



THE CONCISE NEW ZEALAND

FOOD COMPOSITION TABLES

ALCOHOLIC BEVERAGES SUPPLEMENT 2017

Copyright Statement and Terms of Use

You acknowledge you have read the terms of use set out at www.foodcomposition.co.nz (“Terms of Use”) and agree the Terms of Use apply to your use of The Concise New Zealand Food Composition Tables – Alcoholic Beverages Supplement 2017. In particular, we draw your attention to the “Disclaimer” and “Liability and Indemnity” sections in the Terms of Use.

© Copyright The New Zealand Institute for Plant & Food Research Limited and the Ministry of Health (New Zealand) on behalf of the Crown, 2017. All rights reserved. Unless otherwise stated, copyright in the content of the Concise Tables is owned jointly by The New Zealand Institute for Plant & Food Research Limited (trading as Plant & Food Research) and the Ministry of Health (New Zealand) on behalf of the Crown.

British source data are copyright and are reproduced with the permission of the UK Food Standards Agency on behalf of the Controller of Her Majesty’s Stationery Office. Enquiries regarding these data should be referred to the UK Food Standards Agency.

Australian source data are copyright Food Standards Australia New Zealand 2011, and are reproduced by permission.

CATALOGUING IN PUBLICATION

SIVAKUMARAN, Subathira

The Concise New Zealand Food Composition Tables – Alcoholic Beverages Supplement 2017. S. Sivakumaran, L. Huffman, S. Sivakumaran, Palmerston North, New Zealand. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health, 2018.

ISBN – 978-0-473-42823-5

1. The Concise New Zealand Food Composition – Alcoholic Beverages Supplement, 2017. 2. Food composition. 3. Databases. 4. New Zealand. I. Sivakumaran, Subathira. II. Huffman, Lee. III. Sivakumaran, Sivalingam IV. The New Zealand Institute for Plant & Food Research Limited. V. Ministry of Health.

Contents

1	The Concise New Zealand Food Composition Tables – Alcoholic Beverages Supplement, 2017	i
	B Beverages, alcoholic	1
2	Appendices.....	
	Appendix I – Alcohol values in alcoholic beverages	19
	Appendix II – Caffeine values in alcoholic beverages.....	25
	Appendix III – Food index for Alcoholic Beverages Supplement, 2017.....	26

The Concise New Zealand Food Composition Tables – Alcoholic Beverages Supplement, 2017

The Alcoholic Beverages Supplement, 2017 is a supplement to the Concise New Zealand Food Composition Tables, 12th Edition 2016¹.

The Alcoholic Beverages Supplement, 2017 contains 51 alcoholic beverages: beer, wine, cider and mixed alcoholic beverages. Of these 51, 39 alcoholic beverages and their food composition data are a subset of the New Zealand FOODfiles 2016 Version 01². The remaining 12 are new mixed alcoholic beverages, also known as ready to drinks (RTDs). These RTDs were generated by analysis or recipe calculation for the New Zealand Food Composition Database (NZFCD) in 2017, after the release of the FOODfiles 2016 Version 01 on 3 May 2017.

Much like the format of The Concise New Zealand Food Composition Tables, 12th Edition 2016, the Alcoholic Beverage Supplement, 2017 contains 34 components within the body of the table. Data on alcohol and caffeine are listed in Appendix I and II. The summary of the components, their 'Component Identifier', component, unit of measure and comments are shown in Table 1.

Source codes, used in Appendix III (Food Index) indicate the countries from which the primary nutritional information has been derived. The source for individual components can be found in the New Zealand FOODfiles 2016 Version 01, DATA.FT files.

The food energy data (energy, total metabolisable and energy, total metabolisable, available carbohydrate, FSANZ³) 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.

In New Zealand and Australia, one standard drink of any alcoholic beverage contains 10 grams of pure alcohol at 20 degrees Celsius⁴.

For more details on the compilation of food composition data, please refer to the current NZFCD output products: The New Zealand FOODfiles 2016, The Concise New Zealand Food Composition Tables, 12th Edition 2016 and New Zealand FOODfiles 2016 Manual⁵ in the same website www.foodcomposition.co.nz. The recipe method details for the 12 new alcoholic beverages are available on request by contacting foodcomp@plantandfood.co.nz.

¹ Sivakumaran S, Huffman L, Sivakumaran S 2017. The Concise New Zealand Food Composition Tables, 12th Edition 2016. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health www.foodcomposition.co.nz/concise-tables [accessed 3 May 2017].

² The New Zealand Institute for Plant & Food Research Limited 2017. New Zealand Food Composition Database: New Zealand FOODfiles 2016 Version 01. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health. www.foodcomposition.co.nz/foodfiles [accessed 3 May 2017].

³ FSANZ – Food Standards Australia New Zealand

⁴ Food Standards Australia New Zealand 2016. Australia New Zealand Standards Code - Standard 2.7.1 - Labelling of alcoholic beverages and food containing alcohol. www.legislation.gov.au/Details/F2016C00176. [accessed 10 January 2018].

⁵ Sivakumaran S, Huffman L, Gilmore Z, Sivakumaran S 2017. New Zealand FOODfiles 2016 manual. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health. www.foodcomposition.co.nz/foodfiles [accessed 30 April 2017].

Table 1. The 34 components that make up The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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

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

^a The 'Component Identifier' includes the available International Network of Food Data System (INFOODS) tagnames for the food components. For those not available, the 'Component Identifiers' were generated for the New Zealand Food Composition Database (NZFCD) following a similar naming convention to the INFOODS tagnames (Klensin JC, Feskanich D, Lin V, Truswell S, Southgate DAT 1989. Identification of foods components for INFOODS data Interchange Tokyo, United Nations University. <http://archive.unu.edu/unupress/unupbooks/80734e/80734E00.htm> [accessed April 2011] and FAO/INFOODS 2012. FAO/INFOODS guidelines for food matching. Version 1.2. FAO. www.fao.org/infoods/infoods/standards-guidelines/en/ [accessed 6 January 2013].

^b Trace amounts are different for every nutrient. Please refer to The Concise New Zealand Food Composition Tables, 12th Edition 2016 (Sivakumaran S, Huffman L, Sivakumaran S 2017. The Concise New Zealand Food Composition Tables, 12th Edition 2016. The New Zealand Institute for Plant & Food Research Limited and Ministry of Health www.foodcomposition.co.nz/concise-tables [accessed 3 May 2017]).

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

^d NIP – Nutritional information panel; FSANZ – Food Standard Australia New Zealand; SFA – Saturated fatty acids; MUFA – Monounsaturated fatty acids; PUFA – Polyunsaturated fatty acids.

Table 2. Energy conversion factors^a

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

One kcal = 4.18 kJ

^aFood and Agriculture Organisation of the United Nations and the World Health Organisation 2003. Food and Nutrition Paper 77: Food energy—methods of analysis and conversion factors. www.fao.org/DOCREP/006/Y5022E/Y5022E00.HTM [accessed 10 January 2012].

