Beef, canned, Lite Corned Beef, Salisbury | M1036 | Beef, corned, canned, Lite Corned Beef, Salisbury | MEATS | z | 145 |
| Beef, corned silverside, raw | M1039 | Beef, corned silverside, raw, composite | MEATS | z | 145 |
| Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked | M1221 | Beef, forequarter & hindquarter assorted cuts, separable lean & fat, cooked, composite | MEATS | z | 145 |
| Beef, forequarter & hindquarter assorted cuts, separable lean, cooked | M1149 | Beef, forequarter & hindquarter assorted cuts, separable lean, cooked, composite | MEATS | z | 145 |
| Beef, forequarter brisket navel end, separable lean, braised | M1070 | Beef, forequarter brisket navel end, separable lean, braised | MEATS | z | 145 |
| Beef, forequarter brisket point end, separable lean, braised | M1071 | Beef, forequarter brisket point end, separable lean, braised | MEATS | z | 145 |
| Beef, forequarter chuck steak, separable lean & fat, braised | M1173 | Beef, forequarter chuck steak, separable lean & fat, braised | MEATS | z | 145 |
| Beef, forequarter chuck steak, separable lean, braised | M1072 | Beef, forequarter chuck steak, separable lean, braised | MEATS | z | 145 |
| Beef, forequarter oyster blade, separable lean & fat, braised | M1175 | Beef, forequarter oyster blade, separable lean & fat, braised | MEATS | z | 145 |
| Beef, forequarter oyster blade, separable lean, braised | M1074 | Beef, forequarter oyster blade, separable lean, braised | MEATS | z | 145 |
| Beef, forequarter ribs prepared, separable lean & fat, fast-roasted | M1176 | Beef, forequarter ribs prepared, separable lean & fat, fast-roasted | MEATS | z | 145 |
| Beef, forequarter ribs prepared, separable lean, fast-roasted | M1075 | Beef, forequarter ribs prepared, separable lean, fast-roasted | MEATS | z | 145 |
| Beef, forequarter scotch fillet, separable lean & fat, fast-roasted | M1174 | Beef, forequarter scotch fillet, separable lean & fat, fast-roasted | MEATS | z | 147 |
| Beef, forequarter scotch fillet, separable lean, fast-roasted | M1073 | Beef, forequarter scotch fillet, separable lean, fast-roasted | MEATS | z | 147 |
| Beef, hindquarter fillet, separable lean & fat, fast-fried | M1185 | Beef, hindquarter fillet, separable lean & fat, fast-fried | MEATS | z | 147 |
| Beef, hindquarter fillet, separable lean, fast-fried | M1085 | Beef, hindquarter fillet, separable lean, fast-fried | MEATS | z | 147 |
| Beef, hindquarter rump steak, separable lean & fat, fast-fried | M1183 | Beef, hindquarter rump steak, separable lean & fat, fast-fried | MEATS | z | 147 |
| Beef, hindquarter rump steak, separable lean, fast-fried | M1083 | Beef, hindquarter rump steak, separable lean, fast-fried | MEATS | z | 147 |
| Beef, hindquarter shank, separable lean & fat, braised | M1180 | Beef, hindquarter shank, separable lean & fat, braised | MEATS | z | 147 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-----------------------|-----------------------------|-------------|
| Beef, hindquarter shank, separable lean, braised | M1080 | Beef, hindquarter shank, separable lean, braised | MEATS | z | 147 |
| Beef, hindquarter silverside excluding the eye, separable lean, braised | M1079 | Beef, hindquarter silverside excluding the eye, separable lean, braised | MEATS | z | 147 |
| Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised | M1179 | Beef, hindquarter silverside, excluding the eye, separable lean & fat, braised | MEATS | z | 147 |
| Beef, hindquarter silverside, separable lean & fat, slow-roasted | M1177 | Beef, hindquarter silverside, separable lean & fat, slow-roasted | MEATS | z | 147 |
| Beef, hindquarter silverside, separable lean, slow-roasted | M1077 | Beef, hindquarter silverside, separable lean, slow-roasted | MEATS | z | 147 |
| Beef, hindquarter sirloin, separable lean & fat, fast-fried | M1184 | Beef, hindquarter sirloin, separable lean & fat, fast-fried | MEATS | z | 147 |
| Beef, hindquarter sirloin, separable lean, fast-fried | M1084 | Beef, hindquarter sirloin, separable lean, fast-fried | MEATS | z | 147 |
| Beef, hindquarter skirt steak, separable lean & fat, braised | M1178 | Beef, hindquarter skirt steak, separable lean & fat, braised | MEATS | z | 147 |
| Beef, hindquarter skirt steak, separable lean, braised | M1078 | Beef, hindquarter skirt steak, separable lean, braised | MEATS | z | 147 |
| Beef, hindquarter thick flank, separable lean & fat, fast-fried | M1182 | Beef, hindquarter thick flank, separable lean & fat, fast-fried | MEATS | z | 147 |
| Beef, hindquarter thick flank, separable lean, fast-fried | M1082 | Beef, hindquarter thick flank, separable lean, fast-fried | MEATS | z | 147 |
| Beef, hindquarter topside cap off, separable lean & fat, braised | M1181 | Beef, hindquarter topside cap off, separable lean & fat, braised | MEATS | z | 149 |
| Beef, hindquarter topside cap off, separable lean, braised | M1081 | Beef, hindquarter topside cap off, separable lean, braised | MEATS | z | 149 |
| Beef, mince, lean, stewed | M20 | Beef, mince, lean, stewed | MEATS | z | 149 |
| Beef, mince, premium, simmered | M1076 | Beef, mince, premium, simmered | MEATS | z | 149 |
| Beef, offal, sweetbreads, simmered | M1089 | Beef, offal, sweetbreads, simmered | MEATS | z | 149 |
| Beef, pastrami | N31 | Beef, pastrami | MEAT PRODUCTS | u | 165 |
| Beer, full-strength, 5% alcohol by volume | B1016 | Beer, full-strength, 5% alcohol by volume, composite | BEVERAGES, ALCOHOLIC | a | 21 |
| Beer, high-strength, >5% alcohol by volume | B1015 | Beer, high-strength, >5% alcohol by volume, composite | BEVERAGES, ALCOHOLIC | a | 21 |
| Beer, low alcohol | B35 | Beer, low alcohol, composite | BEVERAGES, ALCOHOLIC | z | 21 |
| Beer, low-strength, 2.5% alcohol by volume | B1018 | Beer, low-strength, 2.5% alcohol by volume, composite | BEVERAGES, ALCOHOLIC | a | 23 |
| Beer, mid-strength, 4% alcohol by volume | B1017 | Beer, mid-strength, 4% alcohol by volume, composite | BEVERAGES, ALCOHOLIC | a | 23 |
| Beetroot, canned in water, sliced, drained | X1096 | Beetroot, root vegetable, taproot, canned in water, sliced, drained, composite | VEGETABLES AND PULSES | z | 221 |
| Beetroot, peeled, fresh, raw | X1165 | Beetroot, root vegetable, peeled, fresh, raw | VEGETABLES AND PULSES | z | 221 |
| Beetroot, peeled, fresh, roasted, no salt added | X1166 | Beetroot, root vegetable, peeled, fresh, roasted, no salt added, composite | VEGETABLES AND PULSES | z | 221 |
| Biscuit, Afghan | A148 | Biscuit, Afghan, composite | BAKERY PRODUCTS | z | 1 |
| Biscuit, Arrowroot | A146 | Biscuit, Arrowroot, composite | BAKERY PRODUCTS | z | 1 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|-----------------|-----------------------------|-------------|
| 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 |
| Blackberries, whole fruit, frozen | L1226 | Blackberry, whole fruit, frozen, composite | FRUITS | z | 127 |
| Blackberry, raw | L34 | Blackberry, raw | FRUITS | b | 127 |
| Blackcurrant, 'Ben Ard', frozen | L1047 | Blackcurrant, frozen, 'Ben Ard' | FRUITS | z | 127 |
| Blackcurrant, frozen | L1225 | Blackcurrant, whole fruit, frozen, composite | FRUITS | z | 127 |
| Blackcurrant, puree, frozen | L1052 | Blackcurrant, puree, frozen, commercial | FRUITS | z | 127 |
| Blackcurrant, raw | L50 | Blackcurrant, raw | FRUITS | Mixed | 127 |
| Blue Cod, fillet, flesh, fresh, pan-fried with canola oil | K1063 | Blue cod, fillet, flesh, fresh, pan-fried with canola oil | FIN FISHES | z | 115 |
| Blueberry, frozen | L1234 | Blueberry, whole fruit, frozen, composite | FRUITS | z | 129 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|----------------------|-----------------------------|-------------|
| Blueberry, frozen, New Zealand | L1051 | Blueberry, frozen, 'Maru', New Zealand | FRUITS | z | 129 |
| Blueberry, raw | L1050 | Blueberry, raw, composite | FRUITS | z | 129 |
| Bolognese, prepared with beef mince, cooked, no salt added | R5740 | Sauce, Bolognese, prepared with beef mince, cooked, no salt added, home-made | RECIPES | z | 187 |
| 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 | 23 |
| 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 | 23 |
| Boysenberry, frozen | L1231 | Boysenberry, whole fruit, frozen, composite | FRUITS | z | 129 |
| Boysenberry, frozen, New Zealand | L1045 | Boysenberry, frozen, New Zealand | FRUITS | z | 129 |
| Boysenberry, puree, seedless, frozen | L1046 | Boysenberry, puree, seedless, frozen | FRUITS | z | 129 |
| Boysenberry, raw | L40 | Boysenberry, raw | FRUITS | rz | 129 |
| Brazil nut, raw | Q4 | Nut, brazil nut, raw | NUTS AND SEEDS | b | 177 |
| Bread roll or bun, white, fortified folate | A1125 | Bread roll or bun, white, plain, ready to eat, commercial, fortified folate | BAKERY PRODUCTS | z | 5 |
| Bread roll or bun, wholemeal, fortified folate | 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, banana, white, loaf, as purchased | A1195 | Bread, from white wheat flour and banana, loaf, as purchased, commercial, composite | 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, toasted | A1139 | Bread, ciabatta, Italian style, loaf, white wheat flour, plain, toasted, commercial, composite | BAKERY PRODUCTS | z | 7 |
| Bread, crumbs, Japanese-style (white Panko), dried | A1205 | Bread, crumbs, Japanese-style (white Panko), from white wheat bread, dried, commercial, composite | BAKERY PRODUCTS | z | 7 |
| Bread, crumbs, regular, white, dried | A1206 | Bread, crumbs, regular, from white wheat bread, dried, commercial, composite | BAKERY PRODUCTS | z | 7 |
| Bread, crumbs, regular, wholegrain, dried | A1207 | Bread, crumbs, regular, from wholegrain wheat bread, dried, commercial, composite | BAKERY PRODUCTS | z | 7 |
| Bread, French, stick or loaf, white, toasted | A1141 | Bread, French, stick or loaf, white wheat flour, plain, toasted, commercial, composite | BAKERY PRODUCTS | z | 7 |
| Bread, gluten free & sprouted seeds (<10%), sliced, as purchased | A1185 | Bread, from gluten free flours & sprouted seeds (<10%), sliced, as purchased, commercial, composite | BAKERY PRODUCTS | z | 7 |
| Bread, Gluten free 6 Seed, Vogel's® | A1101 | Bread, gluten free, seed, sliced, prepacked, Gluten Free 6 Seed, Vogel's® | BAKERY PRODUCTS | z | 5 |
| Bread, Gluten Free Ancient Grain & Seeds, Bürgen® | A1100 | Bread, gluten free, grain & seed, sliced, prepacked, Gluten Free Ancient Grain & Seeds, Bürgen® | BAKERY PRODUCTS | z | 5 |
| Bread, Gluten Free White, Bürgen® | A1098 | Bread, gluten free, white, sliced, prepacked, Gluten Free White, Bürgen® | BAKERY PRODUCTS | z | 5 |
| Bread, gluten free, mixed grain, sliced, prepacked | A1015 | Bread, gluten free, mixed grain, sliced, prepacked, composite | BAKERY PRODUCTS | z | 7 |
| Bread, gluten free, white, sliced & unsliced, prepacked | A1014 | Bread, gluten free, white, sliced & unsliced, prepacked, composite | BAKERY PRODUCTS | z | 7 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-----------------------|-----------------------------|-------------|
| Bread, multigrain & seeds, heavy (dense), sliced, as purchased | A1173 | Bread, from wheat flour with multigrain & seeds, heavy (dense), sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 7 |
| Bread, multigrain, heavy (dense), sliced, as purchased | A1167 | Bread, from wheat flour with multigrain, heavy (dense), sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 9 |
| Bread, multigrain, light, sliced, as purchased | A1169 | Bread, from white wheat flour with multigrain, light, sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 9 |
| Bread, naan, white, restaurant | A1124 | Bread, naan, white, plain, ready to eat, restaurant | BAKERY PRODUCTS | z | 9 |
| Bread, pita, white | A1097 | Bread, pita, white, composite | BAKERY PRODUCTS | z | 9 |
| Bread, pita, wholemeal | A45 | Bread, pita, wholemeal, composite | BAKERY PRODUCTS | z | 9 |
| Bread, plain, Panini, prepacked | A234 | Bread, plain, Panini, prepacked, composite | BAKERY PRODUCTS | z | 9 |
| Bread, rye, sliced, as purchased | A1177 | Bread, from rye flour, sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 9 |
| Bread, sourdough, white, loaf, as purchased | A1187 | Bread, sourdough, from white wheat flour, loaf, as purchased, commercial, composite | BAKERY PRODUCTS | z | 9 |
| Bread, sprouted wheat, loaf, as purchased | A1191 | Bread, from sprouted wheat flour, organic, loaf, as purchased, commercial, composite | BAKERY PRODUCTS | z | 9 |
| Bread, wheat, soy & linseed added, sliced, as purchased | A1171 | Bread, from wheat flour, soy & linseed added, sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 9 |
| Bread, wheatmeal, sliced, as purchased | A1165 | Bread, from wheatmeal flour, sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Bread, white, garlic filling with butter, as purchased | A1210 | Bread, from white wheat flour, garlic filling with butter, as purchased, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Bread, white, garlic filling with vegetable oil, as purchased | A1208 | Bread, from white wheat flour, garlic filling with vegetable oil, as purchased, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Bread, white, seeds added, light, sliced, as purchased | A1175 | Bread, from white wheat flour, seeds added, light, sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Bread, white, sliced, as purchased | A1161 | Bread, from white wheat flour, sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Bread, wholemeal or wholegrain, sliced, as purchased | A1163 | Bread, from wholemeal or wholegrain wheat flour, sliced, prepacked, as purchased, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Breakfast cereals, rice puffed, cocoa coated, fortified vitamins B1, B2, B3 & folate, & Fe | h100 | Breakfast cereals, rice puffed, cocoa coated, ready to eat, composite, fortified vitamins B1, B2, B3 & folate, & Fe | BREAKFAST CEREALS | z | 51 |
| Broccoli, frozen, boiled, drained, no salt added | X1019 | Broccoli, inflorescent vegetable, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 221 |
| Broccoli, frozen, raw | X1016 | Broccoli, inflorescent vegetable, frozen, raw | VEGETABLES AND PULSES | z | 221 |
| Broccoli, boiled, drained, no salt added | X1022 | Broccoli, inflorescent vegetable, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 223 |
| Broccoli, floret, frozen, boiled, drained, no salt added | X1220 | Broccoli, inflorescent vegetable, floret, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 223 |
| 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 | 223 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|-----------------------------------|-----------------------------|-------------|
| Broccoli, raw | X1020 | Broccoli, inflorescent vegetable, raw | VEGETABLES AND PULSES | z | 223 |
| Brussels sprout, boiled, drained, no salt added | X1094 | Brussels sprout, leafy vegetable, inner leaves, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 223 |
| Brussels sprout, steamed | X1095 | Brussels sprout, leafy vegetable, inner leaves, steamed, combined varieties | VEGETABLES AND PULSES | z | 223 |
| Bulgur, boiled | E68 | Bulgur, wheat, boiled | CEREALS AND PSEUDO-CEREALS | a | 59 |
| Bun, iced | A130 | Bun, iced | BAKERY PRODUCTS | z | 11 |
| Bun, sweetened with dried fruit, un-iced | A1158 | Bun, sweet, with dried fruits, spiced, un-iced, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Bun, sweetened, plain, spiced, un-iced | A1160 | Bun, sweet, plain, spiced, un-iced, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Bun, sweetened, with chocolate, spiced, un-iced | A1159 | Bun, sweet, with chocolate, spiced, un-iced, commercial, composite | BAKERY PRODUCTS | z | 11 |
| Burger, Big Mac [®] , McDonald's [®] | H8 | Burger, Big Mac [®] , McDonald's [®] | FAST FOODS AND READY TO EAT MEALS | z | 95 |
| Burger, cheeseburger | H3 | Burger, cheeseburger, composite | FAST FOODS AND READY TO EAT MEALS | a | 95 |
| Burger, cheeseburger, McDonald's [®] | H4 | Burger, cheeseburger, McDonald's [®] | FAST FOODS AND READY TO EAT MEALS | z | 95 |
| Burger, Filet-o-Fish [®] , McDonald's [®] | H24 | Burger, Filet-o-Fish [®] , McDonald's [®] | FAST FOODS AND READY TO EAT MEALS | z | 95 |
| Burger, hamburger | H6 | Burger, hamburger, composite | FAST FOODS AND READY TO EAT MEALS | Mixed | 95 |
| Burger, hamburger, McDonald's [®] | H7 | Burger, hamburger, McDonald's [®] | FAST FOODS AND READY TO EAT MEALS | z | 97 |
| Burger, Quarter Pounder [®] with cheese, McDonald's [®] | H10 | Burger, Quarter Pounder [®] with cheese, McDonald's [®] | FAST FOODS AND READY TO EAT MEALS | z | 95 |
| Butter, salted | F1046 | Butter, salted, composite | DAIRY | z | 71 |
| Butter, semisoft | F1051 | Butter, semisoft | DAIRY | z | 71 |
| Butter, unsalted | F1050 | Butter, unsalted | DAIRY | z | 71 |
| Cabbage, bok choy, raw | X1038 | Cabbage, leafy vegetable, leaves & stem, raw, bok choy | VEGETABLES AND PULSES | z | 223 |
| Cabbage, Chinese, cooked | X250 | Cabbage, leafy vegetable, cooked, Chinese | VEGETABLES AND PULSES | Mixed | 223 |
| Cabbage, choy sum, raw | X1040 | Cabbage, leafy vegetable, raw, choy sum | VEGETABLES AND PULSES | z | 223 |
| 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 | 223 |
| Cabbage, green drumhead, leaves, raw | X1102 | Cabbage, leafy vegetable, leaves, raw, green drumhead | VEGETABLES AND PULSES | z | 223 |
| Cabbage, green drumhead, leaves, steamed | X1104 | Cabbage, leafy vegetable, leaves, steamed, green drumhead | VEGETABLES AND PULSES | z | 223 |
| Cabbage, tat soi, raw | X1039 | Cabbage, leafy vegetable, raw, tat soi | VEGETABLES AND PULSES | z | 225 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|-----------------------|-----------------------------|-------------|
| Cake, assorted fruits, light, un-iced | A1153 | Cake, assorted fruits, light, un-iced, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 13 |
| Cake, assorted fruits, rich or dark, un-iced | A1152 | Cake, assorted fruits, rich or dark, un-iced, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 13 |
| Cake, banana, baked, home-made, un-iced | R10021 | Cake, banana, baked, home-made, un-iced | RECIPES | z | 187 |
| Cake, banana, baked, iced with butter icing | R10022 | Cake, banana, baked, iced with butter icing | RECIPES | z | 187 |
| Cake, carrot, iced | A1154 | Cake, carrot, with icing, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 13 |
| Cake, chocolate, baked, iced with butter icing | R10015 | Cake, chocolate, baked, iced with butter icing | RECIPES | z | 187 |
| Cake, chocolate, iced | A1136 | Cake, chocolate, iced, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 13 |
| Cake, sponge, plain | A1148 | Cake, sponge, plain, unfilled, un-iced, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 13 |
| Cannellini bean, canned in brine, drained | X1149 | Bean, cannellini bean, seed, in brine, canned, drained, composite | VEGETABLES AND PULSES | z | 225 |
| Capsicum, green, raw | X1049 | Capsicum, fruit vegetable, stalk & seeds removed, raw, green | VEGETABLES AND PULSES | z | 225 |
| Capsicum, red, raw | X1048 | Capsicum, fruit vegetable, stalk & seeds removed, raw, red | VEGETABLES AND PULSES | z | 225 |
| Capsicum, red, sliced, frozen, pan-fried with olive oil, no salt added | X10003 | Capsicum, red, fruit vegetable, sliced, frozen, pan-fried with olive oil, no salt added | VEGETABLES AND PULSES | z | 225 |
| 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 | 225 |
| Carrot, flesh, fresh, baked with oil | X1117 | Carrot, root vegetable, taproot, flesh, fresh, baked with oil, combined varieties | VEGETABLES AND PULSES | z | 225 |
| 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 | 225 |
| Carrot, flesh, fresh, raw | X1114 | Carrot, root vegetable, taproot, flesh, fresh, raw, combined varieties | VEGETABLES AND PULSES | z | 225 |
| Carrot, flesh, fresh, steamed | X1116 | Carrot, root vegetable, taproot, flesh, fresh, steamed, combined varieties | VEGETABLES AND PULSES | z | 227 |
| Carrot, flesh, fresh, stir fried | X1118 | Carrot, root vegetable, taproot, flesh, fresh, stir fried, combined varieties | VEGETABLES AND PULSES | z | 227 |
| Cashew nut, dry roasted, salted | Q1057 | Nut, cashew, dry roasted, salted, commercial | NUTS AND SEEDS | z | 177 |
| Cashew nut, dry roasted, unsalted | Q1058 | Nut, cashew, dry roasted, unsalted | NUTS AND SEEDS | z | 177 |
| Cashew nut, raw | Q1056 | Nut, cashew, raw | NUTS AND SEEDS | z | 177 |
| Cassava, baked in traditional Papua New Guinea oven | X237 | Cassava, root vegetable, root tuber, baked in traditional Papua New Guinea oven | VEGETABLES AND PULSES | z | 227 |
| Cassava, root tuber, frozen, peeled, boiled, drained, no salt added | X1283 | Cassava, root vegetable, root tuber, frozen, peeled, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 227 |
| Cassava, root tuber, frozen, peeled, raw | X1282 | Cassava, root vegetable, root tuber, peeled, frozen, raw | VEGETABLES AND PULSES | z | 227 |
| Cauliflower, boiled, drained, no salt added | X1129 | Cauliflower, inflorescent vegetable, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 227 |
| Cauliflower, floret, frozen, boiled, drained, no salt added | X1217 | Cauliflower, inflorescent vegetable, floret, frozen, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 227 |
| 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 | 227 |
| Cauliflower, fresh, raw | X1128 | Cauliflower, inflorescent vegetable, fresh, raw, composite | VEGETABLES AND PULSES | z | 227 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-----------------------------------|-----------------------------|-------------|
| Celery, American Green, stalk, raw | X1091 | Celery, stem vegetable, stalk, raw, green, American Green | VEGETABLES AND PULSES | z | 229 |
| Celery, American Green, stalk, stir fried | X1092 | Celery, stem vegetable, stalk, stir fried, green, American Green | VEGETABLES AND PULSES | z | 229 |
| Cheese spread, light, Philadelphia | F98 | Cheese spread, light, Philadelphia | DAIRY | z | 71 |
| Cheese, blue vein | F4 | Cheese, blue vein | DAIRY | z | 71 |
| Cheese, Camembert | F5 | Cheese, Camembert | DAIRY | z | 71 |
| Cheese, Cheddar Mild | F1015 | Cheese, Cheddar Mild, composite | DAIRY | z | 73 |
| Cheese, Cheddar, light, Mainland™ | F1057 | Cheese, Cheddar, light, Mainland™ | DAIRY | z | 73 |
| Cheese, Cheddar, Tasty | F1014 | Cheese, Cheddar, Tasty, composite | DAIRY | z | 73 |
| Cheese, Colby | F1006 | Cheese, Colby, composite | DAIRY | z | 73 |
| Cheese, cottage | F11 | Cheese, cottage | DAIRY | z | 73 |
| Cheese, cottage, light, 1% fat | F1056 | Cheese, cottage, light, 1% fat, composite | DAIRY | z | 75 |
| Cheese, cream | F12 | Cheese, cream | DAIRY | z | 75 |
| Cheese, cream, reduced fat 16%, Country Goodness | F69 | Cheese, cream, reduced fat 16%, Country Goodness | DAIRY | z | 75 |
| Cheese, Edam | F1001 | Cheese, Edam, composite | DAIRY | z | 75 |
| Cheese, feta, from cows' milk, reduced fat | F1089 | Cheese, feta, from cows' milk, soft, reduced fat, salt-cured, composite, New Zealand | DAIRY | z | 75 |
| Cheese, feta, from cows' milk, traditional | F1088 | Cheese, feta, from cows' milk, soft, traditional, salt-cured, composite, New Zealand | DAIRY | z | 75 |
| Cheese, feta, from goats' milk | F1090 | Cheese, feta, from goats' milk, soft, salt-cured, composite, New Zealand | DAIRY | z | 75 |
| Cheese, haloumi, from cows' milk | F1091 | Cheese, haloumi, from cows' milk, soft, composite, New Zealand | DAIRY | z | 75 |
| Cheese, Mozzarella | F17 | Cheese, Mozzarella | DAIRY | z | 75 |
| Cheese, parmesan, from cows' milk, ungrated | F1092 | Cheese, parmesan, from cows' milk, hard, ungrated, composite, New Zealand | DAIRY | z | 75 |
| Cheese, parmesan, powder | F18 | Cheese, parmesan, powder, composite | DAIRY | z | 75 |
| Cheese, processed | F19 | Cheese, processed | DAIRY | z | 77 |
| Cheese, processed, sliced, reduced fat | F79 | Cheese, processed, sliced, reduced fat, composite | DAIRY | z | 77 |
| Cheese, ricotta, from cows' milk | F1093 | Cheese, ricotta, from cows' milk, original, composite | DAIRY | z | 77 |
| Cherry, flesh & skin, raw | L45 | Cherry, flesh & skin, raw | FRUITS | z | 129 |
| Cherry, frozen | L1232 | Cherry, flesh & skin, frozen, composite | FRUITS | z | 129 |
| Chicken and cashew, stir fry, Chinese | H1016 | Chicken, with cashews, stir fry, Chinese, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 97 |
| Chicken, breast, flesh, deli cooked | M10015 | Chicken, breast, flesh, deli cooked, ready to eat, composite | MEATS | z | 149 |
| Chicken, breast, lean, fresh, baked or roasted, no fat or salt added | M10040 | Chicken, breast, lean, fresh, baked or roasted, no fat or salt added, composite | MEATS | z | 149 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|-----------------------------------|-----------------------------|-------------|
| Chicken, breast, lean, fresh, stewed or boiled, no salt added | M10041 | Chicken, breast, lean, fresh, stewed or boiled, no salt added, composite | MEATS | z | 149 |
| Chicken, breast, lean, separable fat & skin, baked or roasted, no fat or salt added | M10033 | Chicken, breast, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added, composite | MEATS | z | 149 |
| Chicken, breast, smoked, commercial, skin off | M10019 | Chicken, breast, smoked, skin off, ready to eat, commercial | MEATS | z | 149 |
| Chicken, crumbed, breast, deep-fried, Kentucky Fried Chicken® | H17 | Chicken, crumbed, breast, fried, ready to eat, Kentucky Fried Chicken® | FAST FOODS AND READY TO EAT MEALS | a | 97 |
| Chicken, crumbed, drumstick, fried, Kentucky Fried Chicken® | H18 | Chicken, crumbed, drumstick, fried, ready to eat, Kentucky Fried Chicken® | FAST FOODS AND READY TO EAT MEALS | z | 97 |
| Chicken, crumbed, thigh, fried, Kentucky Fried Chicken® | H19 | Chicken, crumbed, thigh, fried, Kentucky Fried Chicken® | FAST FOODS AND READY TO EAT MEALS | a | 97 |
| Chicken, crumbed, wing, deep-fried, Kentucky Fried Chicken® | H16 | Chicken, crumbed, wing, fried, ready to eat, Kentucky Fried Chicken® | FAST FOODS AND READY TO EAT MEALS | a | 97 |
| Chicken, dark meat (leg), flesh, lean & separable fat, fresh, baked or roasted, (skin removed before eaten), no fat or salt added | M10064 | Chicken, dark meat (leg), flesh, lean & separable fat, fresh, baked or roasted, (skin removed before eaten), no fat or salt added, composite | MEATS | z | 149 |
| Chicken, dark meat (leg), flesh, lean, fresh, baked or roasted, no salt & fat added | M10061 | Chicken, dark meat (leg), flesh, lean, fresh, baked or roasted, no salt & fat added, composite | MEATS | z | 151 |
| Chicken, dark meat (leg), flesh, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added | M10062 | Chicken, dark meat (leg), flesh, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added, composite | MEATS | z | 151 |
| Chicken, dark meat (leg), flesh, lean, stewed or boiled, no salt added | M10063 | Chicken, dark meat (leg), flesh, lean, stewed or boiled, no salt added, composite | MEATS | z | 151 |
| Chicken, deli cooked, composite cuts, flesh, lean & separable fat | M10073 | Chicken, composite cuts, flesh, lean & separable fat, deli cooked, ready to eat, composite | MEATS | z | 151 |
| Chicken, drumstick, flesh, deli cooked | M10016 | Chicken, drumstick, flesh, deli cooked, ready to eat, composite | MEATS | z | 151 |
| Chicken, drumstick, flesh, fresh, baked or roasted (skin removed before eaten), no salt or fat added | M10012 | Chicken, drumstick, flesh, fresh, baked or roasted (skin removed before eaten), no salt or fat added, composite | MEATS | z | 151 |
| Chicken, drumstick, flesh, lean, baked or roasted, no salt or fat added | M10048 | Chicken, drumstick, flesh, lean, fresh, baked or roasted, no salt or fat added, composite | MEATS | z | 151 |
| Chicken, drumstick, flesh, lean, separable fat & skin, fresh, baked or roasted, no salt or fat added | M10052 | Chicken, drumstick, flesh, lean, separable fat & skin, fresh, baked or roasted, no salt or fat added, composite | MEATS | z | 151 |
| Chicken, drumstick, flesh, lean, stewed or boiled, no salt added | M10049 | Chicken, drumstick, flesh, lean, fresh, stewed or boiled, no salt added, composite | MEATS | z | 151 |
| Chicken, flesh, breast, fresh, baked or roasted (skin removed before eaten), no fat or salt added | M10008 | Chicken, breast, flesh, fresh, baked or roasted (skin removed before eaten), no fat or salt added | MEATS | z | 151 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|-----------------------------------|-----------------------------|-------------|
| Chicken, light meat, lean & separable fat, baked or roasted (skin removed before eaten), no salt or fat added | M10045 | Chicken, light meat, lean & separable fat, baked or roasted (skin removed before eaten), no salt or fat added, composite | MEATS | z | 151 |
| Chicken, light meat, lean & separable fat, fresh, raw | M10038 | Chicken, light meat, lean & separable fat, fresh, raw, composite | MEATS | z | 153 |
| Chicken, light meat, lean, baked or roasted, no fat or salt added | M10044 | Chicken, light meat, lean, baked or roasted, no fat or salt added, composite | MEATS | z | 153 |
| Chicken, light meat, lean, fresh stewed or boiled, no salt added | M10047 | Chicken, light meat, lean, fresh stewed or boiled, no salt added | MEATS | z | 153 |
| Chicken, light meat, lean, separable fat & skin, baked or roasted, no salt or fat added | M10046 | Chicken, light meat, lean, separable fat & skin, baked or roasted, no salt or fat added | MEATS | z | 153 |
| Chicken, liver, pan-fried, no added salt or fat | M10072 | Chicken, liver, pan-fried, no added salt or fat | MEATS | z | 153 |
| Chicken, mince, pan-fried, with no added fat, premium, Tegel® | M1153 | Chicken, mince, pan-fried, with no added fat, premium, Tegel® | MEATS | z | 153 |
| Chicken, nugget, crumbed, baked | N58 | Chicken, nugget, crumbed, baked, composite | MEAT PRODUCTS | z | 165 |
| Chicken, nugget, crumbed, deep-fried | N57 | Chicken, nugget, crumbed, deep-fried, composite | MEAT PRODUCTS | z | 165 |
| Chicken, nugget, deep-fried, McDonald's® | H159 | Chicken, nugget, deep-fried, ready to eat, McDonald's® | FAST FOODS AND READY TO EAT MEALS | z | 97 |
| Chicken, thigh, flesh, deli cooked | M10017 | Chicken, thigh, flesh, deli cooked, ready to eat, composite | MEATS | z | 153 |
| Chicken, thigh, flesh, fresh, baked or roasted (skin removed before eaten), no salt or fat added | M10014 | Chicken, thigh, flesh, baked or roasted (skin removed before eaten), no salt or fat added, composite | MEATS | z | 153 |
| Chicken, thigh, flesh, lean, baked or roasted, no salt or fat added | M10053 | Chicken, thigh, flesh, lean, fresh, baked or roasted, no salt or fat added, composite | MEATS | z | 153 |
| Chicken, thigh, flesh, lean, fresh, stewed or boiled, no salt and fat added | M10054 | Chicken, thigh, flesh, lean, fresh, stewed or boiled, no salt and fat added, composite | MEATS | z | 153 |
| Chicken, thigh, flesh, lean, separable fat & skin, fresh, baked or roasted, no salt and fat added | M10057 | Chicken, thigh, flesh, lean, separable fat & skin, fresh, baked or roasted, no salt and fat added | MEATS | z | 153 |
| Chicken, whole, composite cuts, flesh, lean & separable fat, fresh, baked or roasted, (skin removed before eaten), no fat or salt added | M10068 | Chicken, whole, composite cuts, flesh, lean & separable fat, fresh, baked or roasted, (skin removed before eaten), no fat or salt added | MEATS | z | 155 |
| Chicken, whole, composite cuts, flesh, lean, fresh, baked or roasted, no fat or salt added | M10069 | Chicken, whole, composite cuts, flesh, lean, fresh, baked or roasted, no fat or salt added | MEATS | z | 155 |
| Chicken, whole, composite cuts, flesh, lean, fresh, stewed or boiled, no salt added | M10071 | Chicken, whole, composite cuts, flesh, lean, fresh, stewed or boiled, no salt added | MEATS | z | 155 |
| Chicken, whole, composite cuts, flesh, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added | M10070 | Chicken, whole, composite cuts, flesh, lean, separable fat & skin, fresh, baked or roasted, no fat or salt added | MEATS | z | 155 |
| Chicken, whole, composite cuts, smoked, skin off | M10020 | Chicken, whole, composite cuts, smoked, skin off, commercial | MEATS | z | 155 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|---|-----------------------------|-------------|
| Chicken, wing, flesh, fresh, baked or roasted (skin removed before eaten), no fat or salt added | M10010 | Chicken, wing, flesh, fresh, baked or roasted (skin removed before eaten), no fat or salt added, composite | MEATS | z | 155 |
| Chicken, wing, flesh, lean, baked or roasted, no fat or salt added | M10042 | Chicken, wing, flesh, lean, baked or roasted, no fat or salt added, composite | MEATS | z | 155 |
| Chicken, wing, flesh, lean, fresh, stewed or boiled, no salt added | M10043 | Chicken, wing, flesh, lean, fresh, stewed or boiled, no salt added, composite | MEATS | z | 155 |
| Chicken, wing, lean, separable fat & skin, baked or roasted, no fat or salt added | M10036 | Chicken, wing, lean, separable fat & skin, baked or roasted, no fat or salt added, composite | MEATS | z | 155 |
| Chicken, wings, flesh, deli cooked | M10018 | Chicken, wings, flesh, deli cooked, ready to eat, composite | MEATS | z | 155 |
| Chickpea (channa dhal), split, seed coat removed, raw, dry | X1256 | Chickpea (channa dhal), split, seed coat removed, raw, dry, composite | VEGETABLES AND PULSES | z | 229 |
| Chickpea, canned in brine, drained | X1146 | Bean, chickpea, seed, in brine, canned, drained, composite | VEGETABLES AND PULSES | z | 229 |
| Chickpea, cooked | X76 | Chickpea, seed vegetable, cooked | VEGETABLES AND PULSES | b | 229 |
| Chilli bean, canned in chilli sauce, undrained | X1150 | Bean, in chilli sauce, seed, canned, undrained, Chilli beans, composite | VEGETABLES AND PULSES | z | 229 |
| Chilli con carne and corn chips | R5749 | Meal, chilli con carne and corn chips, ready to eat | RECIPES | z | 187 |
| 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 | 187 |
| Chocolate bar & bite size, Moro, Cadbury | W1009 | Chocolate, caramel & nougat whip, bar & bite size, Moro, Cadbury | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 207 |
| 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 | 207 |
| 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 | 207 |
| Chocolate bar & block, Energy™, Cadbury® | W1012 | Chocolate, rich chocolate, bar & block, Energy™, Cadbury® | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 207 |
| Chocolate bar, Bounty®, Mars | W5 | Chocolate, milk chocolate with coconut centre, bar, Bounty®, Mars | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 207 |
| Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury | W1014 | Chocolate bar, Gold Totally Nuts Bar, Moro, Cadbury | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 209 |
| Chocolate bar, Mars | W6 | Chocolate bar, Mars | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 209 |
| Chocolate bar, milk | W3 | Chocolate bar, milk | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 209 |
| Chocolate block & slab, Peanut, Whittaker's® | W1011 | Chocolate, block & slab, Original, Peanut, Whittaker's® | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 209 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|---|-----------------------------|-------------|
| Chocolate, compound | W1015 | Chocolate, compound, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 209 |
| Chocolate, fancy & filled | W7 | Chocolate, fancy & filled | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 209 |
| Choko, flesh, cooked | X142 | Choko, fruit vegetable, flesh, cooked | VEGETABLES AND PULSES | a | 229 |
| Chop suey, chicken, lean & fat, stir fried | H173 | Chop suey, chicken, lean & fat, stir fried | FAST FOODS AND READY TO EAT MEALS | z | 97 |
| Chop suey, pork | H71 | Chop suey, pork, ready to eat | FAST FOODS AND READY TO EAT MEALS | a | 97 |
| Chow mein, beef, lean & fat, stir fried | H172 | Chow mein, beef, lean & fat, stir fried | FAST FOODS AND READY TO EAT MEALS | z | 97 |
| Chow mein, chicken | H199 | Chow mein, chicken, ready to eat, composite | FAST FOODS AND READY TO EAT MEALS | z | 97 |
| Chow mein, prawn | H89 | Chow mein, prawn, ready to eat | FAST FOODS AND READY TO EAT MEALS | a | 97 |
| Cider, apple, 5% alcohol by volume | B1030 | Cider, apple, 5% alcohol by volume, composite | BEVERAGES, ALCOHOLIC | a | 25 |
| Cider, sweet | B12 | Cider, sweet | BEVERAGES, ALCOHOLIC | b | 25 |
| Cluster Crisp™, Manuka Honey with Roasted Cashew, Sanitarium™, fortified vitamins B1, B2, B3 & folate, & Fe | D1053 | Breakfast cereal, mixed grain clusters & nuts, ready to eat, Cluster Crisp™, Manuka Honey with Roasted Cashew, Sanitarium™, fortified vitamins B1, B2, B3 & folate, & Fe | BREAKFAST CEREALS | z | 53 |
| Cluster Crisp™, Sanitarium™, fortified vitamins B1, B2, B3 & folate, & Fe | 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 | 53 |
| Cluster Crisp™, Vanilla Almond, Sanitarium™, fortified vitamins, B1, B2, B3 & folate, & Fe | 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 | 53 |
| Cockle, boiled | T31 | Cockle, boiled | SHELLFISHES | Mixed | 195 |
| Coco Pops®, Kellogg's®, fortified vitamins B1, B2, B3, C & folate, Ca, Fe & Zn | 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 | 53 |
| Coconut milk, sugar-sweetened, ready to drink | C1137 | Drink, coconut milk, sugar-sweetened, ready to drink, fortified Ca, composite | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| Coconut milk, unsweetened | C1136 | Drink, coconut milk, unsweetened, ready to drink, fortified Ca, composite | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| Coconut oil | J1039 | Oil, coconut, composite | FATS AND OILS | z | 109 |
| Coconut water, unsweetened | C1130 | Drink, coconut water, unsweetened, ready to drink, commercial, composite | BEVERAGE, NON-ALCOHOLIC | z | 33 |
| 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 | 177 |
| Coconut yoghurt, from coconut cream, plain, unsweetened | Q1033 | Yoghurt, from coconut cream, plain, unsweetened, composite | NUTS AND SEEDS | z | 177 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-------------------------|-----------------------------|-------------|
| 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 | 177 |
| Coconut yoghurt, from coconut milk, plain, unsweetened | Q1035 | Yoghurt, from coconut milk, plain, unsweetened, composite | NUTS AND SEEDS | z | 177 |
| Coconut, cream, premium | Q1014 | Coconut, cream, premium, composite | NUTS AND SEEDS | z | 177 |
| Coconut, desiccated | Q1055 | Coconut, white flesh, grated, desiccated, composite | NUTS AND SEEDS | z | 179 |
| Coconut, mature fruit, white flesh, grated, fresh | Q1054 | Coconut, mature fruit, white flesh, grated, fresh, raw, composite | NUTS AND SEEDS | z | 179 |
| Coconut, milk, standard | Q1015 | Coconut, milk, standard, composite | NUTS AND SEEDS | z | 179 |
| 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 | 173 |
| Coffee, brewed from grounds, dripped prepared | C1047 | Coffee beverage, brewed from grounds, dripped prepared, composite | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coffee, brewed from grounds, plunger prepared | C1046 | Coffee beverage, brewed from grounds, plunger prepared, composite | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coffee, espresso, cafe variety | C1045 | Coffee beverage, espresso, ready to drink, cafe variety, composite | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coffee, flat white, double shot & milk standard, regular takeaway cup (285 mL) | C10006 | 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 | 35 |
| Coffee, instant, caffeinated, dry powder with water | C1048 | Coffee beverage, instant, caffeinated, dry powder with water, prepared | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coffee, instant, caffeinated, dry powder with water & milk standard | C10001 | Coffee beverage, instant, caffeinated, dry powder with water & milk standard (3.3% fat), prepared | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| Coffee, instant, caffeinated, dry powder with water & milk trim | C10003 | Coffee beverage, instant, caffeinated, dry powder with water & milk trim (<1% fat), prepared | BEVERAGE, NON-ALCOHOLIC | z | 35 |
| 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 |
| Coffee, latte, double shot & milk standard, large cafe cup (300 mL) | C10013 | Coffee beverage, latte, double shot & milk standard (3.3% fat), large cafe cup (300 mL), ready to drink, cafe variety | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Coffee, latte, double shot & milk trim, large cafe cup (300 mL) | C10017 | Coffee beverage, latte, double shot & milk trim (<1% fat), large cafe cup (300 mL), ready to drink, cafe variety | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Coffee, 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 | 37 |
| Coffee, 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 | 37 |