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

FoodID	Short Food Name	Measure	Water	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																		
B5*	Beer, extra stout	100	92.1	195	196	0.3	0	3.8	0.2	0.1	3.7	0	0	0			0	4	1.3
	1 small glass (280mL, 1.2 standard drinks)	280	258	545	549	0.9	0	10.6	0.6	0.3	10.4	0	0	0			0	11	3.6
	1 regular bottle or can (330mL, 1.4 standard drinks)	330	304	642	647	1	0	12.5	0.7	0.3	12.2	0	0	0			0	13	4.3
	1 large can (440mL, 1.9 standard drinks)	440	405	856	863	1.4	0	16.7	0.9	0.4	16.3	0	0	0			0	18	5.7
	1 large glass (450mL, 1.9 standard drinks)	450	414	876	883	1.4	0	17.1	0.9	0.5	16.7	0	0	0			0	18	5.9
	1 large bottle (500mL, 2.2 standard drinks)	500	461	973	981	1.6	0	19	1	0.5	18.5	0	0	0			0	20	6.5
B1016	Beer, full-strength (5% alcohol by volume)	100	93	114	116	0.4	0	0.5	0	trace	0	0	0	0	0	0	0	4.6	0.7
	1 small glass (280mL, 1.0 standard drinks)	281.4	262	321	326	1.1	0	1.3	0	0.1	0	0	0	0	0	0	0	13	1.9
	1 regular bottle or can (330mL, 1.2 standard drinks)	331.7	308	378	385	1.3	0	1.5	0	0.2	0	0	0	0	0	0	0	15	2.2
	1 large can (440mL, 1.6 standard drinks)	442.2	411	504	513	1.8	0	2	0	0.2	0	0	0	0	0	0	0	20	2.9
	1 large glass (450mL, 1.7 standard drinks)	452.3	421	516	525	1.8	0	2	0	0.2	0	0	0	0	0	0	0	21	3
	1 large bottle (500mL, 1.8 standard drinks)	502.5	467	573	583	2	0	2.3	0	0.3	0	0	0	0	0	0	0	23	3.3
B1015	Beer, high-strength (> 5% alcohol by volume)	100	91	144	146	0.5	0	0.7	0	0.2	0	0	0	0	0	0	0	4.4	0.7
	1 small glass (280mL, 1.3 standard drinks)	282.5	257	406	413	1.4	0	2.1	0	0.7	0	0	0	0	0	0	0	12	1.9
	1 regular bottle or can (330mL, 1.5 standard drinks)	333	303	479	487	1.7	0	2.4	0	0.8	0	0	0	0	0	0	0	14	2.2
	1 large can (440mL, 2.0 standard drinks)	444	404	638	650	2.2	0	3.2	0	1	0	0	0	0	0	0	0	19	2.9
	1 large glass (450mL, 2.1 standard drinks)	454.1	413	653	664	2.3	0	3.3	0	1	0	0	0	0	0	0	0	20	3
	1 large bottle (500mL, 2.3 standard drinks)	504.5	459	725	738	2.5	0	3.7	0	1.2	0	0	0	0	0	0	0	22	3.3

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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
B	BEVERAGES, ALCOHOLIC																		
B5*	Beer, extra stout	100	86	28	5	trace	0	trace	0	0	0	0.04	0.68	0.02	0.17	5.9	0	0	0
	1 small glass (280mL, 1.2 standard drinks)	280	240	78	14	0.1	0	0.1	0	0	0	0.11	1.9	0.06	0.48	17	0	0	0
	1 regular bottle or can (330mL, 1.4 standard drinks)	330	280	92	17	0.1	0	0.2	0	0	0	0.13	2.2	0.07	0.56	19	0	0	0
	1 large can (440mL, 1.9 standard drinks)	440	380	120	22	0.1	0	0.2	0	0	0	0.18	3	0.09	0.75	26	0	0	0
	1 large glass (450mL, 1.9 standard drinks)	450	390	130	23	0.1	0	0.2	0	0	0	0.18	3.1	0.09	0.77	27	0	0	0
	1 large bottle (500mL, 2.2 standard drinks)	500	430	140	25	0.1	0	0.3	0	0	0	0.2	3.4	0.1	0.85	30	0	0	0
B1016	Beer, full-strength (5% alcohol by volume)	100	36	16	4.4	0	0	0	0	0	0	0.03	0.05	0.03	0	0	0	0	0
	1 small glass (280mL, 1.0 standard drinks)	281.4	100	44	12	0	0	0	0	0	0	0.08	0.14	0.08	0	0	0	0	0
	1 regular bottle or can (330mL, 1.2 standard drinks)	331.7	120	52	15	0	0	0	0	0	0	0.1	0.17	0.1	0	0	0	0	0
	1 large can (440mL, 1.6 standard drinks)	442.2	160	70	19	0	0	0	0	0	0	0.13	0.22	0.13	0	0	0	0	0
	1 large glass (450mL, 1.7 standard drinks)	452.3	160	71	20	0	0	0	0	0	0	0.14	0.23	0.14	0	0	0	0	0
	1 large bottle (500mL, 1.8 standard drinks)	502.5	180	79	22	0	0	0	0	0	0	0.15	0.25	0.15	0	0	0	0	0
B1015	Beer, high-strength (> 5% alcohol by volume)	100	55	23	4.1	trace	0	0	0	0	0	0.03	0.06	0.03	0	0	0	0	0
	1 small glass (280mL, 1.3 standard drinks)	282.5	160	65	11	trace	0	0	0	0	0	0.09	0.17	0.09	0	0	0	0	0
	1 regular bottle or can (330mL, 1.5 standard drinks)	333	180	77	14	trace	0	0	0	0	0	0.1	0.2	0.1	0	0	0	0	0
	1 large can (440mL, 2.0 standard drinks)	444	240	100	18	trace	0	0	0	0	0	0.13	0.27	0.13	0	0	0	0	0
	1 large glass (450mL, 2.1 standard drinks)	454.1	250	100	18	trace	0	0	0	0	0	0.14	0.27	0.14	0	0	0	0	0
	1 large bottle (500mL, 2.3 standard drinks)	504.5	280	120	20	trace	0	0	0	0	0	0.15	0.3	0.15	0	0	0	0	0

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

FoodID	Short Food Name	Measure	Water	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
B35	Beer, low alcohol	100	97.2	41	41	0.1	trace	0.6	0	0	0.6	0	0	0	0	0	0	1.5	1.3
	1 small glass (280mL, 0.3 standard drinks)	268.8	261	111	111	0.3	trace	1.5	0	0	1.5	0	0	0	0	0	0	4	3.5
	1 regular bottle or can (330mL, 0.3 standard drinks)	316.8	308	130	130	0.4	trace	1.8	0	0	1.8	0	0	0	0	0	0	4.8	4.1
	1 large can (440mL, 0.4 standard drinks)	422.4	411	174	174	0.5	trace	2.4	0	0	2.4	0	0	0	0	0	0	6.3	5.4
	1 large glass (450mL, 0.4 standard drinks)	432	420	178	178	0.6	trace	2.5	0	0	2.5	0	0	0	0	0	0	6.5	5.6
	1 large bottle (500mL, 0.5 standard drinks)	480	467	198	198	0.6	trace	2.7	0	0	2.7	0	0	0	0	0	0	7.2	6.2
B1018	Beer, low-strength (2.5% alcohol by volume)	100	94.5	64	65	0.2	0	0.2	0	trace	0	0	0	0	0	0	0	3.2	0.7
	1 small glass (280mL, 0.6 standard drinks)	282.2	267	180	184	0.6	0	0.6	0	0.1	0	0	0	0	0	0	0	9.1	1.9
	1 regular bottle or can (330mL, 0.7 standard drinks)	332.6	314	212	217	0.7	0	0.7	0	0.1	0	0	0	0	0	0	0	11	2.2
	1 large can (440mL, 0.9 standard drinks)	443.5	419	283	290	0.9	0	1	0	0.1	0	0	0	0	0	0	0	14	2.9
	1 large glass (450mL, 0.9 standard drinks)	453.6	429	290	296	0.9	0	1	0	0.1	0	0	0	0	0	0	0	15	3
	1 large bottle (500mL, 1.0 standard drink)	504	476	322	329	1	0	1.1	0	0.1	0	0	0	0	0	0	0	16	3.3
B1017	Beer, mid-strength (4% alcohol by volume)	100	94.1	93	95	0.3	0	0.3	0	trace	0	0	0	0	0	0	0	3.4	0.7
	1 small glass (280mL, 0.9 standard drinks)	282.7	266	263	269	0.8	0	1	0	0.1	0	0	0	0	0	0	0	9.6	1.9
	1 regular bottle or can (330mL, 1.0 standard drink)	332	312	309	315	1	0	1.1	0	0.1	0	0	0	0	0	0	0	11	2.2
	1 large can (440mL, 1.3 standard drinks)	442.6	416	412	421	1.3	0	1.5	0	0.2	0	0	0	0	0	0	0	15	2.9
	1 large glass (450mL, 1.4 standard drinks)	452.7	426	421	430	1.4	0	1.5	0	0.2	0	0	0	0	0	0	0	15	3
	1 large bottle (500mL, 1.5 standard drinks)	503	473	468	478	1.5	0	1.7	0	0.2	0	0	0	0	0	0	0	17	3.3

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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
B35	Beer, low alcohol	100	11	4.8	1.4	0	0	trace	0	0	0	0.01	0.12	0	0	0.9	0	0	0
	1 small glass (280mL, 0.3 standard drinks)	268.8	29	13	3.8	0	0	0.1	0	0	0	0.03	0.32	0	0	2.4	0	0	0
	1 regular bottle or can (330mL, 0.3 standard drinks)	316.8	35	15	4.4	0	0	0.2	0	0	0	0.03	0.38	0	0	2.9	0	0	0
	1 large can (440mL, 0.4 standard drinks)	422.4	46	20	5.9	0	0	0.2	0	0	0	0.04	0.51	0	0	3.8	0	0	0
	1 large glass (450mL, 0.4 standard drinks)	432	47	21	6	0	0	0.2	0	0	0	0.04	0.52	0	0	3.9	0	0	0
	1 large bottle (500mL, 0.5 standard drinks)	480	52	23	6.7	0	0	0.2	0	0	0	0.05	0.58	0	0	4.3	0	0	0
B1018	Beer, low-strength (2.5% alcohol by volume)	100	27	12	2.9	trace	0	0	0	0	0	0.03	0.02	0.03	0	0	0	0	0
	1 small glass (280mL, 0.6 standard drinks)	282.2	77	34	8.2	trace	0	0	0	0	0	0.09	0.06	0.09	0	0	0	0	0
	1 regular bottle or can (330mL, 0.7 standard drinks)	332.6	91	40	9.7	trace	0	0	0	0	0	0.1	0.07	0.1	0	0	0	0	0
	1 large can (440mL, 0.9 standard drinks)	443.5	120	53	13	trace	0	0	0	0	0	0.13	0.09	0.13	0	0	0	0	0
	1 large glass (450mL, 0.9 standard drinks)	453.6	120	54	13	trace	0	0	0	0	0	0.14	0.09	0.14	0	0	0	0	0
	1 large bottle (500mL, 1.0 standard drink)	504	140	60	15	trace	0	0	0	0	0	0.15	0.1	0.15	0	0	0	0	0
B1017	Beer, mid-strength (4% alcohol by volume)	100	30	12	4.1	0	0	0	0	0	0	0.03	0.04	0.03	0	0	0	0	0
	1 small glass (280mL, 0.9 standard drinks)	282.7	86	35	11	0	0	0	0	0	0	0.09	0.11	0.09	0	0	0	0	0
	1 regular bottle or can (330mL, 1.0 standard drink)	332	100	41	13	0	0	0	0	0	0	0.1	0.13	0.1	0	0	0	0	0
	1 large can (440mL, 1.3 standard drinks)	442.6	130	54	18	0	0	0	0	0	0	0.13	0.18	0.13	0	0	0	0	0
	1 large glass (450mL, 1.4 standard drinks)	452.7	140	55	18	0	0	0	0	0	0	0.14	0.18	0.14	0	0	0	0	0
	1 large bottle (500mL, 1.5 standard drinks)	503	150	62	20	0	0	0	0	0	0	0.15	0.2	0.15	0	0	0	0	0