| Coffee, mochaccino, double shot & milk standard, large cafe cup (300 mL) | C10029 | Coffee beverage, mochaccino, double shot & milk standard (3.3% fat), large cafe cup (300 mL), ready to drink, cafe variety | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Coffee, mochaccino, double shot & milk trim, large cafe cup (300 mL) | C10033 | Coffee beverage, mochaccino, double shot & milk trim (<1% fat), large cafe cup (300 mL), ready to drink, cafe variety | BEVERAGE, NON-ALCOHOLIC | z | 37 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|-----------------------------------|-----------------------------|-------------|
| Coleslaw, Kentucky Fried Chicken® | H20 | Coleslaw, ready to eat, Kentucky Fried Chicken® | FAST FOODS AND READY TO EAT MEALS | a | 99 |
| Coriander, leaves & stem, fresh, raw | P1010 | Herb, coriander, leaves & stem, fresh, raw, combined varieties | MISCELLANEOUS | z | 173 |
| 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 | 199 |
| 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 | 199 |
| Corn, baby sweet corn, canned, drained | X259 | Corn, seed vegetable, canned, drained, baby sweet corn | VEGETABLES AND PULSES | b | 229 |
| Cornmeal, wholegrain, yellow | E99 | Cornmeal, wholegrain, yellow | CEREALS AND PSEUDO-CEREALS | u | 59 |
| Courgette, green, unpeeled, raw | X1058 | Courgette, fruit vegetable, unpeeled, raw, green | VEGETABLES AND PULSES | z | 229 |
| 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 | 59 |
| Couscous, white wheat, dry | E1067 | Couscous, white wheat, dry, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |
| 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 | 59 |
| Crab, meat stick, surimi | T40 | Crab, meat stick, surimi | SHELLFISHES | u | 195 |
| Cracker, corn, Cruskits™, Arnott's™ | A1029 | Cracker, corn, ready to eat, Cruskits™, Corn, Arnott's™ | BAKERY PRODUCTS | z | 13 |
| Cracker, mixed grain, Cruskits™, Light, Arnott's™ | A1031 | Cracker, mixed grain, ready to eat, Cruskits™, Light, Arnott's™ | BAKERY PRODUCTS | z | 13 |
| 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 | 13 |
| 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 | 15 |
| Cracker, wheat, Cream Crackers, Reduced Fat, Huntley & Palmers™ | A1033 | Cracker, wheat, ready to eat, Cream Crackers, Reduced Fat, Huntley & Palmers™ | BAKERY PRODUCTS | z | 15 |
| Cracker, wheat, Meal Mates™, Griffin's™ | A119 | Cracker, wheat, ready to eat, Meal Mates™, Griffin's™ | BAKERY PRODUCTS | z | 15 |
| Cracker, wheat, Salada™, Light, Original, Arnott's™ | A1030 | Cracker, wheat, ready to eat, Salada™, Light, Original, Arnott's™ | BAKERY PRODUCTS | z | 15 |
| Cracker, wheat, sesame | A135 | Cracker, wheat, sesame, ready to eat, composite | BAKERY PRODUCTS | z | 15 |
| Cracker, wheat, Snax™, Griffin's™ | A137 | Cracker, wheat, ready to eat, Snax™, Griffin's™ | BAKERY PRODUCTS | z | 15 |
| Cracker, wheat, Water Cracker, Arnott's™ | A140 | Cracker, wheat, ready to eat, Water Cracker, Arnott's™ | BAKERY PRODUCTS | z | 15 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|-----------------------------------|-----------------------------|-------------|
| Cranberry, dried, sweetened | L1023 | Cranberry, dried, sweetened | FRUITS | u | 129 |
| Cranberry, frozen | L1230 | Cranberry, whole fruit frozen, composite | FRUITS | z | 131 |
| Cream, reduced fat | F22 | Cream, reduced fat | DAIRY | z | 77 |
| Cream, sour | F23 | Cream, sour | DAIRY | z | 77 |
| Cream, standard | F24 | Cream, standard | DAIRY | z | 77 |
| Cream, whipping, ultra-high-temperature (UHT) processed | F25 | Cream, whipping, ultra-high-temperature (UHT) processed | DAIRY | z | 77 |
| Crème fraiche | F1061 | Crème fraiche, composite | DAIRY | z | 77 |
| Crème fraiche, light | F1062 | Crème fraiche, light, composite | DAIRY | z | 77 |
| Croissant, white, plain, as purchased | A1189 | Croissant, from wheat flour, plain, as purchased, commercial, composite | BAKERY PRODUCTS | z | 15 |
| Crumpet, white, toasted | A1120 | Crumpet, white, toasted, commercial | BAKERY PRODUCTS | z | 15 |
| Crunchy Nut Corn Flakes [®] , Kellogg's [®] , fortified vitamins B1, B2, B3, C & folate, & Fe | 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 | 53 |
| Cucumber, Lebanese, unpeeled, raw | X1043 | Cucumber, fruit vegetable, unpeeled, raw, Lebanese | VEGETABLES AND PULSES | z | 229 |
| Cucumber, telegraph, raw, unpeeled | X1052 | Cucumber, fruit vegetable, fruit, unpeeled, raw, telegraph | VEGETABLES AND PULSES | z | 231 |
| Currant, dried | L49 | Currant, dried | FRUITS | b | 131 |
| Curry, beef korma, Indian, takeaway | H1026 | Curry, beef korma, ready to eat, Indian, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Curry, beef madras, Indian, takeaway | H1027 | Curry, beef madras, ready to eat, Indian, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Curry, butter chicken, Indian, takeaway | H1023 | Curry, butter chicken, ready to eat, Indian, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Curry, chicken masala, Indian, takeaway | H1024 | Curry, chicken masala, ready to eat, Indian, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Curry, chicken, green, Thai, takeaway | H1021 | Curry, chicken, green, ready to eat, Thai, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Curry, dhal makani, Indian, takeaway | H1028 | Curry, dhal makani, ready to eat, Indian, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Curry, rogan josh, Indian, takeaway | H1025 | Curry, rogan josh, ready to eat, Indian, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Custard square, baked | R10014 | Custard square, baked | RECIPES | z | 189 |
| Custard, dry powder | E6 | Custard, corn flour, colour & flavour, dry powder | CEREALS AND PSEUDO-CEREALS | Mixed | 59 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|---|-----------------------------|-------------|
| Custard, from milk, vanilla flavour, sugar-sweetened, regular | F1098 | Custard, from milk, vanilla flavour, sugar-sweetened, regular, commercial, composite | DAIRY | z | 77 |
| Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy | F1099 | Custard, from milk, vanilla flavour, sugar-sweetened, thick & creamy, commercial, composite | DAIRY | z | 79 |
| Dark chocolate, cocoa solids (>85%), sugar added | W1027 | Dark chocolate, cocoa solids (>85%), sugar added, no milk solids added, block, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 211 |
| Dark chocolate, cocoa solids (45–69%), sugar added | W1025 | Dark chocolate, cocoa solids (45–69%), sugar added, no milk solids added, block, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 209 |
| Dark chocolate, cocoa solids (70–84%), sugar added | W1026 | Dark chocolate, cocoa solids (70–84%), sugar added, no milk solids added, block, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 209 |
| Date, pitted, flesh, dried | L1161 | Date, pitted, flesh, dried, composite | FRUITS | z | 131 |
| Dessert, vanilla, 99% fat free, frozen, WeightWatchers | F76 | Dessert, vanilla, 99% fat free, frozen, WeightWatchers | DAIRY | z | 79 |
| Dip, sour cream, assorted flavours, 30% fat, La Bonne | S77 | Dip, sour cream, assorted flavours, 30% fat, La Bonne | SAUCES AND CONDIMENTS | z | 191 |
| Dip, sour cream, lite, assorted flavours, 7% fat | S79 | Dip, sour cream, lite, assorted flavours, 7% fat, composite | SAUCES AND CONDIMENTS | z | 191 |
| 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 | 17 |
| Doughnut, cream & jam filled | A1145 | Doughnut, cream & jam filled, assorted flavours, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 17 |
| Doughnut, non-chocolate iced | A1144 | Doughnut, non-chocolate iced, unfilled, ring shaped, ready to eat, commercial, composite | BAKERY PRODUCTS | z | 17 |
| Dressing, coleslaw, Lite, Eta [®] | S29 | Dressing, coleslaw, Lite, Eta [®] | SAUCES AND CONDIMENTS | z | 191 |
| Dressing, French, Kraft | S28 | Dressing, French, Kraft | SAUCES AND CONDIMENTS | z | 191 |
| Dressing, Italian, Kraft | S31 | Dressing, Italian, Kraft | SAUCES AND CONDIMENTS | z | 191 |
| Dressing, mayonnaise, commercial | S45 | Dressing, mayonnaise, commercial | SAUCES AND CONDIMENTS | z | 191 |
| Dressing, mayonnaise, reduced fat, commercial | S64 | Dressing, mayonnaise, reduced fat, commercial | SAUCES AND CONDIMENTS | a | 191 |
| Dressing, thousand island, Eta [®] | S50 | Dressing, thousand island, Eta [®] | SAUCES AND CONDIMENTS | z | 191 |
| Dressing, vinaigrette | S7 | Dressing, vinaigrette | SAUCES AND CONDIMENTS | u | 191 |
| Dripping, beef, Farmland | J1030 | Dripping, beef, Farmland | FATS AND OILS | z | 109 |
| Duck, composite cuts, separable lean, roasted | M75 | Duck, composite cuts, separable lean, roasted | MEATS | b | 157 |
| Eel, smoked | K179 | Eel, smoked | FIN FISHES | rz | 115 |
| Egg foo young with chicken, omelette, Chinese, takeaway | H1012 | Omelette, egg foo young, with chicken, ready to eat, Chinese | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Egg, chicken, omelette, with cheese and butter, cooked | R10025 | Egg, chicken, omelette, with cheese and butter, cooked | RECIPES | z | 189 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|-----------------------------------|-----------------------------|-------------|
| Egg, chicken, white & yolk, pan-fried with oil | G1024 | Egg, chicken, white & yolk, pan-fried with olive oil, composite | EGGS | z | 91 |
| Egg, chicken, white, boiled | G1019 | Egg, chicken, white, boiled, composite | EGGS | z | 91 |
| Egg, chicken, white, raw, fresh | G1025 | Egg, chicken, white, raw, fresh, composite | EGGS | z | 91 |
| Egg, chicken, whole, boiled | G1021 | Egg, chicken, white & yolk (whole), boiled, composite | EGGS | z | 91 |
| Egg, chicken, whole, poached | G1022 | Egg, chicken, white & yolk (whole), poached, composite | EGGS | z | 93 |
| Egg, chicken, whole, raw, fresh | G1016 | Egg, chicken, white & yolk (whole), raw, fresh, composite | EGGS | z | 93 |
| Egg, chicken, whole, scrambled, no fat added | G1023 | Egg, chicken, white & yolk (whole), scrambled, no fat added | EGGS | z | 93 |
| Egg, chicken, yolk, boiled | G1020 | Egg, chicken, yolk, boiled, composite | EGGS | z | 93 |
| Egg, chicken, yolk, raw, fresh | G1017 | Egg, chicken, yolk, raw, fresh, composite | EGGS | z | 95 |
| Eggplant, boiled, drained, no salt added | X1086 | Eggplant, fruit vegetable, flesh, skin & seed, boiled, drained, no salt added, | VEGETABLES AND PULSES | z | 231 |
| Eggplant, fried with oil | X1088 | Eggplant, fruit vegetable, flesh, skin & seed, fried with oil, combined varieties | VEGETABLES AND PULSES | z | 231 |
| Eggplant, steamed | X1087 | Eggplant, fruit vegetable, flesh, skin & seed, steamed, combined varieties | VEGETABLES AND PULSES | z | 231 |
| Energy drink, assorted flavours, V™, Frucor, fortified vitamins B2, B3, B5, B6 & B12 | C1030 | Energy drink, assorted flavours, ready to drink, V™, Frucor, composite, fortified vitamins B2, B3, B5, B6 & B12 | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Energy drink, sugar free, V™, Frucor, fortified vitamins B2, B3, B5, B6 & B12 | C1031 | Energy drink, sugar free, V™, Frucor, fortified vitamins B2, B3, B5, B6 & B12 | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Energy food drink, dry powder, Chocolate, Nesquik®, Nestlé® | C74 | Energy food drink, chocolate, dry powder, Chocolate, Nesquik®, Nestlé® | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| 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 | 37 |
| Energy food drink, dry powder, Drinking Chocolate, Cadbury | C1037 | Energy food drink, chocolate, dry powder, Drinking Chocolate, Cadbury | BEVERAGE, NON-ALCOHOLIC | z | 37 |
| Feijoa, flesh, raw | L67 | Feijoa, flesh, raw, combined varieties | FRUITS | z | 131 |
| Fig, dried | L68 | Fig, dried | FRUITS | a | 131 |
| Fish, battered, deep-fried, Independent Shops | H22 | Fish, battered, deep-fried, Independent Shops | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Fish, cake, baked | H57 | Fish, cake, baked | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Fish, cake, deep-fried in peanut oil | H23 | Fish, cake, deep-fried in peanut oil | FAST FOODS AND READY TO EAT MEALS | z | 99 |
| Fish, fillet, crumbed, frozen, baked | H194 | Fish, fillet, crumbed, frozen, baked, composite | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Fish, fillet, crumbed, frozen, fried | H195 | Fish, fillet, crumbed, frozen, fried, composite | FAST FOODS AND READY TO EAT MEALS | z | 101 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|-----------------------------------|-----------------------------|-------------|
| Fish, fingers, baked | H61 | Fish, fingers, baked | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Fish, fingers, deep-fried in peanut oil | H65 | Fish, fingers, deep-fried in peanut oil | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Flavoured drink, assorted fruit flavours, dry powder, Vitafresh™, Hansells, fortified vitamin C | C138 | Flavoured drink, assorted fruit flavours, dry powder, Vitafresh™, Hansells, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | rz | 39 |
| Flavoured drink, dry powder, assorted flavours, Raro® | C99 | Flavoured drink, assorted flavours, dry powder, Raro® | BEVERAGE, NON-ALCOHOLIC | rz | 39 |
| Flavoured drink, lemon & barley, dry powder with water | C58 | Flavoured drink, lemon & barley, dry powder with water, ready to drink | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Flavoured drink, orange | C47 | Flavoured drink, orange, ready to drink | BEVERAGE, NON-ALCOHOLIC | a | 39 |
| Flounder, flesh, baked | K56 | Flounder, flesh, baked | FIN FISHES | z | 117 |
| Flour or meal, from hemp seed, defatted | E1096 | Flour or meal, from hemp seed, defatted, composite | CEREALS AND PSEUDO-CEREALS | z | 59 |
| Flour, almond | E1085 | Flour, almond, white, dry, commercial, composite | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Flour, chickpea or channa (besan), yellow | E1086 | Flour, chickpea or channa (besan), yellow, commercial | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Flour, coconut | E1087 | Flour, coconut, defatted coconut meat, composite | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Flour, corn | E9 | Flour, corn | CEREALS AND PSEUDO-CEREALS | Mixed | 61 |
| Flour, from quinoa seed, wholegrain | E1098 | Flour, from white quinoa seed, wholegrain, NZ, Var. Duchess | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Flour, gluten free | E1093 | Flour, gluten free, plain, Edmonds® | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Flour, pea, yellow | E1083 | Flour, pea, yellow, dry, commercial, composite | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Flour, rice, brown | E1082 | Flour, rice, brown, dry, commercial, composite | CEREALS AND PSEUDO-CEREALS | z | 61 |
| Flour, rice, white | E1081 | Flour, rice, white, dry, commercial, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Flour, soy, full fat | E12 | Flour, soy, full fat | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Flour, spelt, white | E1097 | Flour, spelt, white, plain, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|-----------------------------------|-----------------------------|-------------|
| Flour, spelt, wholemeal | E1095 | Flour, spelt, wholemeal, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Flour, wheat, white, standard | E1088 | Flour, wheat, white, standard, plain, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Flour, wheat, wholemeal | E1091 | Flour, wheat, wholemeal, plain, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Fried rice, combination, Chinese, takeaway | H1018 | Rice, fried, combination, ready to eat. Chinese, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Fries, potato, Burger King [®] | H1046 | Fries, potato, Burger King [®] | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Fries, potato, Kentucky Fried Chicken [®] | H1041 | Fries, potato, Kentucky Fried Chicken [®] | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Fries, potato, McDonald's [®] | H1042 | Fries, potato, McDonald's [®] | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Fries, potato, straight cut, Independent Shops | H1039 | Fries, potato, straight cut, Independent Shops | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Fromage frais, assorted fruits & flavours, Frûche [®] | F1064 | Fromage frais, assorted fruits & flavours, Frûche [®] | DAIRY | z | 79 |
| Fromage frais, vanilla, Frûche [®] | F1063 | Fromage frais, vanilla, Frûche [®] | DAIRY | z | 79 |
| Frozen meal, lasagne topper, baked or microwaved | H10015 | Frozen meal, lasagne with meat mince and coated with breadcrumbs (topper), baked or microwaved, ready to eat, composite | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Frozen meal, lasagne with beef meat mince, baked or microwaved | H10016 | Frozen meal, lasagne with beef meat mince, baked or microwaved, ready to eat, composite | FAST FOODS AND READY TO EAT MEALS | z | 101 |
| Frozen meal, macaroni pasta with cheese, microwaved | H10018 | Frozen meal, macaroni pasta with cheese, microwaved, ready to eat, composite | FAST FOODS AND READY TO EAT MEALS | z | 103 |
| Frozen meal, roast beef with mashed potato & vegetables, microwaved | H10008 | Frozen meal, roast beef with mashed potato & vegetables, microwaved, ready to eat, Wattie's [®] | FAST FOODS AND READY TO EAT MEALS | z | 103 |
| Frozen meal, roast lamb with roast potato & vegetables, microwaved | H10005 | Frozen meal, roast lamb with roast potato & vegetables, microwaved, ready to eat, composite | FAST FOODS AND READY TO EAT MEALS | z | 103 |
| Frozen meal, roast pork with mashed potato & vegetables, microwaved | H10006 | Frozen meal, roast pork with mashed potato & vegetables, microwaved, ready to eat, Wattie's [®] | FAST FOODS AND READY TO EAT MEALS | z | 103 |
| Frozen meal, spaghetti with Bolognese sauce and beef mince, microwaved | H10017 | Frozen meal, spaghetti with Bolognese sauce and beef mince, microwaved, ready to eat, composite | FAST FOODS AND READY TO EAT MEALS | z | 103 |
| Fruit bar, wholemeal, assorted flavours, Mother Earth [™] | U21 | Fruit bar, wholemeal, assorted flavours, Mother Earth [™] | SNACK FOODS | z | 199 |
| 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 | 39 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|---|-----------------------------|-------------|
| 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 | 39 |
| 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 | 39 |
| Fruit drink, cranberry, unsweetened | C1106 | Fruit drink, cranberry, unsweetened, shelf-stable, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Fruit drink, from apple juice, sugar-sweetened, shelf-stable, fortified vitamin C | C1168 | Fruit drink, from apple juice, sugar-sweetened, shelf-stable, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| Fruit drink, from apple juice, sweetened with intensive sweetener, shelf-stable, ready to drink | C1169 | Fruit drink, from apple juice, sweetened with intensive sweetener, shelf-stable, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 39 |
| 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 | 39 |
| Fruit gum | W8 | Fruit gum | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 211 |
| Fruit leather, apricot | U34 | Fruit leather, apricot | SNACK FOODS | z | 199 |
| Fruit mix, dried | L196 | Fruit mix, dried | FRUITS | a | 131 |
| Fruit roll, strawberry, Uncle Tobys® | U23 | Fruit roll, strawberry, Uncle Tobys® | SNACK FOODS | z | 199 |
| Fruit salad, canned in syrup, undrained | L1147 | Fruit salad, in syrup, sugar-sweetened, canned, undrained, composite | FRUITS | z | 131 |
| Fruitful Breakfast, Hubbards | D1036 | Breakfast cereal, muesli, ready to eat, Fruitful Breakfast, Hubbards | BREAKFAST CEREALS | z | 53 |
| Garlic, raw, peeled | X260 | Garlic, bulb vegetable, cloves, raw, peeled | VEGETABLES AND PULSES | b | 231 |
| Gherkin, pickled, in sweetened brine, drained | X143 | Gherkin, pickled, in sweetened brine, drained | VEGETABLES AND PULSES | a | 231 |
| Gin & tonic water, 9% alcohol by volume, pub or home-mixed | B1042 | Mixed drink, gin (30 mL) & tonic water (120 mL), 9% alcohol by volume, ready to drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 25 |
| Ginger, preserved | X1030 | Ginger, root vegetable, rhizomes, preserved | VEGETABLES AND PULSES | o | 231 |
| Gooseberry, flesh, skin & seeds, raw | L78 | Gooseberry, flesh, skin & seeds, raw | FRUITS | b | 131 |
| Grape, black, flesh, raw | L82 | Grape, flesh, raw, black | FRUITS | b | 131 |
| Grape, red or green, seedless, raw, European type | L1018 | Grape, red or green, seedless, raw, European type | FRUITS | u | 131 |
| Grape, white, flesh & skin, raw | L83 | Grape, flesh & skin, raw, white | FRUITS | Mixed | 133 |
| Grapefruit, flesh, raw | L80 | Grapefruit, flesh, raw | FRUITS | b | 133 |
| Gravy, dry powder mix, assorted flavours, prepared with water | S1018 | Gravy, dry powder mix, assorted flavours, prepared with water, composite | SAUCES AND CONDIMENTS | z | 191 |
| Green lettuce, assorted varieties, raw, fresh | X1265 | Lettuce, green, leafy vegetable, assorted varieties, raw, fresh, composite | VEGETABLES AND PULSES | z | 231 |
| Groper, fillet, flesh, fresh, pan-fried with canola oil | K1065 | Groper, fillet, flesh, fresh, pan-fried with canola oil | FIN FISHES | z | 117 |
| Gurnard, fillet, flesh, fresh, pan-fried with canola oil | K1046 | Gurnard, fillet, flesh, fresh, pan-fried with canola oil | FIN FISHES | z | 117 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|---|-----------------------------|-------------|
| Gurnard, fillet, flesh, fresh, poached or simmered | K1047 | Gurnard, fillet, flesh, fresh, poached or simmered | FIN FISHES | z | 117 |
| Ham, sliced | N65 | Ham, sliced | MEAT PRODUCTS | z | 167 |
| Hazelnut, whole, skin on, raw | Q1023 | Nut, hazelnut, kernel, whole, raw, unblanched, composite | NUTS AND SEEDS | z | 179 |
| Hemp seed, hulled, dry | Q1042 | Seed, hemp, hulled, dried, composite | NUTS AND SEEDS | z | 179 |
| Hoki, fillet, flesh, fresh, pan-fried with canola oil | K1051 | Hoki, fillet, flesh, fresh, pan-fried with canola oil | FIN FISHES | z | 117 |
| 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 | 117 |
| Honey, manuka | W1018 | Honey, mono-floral, manuka, semi-solid, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 211 |
| Honey, multifloral | W1019 | Honey, multifloral, semi-solid, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 211 |
| Hummus, original, 6.5% fat | S73 | Hummus, original, 6.5% fat, composite | SAUCES AND CONDIMENTS | z | 193 |
| Ice block, frozen | W31 | Ice block, frozen | SUGARS, CONFECTIONARIES AND SWEET SPREADS | a | 211 |
| Ice cream, assorted berry flavours, standard | F1095 | Ice cream, assorted berry flavours, standard, composite | DAIRY | z | 79 |
| Ice cream, chocolate, standard | F1070 | Ice cream, chocolate, standard, composite | DAIRY | z | 79 |
| Ice cream, creamy, fruit ripple | F118 | Ice cream, creamy, fruit ripple, composite | DAIRY | z | 79 |
| Ice cream, hokey pokey | F111 | Ice cream, with honey comb toffee, hokey pokey, composite | DAIRY | z | 81 |
| Ice cream, Jelly Tip, Tip Top™ | F110 | Ice cream, with jelly & chocolate, Jelly Tip, Tip Top™ | DAIRY | z | 81 |
| Ice cream, Paddle Pop®, chocolate | F113 | Ice cream, stick, chocolate, Paddle Pop® | DAIRY | z | 81 |
| Ice cream, soft serve | F78 | Ice cream, soft serve, composite | DAIRY | z | 81 |
| Ice cream, vanilla, low fat | F122 | Ice cream, vanilla, low fat | DAIRY | z | 81 |
| Ice cream, vanilla, premium | F29 | Ice cream, vanilla, premium | DAIRY | z | 81 |
| Ice cream, vanilla, standard | F28 | Ice cream, vanilla, standard | DAIRY | z | 81 |
| Iceberg lettuce, green, raw, fresh | X1264 | Lettuce, iceberg, green, leafy vegetable, raw, fresh | VEGETABLES AND PULSES | z | 231 |
| Jam, berry fruit | W14 | Jam, berry fruit, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 211 |
| Jam, stone fruit | W15 | Jam, stone fruit, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 211 |
| Jellybeans, Jaybees, Pascall | W45 | Jellybeans, Jaybees, Pascall | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 211 |
| Juice concentrate, blackcurrant, frozen | C1028 | Juice concentrate, blackcurrant, frozen | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Juice concentrate, blackcurrant, reduced sugar, fortified vitamin C | C1140 | Juice concentrate, blackcurrant, reduced sugar, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 41 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|-------------------------|-----------------------------|-------------|
| Juice concentrate, blackcurrant, sugar-sweetened, fortified vitamin C | C1132 | Juice concentrate, blackcurrant, sugar-sweetened, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| 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 | 41 |
| 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 | 41 |
| Juice concentrate, orange | C55 | Juice concentrate, orange | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Juice, apple, unsweetened, shelf-stable, fortified vitamin C | C1167 | Juice, apple, unsweetened, shelf-stable, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Juice, apple, with apple pulp, unsweetened, refrigerated, ready to drink, fortified vitamin C | C1165 | Juice, apple, with apple pulp, unsweetened, refrigerated, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Juice, grape | C26 | Juice, grape, ready to drink | BEVERAGE, NON-ALCOHOLIC | Mixed | 41 |
| Juice, grapefruit, unsweetened | C12 | Juice, grapefruit, ready to drink, unsweetened | BEVERAGE, NON-ALCOHOLIC | b | 41 |
| Juice, lemon, raw | L91 | Juice, lemon, raw | FRUITS | b | 133 |
| Juice, orange with apple base, Just Juice [®] , fortified vitamin C | C38 | Juice, orange with apple base, Just Juice [®] , fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| Juice, orange, raw | L113 | Juice, orange, raw | FRUITS | Mixed | 133 |
| Juice, orange, sweetened, fortified vitamin C | C1100 | Juice, orange, sweetened, refrigerated, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 41 |
| 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 | 43 |
| Juice, orange, unsweetened, shelf-stable or refrigerated, Arano | C1098 | Juice, orange, unsweetened, shelf-stable or refrigerated, ready to drink, Arano | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Juice, tomato, McCoy [™] | C16 | Juice, tomato, ready to drink, McCoy [™] | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Just Right [®] , Original Kellogg's [®] , fortified vitamins B1, B2, B3 & folate, & Fe | 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 | 53 |
| Kahawai, fillet, flesh, fresh, crumbed, deep-fried in canola oil | K1059 | Kahawai, fillet, flesh, fresh, crumbed, deep-fried in canola oil | FIN FISHES | z | 117 |
| Kahawai, fillet, flesh, fresh, baked with canola oil | K1055 | Kahawai, fillet, flesh, fresh, baked with canola oil | FIN FISHES | z | 117 |
| Kahawai, fillet, flesh, fresh, battered, deep-fried in canola oil | K1056 | Kahawai, fillet, flesh, fresh, battered, deep-fried in canola oil | FIN FISHES | z | 117 |
| Kahawai, fillet, flesh, fresh, crumbed, pan-fried with canola oil | K1060 | Kahawai, fillet, flesh, fresh, crumbed, pan-fried with canola oil | FIN FISHES | z | 117 |
| Kahawai, fillet, flesh, fresh, pan-fried with canola oil | K1054 | Kahawai, fillet, flesh, fresh, pan-fried with canola oil | FIN FISHES | z | 117 |
| Kahawai, fillet, flesh, fresh, poached or simmered | K1057 | Kahawai, fillet, flesh, fresh, poached or simmered | FIN FISHES | z | 117 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|-------------------------|-----------------------------|-------------|
| Kahawai, fillet, flesh, fresh, steamed or microwaved | K1058 | Kahawai, fillet, flesh, fresh, steamed or microwaved | FIN FISHES | z | 119 |
| Kale, baby leaf, raw, fresh | X1268 | Kale, baby leaf, leafy vegetable, raw, fresh | VEGETABLES AND PULSES | z | 231 |
| Kale, chopped, frozen, steamed, no salt added | X1241 | Kale, leafy vegetable, chopped, frozen, steamed, no salt added | VEGETABLES AND PULSES | z | 233 |
| Kale, fresh, raw | X1163 | Kale, leafy vegetable, fresh, raw, combined varieties | VEGETABLES AND PULSES | z | 233 |
| Kale, fresh, sautéed with oil, no salt added | X1164 | Kale, leafy vegetable, fresh, sautéed with oil, no salt added, combined varieties | VEGETABLES AND PULSES | z | 233 |
| Kava, prepared | C1026 | Non-alcoholic beverage, kava, prepared | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Kina, roe, raw | T26 | Kina, roe, raw | SHELLFISHES | z | 195 |
| Kingfish, fillet, flesh, fresh, pan-fried with canola oil | K1067 | Kingfish, fillet, flesh, fresh, pan-fried with canola oil | FIN FISHES | z | 119 |
| Kiwiberry, whole fruit, fresh, raw | L1212 | Kiwiberry, whole fruit, fresh, raw, ready to eat | FRUITS | z | 133 |
| Kiwifruit, Zespri™ Green Kiwifruit, flesh & seeds, raw | L1267 | Kiwifruit, green-fleshed ('Hayward'), flesh & seeds, fresh, raw, Zespri™ Green Kiwifruit | FRUITS | z | 133 |
| Kiwifruit, Zespri™ Organic Green ('Hayward'), Kiwifruit, flesh & seeds, raw | L10022 | Kiwifruit, green-fleshed ('Hayward'), organic, flesh & seeds, fresh, raw, Zespri™ Organic Green Kiwifruit | FRUITS | z | 133 |
| Kiwifruit, Zespri™ Organic SunGold Kiwifruit, flesh & seeds, raw | L10021 | Kiwifruit, gold-fleshed organic, flesh & seeds, fresh, raw, Zespri™ Organic SunGold Kiwifruit | FRUITS | z | 133 |
| Kiwifruit, Zespri™ RubyRed Kiwifruit, flesh & seeds, raw | L1266 | Kiwifruit, red-fleshed, flesh & seed, fresh, raw, Zespri™ RubyRed Kiwifruit | FRUITS | z | 133 |
| Kiwifruit, Zespri™ SunGold Kiwifruit, flesh & seeds, raw | L1268 | Kiwifruit, gold-fleshed, flesh & seeds, fresh, raw, Zespri™ SunGold Kiwifruit | FRUITS | z | 133 |
| Kiwifruit, Zespri™ Sweet Green Kiwifruit, flesh & seeds, raw | L1078 | Kiwifruit, green-fleshed, flesh & seed, raw, Zespri™ Sweet Green Kiwifruit | FRUITS | z | 135 |
| 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 | 233 |
| 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 | 233 |
| Kumara, 'Owairaka Red', flesh, raw | X1057 | Kumara, root vegetable, root tuber, flesh, raw, red, 'Owairaka Red' | VEGETABLES AND PULSES | z | 233 |
| Kumara, 'Purple Dawn', peeled, fresh, raw | X10001 | Kumara, purple, root vegetable, tuber, peeled, fresh, raw, 'Purple Dawn' | VEGETABLES AND PULSES | z | 233 |
| Kumara, 'Purple Dawn', peeled, roasted | X10005 | Kumara, purple, root vegetable, tuber, peeled, fresh, roasted, 'Purple Dawn' | VEGETABLES AND PULSES | z | 233 |
| Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked | M1223 | Lamb, forequarter & hindquarter assorted cuts, separable lean & fat, cooked, composite | MEATS | z | 157 |
| Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked | M1151 | Lamb, forequarter & hindquarter assorted cuts, separable lean, cooked, composite | MEATS | z | 157 |
| Lamb, forequarter breast, separable lean & fat, braised | M1204 | Lamb, forequarter breast, separable lean & fat, braised | MEATS | z | 157 |
| Lamb, forequarter breast, separable lean, braised | M1122 | Lamb, forequarter breast, separable lean, braised | MEATS | z | 157 |
| Lamb, forequarter fore-shank, separable lean & fat, braised | M1205 | Lamb, forequarter fore-shank, separable lean & fat, braised | MEATS | z | 157 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|---------|-----------------------------|-------------|
| Lamb, forequarter fore-shank, separable lean, braised | M1123 | Lamb, forequarter fore-shank, separable lean, braised | MEATS | z | 157 |
| Lamb, forequarter rack fully Frenched, separable lean & fat, fast-roasted | M1207 | Lamb, forequarter rack fully Frenched, separable lean & fat, fast-roasted | MEATS | z | 157 |
| Lamb, forequarter rack fully Frenched, separable lean, fast-roasted | M1125 | Lamb, forequarter rack fully Frenched, separable lean, fast-roasted | MEATS | z | 157 |
| Lamb, forequarter rack partially Frenched, separable lean & fat, fast-roasted | M1208 | Lamb, forequarter rack partially Frenched, separable lean & fat, fast-roasted | MEATS | z | 157 |
| Lamb, forequarter rack partially Frenched, separable lean, fast-roasted | M1126 | Lamb, forequarter rack partially Frenched, separable lean, fast-roasted | MEATS | z | 157 |
| Lamb, forequarter round neck chops, separable lean & fat, braised | M1206 | Lamb, forequarter round neck chops, separable lean & fat, braised | MEATS | z | 157 |
| Lamb, forequarter round neck chops, separable lean, braised | M1124 | Lamb, forequarter round neck chops, separable lean, braised | MEATS | z | 157 |
| 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 | 157 |
| Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted | M1121 | Lamb, forequarter shoulder boneless rolled & netted, separable lean, slow-roasted | MEATS | z | 157 |
| Lamb, forequarter shoulder chops, separable lean & fat, braised | M1210 | Lamb, forequarter shoulder chops, separable lean & fat, braised | MEATS | z | 157 |
| Lamb, forequarter shoulder chops, separable lean, braised | M1128 | Lamb, forequarter shoulder chops, separable lean, braised | MEATS | z | 157 |
| Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted | M1209 | Lamb, forequarter shoulder square cut, separable lean & fat, slow-roasted | MEATS | z | 157 |
| Lamb, forequarter shoulder square cut, separable lean, slow-roasted | M1127 | Lamb, forequarter shoulder square cut, separable lean, slow-roasted | MEATS | z | 157 |
| Lamb, hindquarter double loin, separable lean & fat, fast-roasted | M1217 | Lamb, hindquarter double loin, separable lean & fat, fast-roasted | MEATS | z | 157 |
| Lamb, hindquarter double loin, separable lean, fast-roasted | M1136 | Lamb, hindquarter double loin, separable lean, fast-roasted | MEATS | z | 159 |
| Lamb, hindquarter fillet, separable lean & fat, fast-fried | M1218 | Lamb, hindquarter fillet, separable lean & fat, fast-fried | MEATS | z | 159 |
| Lamb, hindquarter fillet, separable lean, fast-fried | M1137 | Lamb, hindquarter fillet, separable lean, fast-fried | MEATS | z | 159 |
| Lamb, hindquarter flap boneless, separable lean & fat, simmered | M1213 | Lamb, hindquarter flap boneless, separable lean & fat, simmered | MEATS | z | 159 |
| Lamb, hindquarter flap boneless, separable lean, simmered | M1132 | Lamb, hindquarter flap boneless, separable lean, simmered | MEATS | z | 159 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-----------------------|-----------------------------|-------------|
| Lamb, hindquarter knuckle, separable lean & fat, braised | M1215 | Lamb, hindquarter knuckle, separable lean & fat, braised | MEATS | z | 159 |
| Lamb, hindquarter knuckle, separable lean, braised | M1134 | Lamb, hindquarter knuckle, separable lean, braised | MEATS | z | 159 |
| Lamb, hindquarter leg boned, separable lean & fat, slow-roasted | M1219 | Lamb, hindquarter leg boned, separable lean & fat, slow-roasted | MEATS | z | 159 |
| Lamb, hindquarter leg boned, separable lean, slow-roasted | M1138 | Lamb, hindquarter leg boned, separable lean, slow-roasted | MEATS | z | 159 |
| Lamb, hindquarter leg chop, separable lean & fat, fast-fried | M1211 | Lamb, hindquarter leg chop, separable lean & fat, fast-fried | MEATS | z | 159 |
| Lamb, hindquarter leg chop, separable lean, fast-fried | M1130 | Lamb, hindquarter leg chop, separable lean, fast-fried | MEATS | z | 159 |
| Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried | M1216 | Lamb, hindquarter middle loin chop, separable lean & fat, fast-fried | MEATS | z | 159 |
| Lamb, hindquarter middle loin chop, separable lean, fast-fried | M1135 | Lamb, hindquarter middle loin chop, separable lean, fast-fried | MEATS | z | 159 |
| Lamb, hindquarter rump, separable lean & fat, fast-roasted | M1212 | Lamb, hindquarter rump, separable lean & fat, fast-roasted | MEATS | z | 159 |
| Lamb, hindquarter rump, separable lean, fast-roasted | M1131 | Lamb, hindquarter rump, separable lean, fast-roasted | MEATS | z | 159 |
| Lamb, hindquarter striploin, separable lean & fat, fast-roasted | M1214 | Lamb, hindquarter striploin, separable lean & fat, fast-roasted | MEATS | z | 159 |
| Lamb, hindquarter striploin, separable lean, fast-roasted | M1133 | Lamb, hindquarter striploin, separable lean, fast-roasted | MEATS | z | 159 |
| Lamb, mince, standard, stewed | M1129 | Lamb, mince, standard, stewed | MEATS | z | 159 |
| Lamb, offal, brain, raw, simmered, drained & fried | M1139 | Lamb, offal, brain, raw, simmered, drained & fried | MEATS | z | 159 |
| Lamb, offal, heart, simmered & drained | M1140 | Lamb, offal, heart, simmered & drained | MEATS | z | 161 |
| Lamb, offal, kidney, fried | M1141 | Lamb, offal, kidney, fried | MEATS | z | 161 |
| Lamb, offal, lambs fry, fried | M1142 | Lamb, offal, lambs fry, fried | MEATS | z | 161 |
| Lard | J7 | Lard | FATS AND OILS | b | 109 |
| 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 | 233 |
| Lemon curd, cooked | R10009 | Lemon curd, dessert spread, cooked | RECIPES | z | 189 |
| Lemon, flesh, raw | L183 | Lemon, flesh, raw | FRUITS | b | 135 |
| Lentil, split, boiled, drained, no salt added | X54 | Lentil, split, boiled, drained, no salt added | VEGETABLES AND PULSES | b | 233 |
| Lettuce, hydroponic varieties, raw | X305 | Lettuce, leafy vegetable, raw, hydroponic varieties | VEGETABLES AND PULSES | z | 233 |
| Light 'n' Tasty™, Apricot, Sanitarium™, fortified vitamins B1, B2, B3, E & folate, Ca & Fe | 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 | 53 |
| Light 'n' Tasty™, Berry, Sanitarium™, fortified vitamins B1, B2, B3 & folate, Ca & Fe | 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 | 53 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|---|-----------------------------|-------------|
| Light 'n' Tasty™, Peach & Raspberry, Sanitarium™, fortified vitamins B1, B2, B3, E & folate, Ca & Fe | 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 | 53 |
| 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 | 179 |
| Liquid breakfast, assorted flavours, Fast Start™, Anchor™, fortified vitamins A, B1, B2, B3, B6, B12, D & folate | 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 | 43 |
| Liquid breakfast, assorted flavours, Up&Go™, Sanitarium™, fortified vitamins A, B1, B2, B3, B6, B12, B6, C & folate | 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 | 43 |
| Liquorice, allsorts | W29 | Liquorice, allsorts | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 211 |
| Liquorice, black | W43 | Liquorice, black, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 213 |
| Lollies, Minties, Pascall | W44 | Lollies, Minties, Pascall | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 213 |
| Lollipop, assorted flavours, Chupa Chup® | W57 | Lollipop, assorted flavours, Chupa Chup® | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 213 |
| Lychee, canned in syrup, undrained | L97 | Lychee, in syrup, canned, undrained | FRUITS | b | 135 |
| Macadamia nut, dried, raw | Q1045 | Nut, macadamia, dried, raw, composite | NUTS AND SEEDS | z | 179 |
| Macadamia nut, dry roasted, salted | Q1050 | Nut, macadamia, dry roasted, salted, composite | NUTS AND SEEDS | z | 179 |
| Macadamia nut, dry roasted, unsalted | Q1049 | Nut, macadamia, dry roasted, unsalted, composite | NUTS AND SEEDS | z | 181 |
| Mackerel, canned in oil, drained | K1026 | Mackerel, canned in oil, drained, composite | FIN FISHES | z | 119 |
| Mackerel, canned in oil, undrained | K1027 | Mackerel, canned in oil, undrained, composite | FIN FISHES | z | 119 |
| Mackerel, canned in tomato sauce, undrained | K1028 | Mackerel, canned in tomato sauce, undrained, composite | FIN FISHES | z | 119 |
| Mandarin, flesh, fresh, raw | L1183 | Mandarin, flesh, fresh, raw, composite | FRUITS | z | 135 |
| Mango, canned in syrup, undrained | L100 | Mango, in syrup, canned, undrained | FRUITS | b | 135 |
| Mango, flesh, raw | L101 | Mango, flesh, raw | FRUITS | b | 135 |
| Mango, frozen | L1229 | Mango, slices, frozen, composite | FRUITS | z | 135 |
| Margarine, avocado, Olivani® | J1022 | Margarine, avocado, Olivani® | FATS AND OILS | z | 111 |
| Margarine, canola, monounsaturated, 50% fat, fortified vitamins A & D | J1003 | Margarine, canola, monounsaturated, 50% fat, composite, fortified vitamins A & D | FATS AND OILS | z | 111 |
| Margarine, canola, monounsaturated, 70% fat, fortified vitamins A & D | J1001 | Margarine, canola, monounsaturated, 70% fat, composite, fortified vitamins A & D | FATS AND OILS | z | 111 |
| Margarine, catering, Choice | J1023 | Margarine, catering, Choice | FATS AND OILS | z | 111 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|---|-----------------------------|-------------|
| Margarine, light, Logical® | J1029 | Margarine, light, Logical® | FATS AND OILS | z | 111 |
| Margarine, light, monounsaturated, 55% fat, Olivani® | J1012 | Margarine, light, monounsaturated, 55% fat, Olivani® | FATS AND OILS | z | 111 |
| Margarine, light, polyunsaturated, 50% fat, Flora®, fortified vitamins A & D | J1008 | Margarine, light, polyunsaturated, 50% fat, Flora®, fortified vitamins A & D | FATS AND OILS | z | 111 |
| Margarine, monounsaturated, 75% fat, Olivani® | J1009 | Margarine, monounsaturated, 75% fat, Olivani® | FATS AND OILS | z | 111 |
| Margarine, original, Flora®, fortified vitamin D | J1028 | Margarine, original, Flora®, fortified vitamin D | FATS AND OILS | z | 111 |
| Margarine, polyunsaturated, 60% fat, Sunrise® | J1007 | Margarine, polyunsaturated, 60% fat, Sunrise® | FATS AND OILS | z | 111 |