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

FoodID	Short Food Name	Measure	Water	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
B9*	Beer, stout	100	91.3	129	130	0.3	0	2.3	0.2	0.1	2.2	0	0	0	0	0	0	23	1.3
	1 small glass (280mL, 0.8 standard drinks)	282.8	258	363	368	0.9	0	6.5	0.6	0.3	6.2	0	0	0	0	0	0	65	3.6
	1 regular bottle or can (330mL, 1.0 standard drink)	333.3	304	428	434	1	0	7.7	0.7	0.3	7.3	0	0	0	0	0	0	77	4.3
	1 large can (440mL, 1.3 standard drinks)	444.4	406	571	578	1.4	0	10.2	0.9	0.4	9.8	0	0	0	0	0	0	100	5.7
	1 large glass (450mL, 1.3 standard drinks)	454.5	415	584	591	1.4	0	10.5	0.9	0.5	10	0	0	0	0	0	0	100	5.9
	1 large bottle (500mL, 1.5 standard drinks)	505	461	649	657	1.6	0	11.6	1	0.5	11.1	0	0	0	0	0	0	120	6.5
B1030	Cider, apple, (5% alcohol by volume)	100	89.2	209	217	0	0	5.6	0	5.6	0	0	0	0	0	0	0	3	0
	1 small glass (280mL, 1.1 standard drinks)	283.6	253	592	615	0	0	15.9	0	15.9	0	0	0	0	0	0	0	8.6	0
	1 regular bottle (330mL, 1.3 standard drinks)	334.3	298	698	724	0	0	18.7	0	18.7	0	0	0	0	0	0	0	10	0
	1 large glass (450mL, 1.8 standard drinks)	455.9	407	952	988	0	0	25.5	0	25.5	0	0	0	0	0	0	0	14	0
	1 large bottle (500mL, 2.0 standard drinks)	506.5	452	1060	1100	0	0	28.4	0	28.4	0	0	0	0	0	0	0	15	0
B11*	Cider, dry	100	92.5	129	129	0	0	1.1	0	1.1	0	0	0	0	0	0	0	7	0.5
	1 small glass (280mL, 1.1 standard drinks)	282.8	262	365	365	0	0	3.1	0	3.1	0	0	0	0	0	0	0	20	1.4
	1 regular bottle (330mL, 1.3 standard drinks)	333.3	308	430	430	0	0	3.7	0	3.7	0	0	0	0	0	0	0	23	1.7
	1 large glass (450mL, 1.7 standard drinks)	454.5	420	586	586	0	0	5	0	5	0	0	0	0	0	0	0	32	2.3
	1 large bottle (500mL, 1.9 standard drinks)	505	467	651	651	0	0	5.6	0	5.6	0	0	0	0	0	0	0	35	2.5
B12	Cider, sweet	100	91.2	152	152	0	0	2.6	0	2.6	0	0	0	0	0	0	0	7	0.5
	1 small glass (280mL, 1.0 standard drinks)	282.8	258	428	428	0	0	7.4	0	7.4	0	0	0	0	0	0	0	20	1.4
	1 regular bottle (330mL, 1.2 standard drinks)	333.3	304	505	505	0	0	8.7	0	8.7	0	0	0	0	0	0	0	23	1.7
	1 large glass (450mL, 1.7 standard drinks)	454.5	415	689	689	0	0	11.8	0	11.8	0	0	0	0	0	0	0	32	2.3
	1 large bottle (500mL, 1.9 standard drinks)	505	461	765	765	0	0	13.1	0	13.1	0	0	0	0	0	0	0	35	2.5

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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
B9*	Beer, stout	100	45	17	8	trace	0	trace	0	0	0	0.03	0.43	0.01	0.11	4.4	0	0	0
	1 small glass (280mL, 0.8 standard drinks)	282.8	130	48	23	0.1	0	0.1	0	0	0	0.09	1.2	0.03	0.31	12	0	0	0
	1 regular bottle or can (330mL, 1.0 standard drink)	333.3	150	57	27	0.2	0	0.2	0	0	0	0.1	1.4	0.03	0.37	15	0	0	0
	1 large can (440mL, 1.3 standard drinks)	444.4	200	76	36	0.2	0	0.2	0	0	0	0.13	1.9	0.04	0.49	20	0	0	0
	1 large glass (450mL, 1.3 standard drinks)	454.5	200	77	36	0.2	0	0.2	0	0	0	0.14	2	0.05	0.5	20	0	0	0
	1 large bottle (500mL, 1.5 standard drinks)	505	230	86	40	0.3	0	0.3	0	0	0	0.15	2.2	0.05	0.56	22	0	0	0
B1030	Cider, apple, (5% alcohol by volume)	100	56	12	2.7	trace	trace	0	0	0	0	0	0	0	0	0	2	0	0
	1 small glass (280mL, 1.1 standard drinks)	283.6	160	33	7.7	0.1	trace	0	0	0	0	0	0	0	0	0	5.7	0	0
	1 regular bottle (330mL, 1.3 standard drinks)	334.3	190	39	9.1	0.1	trace	0	0	0	0	0	0	0	0	0	6.7	0	0
	1 large glass (450mL, 1.8 standard drinks)	455.9	250	54	12	0.1	trace	0	0	0	0	0	0	0	0	0	9.1	0	0
	1 large bottle (500mL, 2.0 standard drinks)	506.5	280	60	14	0.1	trace	0	0	0	0	0	0	0	0	0	10.1	0	0
B11*	Cider, dry	100	72	3	8	0.5	0	1.5	0	0	0	0	0.01	0.01	0	0.1	0	0	0
	1 small glass (280mL, 1.1 standard drinks)	282.8	200	8.5	23	1.4	0	4.2	0	0	0	0	0.03	0.03	0	0.3	0	0	0
	1 regular bottle (330mL, 1.3 standard drinks)	333.3	240	10	27	1.6	0	5	0	0	0	0	0.03	0.03	0	0.3	0	0	0
	1 large glass (450mL, 1.7 standard drinks)	454.5	330	14	36	2.2	0	6.8	0	0	0	0	0.05	0.05	0	0.5	0	0	0
	1 large bottle (500mL, 1.9 standard drinks)	505	360	15	40	2.5	0	7.6	0	0	0	0	0.05	0.05	0	0.5	0	0	0
B12	Cider, sweet	100	72	3	8	0.5	0	1.5	0	0	0	0	0.01	0.01	0	0.1	0	0	0
	1 small glass (280mL, 1.0 standard drinks)	282.8	200	8.5	23	1.4	0	4.2	0	0	0	0	0.03	0.03	0	0.3	0	0	0
	1 regular bottle (330mL, 1.2 standard drinks)	333.3	240	10	27	1.6	0	5	0	0	0	0	0.03	0.03	0	0.3	0	0	0
	1 large glass (450mL, 1.7 standard drinks)	454.5	330	14	36	2.2	0	6.8	0	0	0	0	0.05	0.05	0	0.5	0	0	0
	1 large bottle (500mL, 1.9 standard drinks)	505	360	15	40	2.5	0	7.6	0	0	0	0	0.05	0.05	0	0.5	0	0	0