| Margarine, polyunsaturated, 70% fat, fortified vitamins A & D | J1005 | Margarine, polyunsaturated, 70% fat, composite, fortified vitamins A & D | FATS AND OILS | z | 111 |
| Margarine, polyunsaturated, 70% fat, reduced salt, fortified vitamins A & D | J1006 | Margarine, polyunsaturated, 70% fat, reduced salt, composite, fortified vitamins A & D | FATS AND OILS | z | 111 |
| Margarine, rice bran, Alfa™ One | J1020 | Margarine, rice bran, Alfa™ One | FATS AND OILS | z | 113 |
| Margarine, rice bran, light, Alfa™ One | J1021 | Margarine, rice bran, light, Alfa™ One | FATS AND OILS | z | 113 |
| Margarine, summer gold, canola, monounsaturated, 70% fat, Pams | J1002 | Margarine, summer gold, canola, monounsaturated, 70% fat, Pams | FATS AND OILS | z | 113 |
| Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams | J1004 | Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams | FATS AND OILS | z | 113 |
| Marmalade, assorted citrus fruits, sweetened with artificial or intense sweetener | W1024 | Marmalade, assorted citrus fruits, sweetened with artificial or intense sweetener | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 213 |
| Marmalade, assorted citrus fruits, sweetened with juice | W1023 | Marmalade, assorted citrus fruits, sweetened with juice | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 213 |
| Marmalade, assorted citrus fruits, sweetened with sugar | W1022 | Marmalade, assorted citrus fruits, sweetened with sugar, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 213 |
| Marrow, flesh, boiled, drained, no salt added | X57 | Marrow, fruit vegetable, flesh, boiled, drained, no salt added | VEGETABLES AND PULSES | b | 235 |
| Marshmallow, pink & white | W40 | Marshmallow, pink & white, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 213 |
| Melon, Honeydew, flesh, raw | L105 | Melon, flesh, raw, Honeydew | FRUITS | b | 135 |
| Melon, rock, flesh, raw | L106 | Melon, rock, flesh, raw, combined cultivars | FRUITS | z | 135 |
| Meringue, baked | R10023 | Meringue, baked | RECIPES | z | 189 |
| Milk chocolate, plain | W1029 | Milk chocolate, plain, cocoa solids, milk solids and sugar added, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 213 |
| Milk, A2, cow, lite, fluid, fresh | F1116 | Milk, A2, cow, lite (1.5% fat), fluid, fresh, composite | DAIRY | z | 81 |
| Milk, A2, cow, standard, fluid, fresh | F1115 | Milk, A2, cow, standard (3.3% fat), fluid, fresh, composite | DAIRY | z | 81 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|---------|-----------------------------|-------------|
| 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 | 83 |
| 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 | 83 |
| Milk, coffee flavour, reduced fat, sugar-sweetened, fortified vitamin A | F1101 | Milk, cow, fresh or long-life milk with coffee flavour, fluid, reduced fat, sugar-sweetened, fortified vitamin A | DAIRY | z | 83 |
| 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 | 83 |
| 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 | 83 |
| Milk, condensed, sweetened, skim | F30 | Milk, condensed, sweetened, skim | DAIRY | b | 83 |
| Milk, condensed, sweetened, whole | F31 | Milk, condensed, sweetened, whole | DAIRY | z | 83 |
| Milk, cow, fresh or ultra-heat treated (UHT) milk with coffee flavour, fluid, sugar-sweetened | F1097 | Milk, cow, fresh or ultra-heat treated (UHT) milk with coffee flavour, fluid, sugar-sweetened, composite | DAIRY | z | 83 |
| Milk, cow, fresh, chocolate flavour, fluid, sugar-sweetened, premium | F1096 | Milk, cow, fresh, chocolate flavour, fluid, sugar-sweetened, premium, composite | DAIRY | z | 83 |
| Milk, cow, lite, fluid, fresh | F1111 | Milk, cow, lite (1.5% fat), fluid, fresh, composite | DAIRY | z | 83 |
| Milk, cow, lite, fluid, ultra-heat treated (UHT) | F1107 | Milk, cow, lite (1.5% fat), fluid, ultra-heat treated (UHT), composite | DAIRY | z | 83 |
| Milk, cow, low fat 0.2%, fluid, ultra-filtered, Sun Latte [®] , fortified vitamin D | F1087 | Milk, cow, low fat 0.2%, fluid, ultra-filtered, Sun Latte [®] , fortified vitamin D | DAIRY | z | 83 |
| Milk, cow, powder, instant, skim | F36 | Milk, cow, instant, skim, powder | DAIRY | rz | 85 |
| Milk, cow, powder, instant, whole | F37 | Milk, cow, instant, whole, powder | DAIRY | z | 85 |
| Milk, cow, standard, fluid, fresh | F1110 | Milk, cow, standard (3.3% fat), fluid, fresh, composite | DAIRY | z | 85 |
| Milk, cow, standard, fluid, ultra-heat treated (UHT) | F1106 | Milk, cow, standard (3.3% fat), fluid, ultra-heat treated (UHT), composite | DAIRY | z | 85 |
| Milk, cow, standard, lactose-free, fluid, ultra-heat treated (UHT) | F1109 | Milk, cow, standard (3.3% fat), lactose-free, fluid, ultra-heat treated (UHT), composite | DAIRY | z | 85 |
| Milk, cow, trim, fluid, fresh | F1114 | Milk, cow, trim (<1% fat), fluid, fresh, composite | DAIRY | z | 85 |
| Milk, cow, trim, fluid, fresh, fortified Ca | F1113 | Milk, cow, trim (<1% fat), fluid, fresh, composite, fortified Ca | DAIRY | z | 85 |
| Milk, cow, trim, fluid, fresh, fortified Ca & vitamin D | F1112 | Milk, cow, trim (<1% fat), fluid, fresh, composite, fortified Ca & vitamin D | DAIRY | z | 85 |
| Milk, cow, trim, fluid, ultra-heat treated (UHT), fortified vitamin D | F1108 | Milk, cow, trim (<1% fat), fluid, ultra-heat treated (UHT), composite, fortified vitamin D | DAIRY | z | 85 |
| Milk, cow, whole 4% fat, fluid, non-homogenised | F1086 | Milk, cow, whole 4% fat, fluid, non-homogenised, composite | DAIRY | z | 85 |
| Milk, cow, whole, evaporated, fluid | F32 | Milk, cow, whole, evaporated, fluid | DAIRY | z | 85 |
| Milk, goat, whole, fluid | F52 | Milk, goat, whole, fluid | DAIRY | z | 87 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-------------------------|-----------------------------|-------------|
| Milk, human, transitional, fluid | F54 | Milk, human, transitional, fluid | DAIRY | b | 87 |
| Milk, sheep, whole, fluid, fresh | F1100 | Milk, sheep, whole, fluid, fresh, composite | DAIRY | z | 87 |
| 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 [®] , Nestlé [®] , fortified vitamins B2, B3, B6, B12, C & D, Ca, Fe and P | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| 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 | 235 |
| 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 | 235 |
| 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 | 235 |
| 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 | 235 |
| 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 | 235 |
| Muesli bar, chocolate chip | U30 | Muesli bar, chocolate chip, composite | SNACK FOODS | z | 201 |
| Muesli bar, chocolate coated, Snacker | U27 | Muesli bar, chocolate coated, Snacker | SNACK FOODS | z | 201 |
| Muesli bar, fruit & nut | U28 | Muesli bar, fruit & nut, composite | SNACK FOODS | z | 201 |
| Muesli bar, fruit filled, twisted, assorted flavours | U67 | Muesli bar, fruit filled, twisted, assorted flavours, composite | SNACK FOODS | z | 201 |
| Muesli bar, fruit filled, wholemeal, assorted flavours | U70 | Muesli bar, fruit filled, wholemeal, assorted flavours | SNACK FOODS | z | 201 |
| Muesli bar, yoghurt coated | U24 | Muesli bar, yoghurt coated, composite | SNACK FOODS | z | 201 |
| Muffin split, English style, white, plain, as purchased | A1197 | Muffin split, English style, from white wheat flour, plain, as purchased, commercial, composite | BAKERY PRODUCTS | z | 17 |
| Muffin split, English style, white, with cheese, as purchased | A1199 | Muffin split, English style, from white wheat flour, with cheese, as purchased, commercial | BAKERY PRODUCTS | z | 17 |
| Muffin split, English style, white, with spicy dried fruits, as purchased | A1201 | Muffin split, English style, white wheat flour, with spicy dried fruits, as purchased, commercial, composite | BAKERY PRODUCTS | z | 17 |
| Muffin split, English style, wholegrain, as purchased | A1203 | Muffin split, English style, from wholegrain flour, plain, as purchased, commercial, composite | BAKERY PRODUCTS | z | 17 |
| Muffin, blueberry | A127 | Muffin, blueberry, as purchased | 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 | 201 |
| 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 | 235 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-----------------------------------|-----------------------------|-------------|
| 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 | 235 |
| Mushroom, button, white or brown, fresh, raw | X1187 | Mushroom, fungus, button, white or brown, fresh, raw, composite | VEGETABLES AND PULSES | z | 235 |
| Mushroom, fried in butter | X298 | Mushroom, fungus, fried in butter | VEGETABLES AND PULSES | z | 235 |
| Mushroom, Portobello, whole, raw | X1089 | Mushroom, fungus, whole, stem & cap, fresh, raw, Portobello | VEGETABLES AND PULSES | z | 235 |
| Mussel, green, meat, boiled | T1026 | Mussel, green, meat, boiled | SHELLFISHES | z | 195 |
| Mussel, green, meat, fresh, raw | T1024 | Mussel, green, meat, fresh, raw | SHELLFISHES | z | 195 |
| 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 | 197 |
| Mussel, green, meat, marinated, drained, ready to eat, Talley's | T1005 | Mussel, green, meat, marinated, drained, ready to eat, Talley's | SHELLFISHES | z | 197 |
| 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 | 197 |
| Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh | T1023 | Mussel, green, meat, smoked, ready to eat, Natural, Aqua Fresh | SHELLFISHES | z | 197 |
| Mutton, leg, lean, roasted | M598 | Mutton, leg, separable lean, roasted | MEATS | z | 161 |
| Nectarine, yellow, flesh & skin, fresh, raw | L1166 | Nectarine, yellow, flesh & skin, fresh, raw, composite | FRUITS | z | 135 |
| Noodle, chow mein style, fried, as purchased | E1074 | Noodle, chow mein style, fried, as purchased, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Noodle, chow mein, combination, Chinese | H1017 | Noodle, chow mein, combination, Chinese, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 103 |
| Noodle, instant, boiled, drained | E81 | Noodle, instant, boiled, drained | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Noodle, pad thai with chicken & egg, Thai, takeaway | H1022 | Noodle, pad thai with chicken & egg, Thai, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 103 |
| Noodle, rice flour, dry, boiled, drained | E1053 | Noodle, rice flour, dry, boiled, drained, composite | CEREALS AND PSEUDO-CEREALS | z | 63 |
| Noodle, shelf-fresh, boiled, drained, Japanese udon noodles | E1056 | Noodle, wheat flour, shelf-fresh, boiled, drained, Japanese udon noodles | CEREALS AND PSEUDO-CEREALS | z | 63 |
| 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 | 65 |
| Noodle, wheat flour with egg, boiled, drained | E39 | Noodle, wheat flour with egg, boiled, drained | CEREALS AND PSEUDO-CEREALS | b | 65 |
| Noodle, wheat flour with egg, fried | E40 | Noodle, wheat flour with egg, fried | CEREALS AND PSEUDO-CEREALS | b | 65 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|----------------------------|-----------------------------|-------------|
| 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 | 65 |
| 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 | 65 |
| Nut bar, peanut & chocolate, Choc Peanut, Tasti | U1011 | Nut bar, peanut & chocolate, Choc Peanut, Tasti | SNACK FOODS | z | 201 |
| Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural™ | U1010 | Nut bar, peanut & chocolate, Chocolate Nut Bar Original, Nice & Natural™ | SNACK FOODS | z | 201 |
| Nut, mixed, salted | Q11 | Nut, mixed, salted | NUTS AND SEEDS | a | 181 |
| Nutri-Grain®, Kellogg's®, fortified vitamins B1, B2, B3, B6, C & folate, Ca & Fe | 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 | 55 |
| Oat bran | E23 | Bran, oats, composite | CEREALS AND PSEUDO-CEREALS | Mixed | 65 |
| Oat milk, unsweetened | C1125 | Drink, oat milk, unsweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 43 |
| Oatmeal, dry | E22 | Oatmeal, dry | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Oats, rolled, raw, New Zealand | E1075 | Oats, grains rolled, raw, New Zealand | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Oats, toasted, Rolled Oats, Harraways™ | E1015 | Oats, grains rolled, toasted, Rolled Oats, Harraways™ | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Oats, Traditional Wholegrain Oats, Harraways™ | E1022 | Oats, wholegrain, toasted, Traditional Wholegrain Oats, Harraways™ | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Oats, wholegrain, raw, New Zealand | E1076 | Oats, wholegrain, raw, New Zealand | CEREALS AND PSEUDO-CEREALS | z | 65 |
| Oil, avocado | J60 | Oil, avocado | FATS AND OILS | u | 113 |
| Oil, canola | J1033 | Oil, canola, composite | FATS AND OILS | z | 113 |
| Oil, corn | J4 | Oil, corn | FATS AND OILS | b | 113 |
| Oil, flaxseed | J61 | Oil, flaxseed | FATS AND OILS | z | 113 |
| Oil, hemp seed | J1040 | Oil, hemp seed, composite | FATS AND OILS | z | 113 |
| Oil, olive | J10001 | Oil, olive, composite | FATS AND OILS | z | 113 |
| Oil, rice bran | J10002 | Oil, rice bran, composite | FATS AND OILS | z | 113 |
| Oil, safflower | J14 | Oil, safflower | FATS AND OILS | b | 113 |
| Oil, sesame | J1037 | Oil, sesame | FATS AND OILS | u | 115 |
| Oil, soya bean | J1035 | Oil, soya bean, composite | FATS AND OILS | u | 115 |
| Oil, sunflower | J1036 | Oil, sunflower, composite | FATS AND OILS | a | 115 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|-----------------------------------|-----------------------------|-------------|
| Oil, vegetable, blend | J31 | Oil, vegetable, blend | FATS AND OILS | z | 115 |
| Olive, in brine | L112 | Olive, in brine | FRUITS | z | 137 |
| Omelette, egg, chicken, cooked with butter | R10026 | Omelette, egg, chicken, cooked with butter | RECIPES | z | 189 |
| Onion, brown, flesh, fresh, raw | X1130 | Onion, bulb vegetable, flesh, fresh, raw, Brown, combined cultivars | VEGETABLES AND PULSES | z | 237 |
| Onion, brown, flesh, fresh, sautéed | X1131 | Onion, bulb vegetable, flesh, fresh, sautéed with oil, Brown, combined cultivars | VEGETABLES AND PULSES | z | 237 |
| Onion, pickled | X146 | Onion, pickled | VEGETABLES AND PULSES | a | 237 |
| Onion, red, flesh, fresh, sautéed with oil | X1270 | Onion, red, bulb vegetable, flesh, fresh, sautéed with oil, combined cultivars | VEGETABLES AND PULSES | z | 237 |
| Onion, red, flesh, raw, fresh | X1269 | Onion, red, bulb vegetable, flesh, raw, fresh, combined cultivars | VEGETABLES AND PULSES | z | 237 |
| Orange roughy, flesh, baked | K78 | Orange roughy, flesh, baked | FIN FISHES | z | 119 |
| Orange roughy, flesh, deep-fried | K79 | Orange roughy, flesh, deep-fried | FIN FISHES | z | 119 |
| Orange, flesh, raw, USA | L1155 | Orange, flesh, raw, USA | FRUITS | z | 137 |
| Orange, peeled, seeded, fresh, raw | L1182 | Orange, peeled, seeded, fresh, raw, composite | FRUITS | z | 137 |
| Ox, offal, heart, simmered | M1086 | Ox, offal, heart, simmered | MEATS | z | 161 |
| Ox, offal, kidney, simmered | M1087 | Ox, offal, kidney, simmered | MEATS | z | 161 |
| Ox, offal, liver, fast-fried | M1088 | Ox, offal, liver, fast-fried | MEATS | z | 161 |
| Oyster, battered, deep-fried in peanut oil | T17 | Oyster, battered, deep-fried in peanut oil | SHELLFISHES | z | 197 |
| Oyster, dredge, raw | T6 | Oyster, dredge, raw | SHELLFISHES | z | 197 |
| Pancake, McDonald's® | H151 | Pancake, ready to eat, McDonald's® | FAST FOODS AND READY TO EAT MEALS | z | 103 |
| Pancake, plain, pan-fried without oil | R10019 | Pancake, plain, pan-fried without oil, home-made | RECIPES | z | 189 |
| Parsley, raw | X68 | Parsley, leafy vegetable, raw | VEGETABLES AND PULSES | Mixed | 237 |
| Parsnip, boiled, drained, no salt added | X1099 | Parsnip, root vegetable, taproot, flesh, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 237 |
| Parsnip, flesh, baked without fat | X1100 | Parsnip, root vegetable, taproot, flesh, baked without fat | VEGETABLES AND PULSES | z | 237 |
| Parsnip, flesh, steamed | X1101 | Parsnip, root vegetable, taproot, flesh, steamed | VEGETABLES AND PULSES | z | 237 |
| Passion fruit, flesh & seed, raw | L116 | Passion fruit, flesh & seed, raw | FRUITS | b | 137 |
| Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled | E10001 | Pasta & sauce, dry mix, assorted flavours, prepared with water, milk & butter, boiled, composite | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Pasta, fresh, assorted type, cooked | E55 | Pasta, fresh, assorted type, cooked, composite | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Pasta, fresh, fettuccine, herb & garlic, cooked | E56 | Pasta, fresh, fettuccine, herb & garlic, cooked | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Pasta, fresh, ravioli, beef & pork, cooked | E57 | Pasta, fresh, ravioli, beef & pork, cooked, composite | CEREALS AND PSEUDO-CEREALS | z | 67 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|-----------------------------------|-----------------------------|-------------|
| Pasta, wheat flour with egg, boiled, drained | E118 | Pasta, wheat flour with egg, boiled, drained | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Pasta, wheat flour with vegetable flavours, boiled, drained | E119 | Pasta, wheat flour with vegetable flavours, boiled, drained | CEREALS AND PSEUDO-CEREALS | z | 67 |
| 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 | 67 |
| 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 | 67 |
| Pastry, short, butter, baked | R10006 | Pastry, short, butter, baked | RECIPES | z | 189 |
| Pate, chicken liver | N22 | Pate, chicken liver | MEAT PRODUCTS | Mixed | 167 |
| Pate, pork liver | N23 | Pate, pork liver | MEAT PRODUCTS | Mixed | 167 |
| 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 | 167 |
| Patty, burger, chicken, crumbed, frozen, pan-fried with oil | N1055 | Patty, burger, chicken, crumbed, frozen, pan-fried without oil, commercial | MEAT PRODUCTS | z | 167 |
| 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 AND READY TO EAT MEALS | z | 103 |
| Patty, shredded potato, hash brown, pre-cooked, frozen, pan-fried with oil | H10001 | Patty, shredded potato, hash brown, pre-cooked, frozen, pan-fried with oil, composite | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Paua, fritter, deep-fried | T25 | Paua, fritter, deep-fried | SHELLFISHES | z | 197 |
| Pea, green, frozen, boiled, drained, no salt added | X1135 | Pea, seed vegetable, frozen, boiled, drained, no salt added, green | VEGETABLES AND PULSES | z | 237 |
| 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 | 239 |
| 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 | 239 |
| Peach, canned in juice, undrained | L1123 | Peach, in juice, canned, no sugar added, undrained, composite | FRUITS | z | 137 |
| Peach, canned in syrup, drained | L1126 | Peach, in syrup, sugar-sweetened, canned, drained, composite | FRUITS | z | 137 |
| Peach, yellow, flesh and skin, fresh, raw | L1167 | Peach, yellow, flesh and skin, fresh, raw, composite | FRUITS | z | 137 |
| Peanut butter, smooth & crunchy, no sugar or salt added | Q1020 | Peanut butter, smooth & crunchy, no sugar or salt added, composite | NUTS AND SEEDS | z | 181 |
| Peanut butter, smooth & crunchy, salt & sugar added | Q1021 | Peanut butter, smooth & crunchy, salt & sugar added, composite | NUTS AND SEEDS | z | 181 |
| Peanut butter, smooth & crunchy, salt added, no sugar added | Q1019 | Peanut butter, smooth & crunchy, salt added, no sugar added, composite | NUTS AND SEEDS | z | 181 |
| Peanut, blanched, dry roasted, unsalted | Q1064 | Nut, peanut, blanched, dry roasted, unsalted | NUTS AND SEEDS | z | 181 |
| Peanut, blanched, raw | Q1062 | Nut, peanut, blanched, raw | NUTS AND SEEDS | z | 181 |
| Peanut, blanched, roasted, salted | Q1063 | Nut, peanut, blanched, roasted, salted, commercial | NUTS AND SEEDS | z | 181 |
| Peanut, with skin, dry roasted, salted | Q1060 | Nut, peanut, with skin, dry roasted, salted | NUTS AND SEEDS | z | 183 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|-----------------------------------|-----------------------------|-------------|
| Peanut, with skin, raw | Q1059 | Nut, peanut, with skin, raw | NUTS AND SEEDS | z | 183 |
| Peanut, with skin, roasted, unsalted | Q1061 | Nut, peanut, with skin, roasted, unsalted | NUTS AND SEEDS | z | 183 |
| Pear, canned in juice, undrained | L204 | Pear, in juice, canned, undrained | FRUITS | a | 137 |
| Pear, flesh & skin, raw | L1015 | Pear, flesh & skin, raw, combined varieties | FRUITS | z | 137 |
| Pear, golden russet coloured skin, flesh & skin, fresh, raw | L1185 | Pear, golden russet coloured skin, flesh & skin, fresh, raw, composite | FRUITS | z | 139 |