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

FoodID	Short Food Name	Measure	Water	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
B13*	Cider, vintage	100	80.6	411	411	0	0	6.3	0	6.3	0	0	0	0			0	2	0.5
	1 small glass (100mL, 1.1 standard drinks)	102	82.2	420	420	0	0	6.4	0	6.4	0	0	0	0			0	2	0.5
	1 average glass (150mL, 1.6 standard drinks)	153	123	629	629	0	0	9.6	0	9.6	0	0	0	0			0	3.1	0.8
B16*	Liqueur, Curacao	100	42.9	1310	1310	0	0	27	0	27	0	0	0	0			0	3	0.5
	1 shot (30mL, 0.9 standard drinks)	31.5	13.5	412	412	0	0	8.5	0	8.5	0	0	0	0			0	0.9	0.2
	Double shot (60mL, 1.8 standard drinks)	63	27	824	824	0	0	17	0	17	0	0	0	0			0	1.9	0.3
B15*	Liqueur, cherry brandy	100	47.7	1110	1110	0	0	32.6	0	32.6	0	0	0	0			0	3	0.5
	1 shot (30mL, 0.6 standard drinks)	32.7	15.6	361	361	0	0	10.7	0	10.7	0	0	0	0			0	1	0.2
	Double shot (60mL, 1.2 standard drinks)	65.4	31.2	723	723	0	0	21.3	0	21.3	0	0	0	0			0	2	0.3
B39*	Liqueur, coffee flavoured	100	36.5	1410	1410	0.1	0.4	45.9	0	45.9	0	0	0	0			0	9	0.5
	1 shot (30mL, 0.7 standard drinks)	32.7	11.9	460	460	trace	0.1	15	0	15	0	0	0	0			0	2.9	0.2
	Double shot (60mL, 1.4 standard drinks)	65.4	23.9	920	920	0.1	0.3	30	0	30	0	0	0	0			0	5.9	0.3
B1003*	Liqueur, cream based	100	44.4	1370	1370	0	16.1	22.8	0	22.8	0	10.6	3.6	0.2	0.1	0.2	42	89	0
	1 shot (30mL, 0.4 standard drinks)	31.5	14	433	433	0	5.1	7.2	0	7.2	0	3.3	1.1	0.1	trace	0.1	13	28	0
	Double shot (60mL, 0.9 standard drinks)	63	28	866	866	0	10.1	14.4	0	14.4	0	6.6	2.2	0.2	trace	0.1	26	56	0
B1032**	Mixed drink, bourbon whiskey & regular cola, 5% alcohol by volume, pre-mixed	100	88.5	198	198	0	0	5.7	0	5.7	0	0	0	0	0	0	0	4.7	0.2
	1 small glass (100mL, 0.4 standard drinks)	102.7	90.9	204	204	0	0	5.9	0	5.9	0	0	0	0	0	0	0	4.8	0.2
	1 regular bottle or can (330mL, 1.2 standard drinks)	338.8	300	672	672	0	0	19.3	0	19.3	0	0	0	0	0	0	0	16	0.7
	1 large can (440mL, 1.6 standard drinks)	451.7	400	896	896	0	0	25.7	0	25.7	0	0	0	0	0	0	0	21	0.9
B1031**	Mixed drink, bourbon whiskey & regular cola, 7% alcohol by volume, pre-mixed	100	85.9	290	290	0	0	8	0	8	0	0	0	0	0	0	0	4	0.3
	1 small glass (100mL, 0.5 standard drinks)	102.4	88	297	297	0	0	8.2	0	8.2	0	0	0	0	0	0	0	4.1	0.3
	1 small can (250mL, 1.4 standard drinks)	256	220	742	742	0	0	20.5	0	20.5	0	0	0	0	0	0	0	10	0.8
	1 regular bottle or can (330mL, 1.8 standard drinks)	337.9	290	979	979	0	0	27	0	27	0	0	0	0	0	0	0	14	1

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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
B13*	Cider, vintage	100	97	9	5	0.3	0	1.5	0	0	0	0	0.01	0.01	0	0.1	0	0	0
	1 small glass (100mL, 1.1 standard drinks)	102	99	9.2	5.1	0.3	0	1.5	0	0	0	0	0.01	0.01	0	0.1	0	0	0
	1 average glass (150mL, 1.6 standard drinks)	153	150	14	7.7	0.5	0	2.3	0	0	0	0	0.02	0.02	0	0.2	0	0	0
B16*	Liqueur, Curacao	100	15	3	0.5	0.1	trace	0	0	0	0	0	0	0	0	0	0	0	0
	1 shot (30mL, 0.9 standard drinks)	31.5	4.7	0.9	0.2	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
	Double shot (60mL, 1.8 standard drinks)	63	9.5	1.9	0.3	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
B15*	Liqueur, cherry brandy	100	15	3	0.5	0.1	trace	0	0	0	0	0	0	0	0	0	0	0	0
	1 shot (30mL, 0.6 standard drinks)	32.7	4.9	1	0.2	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
	Double shot (60mL, 1.2 standard drinks)	65.4	9.8	2	0.3	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
B39*	Liqueur, coffee flavoured	100	35	7	1	0.1	0	0	0	0	0.01	0.01	0.2	0	0	0	0	0	0
	1 shot (30mL, 0.7 standard drinks)	32.7	11	2.3	0.3	trace	0	0	0	0	trace	trace	0.07	0	0	0	0	0	0
	Double shot (60mL, 1.4 standard drinks)	65.4	23	4.6	0.7	0.1	0	0	0	0	0.01	0.01	0.13	0	0	0	0	0	0
B1003*	Liqueur, cream based	100	19	38	18	0.1	0.2	0	205	91	0	0	0	0	0	0	0	0	0.57
	1 shot (30mL, 0.4 standard drinks)	31.5	6	12	5.7	trace	0.1	0	65	29	0	0	0	0	0	0	0	0	0.18
	Double shot (60mL, 0.9 standard drinks)	63	12	24	11	0.1	0.1	0	129	57	0	0	0	0	0	0	0	0	0.36
B1032**	Mixed drink, bourbon whiskey & regular cola, 5% alcohol by volume, pre-mixed	100	0.5	13	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 0.4 standard drinks)	102.7	0.5	14	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 regular bottle or can (330mL, 1.2 standard drinks)	338.8	1.7	45	2.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 large can (440mL, 1.6 standard drinks)	451.7	2.3	61	3.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
B1031**	Mixed drink, bourbon whiskey & regular cola, 7% alcohol by volume, pre-mixed	100	2.5	14	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 0.5 standard drinks)	102.4	2.6	15	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 small can (250mL, 1.4 standard drinks)	256	6.4	37	2.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 regular bottle or can (330mL, 1.8 standard drinks)	337.9	8.4	48	3.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