| Pear, green to yellow skin, flesh & skin, fresh, raw | L1184 | Pear, green to yellow skin, flesh & skin, fresh, raw, composite | FRUITS | z | 139 |
| Pear, nashi, gold colour skin, flesh & skin, fresh, raw | L1165 | Pear, nashi, gold colour skin, flesh & skin, fresh, raw, composite | FRUITS | z | 139 |
| Pecan nut, dried, raw | Q1044 | Nut, pecan, dried, raw, composite | NUTS AND SEEDS | z | 183 |
| Pecan nut, dry roasted, unsalted | Q1048 | Nut, pecan, dry roasted, unsalted, composite | NUTS AND SEEDS | z | 183 |
| Persimmon, flesh, fresh, raw, New Zealand | L1160 | Persimmon, flesh, fresh, raw, composite, New Zealand | FRUITS | z | 139 |
| Pickle, sweet | S2 | Pickle, sweet | SAUCES AND CONDIMENTS | b | 193 |
| Pie, apple, McDonald's® | H27 | Pie, apple, ready to eat, McDonald's® | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Pie, Cornish pasty | N4 | Pie, Cornish pasty | MEAT PRODUCTS | b | 167 |
| Pie, lemon meringue, baked | R10017 | Pie, lemon meringue, baked | RECIPES | z | 189 |
| Pie, mince, family size | H29 | Pie, mince, family size, composite | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Pie, pork | N12 | Pie, pork | MEAT PRODUCTS | b | 167 |
| Pie, savoury, chicken, individual size, ready to eat | H1056 | Pie, savoury, chicken, individual size, ready to eat, commercial | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Pie, savoury, egg & bacon, individual size, ready to eat | H1055 | Pie, savoury, egg & bacon, individual size, ready to eat, commercial | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Pie, savoury, mince & cheese, individual size, ready to eat | H1054 | Pie, savoury, mince & cheese, individual size, ready to eat, commercial | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Pikelet, plain, pan-fried without oil, home-made | R10018 | Pikelet, plain, pan-fried without oil, home-made | RECIPES | z | 189 |
| Pine nut, dried, raw | Q1043 | Nut, pine, dried, raw, composite | NUTS AND SEEDS | z | 183 |
| Pine nut, dry roasted, unsalted | Q1047 | Nut, pine, dry roasted, unsalted, composite | NUTS AND SEEDS | z | 183 |
| Pineapple, canned in juice, drained | L1130 | Pineapple, in juice, no sugar added canned, drained, composite | FRUITS | z | 139 |
| Pineapple, canned in syrup, drained | L1134 | Pineapple, in syrup, sugar-sweetened canned, drained, composite | FRUITS | z | 139 |
| Pineapple, canned in syrup, undrained | L1135 | Pineapple, in syrup, sugar-sweetened canned, undrained, composite | FRUITS | z | 139 |
| Pineapple, flesh, raw | L144 | Pineapple, flesh, raw | FRUITS | b | 139 |
| Pineapple, frozen | L1227 | Pineapple, cut pieces, frozen, composite | FRUITS | z | 141 |
| Pipi, flesh, raw | T19 | Pipi, flesh, raw | SHELLFISHES | rz | 197 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|-----------------------------------|-----------------------------|-------------|
| Pistachio nut, dried, raw, unsalted | Q1046 | Nut, pistachio, dried, raw, unsalted | NUTS AND SEEDS | z | 185 |
| Pistachio nut, dry roasted without shell, no salt added | Q1052 | Nut, pistachio, dry roasted without shell, no salt added | NUTS AND SEEDS | z | 19 |
| Pistachio nut, dry roasted, salted | Q1051 | Nut, pistachio, dry roasted, salted | NUTS AND SEEDS | z | 105 |
| 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 | 105 |
| Pizza, barbeque chicken, thick crust | H190 | Pizza, barbeque chicken, thick crust, composite | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Pizza, frozen, Hawaiian & Combination, individual size, baked | H179 | Pizza, frozen, Hawaiian & Combination, individual size, baked | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Pizza, frozen, Hawaiian & House special, premium, baked | H177 | Pizza, frozen, Hawaiian & House special, premium, baked | FAST FOODS AND READY TO EAT MEALS | z | 105 |
| Pizza, frozen, meat lovers, premium, baked | H176 | Pizza, frozen, meat lovers, premium, baked | FAST FOODS AND READY TO EAT MEALS | z | 107 |
| Pizza, Hawaiian, thick crust | H191 | Pizza, Hawaiian, thick crust, composite | FAST FOODS AND READY TO EAT MEALS | z | 107 |
| Pizza, meat, thick crust | H189 | Pizza, meat, thick crust, composite | FAST FOODS AND READY TO EAT MEALS | z | 141 |
| Pizza, supreme, thin crust, Pizza Hut [®] | H41 | Pizza, supreme, thin crust, Pizza Hut [®] | FAST FOODS AND READY TO EAT MEALS | a | 141 |
| Plum, canned in syrup, drained | L148 | Plum, in syrup, canned, drained | FRUITS | z | 141 |
| Plum, cooking, stewed | L154 | Plum, cooking, stewed | FRUITS | b | 141 |
| Plum, flesh & skin, raw | L155 | Plum, flesh & skin, raw, combined cultivars | FRUITS | z | 203 |
| Plum, 'Royal Star', flesh, raw | L1053 | Plum, flesh, raw, 'Royal Star' | FRUITS | z | 203 |
| Popcorn, air popped | U1009 | Snack, popcorn, air popped | SNACK FOODS | u | 161 |
| Popcorn, buttered, salted, Pop N Good [®] | U40 | Popcorn, buttered, salted, Pop N Good [®] | SNACK FOODS | z | 161 |
| Pork, forequarter scotch fillet, separable lean, grilled | M429 | Pork, forequarter scotch fillet, separable lean, grilled | MEATS | z | 161 |
| 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 | 161 |
| Pork, ham, separable lean 92% & fat 8%, cooked | M124 | Pork, ham, separable lean 92% & fat 8%, cooked | MEATS | Mixed | 161 |
| Pork, leg roast, lean, roasted | M533 | Pork, leg roast, lean, roasted | MEATS | z | 163 |
| Pork, leg shank, lean & fat, roasted | M94 | Pork, leg shank, lean & fat, roasted | MEATS | z | 163 |
| Pork, leg steak, lean & fat, grilled | M286 | Pork, leg steak, lean & fat, grilled | MEATS | z | 163 |
| Pork, leg steak, lean, stewed | M411 | Pork, leg steak, separable lean, stewed | MEATS | z | 163 |
| Pork, leg steak, separable lean, grilled | M285 | Pork, leg steak, separable lean, grilled | MEATS | z | 163 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-----------------------------------|-----------------------------|-------------|
| Pork, loin chops, lean, grilled | M99 | Pork, loin chops, lean, grilled | MEATS | z | 163 |
| Pork, loin, medallion, lean, grilled | M434 | Pork, loin, medallion, lean, grilled | MEATS | z | 163 |
| Pork, midloin chops, lean & fat, grilled | M98 | Pork, midloin chops, lean & fat, grilled | MEATS | z | 163 |
| Pork, schnitzel, lean, fried | M409 | Pork, schnitzel, lean, fried | MEATS | z | 107 |
| Pork, shoulder, separable lean, roasted | M278 | Pork, shoulder, separable lean, roasted | MEATS | z | 53 |
| Pork, sweet & sour, Chinese, takeaway | H1014 | Pork, sweet & sour, Chinese, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 55 |
| 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 | 55 |
| 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 | 55 |
| Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with standard milk | D10005 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with standard milk (3.3% fat) | BREAKFAST CEREALS | z | 55 |
| Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with trim milk | D10006 | Porridge, oats, quick sachets, assorted fruits flavoured, sugar-sweetened, prepared with trim milk (1<% fat) | BREAKFAST CEREALS | z | 55 |
| Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with standard milk | D10003 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with standard milk (3.3% fat) | BREAKFAST CEREALS | z | 55 |
| Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with trim milk | D10004 | Porridge, oats, quick sachets, plain, sweetened with honey and/or sugar, prepared with trim milk (0.5% fat) | BREAKFAST CEREALS | z | 55 |
| Porridge, oats, rolled, prepared with trim milk, unsweetened | D10002 | Porridge, oats, rolled, prepared with trim milk (<1% fat), unsweetened, no salt added | BREAKFAST CEREALS | z | 55 |
| Porridge, oats, rolled, prepared with water, unsweetened, no salt added | D1060 | Porridge, oats, rolled, prepared with water, unsweetened, no salt added | BREAKFAST CEREALS | z | 25 |
| Porridge, prepared with water, salt added | D22 | Porridge, prepared with water, salt added | BREAKFAST CEREALS | b | 107 |
| Port, wine, fortified | B17 | Port, wine, fortified | BEVERAGES, ALCOHOLIC | b | 203 |
| Potato & Gravy, Kentucky Fried Chicken® | H1045 | Potato & Gravy, Kentucky Fried Chicken® | FAST FOODS AND READY TO EAT MEALS | mixed | 203 |
| 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 | 239 |
| 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 | 239 |
| 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 | 239 |
| 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 | 239 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|-----------------------------------|-----------------------------|-------------|
| 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 | 239 |
| 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 | 239 |
| Potato, fries beer batter, frozen, baked | X1032 | Potato, fries beer batter, frozen, baked, composite | VEGETABLES AND PULSES | z | 239 |
| 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 | 239 |
| 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 | 241 |
| 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 | 241 |
| 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 | 107 |
| 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 | 241 |
| Potato, hash brown, McDonald's® | H152 | Potato, hash brown, McDonald's® | FAST FOODS AND READY TO EAT MEALS | z | 241 |
| Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams | X1037 | Potato, wedges lower fat & salt, baked, Wedges Crunchy, Pams | VEGETABLES AND PULSES | z | 199 |
| Potato, wedges, frozen, precooked in polyunsaturated oil, baked | X314 | Potato, wedges, frozen, precooked in polyunsaturated oil, baked | VEGETABLES AND PULSES | z | 199 |
| Prawn, king, flesh, cooked | T1027 | Prawn, king, flesh, cooked | SHELLFISHES | z | 203 |
| Prawn, king, flesh, raw | T1028 | Prawn, king, flesh, raw | SHELLFISHES | z | 43 |
| Pretzels, wheat flour, salted, baked | U1004 | Snack, pretzels, wheat flour, salted, baked | SNACK FOODS | u | 185 |
| Probiotic drink, assorted flavours, Activate® Body Boost Shots, Meadow Fresh, fortified vitamins A, B1, B3, B5, B6, C & E, & Zn | C1017 | Drink, probiotic, assorted flavours, Activate® Body Boost Shots, Meadow Fresh, fortified vitamins A, B1, B3, B5, B6, C & E, & Zn | BEVERAGE, NON-ALCOHOLIC | Mixed | 89 |
| Protein powder, from hemp seed, dry | Q1053 | Protein powder, from hemp seed, dried, composite | NUTS AND SEEDS | z | 141 |
| 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 | 141 |
| Prune, dried | L157 | Prune, flesh & skin, dried | FRUITS | a | 191 |
| Prune, dried, stewed | L159 | Prune, dried, stewed | FRUITS | b | 191 |
| Pudding, custard, prepared with standard milk, simmered | R10020 | Pudding, custard, prepared with standard milk (3.3% fat), simmered | RECIPES | z | 191 |
| Pudding, custard, prepared with whole milk (4% fat), simmered | R5745 | Pudding, custard, prepared with whole milk (4% fat), simmered | RECIPES | z | 55 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|----------------------------|-----------------------------|-------------|
| Pudding, rice, cocoa & coconut, cooked | R10011 | Pudding, rice, cocoa & coconut, cooked | RECIPES | z | 241 |
| Puffed Wheat™, Sanitarium™ | D1017 | Breakfast cereal, wheat grain puffed, ready to eat, Puffed Wheat™, Sanitarium™ | BREAKFAST CEREALS | z | 241 |
| Pumpkin, flesh, Whangaparaoa crown, fresh, baked with oil | X1122 | Pumpkin, fruit vegetable, fruit, flesh, fresh, baked with oil, Whangaparaoa crown | VEGETABLES AND PULSES | z | 241 |
| 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 | 241 |
| Pumpkin, Whangaparaoa crown, flesh, fresh, steamed, Whangaparaoa crown | X1121 | Pumpkin, fruit vegetable, fruit, flesh, fresh, steamed, Whangaparaoa crown | VEGETABLES AND PULSES | z | 241 |
| 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 | 241 |
| Pumpkin, Whangaparaoa crown, fresh, raw | X1119 | Pumpkin, fruit vegetable, fruit, flesh, fresh, raw, Whangaparaoa crown | VEGETABLES AND PULSES | z | 241 |
| Puwaha, leaves, raw, Prickly Sow Thistle | X1012 | Puwaha, leafy vegetable, raw, Prickly Sow Thistle | VEGETABLES AND PULSES | z | 241 |
| Puwaha, Sow Thistle, leaves & upper stem, boiled, drained, no salt added | X181 | Puwaha, leafy vegetable, leaves & upper stem, boiled, drained, no salt added, Sow Thistle | VEGETABLES AND PULSES | z | 243 |
| Quiche, spinach, baked | R10016 | Quiche, spinach, baked | RECIPES | z | 189 |
| Quinoa, cooked | E1025 | Quinoa, seed, cooked | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Rabbit, flesh, stewed | M126 | Rabbit, flesh, stewed | MEATS | b | 163 |
| Radish, unpeeled, raw, fresh | X1274 | Radish, taproot vegetable, unpeeled, raw, fresh | VEGETABLES AND PULSES | z | 243 |
| Raisin, seedless | L161 | Raisin, seedless, composite | FRUITS | z | 141 |
| Raspberry, frozen | L1228 | Raspberry, whole fruit, frozen, composite | FRUITS | z | 141 |
| Raspberry, 'Meeker', frozen | L1055 | Raspberry, frozen, 'Meeker' | FRUITS | z | 141 |
| Raspberry, 'Wakefield', frozen | L1054 | Raspberry, frozen, 'Wakefield' | FRUITS | z | 141 |
| Ratatouille, with assorted vegetables, cooked, no salt added | R10024 | Ratatouille, with assorted vegetables, cooked, no salt added, home-made | RECIPES | z | 189 |
| Red cabbage, raw, fresh | X1257 | Cabbage, red, leafy vegetable, raw, fresh | VEGETABLES AND PULSES | z | 243 |
| Red Cabbage, steamed | X1258 | Cabbage, red, leafy vegetable, steamed | VEGETABLES AND PULSES | z | 243 |
| Red cabbage, stir-fried with oil | X1259 | Cabbage, red, leafy vegetable, stir-fried with olive oil | VEGETABLES AND PULSES | z | 243 |
| Red kidney bean, canned in brine, drained | X1147 | Bean, red kidney bean, seed, in brine, canned, drained, composite | VEGETABLES AND PULSES | z | 243 |
| Red lettuce, raw, fresh | X1266 | Lettuce, red, leafy vegetable, assorted varieties, raw, fresh, composite | VEGETABLES AND PULSES | z | 243 |
| Rhubarb, stalk, stewed without sugar, little water added | L1209 | Rhubarb, stalk, stewed without sugar, little water added | FRUITS | z | 143 |
| Rice milk, Get Natural®, fortified Ca & P | C1006 | Drink, rice milk, ready to drink, Rice milk, Get Natural®, fortified Ca & P | BEVERAGE, NON-ALCOHOLIC | z | 43 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|-----------------------------------|-----------------------------|-------------|
| 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 | 43 |
| Rice milk, Original Calcium Enriched, Vitasoy®, fortified Ca & P | C1002 | Drink, rice milk, ready to drink, Rice milk Original, Vitasoy®, fortified Ca & P | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| 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 | 45 |
| Rice milk, Protein & Calcium Enriched, Vitasoy®, fortified Ca & P | C1003 | Drink, rice milk, ready to drink, Rice milk, Vitasoy®, fortified protein, Ca & P | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Rice milk, Rice Drink Original, Rice Dream™, fortified vitamins A, D & B12, Ca & P | C1004 | Drink, rice milk, ready to drink, Rice Drink Original, Rice Dream™, fortified vitamins A, D & B12, Ca & P | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Rice milk, Rice Drink Vanilla, Rice Dream™, fortified vitamins A, D & B12, Ca & P | C1005 | Drink, rice milk, ready to drink, Rice Drink Vanilla, Rice Dream™, fortified vitamins A, D & B12, Ca & P | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Rice, brown, assorted grains, cooked in unsalted water | E1080 | Rice, brown, regular, assorted grains, unpolished, cooked in unsalted water | CEREALS AND PSEUDO-CEREALS | z | 67 |
| Rice, creamed, canned | E1069 | Rice, creamed, canned, composite | CEREALS AND PSEUDO-CEREALS | z | 69 |
| Rice, white, assorted grains, cooked in unsalted water | E1078 | Rice, white, assorted grains, polished, cooked in unsalted water | CEREALS AND PSEUDO-CEREALS | z | 69 |
| Rice, white, Basmati, boiled, undrained | E1046 | Rice, white aromatic, boiled, undrained, Basmati, composite | CEREALS AND PSEUDO-CEREALS | z | 69 |
| Rice, wild, cooked | E1016 | Rice, wild, cooked | CEREALS AND PSEUDO-CEREALS | z | 69 |
| Ricies™, Sanitarium™, fortified vitamins B1, B2 & B3, & Fe | D1029 | Breakfast cereal, rice, puffed, ready to eat, Ricies™, Sanitarium™, fortified vitamins B1, B2 & B3, & Fe | BREAKFAST CEREALS | z | 57 |
| Rocket, leaves, raw | X1018 | Rocket, leafy vegetable, raw | VEGETABLES AND PULSES | z | 243 |
| Rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed | B1038 | Mixed drink, rum or whiskey (60 mL) & regular cola (190 mL), 10% alcohol by volume, ready to drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 25 |
| Rum or whiskey & regular cola, 8% alcohol by volume, pub or home-mixed | B1037 | Mixed drink, rum or whiskey (30 mL) & regular cola (120 mL), 8% alcohol by volume, ready to drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 25 |
| Salad, coleslaw with dressing, fresh, from deli | H1058 | Salad, coleslaw with dressing, fresh, from deli, composite | FAST FOODS AND READY TO EAT MEALS | z | 107 |
| Salad, mesclun, leaves, raw | X1047 | Salad, leafy vegetable, raw, mesclun, composite | VEGETABLES AND PULSES | z | 243 |
| Salmon, assorted flavours, canned, undrained | K1025 | Salmon, assorted flavours, canned, undrained, composite | FIN FISHES | z | 119 |
| 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 | 119 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|---|-----------------------------|-------------|
| 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 | 119 |
| Salmon, king, fillet, skin & bones removed, fresh, pan-fried with oil, New Zealand | K10001 | Salmon, king, farmed, fillet, skin & bones removed, fresh, pan-fried with oil, composite, New Zealand | FIN FISHES | z | 121 |
| 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 | 121 |
| 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 | 121 |
| 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 | 121 |
| Salt, table, iodised | P81 | Salt, table, iodised | MISCELLANEOUS | z | 173 |
| Salt, table, un-iodised | P10 | Salt, table, un-iodised | MISCELLANEOUS | z | 173 |
| San Bran™, Sanitarium™ | D1018 | Breakfast cereal, wheat bran pellets, ready to eat, San Bran™, Sanitarium™ | BREAKFAST CEREALS | z | 57 |
| Sardines, canned in oil, drained | K1030 | Sardines, canned in oil, drained, composite | FIN FISHES | z | 121 |
| Sardines, canned in oil, undrained | K1029 | Sardines, canned in oil, undrained, composite | FIN FISHES | z | 121 |
| Sardines, canned in tomato sauce, undrained | K1031 | Sardines, canned in tomato sauce, undrained, composite | FIN FISHES | z | 121 |
| Sardines, canned in water, drained | K1032 | Sardines, canned in water, drained, composite | FIN FISHES | z | 121 |
| Sauce, chilli | S22 | Sauce, chilli | SAUCES AND CONDIMENTS | b | 193 |
| Sauce, chilli, sweet, commercial | S1016 | Sauce, chilli, sweet, commercial, composite | SAUCES AND CONDIMENTS | z | 193 |
| Sauce, chocolate | W46 | Sauce, chocolate, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | Mixed | 215 |
| Sauce, fish | S1007 | Sauce, fish | SAUCES AND CONDIMENTS | u | 193 |
| Sauce, pasta, chunky vegetable, tomato based, heated | S68 | Sauce, pasta, chunky vegetable, tomato based, heated, composite | SAUCES AND CONDIMENTS | z | 193 |
| Sauce, simmer, butter chicken, heated | S70 | Sauce, simmer, butter chicken, heated, composite | SAUCES AND CONDIMENTS | z | 193 |
| Sauce, simmer, korma, cream & coconut base | S1019 | Sauce, simmer, cream & coconut base, as purchased, Korma, composite | SAUCES AND CONDIMENTS | z | 193 |
| Sauce, simmer, satay, heated | S71 | Sauce, simmer, satay, heated | SAUCES AND CONDIMENTS | z | 193 |
| Sauce, simmer, sweet & sour, heated | S69 | Sauce, simmer, sweet & sour, heated, composite | SAUCES AND CONDIMENTS | z | 193 |
| Sauce, soy, commercial | S1014 | Sauce, soy, commercial, composite | SAUCES AND CONDIMENTS | z | 193 |
| Sauce, soy, reduced salt, commercial | S1015 | Sauce, soy, reduced salt, commercial, composite | SAUCES AND CONDIMENTS | z | 195 |
| Sauce, tartare, Eta® | S46 | Sauce, tartare, Eta® | SAUCES AND CONDIMENTS | z | 195 |
| Sauce, tomato | S44 | Sauce, tomato, composite | SAUCES AND CONDIMENTS | z | 195 |
| Sauce, tomato, ketchup | S1008 | Sauce, tomato, ketchup | SAUCES AND CONDIMENTS | z | 195 |
| Sauce, Worcestershire | S14 | Sauce, Worcestershire | SAUCES AND CONDIMENTS | a | 195 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|-----------------------------------|-----------------------------|-------------|
| Sauerkraut, canned, undrained, shelf-stable | X1263 | Sauerkraut, fermented cabbage leaves and liquids, canned, undrained, shelf-stable | VEGETABLES AND PULSES | z | 243 |
| Sauerkraut, undrained, refrigerated | X1279 | Sauerkraut, fermented cabbage leaves and liquids, bottled, undrained, refrigerated | VEGETABLES AND PULSES | z | 243 |
| Sausage roll, individual size, microwaved | H1043 | Sausage roll, individual size, microwaved | FAST FOODS AND READY TO EAT MEALS | z | 107 |
| Sausage roll, party size, baked | H1044 | Sausage roll, party size, baked | FAST FOODS AND READY TO EAT MEALS | z | 107 |
| Sausage roll, with cheese, baked | H1002 | Sausage roll, with cheese, baked, composite | FAST FOODS AND READY TO EAT MEALS | z | 107 |
| Sausage, assorted meats & flavours, dry fried | N63 | Sausage, assorted meats & flavours, dry fried, composite | MEAT PRODUCTS | z | 167 |
| Sausage, assorted meats & flavours, grilled | N64 | Sausage, assorted meats & flavours, grilled, composite | MEAT PRODUCTS | z | 167 |
| Sausage, assorted meats & flavours, precooked, grilled | N61 | Sausage, assorted meats & flavours, precooked, grilled, composite | MEAT PRODUCTS | z | 167 |
| Sausage, beef, barbecued, with no added fat | N1023 | Sausage, beef, barbecued, with no added fat, composite | MEAT PRODUCTS | z | 169 |
| Sausage, beef, boiled, drained | N1024 | Sausage, beef, boiled, drained, composite | MEAT PRODUCTS | z | 169 |
| Sausage, beef, grilled, with no added fat | N1022 | Sausage, beef, grilled, with no added fat, composite | MEAT PRODUCTS | z | 169 |
| Sausage, beef, pan-fried, with no added fat | N1021 | Sausage, beef, pan-fried, with no added fat, composite | MEAT PRODUCTS | z | 169 |
| Sausage, black pudding, fried | N2 | Sausage, black pudding, fried | MEAT PRODUCTS | b | 169 |
| Sausage, chicken, barbecued, with no added fat | N1031 | Sausage, chicken, barbecued, with no added fat, composite | MEAT PRODUCTS | z | 169 |
| Sausage, chicken, boiled, drained | N1032 | Sausage, chicken, boiled, drained, composite | MEAT PRODUCTS | z | 169 |
| Sausage, chicken, grilled, with no added fat | N1030 | Sausage, chicken, grilled, with no added fat, composite | MEAT PRODUCTS | z | 169 |
| Sausage, chicken, pan-fried, with no added fat | N1029 | Sausage, chicken, pan-fried, with no added fat, composite | MEAT PRODUCTS | z | 171 |
| Sausage, frankfurters, precooked | N6 | Sausage, frankfurters, precooked | MEAT PRODUCTS | b | 171 |
| Sausage, lamb, barbecued, with no added fat | N1035 | Sausage, lamb, barbecued, with no added fat, composite | MEAT PRODUCTS | z | 171 |
| Sausage, lamb, boiled, drained | N1036 | Sausage, lamb, boiled, drained, composite | MEAT PRODUCTS | z | 171 |
| Sausage, lamb, grilled, with no added fat | N1034 | Sausage, lamb, grilled, with no added fat, composite | MEAT PRODUCTS | z | 171 |
| Sausage, lamb, pan-fried, with no added fat | N1033 | Sausage, lamb, pan-fried, with no added fat, composite | MEAT PRODUCTS | z | 171 |
| Sausage, pork, barbecued, with no added fat | N1027 | Sausage, pork, barbecued, with no added fat, composite | MEAT PRODUCTS | z | 171 |
| Sausage, pork, boiled, drained | N1028 | Sausage, pork, boiled, drained, composite | MEAT PRODUCTS | z | 171 |
| Sausage, pork, grilled, with no added fat | N1026 | Sausage, pork, grilled, with no added fat, composite | MEAT PRODUCTS | z | 171 |
| Sausage, pork, pan-fried, with no added fat | N1025 | Sausage, pork, pan-fried, with no added fat, composite | MEAT PRODUCTS | z | 171 |
| Sausage, salami assorted meats & flavours | N1039 | Sausage, salami assorted meats & flavours, composite | MEAT PRODUCTS | z | 171 |
| Sausage, salami assorted meats & flavours, acidulated, heat treated | N1038 | Sausage, salami assorted meats & flavours, acidulated, heat treated, ready to eat, composite | MEAT PRODUCTS | z | 173 |
| Sausage, saveloy, boiled | N43 | Sausage, saveloy, boiled, composite | MEAT PRODUCTS | z | 173 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|-----------------------------------|-----------------------------|-------------|
| Saveloy, battered, fried, Independent Shops | H52 | Saveloy, battered, fried, Independent Shops | FAST FOODS AND READY TO EAT MEALS | a | 107 |
| Savoury, bacon & egg, baked | H1003 | Savoury, bacon & egg, baked, composite | FAST FOODS AND READY TO EAT MEALS | z | 107 |
| Savoury, mince & cheese, heated | H1005 | Savoury, mince & cheese, heated, composite | FAST FOODS AND READY TO EAT MEALS | z | 107 |
| Savoury, mince, heated | H1004 | Savoury, mince, heated, composite | FAST FOODS AND READY TO EAT MEALS | z | 109 |
| Savoury, potato top, heated | H1006 | Savoury, potato top, heated, composite | FAST FOODS AND READY TO EAT MEALS | z | 109 |
| Savoy cabbage, raw, fresh | X1260 | Cabbage, savoy, leafy vegetable, inner leaves, raw, fresh | VEGETABLES AND PULSES | z | 243 |
| Savoy cabbage, steamed | X1261 | Cabbage, savoy, leafy vegetable, inner leaves, steamed | VEGETABLES AND PULSES | z | 245 |
| Savoy cabbage, stir-fried with oil | X1262 | Cabbage, savoy, leafy vegetable, inner leaves, stir-fried with olive oil | VEGETABLES AND PULSES | z | 245 |
| Scallop, battered, deep-fried | T20 | Scallop, battered, deep-fried | SHELLFISHES | u | 199 |
| Scallop, raw | T11 | Scallop, raw | SHELLFISHES | z | 199 |
| Scone, white | A1134 | Scone, white, plain, ready to eat, commercial | BAKERY PRODUCTS | z | 19 |
| Scone, white, with cheese | A1135 | Scone, white, with cheese, ready to eat, commercial | BAKERY PRODUCTS | z | 19 |
| Scone, white, with dates | A1133 | Scone, white, with dates, ready to eat, commercial | BAKERY PRODUCTS | z | 19 |
| Seaweed, sheet, toasted, nori | X1013 | Seaweed, sea vegetable, sheet, toasted, nori | VEGETABLES AND PULSES | z | 245 |
| 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 | 185 |
| 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 | 185 |
| Seed, chia, black or white, whole, dried, raw | Q1026 | Seed, chia, black or white, whole, dried, raw, composite | NUTS AND SEEDS | z | 185 |
| 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 | 185 |
| Seed, poppy | P1003 | Seed, poppy, composite | MISCELLANEOUS | u | 173 |
| Seed, pumpkin, kernel, shelled, green, dried, raw | Q1029 | Seed, pumpkin, kernel, shelled, green, dried, raw, composite | NUTS AND SEEDS | z | 185 |
| Seed, sesame butter, tahini | Q27 | Seed, sesame butter, tahini | NUTS AND SEEDS | a | 187 |
| Seed, sesame, kernel, shelled, white, dried, raw | Q1031 | Seed, sesame, kernel, shelled, white, dried, raw, composite | NUTS AND SEEDS | z | 187 |
| Seed, sunflower, kernel, shelled, dried, raw | Q1028 | Seed, sunflower, kernel, shelled, dried, raw, composite | NUTS AND SEEDS | z | 187 |
| Semi soft butter, butter & canola oil, spreadable | J1013 | Dairy blend, butter & canola oil, semi soft, spreadable, composite | FATS AND OILS | z | 115 |
| Semolina, cooked | E73 | Semolina, cooked | CEREALS AND PSEUDO-CEREALS | a | 69 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|-------------------------|-----------------------------|-------------|
| Shark or lemonfish, fillet, flesh, fresh battered, deep-fried in canola oil | K1049 | Shark or lemonfish, fillet, flesh, fresh battered, deep-fried in canola oil | FIN FISHES | z | 121 |
| Sherry, dry | B18 | Sherry, dry | BEVERAGES, ALCOHOLIC | b | 25 |
| Sherry, sweet | B20 | Sherry, sweet | BEVERAGES, ALCOHOLIC | b | 27 |
| Shortening, Chefade | J39 | Shortening, Chefade | FATS AND OILS | b | 115 |
| Shortening, suet, Shreddo [®] | J1032 | Shortening, suet, Shreddo [®] | FATS AND OILS | z | 115 |
| Shortening, vegetable, Kremelta [™] | J1031 | Shortening, vegetable, Kremelta [™] | FATS AND OILS | z | 115 |
| Shrimp, canned, drained | T12 | Shrimp, canned, drained | SHELLFISHES | b | 199 |
| 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 | 245 |
| Silverbeet, leaves & stems, fresh, raw | X1111 | Silverbeet, leafy vegetable, leaves & stems, fresh, raw | VEGETABLES AND PULSES | z | 245 |
| Silverbeet, leaves & stems, fresh, steamed | X1113 | Silverbeet, leafy vegetable, leaves & stems, fresh, steamed | VEGETABLES AND PULSES | z | 245 |
| Simply Toasted Muesli Apricot, Hubbards | D1048 | Breakfast cereal, muesli, ready to eat, Simply Toasted Muesli Apricot, Hubbards | BREAKFAST CEREALS | z | 57 |
| Skippy [™] Cornflakes, Sanitarium [™] , fortified vitamins B1, B2, B3 & folate & Fe | D1057 | Breakfast cereal, cornflakes toasted, ready to eat, Skippy [™] Cornflakes, Sanitarium [™] , fortified vitamins B1, B2, B3 & folate & Fe | BREAKFAST CEREALS | z | 57 |
| Smoothie, berry, fortified vitamin C | C1022 | Smoothie, berry, ready to drink, composite, fortified vitamin C | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Smoothie, Feijoa Smoothie, Simply Squeezed [®] , fortified vitamins A, C, E & folate, & Ca | C1023 | Smoothie, feijoa, ready to drink, Feijoa Smoothie, Simply Squeezed [®] , fortified vitamins A, C, E & folate, & Ca | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Snack, cassava crisps, plain or assorted flavours, salt added | U1023 | Snack, cassava crisps, plain or assorted flavours, salt added, composite | SNACK FOODS | z | 203 |
| Snack, kumara chips, plain or assorted flavours | U1024 | Snack, kumara chips, plain or assorted flavours, salt added, composite | SNACK FOODS | z | 203 |
| Snack, popcorn, candied | U18 | Snack, popcorn, candied, composite | SNACK FOODS | z | 203 |
| Snapper, fillet, flesh, fresh, baked without oil | K1036 | Snapper, fillet, flesh, fresh, baked without oil | FIN FISHES | z | 121 |
| Snapper, fillet, flesh, fresh, battered, deep-fried in canola oil | K1040 | Snapper, fillet, flesh, fresh, battered, deep-fried in canola oil | FIN FISHES | z | 121 |
| Snapper, fillet, flesh, fresh, crumbed, deep-fried in canola oil | K1039 | Snapper, fillet, flesh, fresh, crumbed, deep-fried in canola oil | FIN FISHES | z | 121 |
| Snapper, fillet, flesh, fresh, crumbed, pan-fried with canola oil | K1041 | Snapper, fillet, flesh, fresh, crumbed, pan-fried with canola oil | FIN FISHES | z | 123 |
| Snapper, fillet, flesh, fresh, pan-fried with canola oil | K1035 | Snapper, fillet, flesh, fresh, pan-fried with canola oil | FIN FISHES | z | 123 |
| Snapper, fillet, flesh, fresh, poached or simmered | K1038 | Snapper, fillet, flesh, fresh, poached or simmered | FIN FISHES | z | 123 |
| Snapper, fillet, flesh, fresh, steamed or microwaved | K1037 | Snapper, fillet, flesh, fresh, steamed or microwaved | FIN FISHES | z | 123 |
| Soft drink, assorted fruit flavours, reduced sugar | C1120 | Soft drink, carbonated, assorted fruit flavours, reduced sugar, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 45 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|-----------------------------------|-----------------------------|-------------|
| Soft drink, assorted tea flavours, artificially sweetened | C1123 | Soft drink, assorted tea flavours, artificially sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Soft drink, assorted tea flavours, reduced sugar | C1122 | Soft drink, assorted tea flavours, reduced sugar, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| Soft drink, assorted tea flavours, sugar-sweetened | C1121 | Soft drink, assorted tea flavours, regular, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 45 |
| 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 | 47 |
| 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 | 47 |
| 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 | 47 |
| Soft drink, carbonated, lemon flavour, artificially sweetened | C1118 | Soft drink, carbonated, lemon flavour, artificially sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Soft drink, carbonated, lemon flavour, sugar-sweetened | C1116 | Soft drink, carbonated, lemon flavour, regular, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Soft drink, cola flavour, reduced sugar, caffeinated | C1114 | Soft drink, carbonated, cola flavour, reduced sugar, caffeinated, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| 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 | 47 |
| Soft drink, ginger beer, artificially sweetened, diet | C1135 | Soft drink, carbonated, ginger flavoured, artificially sweetened, diet, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Soft drink, ginger beer, reduced sugar | C1158 | Soft drink, carbonated, ginger flavoured, reduced sugar, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Soft drink, ginger beer, sugar-sweetened | C1134 | Soft drink, carbonated, ginger flavoured, sugar-sweetened, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Soft drink, lemon flavour, reduced sugar | C1117 | Soft drink, carbonated, lemon flavour, reduced sugar, ready to drink, composite | BEVERAGE, NON-ALCOHOLIC | z | 47 |
| Soft drink, soda water | C81 | Soft drink, carbonated, soda water | BEVERAGE, NON-ALCOHOLIC | a | 47 |
| Soft drink, tonic water | C79 | Soft drink, carbonated, tonic water | BEVERAGE, NON-ALCOHOLIC | u | 49 |
| Soup, beef, instant dry mix, prepared with water, Continental [®] | V57 | Soup, beef, instant dry mix, prepared with water, Continental [®] | SOUPS | z | 203 |
| Soup, bone & vegetable broth | V1 | Soup, bone & vegetable broth | SOUPS | b | 203 |
| Soup, chicken & corn, heated | V1002 | Soup, chicken & corn, heated | SOUPS | z | 203 |
| Soup, chicken & corn, heated, Wattie's [®] | V1008 | Soup, chicken & corn, heated, Wattie's [®] | SOUPS | z | 205 |
| Soup, chicken & vegetable, heated, Wattie's [®] | V1003 | Soup, chicken & vegetable, heated, Wattie's [®] | SOUPS | z | 205 |
| Soup, chicken and sweet corn, Chinese, takeaway | H1013 | Soup, chicken and sweet corn, Chinese, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 109 |
| Soup, chicken noodle, instant dry mix, prepared with water, Continental [®] | V59 | Soup, chicken noodle, instant dry mix, prepared with water, Continental [®] | SOUPS | z | 205 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|-----------------------------------|-----------------------------|-------------|
| Soup, chicken noodle, instant dry mix, prepared with water, Maggi® | V68 | Soup, chicken noodle, instant dry mix, prepared with water, Maggi® | SOUPS | z | 205 |
| Soup, cream of chicken, canned | V4 | Soup, cream of chicken, canned | SOUPS | b | 205 |
| Soup, cream of mushroom, canned | V9 | Soup, cream of mushroom, canned | SOUPS | b | 205 |
| Soup, cream of tomato, canned | V15 | Soup, cream of tomato, canned | SOUPS | b | 205 |
| 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 | 205 |
| Soup, lentil & vegetables, heated, Wattie's® | V1004 | Soup, lentil & vegetables, heated, Wattie's® | SOUPS | z | 205 |
| Soup, minestrone, instant dry mix, prepared with water | V8 | Soup, minestrone, instant dry mix, prepared with water | SOUPS | b | 205 |
| Soup, mushroom, instant dry mix, prepared with water, Maggi® | V66 | Soup, mushroom, instant dry mix, prepared with water, Maggi® | SOUPS | z | 205 |
| Soup, pumpkin, heated | V1001 | Soup, pumpkin, heated | SOUPS | z | 205 |
| Soup, pumpkin, heated, Wattie's® | V1007 | Soup, pumpkin, heated, Wattie's® | SOUPS | z | 207 |
| Soup, seafood chowder, heated | V1005 | Soup, seafood chowder, heated | SOUPS | z | 207 |
| Soup, tom yam gai, chicken, Thai, takeaway | H1019 | Soup, tom yam gai, chicken, Thai, takeaway | FAST FOODS AND READY TO EAT MEALS | z | 109 |
| Soup, tomato, instant dry mix, prepared with water, Continental® | V55 | Soup, tomato, instant dry mix, prepared with water, Continental® | SOUPS | z | 207 |
| Soup, Tuscan tomato, heated, Wattie's® | V1006 | Soup, Tuscan tomato, heated, Wattie's® | SOUPS | z | 207 |
| Soup, vegetable, canned | V18 | Soup, vegetable, canned | SOUPS | b | 207 |
| Soy drink, soy milk, So Good™ Essential, Sanitarium™, fortified vitamins A, B1, B2, B3, B6, B12, E & folate, Ca, Fe, Mg & P | 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 | 49 |
| Soy milk, So Good™ Lite Soy Milk, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 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 | 49 |
| Soy milk, So Good™ Regular Soy Milk, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 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 | 49 |
| Soy milk, So Good™, Vanilla Flavoured, Sanitarium™, fortified vitamins A, B1, B2, & B12, Ca, Mg & P | 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 | 49 |
| 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 | 191 |
| Spaghetti, canned in tomato sauce | E1005 | Spaghetti, in tomato sauce, canned, composite | CEREALS AND PSEUDO-CEREALS | z | 69 |
| Special K®, Forest Berries, Kellogg's®, fortified vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn | 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 | mixed | 57 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|--|---|-----------------------------|-------------|
| Special K [®] , Original, Kellogg's [®] , fortified vitamins B1, B2, B3, B6 & folate, Ca & Fe | D1042 | Breakfast cereals, mixed grain flakes, ready to eat, Special K [®] , Original, Kellogg's [®] , fortified vitamins B1, B2, B3, B6 & folate, Ca & Fe | BREAKFAST CEREALS | mixed | 57 |
| Spice, pepper, black, dried | P10001 | Spice, pepper, black, dried | MISCELLANEOUS | mixed | 173 |
| Spinach, baby leaf, raw, fresh | X1267 | Spinach, baby leaf, leafy vegetable, raw, fresh | VEGETABLES AND PULSES | z | 245 |
| Spinach, chopped, frozen, boiled, undrained, no salt added | X1239 | Spinach, leafy vegetable, chopped, frozen, boiled, undrained, no salt added | VEGETABLES AND PULSES | z | 245 |
| Spinach, English, boiled, drained, no salt added | X1046 | Spinach, leafy vegetable, boiled, drained, no salt added, English | VEGETABLES AND PULSES | z | 245 |
| Spinach, English, raw | X1045 | Spinach, leafy vegetable, raw, English | VEGETABLES AND PULSES | z | 245 |
| Spirit, 70 proof | B21 | Spirit, 70 proof, composite | BEVERAGES, ALCOHOLIC | b | 27 |
| Spirit, gin, 90 proof | B1010 | Spirit, gin, 90 proof | BEVERAGES, ALCOHOLIC | u | 27 |
| Spirit, rum, 80 proof | B1012 | Spirit, rum, 80 proof | BEVERAGES, ALCOHOLIC | u | 27 |
| Spirit, vodka, 80 proof | B1011 | Spirit, vodka, 80 proof | BEVERAGES, ALCOHOLIC | u | 27 |
| Spirit, whiskey, 86 proof | B1009 | Spirit, whiskey, 86 proof | BEVERAGES, ALCOHOLIC | u | 27 |
| Sports drink, assorted flavours, Isopower, Low Carb, Mizone [®] , fortified vitamins B3, B5, B6, B12 & C | C1034 | Sports drink, assorted flavours, Isopower, Low Carb, Mizone [®] , composite, fortified vitamins B3, B5, B6, B12 & C | BEVERAGE, NON-ALCOHOLIC | z | 49 |
| Sports drink, assorted flavours, Isopower, Mizone [®] , Frucor, fortified vitamins B3, B5, B6 & B12 | C1033 | Sports drink, assorted flavours, Isopower, Mizone [®] , Frucor, composite, fortified vitamins B3, B5, B6 & B12 | BEVERAGE, NON-ALCOHOLIC | z | 49 |
| Sports drink, flavoured, Lucozade | C18 | Sports drink, flavoured, ready to drink, Lucozade | BEVERAGE, NON-ALCOHOLIC | b | 49 |
| Sports drink, ready to drink, Gatorade [®] | C86 | Sports drink, flavoured, ready to drink, Gatorade [®] | BEVERAGE, NON-ALCOHOLIC | z | 49 |
| Sports water, assorted flavours, Mizone [®] , Frucor, fortified vitamins B3, B5, B6, B12 & C | C1032 | Sports water, assorted flavours, ready to drink, Mizone [®] , Frucor, composite, fortified vitamins B3, B5, B6, B12 & C | BEVERAGE, NON-ALCOHOLIC | z | 49 |
| Spread, hazelnut, Nutella [®] , Ferrero | W1016 | Spread, hazelnut, Nutella [®] , Ferrero | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 215 |
| Spread, yeast extract, Marmite [™] , Sanitarium [™] , fortified vitamins B1, B2, B3, B12 & folate, & Fe | P1004 | Spread, yeast extract, Marmite [™] , Sanitarium [™] , fortified vitamins B1, B2, B3, B12 & folate, & Fe | MISCELLANEOUS | z | 173 |
| Spread, yeast extract, Vegemite, Kraft, fortified vitamins B1, B2, B3 & folate | P1005 | Spread, yeast extract, Vegemite, Kraft, fortified vitamins B1, B2, B3 & folate | MISCELLANEOUS | z | 173 |
| Spring onion, bulb and stalk, fresh, raw | X1132 | Spring onion, bulb vegetable, bulb and stalk, fresh, raw | VEGETABLES AND PULSES | z | 245 |
| Spring onion, bulb and stalk, fresh, sautéed | X1133 | Spring onion, bulb vegetable, bulb and stalk, fresh, sautéed with oil | VEGETABLES AND PULSES | z | 247 |
| Spring roll, traditional with meat, baked, Highmark | H208 | Spring roll, traditional with meat, baked, Highmark | FAST FOODS AND READY TO EAT MEALS | z | 109 |
| Spring roll, traditional, with meat, deep-fried, Highmark | H212 | Spring roll, traditional, with meat, deep-fried, Highmark | FAST FOODS AND READY TO EAT MEALS | z | 109 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|---|-----------------------------|-------------|
| Spring roll, vegetarian, baked, Highmark | H211 | Spring roll, vegetarian, baked, Highmark | FAST FOODS AND READY TO EAT MEALS | z | 109 |