FoodID	Short Food Name	Measure	Water	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
B1042**	Mixed drink, gin & tonic water, 9% alcohol by volume, pub or home-mixed	100	85.7	326	326	0	0	7.2	0	7.2	0	0	0	0	0	0	0	3.6	0.2
	1 short glass (150mL, 1.1 standard drinks)	151.8	130	495	495	0	0	10.9	0	10.9	0	0	0	0	0	0	0	5.5	0.3
B1038**	Mixed drink, rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed	100	84.3	330	330	0	0	6.1	0	6.1	0	0	0	0	0	0	0	0.9	0.1
	1 tall glass (250mL, 2.0 standard drinks)	252.1	212	831	831	0	0	15.5	0	15.5	0	0	0	0	0	0	0	2.2	0.2
B1037**	Mixed drink, rum or whiskey & regular cola, 5% alcohol by volume, pub or home-mixed	100	85.2	296	296	0	0	6.4	0	6.4	0	0	0	0	0	0	0	0.9	0.1
	1 short glass (150mL, 1.0 standard drink)	151.8	129	450	450	0	0	9.8	0	9.8	0	0	0	0	0	0	0	1.4	0.1
B1041**	Mixed drink, 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 (250mL, 1.9 standard drinks)	252.1	210	889	889	0	0	20.2	0	20.2	0	0	0	0	0	0	0	220	0
B1035**	Mixed drink, vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed	100	79.3	409	409	2.4	2.6	11.1	0	11.1	0	1.7	0.6	trace	trace	trace	9	86	2.5
	1 small glass (100mL, 0.3 standard drinks)	105.1	83.4	430	430	2.5	2.7	11.7	0	11.7	0	1.7	0.6	0.1	trace	trace	9	90	2.6
	1 small bottle (270mL, 0.8 standard drinks)	283.8	225	1160	1160	6.7	7.4	31.5	0	31.5	0	4.7	1.6	0.1	trace	0.1	24	240	7.1
B1036**	Mixed drink, vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed	100	79.8	394	394	2.3	2.5	10.6	0	10.6	0	1.7	0.6	trace	trace	trace	9	89	3
	1 small glass (100mL, 0.3 standard drinks)	105.2	83.9	414	414	2.5	2.6	11.2	0	11.2	0	1.7	0.6	0.1	trace	trace	9	94	3.2
	1 small bottle (270mL, 0.8 standard drinks)	284	227	1120	1120	6.6	7.1	30.1	0	30.1	0	4.7	1.6	0.1	trace	0.1	24	250	8.5
B1039**	Mixed drink, vodka & lemonade, 10% alcohol by volume, pub or home-mixed	100	84.9	347	347	0	0	7.7	0	7.7	0	0	0	0	0	0	0	5.2	0.2
	1 tall glass (250mL, 1.9 standard drinks)	252.1	214	876	876	0	0	19.4	0	19.4	0	0	0	0	0	0	0	13	0.4
B1034**	Mixed drink, 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
	1 small glass (100mL, 0.4 standard drinks)	102.7	91.2	232	232	0	0	7.5	0	7.5	0	0	0	0	0	0	0	26	0.2
	1 small can (270mL, 1.0 standard drink)	277.3	246	626	626	0	0	20.2	0	20.2	0	0	0	0	0	0	0	69	0.6
	1 regular bottle (330mL, 1.2 standard drinks)	338.9	301	765	765	0	0	24.7	0	24.7	0	0	0	0	0	0	0	85	0.7

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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
B1042**	Mixed drink, gin & tonic water, 9% alcohol by volume, pub or home-mixed	100	0	0	0.8	trace	0.1	0	0	0	0	0	0	0	0	0	0	0	0
	1 short glass (150mL, 1.1 standard drinks)	151.8	0	0	1.2	trace	0.1	0	0	0	0	0	0	0	0	0	0	0	0
B1038**	Mixed drink, rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed	100	2.6	14	0.7	trace	trace	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 tall glass (250mL, 2.0 standard drinks)	252.1	6.5	34	1.8	trace	trace	0	0	0	0	0	0.03	0	0	0	0	0	0
B1037**	Mixed drink, rum or whiskey & regular cola, 5% alcohol by volume, pub or home-mixed	100	2.6	14	0.7	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
	1 short glass (150mL, 1.0 standard drink)	151.8	4	21	1.1	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
B1041**	Mixed drink, vodka & energy drink V, 10% alcohol by volume, pub or home-mixed	100	1.7	1.1	0.6	0	0	0	0	0	0	0.5	5.9	2	0.86	0	0	0	0
	1 tall glass (250mL, 1.9 standard drinks)	252.1	4.2	2.8	1.4	0	0	0	0	0	0	1.3	15	5	2.2	0	0	0	0
B1035**	Mixed drink, vodka & chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed	100	83	90	65	0	0.2	0.8	19	18	0	0.14	0.43	0	0	0	0	0	0
	1 small glass (100mL, 0.3 standard drinks)	105.1	87	95	68	0	0.2	0.8	20	18	0	0.15	0.45	0	0	0	0	0	0
	1 small bottle (270mL, 0.8 standard drinks)	283.8	240	260	180	0	0.6	2.3	54	50	0	0.4	1.2	0	0	0	0	0	0
B1036**	Mixed drink, vodka & non-chocolate flavoured milk blend, 4% alcohol by volume, pre-mixed	100	82	93	68	0	0.2	1.4	19	18	0	0.14	0.43	0	0	0	0	0	0
	1 small glass (100mL, 0.3 standard drinks)	105.2	86	98	72	0	0.3	1.5	20	18	0	0.15	0.45	0	0	0	0	0	0
	1 small bottle (270mL, 0.8 standard drinks)	284	230	260	190	0	0.7	4	54	50	0	0.4	1.2	0	0	0	0	0	0
B1039**	Mixed drink, vodka & lemonade, 10% alcohol by volume, pub or home-mixed	100	4.1	1.6	1.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 tall glass (250mL, 1.9 standard drinks)	252.1	10	4	3.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0
B1034**	Mixed drink, vodka & non-cola flavoured soft drink, 5% alcohol by volume, pre-mixed	100	0.5	0	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 0.4 standard drinks)	102.7	0.5	0	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 small can (270mL, 1.0 standard drink)	277.3	1.4	0	2.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 regular bottle (330mL, 1.2 standard drinks)	338.9	1.7	0	2.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