| Sprout, alfalfa, raw | X1284 | Sprout, alfalfa, seed, germinated, raw | VEGETABLES AND PULSES | z | 247 |
| Sprout, mung bean, raw | X1285 | Sprout, mung bean, seed, germinated, raw | VEGETABLES AND PULSES | z | 247 |
| Squash, buttercup, flesh and skin, raw, fresh | X1273 | Squash, buttercup, fruit vegetable, flesh and skin, raw, fresh | VEGETABLES AND PULSES | z | 247 |
| Squash, buttercup, flesh, raw, fresh | X1271 | Squash, buttercup, fruit vegetable, flesh, raw, fresh | VEGETABLES AND PULSES | z | 247 |
| Squash, buttercup, flesh, steamed, no salt added | X1272 | Squash, buttercup, fruit vegetable, flesh, steamed, no salt added | VEGETABLES AND PULSES | z | 247 |
| Squid, in flour, fried | T23 | Squid, in flour, fried | SHELLFISHES | Mixed | 199 |
| Stock, Oxo cubes | P16 | Stock, Oxo cubes | MISCELLANEOUS | Mixed | 175 |
| Strawberry, frozen | L1233 | Strawberry, whole fruit, frozen, composite | FRUITS | z | 143 |
| Strawberry, raw, New Zealand | L1016 | Strawberry, raw, New Zealand | FRUITS | z | 143 |
| Stuffing, from chicken, deli cooked | A1011 | Stuffing, from chicken, deli cooked | BAKERY PRODUCTS | z | 19 |
| 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 | 247 |
| 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 | 247 |
| Sugar, brown | W19 | Sugar, brown | SUGARS, CONFECTIONARIES AND SWEET SPREADS | a | 215 |
| Sugar, raw | W23 | Sugar, raw | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 215 |
| Sugar, white | W24 | Sugar, white | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 215 |
| Sultana | L173 | Sultana | FRUITS | a | 143 |
| Sultana Bran [®] , Kellogg's [®] , fortified vitamins B1, B2, B3, B6 & folate, Fe & Zn | 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 | Mixed | 57 |
| Swede, peeled, fresh, boiled, drained, no salt added | X1168 | Swede, root vegetable, peeled, fresh, boiled, drained, no salt added | VEGETABLES AND PULSES | z | 247 |
| Sweet corn, creamed, canned | X1158 | Sweet corn, creamed, canned, as purchased, composite | VEGETABLES AND PULSES | z | 247 |
| Sweet corn, kernel, canned, drained | X1157 | Sweet corn, fruit vegetable, kernel, canned, drained, composite | VEGETABLES AND PULSES | z | 249 |
| 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 | 249 |
| 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 | 249 |
| 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 | 249 |
| Sweet, hard, boiled | W1 | Sweet, hard, boiled | SUGARS, CONFECTIONARIES AND SWEET SPREADS | b | 215 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|---|-----------------------------|-------------|
| Sweet, peppermint | W18 | Sweet, peppermint | SUGARS, CONFECTIONARIES AND SWEET SPREADS | Mixed | 215 |
| Syrup, golden | W25 | Syrup, golden | SUGARS, CONFECTIONARIES AND SWEET SPREADS | Mixed | 215 |
| Taco shell, corn flour, baked, commercial | E1054 | Taco shell, corn flour, baked, commercial | CEREALS AND PSEUDO-CEREALS | u | 69 |
| Tamarillo, red, flesh & seed, raw | L174 | Tamarillo, flesh & seed, raw, red | FRUITS | z | 143 |
| Tangelo, flesh, raw | L179 | Tangelo, flesh, raw | FRUITS | a | 143 |
| Tangerine, flesh, raw | L176 | Tangerine, flesh, raw | FRUITS | b | 143 |
| Tapioca, pearl, dry | E34 | Tapioca, pearl, dry | CEREALS AND PSEUDO-CEREALS | b | 69 |
| Tarakihi, fillet, flesh, fresh, pan-fried with canola oil | K1043 | Tarakihi, fillet, flesh, fresh, pan-fried with canola oil | FIN FISHES | z | 123 |
| Tarakihi, fillet, flesh, fresh, poached or simmered | K1044 | Tarakihi, fillet, flesh, fresh, poached or simmered | FIN FISHES | z | 123 |
| Taro, corm, flesh, baked | X10012 | Taro, root vegetable, corm, flesh, baked, combined cultivars | VEGETABLES AND PULSES | z | 249 |
| Taro, corm, flesh, boiled | X1063 | Taro, root vegetable, corm, flesh, boiled, combined cultivars | VEGETABLES AND PULSES | z | 249 |
| Taro, corm, flesh, raw | X1053 | Taro, root vegetable, corm, flesh, raw, combined cultivars | VEGETABLES AND PULSES | z | 249 |
| Tart, jam, baked | R10008 | Tart, jam, baked | RECIPES | z | 191 |
| Tea, black, brewed | C1040 | Tea beverage, black, brewed, composite | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Tea, black, decaffeinated, brewed | C1041 | Tea beverage, black decaffeinated, brewed, composite | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Tea, fermented (kombucha), with cane sugar, ready to drink | C1161 | Tea, fermented (kombucha), with cane sugar, ready to drink, commercial, composite | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Tea, fermented (kombucha), with fruit juices, ready to drink | C1162 | Tea, fermented (kombucha), with assorted fruits juices, ready to drink, commercial, composite | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Tea, fermented (kombucha), with intense sweetener, ready to drink | C1163 | Tea, fermented (kombucha), with intense sweetener, ready to drink, commercial, composite | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Tea, green, brewed | C1039 | Tea beverage, green, brewed, composite | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Tea, herbal, brewed | C76 | Tea beverage, herbal, brewed, ready to drink | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Tempeh | E1012 | Tempeh, fermented soy beans | CEREALS AND PSEUDO-CEREALS | z | 69 |
| Tempeh, fried in sunflower oil | E1011 | Tempeh, fermented soy beans, fried in sunflower oil | CEREALS AND PSEUDO-CEREALS | z | 69 |
| Toasted Muesli Golden Oats & Fruit, Sanitarium™ | D1047 | Breakfast cereal, muesli, ready to eat, Toasted Muesli Golden Oats & Fruit, Sanitarium™ | BREAKFAST CEREALS | z | 57 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|---|---|-----------------------------|-------------|
| Toasted Muesli Super Fruity, Sanitarium™, fortified vitamin E | D1055 | Breakfast cereal, muesli, ready to eat, Toasted Muesli Super Fruity, Sanitarium™, fortified vitamin E | BREAKFAST CEREALS | z | 57 |
| Toasted Strawberry and Rhubarb, Sanitarium™ | D1054 | Breakfast cereal, muesli, ready to eat, Toasted Strawberry and Rhubarb, Sanitarium™ | BREAKFAST CEREALS | z | 57 |
| Toffees, mixed | W26 | Toffees, mixed | SUGARS, CONFECTIONARIES AND SWEET SPREADS | Mixed | 215 |
| 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 | 249 |
| 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 | 249 |
| 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 | 249 |
| 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 | 249 |
| Tomato, canned in tomato juice, plain, undrained, salt added | X1124 | Tomato, in tomato juice, plain, canned, undrained, salt added, composite | VEGETABLES AND PULSES | z | 251 |
| Tomato, canned, drained | X125 | Tomato, fruit vegetable, canned, drained | VEGETABLES AND PULSES | z | 251 |
| Tomato, paste, canned | X1079 | Tomato, paste, canned, composite | VEGETABLES AND PULSES | z | 251 |
| Tomato, puree, canned, Wattie's® | X1078 | Tomato, puree, canned, Wattie's® | VEGETABLES AND PULSES | z | 251 |
| 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 | 251 |
| 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 | 251 |
| 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 | 251 |
| Tomato, sun-dried | X295 | Tomato, sun-dried | VEGETABLES AND PULSES | u | 251 |
| Tongue, beef & sheep, canned | M53 | Tongue, beef & sheep, canned | MEATS | b | 163 |
| Tuna, canned in assorted oil, plain, undrained | K1012 | Tuna, in assorted oil, plain, canned, undrained, composite | FIN FISHES | z | 123 |
| Tuna, canned in assorted oils, plain, drained | K1011 | Tuna, in assorted oils, plain, canned, drained, composite | FIN FISHES | z | 123 |
| Tuna, canned in brine, plain, drained | K1007 | Tuna, in brine, plain, canned, drained, composite | FIN FISHES | z | 123 |
| Tuna, canned in oil, assorted flavours, undrained | K1008 | Tuna, in oil, assorted flavours, canned, undrained, composite | FIN FISHES | z | 123 |
| Tuna, canned in spring water, plain, salt added, drained | K1006 | Tuna, in spring water, plain, canned, salt added, drained, composite | FIN FISHES | z | 123 |
| Tuna, canned in spring water, plain, salt added, undrained | K1010 | Tuna, in spring water, plain, canned, salt added, undrained, composite | FIN FISHES | z | 123 |
| Tuna, canned in water, assorted flavours, undrained | K1009 | Tuna, in water, assorted flavours, canned, undrained, composite | FIN FISHES | z | 125 |
| Tuna, in brine, plain, canned, undrained | K1005 | Tuna, in brine, plain, canned, undrained, composite | FIN FISHES | z | 125 |
| Turkey, flesh, roasted | M179 | Turkey, flesh, roasted | MEATS | z | 163 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|--|--------|--|----------------------------|-----------------------------|-------------|
| Turkey, lean & fat, raw | M395 | Turkey, composite cuts, separable lean 94% & fat 6%, raw | MEATS | z | 163 |
| Turkey, lean & fat, roasted in oven bag | M373 | Turkey, composite cuts, 97% & fat 3%, roasted in oven bag | MEATS | z | 163 |
| Turkey, lean, fat & skin, roasted | M178 | Turkey, lean 87%, separable fat 2% & skin 11%, roasted in oven bag | MEATS | z | 165 |
| Turnip, root, flesh, boiled, drained, no salt added | X129 | Turnip, root vegetable, tap root, flesh, boiled, drained, no salt added | VEGETABLES AND PULSES | Mixed | 251 |
| Venison, Diced, Silver Fern [®] , cooked | M1023 | Venison, forequarter muscles, cooked, Diced, Silver Fern [®] | MEATS | z | 165 |
| Venison, Medallion, Silver Fern [®] , cooked | M1021 | Venison, hind leg muscles, cooked, Medallion, Silver Fern [®] | MEATS | z | 165 |
| Venison, mince, Silver Fern [®] , raw | M1020 | Venison, mince, trim & whole muscles, raw, Mince, Silver Fern [®] | MEATS | z | 165 |
| Venison, red deer, leg, flesh, roasted | M185 | Venison, red deer, leg, flesh, roasted | MEATS | z | 165 |
| Venison, Stir Fry, Silver Fern [®] , cooked | M1022 | Venison, hind leg, muscles, cooked, Stir Fry, Silver Fern [®] | MEATS | z | 165 |
| Vinegar | P11 | Vinegar | MISCELLANEOUS | b | 175 |
| Vinegar, cider | P59 | Vinegar, cider | MISCELLANEOUS | u | 175 |
| 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 | 27 |
| Vodka & energy drink V [™] , 10% alcohol by volume, pub or home-mixed | B1041 | Mixed drink, vodka (60 mL) & energy drink V [™] (190 mL), 10% alcohol by volume, ready to drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 27 |
| Vodka & lemonade, 10% alcohol by volume, pub or home-mixed | B1039 | Mixed drink, vodka (60 mL or two single shots) & lemonade (190 mL), 10% alcohol by volume, ready to drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 29 |
| 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 | 29 |
| 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 | 29 |
| 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 | 29 |
| Vodka & orange juice, 10% alcohol by volume, pub or home-mixed | B1040 | Mixed drink, vodka (60 mL) & orange juice (190 mL), 10% alcohol by volume, ready to drink (RTD), pub or home-mixed | BEVERAGES, ALCOHOLIC | z | 29 |
| Wafer, wholegrain rice | E1043 | Wafer, wholegrain rice, ready to eat, composite | CEREALS AND PSEUDO-CEREALS | z | 71 |
| Walnut, kernel, halves & pieces, raw | Q1024 | Nut, walnut, kernel, halves & pieces, raw, composite | NUTS AND SEEDS | z | 187 |
| Water, bottled, New Zealand | C41 | Water, bottled, New Zealand | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Water, tap | C40 | Water, tap | BEVERAGE, NON-ALCOHOLIC | z | 51 |
| Watercress, leafy vegetable, raw, fresh | X1280 | Watercress, leafy vegetable, raw, fresh | VEGETABLES AND PULSES | z | 251 |
| Watercress, sautéed with olive oil | X1281 | Watercress, leafy vegetable, fresh, sautéed with olive oil | VEGETABLES AND PULSES | z | 253 |
| Watermelon, flesh, raw | L1121 | Watermelon, flesh, raw, combined varieties | FRUITS | z | 143 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|---|-----------------------------|-------------|
| Weet-Bix™ Oat Bran, Sanitarium™, fortified vitamins E & folate | D1012 | Breakfast cereal, mixed grain & oat bran, ready to eat, Weet-Bix™ Oat Bran, Sanitarium™, fortified vitamins E & folate | BREAKFAST CEREALS | z | 57 |
| Weet-Bix™, Sanitarium™, fortified vitamins B1, B2, B3 & folate & Fe | D1056 | Breakfast cereal, whole grain wheat biscuit, ready to eat, Weet-Bix™, Sanitarium™, fortified, vitamins B1, B2, B3 & folate & Fe | BREAKFAST CEREALS | z | 59 |
| Weeties™, Sanitarium™ | D1035 | Breakfast cereal, whole wheat flakes, ready to eat, Weeties™, Sanitarium™ | BREAKFAST CEREALS | z | 59 |
| Wheat bran | E111 | Bran, wheat, composite | CEREALS AND PSEUDO-CEREALS | z | 71 |
| Wheat germ | E112 | Wheat germ | CEREALS AND PSEUDO-CEREALS | z | 71 |
| White chocolate, plain | W1028 | White chocolate, plain, milk solids and sugar added, composite | SUGARS, CONFECTIONARIES AND SWEET SPREADS | z | 217 |
| Wine, red, 13.5% alcohol by volume, Pinot Noir | B1028 | Wine, red, 13.5% alcohol by volume, composite, Pinot Noir | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, red, 14% alcohol by volume, Cabernet Sauvignon | B1026 | Wine, red, 14% alcohol by volume, composite, Cabernet Sauvignon | BEVERAGES, ALCOHOLIC | a | 29 |
| Wine, red, 14% alcohol by volume, Merlot | B1027 | Wine, red, 14% alcohol by volume, composite, Merlot | BEVERAGES, ALCOHOLIC | a | 31 |
| Wine, red, 14% alcohol by volume, Shiraz | B1025 | Wine, red, 14% alcohol by volume, composite, Shiraz | BEVERAGES, ALCOHOLIC | a | 31 |
| Wine, rose, 12% alcohol by volume | B1029 | Wine, rose, 12% alcohol by volume, composite | BEVERAGES, ALCOHOLIC | a | 31 |
| Wine, white, dry, 11% alcohol by volume, Semillon | B1020 | Wine, white, dry, 11% alcohol by volume, composite, Semillon | BEVERAGES, ALCOHOLIC | a | 31 |
| Wine, white, dry, 12% alcohol by volume, Sauvignon Blanc | B1021 | Wine, white, dry, 12% alcohol by volume, composite, Sauvignon Blanc | BEVERAGES, ALCOHOLIC | a | 31 |
| Wine, white, dry, 13% alcohol by volume, Chardonnay | B1019 | Wine, white, dry, 13% alcohol by volume, composite, Chardonnay | BEVERAGES, ALCOHOLIC | a | 31 |
| Wine, white, medium dry, 12% alcohol by volume, Riesling | B1022 | Wine, white, medium dry, 12% alcohol by volume, composite, Riesling | BEVERAGES, ALCOHOLIC | a | 31 |
| Wine, white, sparkling, 12% alcohol by volume | B1023 | Wine, white, sparkling, 12% alcohol by volume, composite | BEVERAGES, ALCOHOLIC | a | 31 |
| Wine, white, sweet, dessert, 11.5% alcohol by volume | B1024 | Wine, white, sweet, dessert, 11.5% alcohol by volume, composite | BEVERAGES, ALCOHOLIC | a | 33 |
| Wrap, bread, wholemeal, as purchased | A1181 | Wrap, flat bread, from wholemeal wheat flour, as purchased, commercial, composite | BAKERY PRODUCTS | z | 19 |
| Wrap, multigrain, as purchased | A1183 | Wrap, flat bread, from wheat flour with multigrain, plain, as purchased, commercial, composite | BAKERY PRODUCTS | z | 19 |
| Wrap, white, as purchased | A1179 | Wrap, flat bread, from white wheat flour, plain, as purchased, commercial, composite | BAKERY PRODUCTS | z | 19 |
| Yams, New Zealand, red, unpeeled, baked without fat | X1076 | Yam, root vegetable, unpeeled, baked without fat, red, New Zealand | VEGETABLES AND PULSES | z | 253 |
| 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 | 253 |
| Yeast, baker's, dried | P13 | Yeast, baker's, dried | MISCELLANEOUS | b | 175 |
| Yoghurt dessert, Greek-style, chocolate flavoured, sweetened, premium | F1080 | Yoghurt dessert, Greek-style, chocolate flavoured, sweetened, premium, Organic Choc Compote, Cyclops® | DAIRY | z | 87 |

| Short food name | FoodID | Food Name | Chapter | Primary Source ^a | Page number |
|---|--------|---|----------------------------|-----------------------------|-------------|
| Yoghurt smoothie, assorted fruits, sweetened | F1083 | Yoghurt smoothie, assorted fruits, sweetened, The Collective™ | DAIRY | z | 87 |
| Yoghurt, apricot, frozen, Tip Top™ | F77 | Yoghurt, apricot, frozen, Tip Top™ | DAIRY | z | 87 |
| Yoghurt, Fresh'n Fruity™, assorted fruits, regular fat, fortified Ca, vitamins A & D | F1077 | Yoghurt, assorted fruits, regular fat, sweetened, Fresh'n Fruity™, fortified Ca, vitamins A & D | DAIRY | z | 87 |
| Yoghurt, Fresh'n Fruity™, Lite, assorted fruits, non-fat, fortified Ca, vitamins A & D | F1072 | Yoghurt, assorted fruits, non-fat, Lite, Fresh'n Fruity™, composite, fortified Ca, vitamins A & D | DAIRY | z | 87 |
| Yoghurt, Greek-style, full-fat | F1055 | Yoghurt, Greek-style, full-fat, composite | DAIRY | z | 87 |
| Yoghurt, Greek-style, low fat , Fresh'n Fruity™ | F1082 | Yoghurt, Greek-style, low fat , Fresh'n Fruity™ | DAIRY | z | 87 |
| Yoghurt, Greek-style, low fat, Cyclops® | F1081 | Yoghurt, Greek-style, low fat, Organic, Cyclops® | DAIRY | z | 89 |
| Yoghurt, Meadow Fresh®, Live lite, assorted fruits, non-fat, fortified Ca, vitamins A & D | F1073 | Yoghurt, assorted fruits, non-fat, sweetened, Live lite, Meadow Fresh®, composite, fortified Ca, vitamins A & D | DAIRY | z | 89 |
| Yoghurt, Meadow Fresh®, assorted fruits, low fat, sweetened, fortified Ca | F1075 | Yoghurt, assorted fruits, low fat, sweetened, Meadow Fresh®, fortified Ca | DAIRY | z | 89 |
| Yoghurt, plain, low fat, unsweetened | F84 | Yoghurt, plain, low fat, unsweetened, composite | DAIRY | z | 89 |
| Yoghurt, plain, unsweetened | F57 | Yoghurt, plain, unsweetened, composite | DAIRY | z | 89 |
| Yoghurt, premium, assorted fruits | F1079 | Yoghurt, assorted fruits, premium, sweetened, composite | DAIRY | z | 89 |
| Yoghurt, soy | E43 | Yoghurt, soy | CEREALS AND PSEUDO-CEREALS | Mixed | 71 |
| Yoghurt, Symbio Probalance™, assorted fruits, low fat, fortified Ca, vitamins A & D | F1076 | Yoghurt, assorted fruits, low fat, sweetened, Symbio Probalance™, fortified Ca, vitamins A & D | DAIRY | z | 89 |
| Yoghurt, Yoplait, assorted fruits, regular fat | F1078 | Yoghurt, assorted fruits, regular fat, sweetened, Yoplait | DAIRY | z | 89 |
| Yoghurt, Yoplait, Delite, assorted fruits, low fat | F1074 | Yoghurt, assorted fruits, low fat, sweetened, Yoplait | DAIRY | z | 89 |

^a Sources for the majority of food components:

z – Derived from New Zealand analytical value;

a – Food Standards Australia New Zealand 2019. Australian Food Composition Database - Release 1 FSANZ. <https://www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx> [accessed 6 December 2021];

b – Finglas PM, Roe MA, Pinchen HM, Berry R, Church SM, Dodhia SK, Farron-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 December 2021];

u – U.S. Department of Agriculture, Agricultural Research Service 2019. FoodData Central. <https://fdc.nal.usda.gov/>. [accessed 3 December 2021];

'Mixed' – Multiple sources;

0 – Other overseas databases.

For more information refer to New Zealand Food Composition Database 2022. New Zealand FOODfiles™ 2021 Version 01. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health [accessed 30 March 2022]. <http://www.foodcomposition.co.nz/foodfiles>.

Appendix V – Rules applied for significant numbers, decimal places, and rounding¹.

| Component | Unit | Number of | | Rounding rules | | Trace = less than |
|-------------------------------|-----------|--------------------|------------------------|----------------|---------------|-------------------|
| | | Significant digits | Maximal decimal places | Range | Scale (limit) | |
| Energy | kJ (kcal) | 3 | 0 | 0–100 | 1 | 0.6 |
| Major components | | | | | | |
| Water | g | 3 | 1 | 0–10 | 0.1 | 0.06 |
| Protein | g | 3 | 2 | 0–1 | 0.01 | 0.06 |
| Fat | g | 3 | 2 | 0–1 | 0.01 | 0.06 |
| Carbohydrate (Sugars, Starch) | g | 3 | 2 | 0–1 | 0.01 | 0.06 |
| Dietary Fibre | g | 3 | 1 | 0–10 | 0.1 | 0.06 |
| Alcohol | g | 3 | 1 | 0–10 | 0.1 | 0.06 |
| Caffeine | mg | 2 | 0 | 0–100 | 1 | 0.6 |
| Fatty Acids, total | g | 3 | 2 | 0–1 | 0.01 | 0.06 |
| Fatty acid, individual | g | 3 | 3 | 0–1 | 0.001 | 0.006 |
| Cholesterol | mg | 3 | 2 | 0–1 | 0.01 | 0.06 |
| Inorganic compounds | | | | | | |
| Ca, K, Na, P | mg | 3 | 0 | 0–100 | 1 | 0.6 |
| Fe, Zn | mg | 3 | 2 | 0–1 | 0.01 | 0.06 |
| Se, I | µg | 2 | 2 | 0–1 | 0.01 | 0.06 |
| Vitamins | | | | | | |
| Vitamin A | µg | 3 | 0 | 0–100 | 1 | 0.6 |
| Carotene | µg | 3 | 0 | 0–100 | 1 | 0.6 |
| Thiamin | mg | 2 | 3 | 0–1 | 0.001 | 0.006 |
| Riboflavin | mg | 2 | 3 | 0–1 | 0.001 | 0.006 |
| Niacin | mg | 2 | 3 | 0–1 | 0.001 | 0.006 |
| Vitamin B6 | mg | 2 | 3 | 0–1 | 0.001 | 0.006 |
| Vitamin B12 | µg | 2 | 2 | 0–1 | 0.01 | 0.06 |
| Folates | µg | 2 | 0 | 0–10 | 1 | 0.6 |
| Vitamin C | mg | 3 | 2 | 0–1 | 0.01 | 0.06 |
| Vitamin D | µg | 2 | 2 | 0–1 | 0.01 | 0.06 |
| Vitamin E | mg | 2 | 2 | 0–1 | 0.01 | 0.06 |

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