FoodID	Short Food Name	Measure	Water	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
B1033**	Mixed drink, vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed	100	86.9	252	252	0	0	6.1	0	6.1	0	0	0	0	0	0	0	18	0.2
	1 small glass (100mL, 0.5 standard drinks)	101.6	88.3	256	256	0	0	6.2	0	6.2	0	0	0	0	0	0	0	18	0.2
	1 small can (250mL, 1.3 standard drinks)	254	221	639	639	0	0	15.5	0	15.5	0	0	0	0	0	0	0	44	0.5
	1 regular bottle (330mL, 1.7 standard drinks)	335.3	292	844	844	0	0	20.5	0	20.5	0	0	0	0	0	0	0	59	0.6
B1040**	Mixed drink, vodka & orange juice, 10% alcohol by volume, pub or home-mixed	100	83.1	331	333	0.5	0.1	6.1	0.2	6.1	trace	0	0	0	0	0	0	1.4	0.3
	1 tall glass (250mL, 1.9 standard drinks)	252.1	209	834	839	1.2	0.2	15.3	0.6	15.3	trace	0	0	0	0	0	0	3.5	0.8
B17	Port, wine, fortified	100	71.1	673	673	0.1	0	12.3	0	12.3	0	0	0	0	0	0	0	4	0.5
	1 small glass (100mL, 1.6 standard drinks)	103	73.2	693	693	0.1	0	12.7	0	12.7	0	0	0	0	0	0	0	4.1	0.5
	1 average glass (150mL, 2.5 standard drinks)	154.5	110	1040	1040	0.2	0	19	0	19	0	0	0	0	0	0	0	6.2	0.8
B40*	Sake, dry	100	79	499	499	0.1	0	5.5	0	5.5	0	0	0	0	0	0	0	17	0.5
	1 small glass (100mL, 1.4 standard drinks)	98	77.4	489	489	0.1	0	5.4	0	5.4	0	0	0	0	0	0	0	17	0.5
	1 average glass (150mL, 2.0 standard drinks)	147	116	733	733	0.2	0	8.1	0	8.1	0	0	0	0	0	0	0	25	0.7
B18	Sherry, dry	100	81	481	481	0.2	0	1.3	0	1.3	0	0	0	0	0	0	0	10	0.5
	1 small glass (100mL, 1.6 standard drinks)	99	80.2	476	476	0.2	0	1.3	0	1.3	0	0	0	0	0	0	0	9.9	0.5
	1 average glass (150mL, 2.3 standard drinks)	148.5	120	715	715	0.3	0	2	0	2	0	0	0	0	0	0	0	15	0.7
B19*	Sherry, medium	100	80.5	572	572	0.1	0	8.3	0	8.3	0	0	0	0	0	0	0	6	0.5
	1 small glass (100mL, 1.5 standard drinks)	100	80.5	572	572	0.1	0	8.3	0	8.3	0	0	0	0	0	0	0	6	0.5
	1 average glass (150mL, 2.2 standard drinks)	150	121	859	859	0.2	0	12.5	0	12.5	0	0	0	0	0	0	0	9	0.8
B20	Sherry, sweet	100	74.8	633	633	0.3	0	10.3	0	10.3	0	0	0	0	0	0	0	13	0.5
	1 small glass (100mL, 1.6 standard drinks)	101	75.6	640	640	0.3	0	10.4	0	10.4	0	0	0	0	0	0	0	13	0.5
	1 average glass (150mL, 2.4 standard drinks)	151.5	113	960	960	0.5	0	15.7	0	15.7	0	0	0	0	0	0	0	20	0.8

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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
B1033**	Mixed drink, vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed	100	0	0	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 0.5 standard drinks)	101.6	0	0	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 small can (250mL, 1.3 standard drinks)	254	0	0	1.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 regular bottle (330mL, 1.7 standard drinks)	335.3	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
B1040**	Mixed drink, vodka & orange juice, 10% alcohol by volume, pub or home-mixed	100	140	14	7.1	0.1	trace	0	2	13	0.07	0.03	0.09	0.09	0	17	34.3	0	0.11
	1 tall glass (250mL, 1.9 standard drinks)	252.1	340	36	18	0.2	trace	0	6	34	0.18	0.08	0.23	0.23	0	43	86.4	0	0.28
B17	Port, wine, fortified	100	97	12	4	0.4	0.3	0	0	0	0	0.01	0.06	0.01	0	0.1	0	0	0
	1 small glass (100mL, 1.6 standard drinks)	103	100	12	4.1	0.4	0.3	0	0	0	0	0.01	0.06	0.01	0	0.1	0	0	0
	1 average glass (150mL, 2.5 standard drinks)	154.5	150	19	6.2	0.6	0.4	0	0	0	0	0.02	0.09	0.02	0	0.2	0	0	0
B40*	Sake, dry	100	40	7	7	0.3	0	1	0	0	0	0	0	0	0	0	0	0	0
	1 small glass (100mL, 1.4 standard drinks)	98	39	6.9	6.9	0.3	0	1	0	0	0	0	0	0	0	0	0	0	0
	1 average glass (150mL, 2.0 standard drinks)	147	59	10	10	0.4	0	1.5	0	0	0	0	0	0	0	0	0	0	0
B18	Sherry, dry	100	57	11	7	0.4	0.3	0	0	0	0	0.01	0.1	0.01	0	0.1	0	0	0
	1 small glass (100mL, 1.6 standard drinks)	99	56	11	6.9	0.4	0.3	0	0	0	0	0.01	0.1	0.01	0	0.1	0	0	0
	1 average glass (150mL, 2.3 standard drinks)	148.5	85	16	10	0.6	0.4	0	0	0	0	0.02	0.15	0.02	0	0.1	0	0	0
B19*	Sherry, medium	100	89	7	9	0.5	0.3	0	0	0	0	0.01	0.08	0.01	0	0.1	0	0	0
	1 small glass (100mL, 1.5 standard drinks)	100	89	7	9	0.5	0.3	0	0	0	0	0.01	0.08	0.01	0	0.1	0	0	0
	1 average glass (150mL, 2.2 standard drinks)	150	130	11	14	0.8	0.4	0	0	0	0	0.02	0.12	0.02	0	0.2	0	0	0
B20	Sherry, sweet	100	110	10	7	0.4	0	0	0	0	0	0.01	0.07	0.01	0	0.1	0	0	0
	1 small glass (100mL, 1.6 standard drinks)	101	110	10	7.1	0.4	0	0	0	0	0	0.01	0.07	0.01	0	0.1	0	0	0
	1 average glass (150mL, 2.4 standard drinks)	151.5	170	15	11	0.6	0	0	0	0	0	0.02	0.11	0.02	0	0.2	0	0	0

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

FoodID	Short Food Name	Measure	Water	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
B21	Spirit, 70 proof	100	68.3	921	921	0	0	0.1	0	0.1	0	0	0	0	0	0	0	2	0.5
	1 shot (30mL, 0.9 standard drinks)	28.5	19.5	262	262	0	0	trace	0	trace	0	0	0	0	0	0	0	0.6	0.1
	Double shot (60mL, 1.8 standard drinks)	57	38.9	525	525	0	0	0.1	0	0.1	0	0	0	0	0	0	0	1.1	0.3
B1010	Spirit, gin, 90 proof	100	62.1	1100	1100	0	0	0	0	0	0	0	0	0	0	0	0	2	0
	1 shot (30mL, 1.1 standard drinks)	28.2	17.5	310	310	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0
	Double shot (60mL, 2.1 standard drinks)	56.4	35	620	620	0	0	0	0	0	0	0	0	0	0	0	0	1.1	0
B1012	Spirit, rum, 80 proof	100	66.6	969	969	0	0	0	0	0	0	0	0	0	0	0	0	1	0
	1 shot (30mL, 0.9 standard drinks)	28.2	18.8	273	273	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0
	Double shot (60mL, 1.9 standard drinks)	56.4	37.6	546	546	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0
B1011	Spirit, vodka, 80 proof	100	66.6	969	969	0	0	0	0	0	0	0	0	0	0	0	0	1	0
	1 shot (30mL, 0.9 standard drinks)	28.2	18.8	273	273	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0
	Double shot (60mL, 1.9 standard drinks)	56.4	37.6	546	546	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0
B1009	Spirit, whiskey, 86 proof	100	63.9	1050	1050	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0
	1 shot (30mL, 1.0 standard drinks)	28.2	18	295	295	0	0	trace	0	trace	0	0	0	0	0	0	0	0	0
	Double shot (60mL, 2.0 standard drinks)	56.4	36	590	590	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0
B38*	Toddy, coconut, fermented	100	89.2	297	297	0.3	0.3	7.9	0	7.9	0	0	0	0			0	43	1
	1 small glass (100mL, 0.5 standard drinks)	102	91	303	303	0.3	0.3	8	0	8	0	0	0	0			0	44	1
B22*	Vermouth, dry	100	79.5	496	496	0.1	0	5.4	0	5.4	0	0	0	0			0	17	0.5
	1 shot (30mL, 0.4 standard drinks)	30.3	24.1	150	150	trace	0	1.6	0	1.6	0	0	0	0			0	5.2	0.2
	Double shot (60mL, 0.8 standard drinks)	60.6	48.2	301	301	trace	0	3.3	0	3.3	0	0	0	0			0	10	0.3
B23*	Vermouth, sweet	100	70.6	644	644	0	0	15.7	0	15.7	0	0	0	0			0	28	0.5
	1 shot (30mL, 0.4 standard drinks)	31.5	22.2	203	203	0	0	4.9	0	4.9	0	0	0	0			0	8.8	0.2
	Double shot (60mL, 0.8 standard drinks)	63	44.5	406	406	0	0	9.9	0	9.9	0	0	0	0			0	18	0.3

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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
B21	Spirit, 70 proof	100	1	4	0	trace	trace	0	0	0	0.01	0	0.01	0	0	0	0	0	0
	1 shot (30mL, 0.9 standard drinks)	28.5	0.3	1.1	0	trace	trace	0	0	0	trace	0	trace	0	0	0	0	0	0
	Double shot (60mL, 1.8 standard drinks)	57	0.6	2.3	0	trace	trace	0	0	0	0.01	0	0.01	0	0	0	0	0	0
B1010	Spirit, gin, 90 proof	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	1 shot (30mL, 1.1 standard drinks)	28.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Double shot (60mL, 2.1 standard drinks)	56.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
B1012	Spirit, rum, 80 proof	100	2	5	0	0.1	0.1	0	0	0	0.01	0	0	0	0	0	0	0	0
	1 shot (30mL, 0.9 standard drinks)	28.2	0.6	1.4	0	trace	trace	0	0	0	trace	0	0	0	0	0	0	0	0
	Double shot (60mL, 1.9 standard drinks)	56.4	1.1	2.8	0	0.1	trace	0	0	0	0.01	0	0	0	0	0	0	0	0
B1011	Spirit, vodka, 80 proof	100	1	5	0	trace	0	0	0	0	0.01	0.01	0	0	0	0	0	0	0
	1 shot (30mL, 0.9 standard drinks)	28.2	0.3	1.4	0	trace	0	0	0	0	trace	trace	0	0	0	0	0	0	0
	Double shot (60mL, 1.9 standard drinks)	56.4	0.6	2.8	0	trace	0	0	0	0	0.01	0.01	0	0	0	0	0	0	0
B1009	Spirit, whiskey, 86 proof	100	1	3	0	trace	trace	0	0	0	0.01	0	0.05	0	0	0	0	0	0
	1 shot (30mL, 1.0 standard drinks)	28.2	0.3	0.8	0	trace	trace	0	0	0	trace	0	0.01	0	0	0	0	0	0
	Double shot (60mL, 2.0 standard drinks)	56.4	0.6	1.7	0	trace	trace	0	0	0	0.01	0	0.03	0	0	0	0	0	0
B38*	Toddy, coconut, fermented	100	140	20	0	0	0	0	0	0	0.02	0.01	0.54	0	1	0	25.7	0	0
	1 small glass (100mL, 0.5 standard drinks)	102	140	20	0	0	0	0	0	0	0.02	0.01	0.55	0	1	0	26.2	0	0
B22*	Vermouth, dry	100	40	7	7	0.3	trace	0	0	0	0	0	0.04	0.01	0	0	0	0	0
	1 shot (30mL, 0.4 standard drinks)	30.3	12	2.1	2.1	0.1	trace	0	0	0	0	0	0.01	trace	0	0	0	0	0
	Double shot (60mL, 0.8 standard drinks)	60.6	24	4.2	4.2	0.2	trace	0	0	0	0	0	0.02	0.01	0	0	0	0	0
B23*	Vermouth, sweet	100	30	6	6	0.4	trace	0	0	0	0	0	0.04	0	0	0	0	0	0
	1 shot (30mL, 0.4 standard drinks)	31.5	9.5	1.9	1.9	0.1	trace	0	0	0	0	0	0.01	0	0	0	0	0	0
	Double shot (60mL, 0.8 standard drinks)	63	19	3.8	3.8	0.2	trace	0	0	0	0	0	0.03	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

FoodID	Short Food Name	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
B1022	Wine, white, medium dry, (12% alcohol by volume), Riesling	100	88.5	289	298	0.2	0	0.4	0	0.4	0	0	0	0	0	0	0	5.2	1.5
	1 small glass (100mL, 1.0 standard drinks)	99.3	87.9	287	296	0.2	0	0.4	0	0.4	0	0	0	0	0	0	0	5.2	1.5
	1 average glass (150mL, 1.4 standard drinks)	149	132	431	444	0.3	0	0.6	0	0.6	0	0	0	0	0	0	0	7.8	2.2
B1023	Wine, white, sparkling, (12% alcohol by volume)	100	88.3	302	311	0.2	0	1	0	1	0	0	0	0	0	0	0	2	0
	1 small glass (100mL, 1.0 standard drinks)	99.5	87.9	301	310	0.2	0	1	0	1	0	0	0	0	0	0	0	2	0
	1 average glass (150mL, 1.5 standard drinks)	149.3	132	451	465	0.3	0	1.4	0	1.4	0	0	0	0	0	0	0	3	0
B1024	Wine, white, sweet, dessert, (11.5% alcohol by volume)	100	71.2	502	517	0.4	0	14.7	0	14.7	0	0	0	0	0	0	0	13	1.8
	1 small glass (100mL, 0.9 standard drinks)	106.6	75.9	535	552	0.4	0	15.7	0	15.7	0	0	0	0	0	0	0	14	1.9
	1 average glass (150mL, 1.4 standard drinks)	159.9	114	803	827	0.6	0	23.5	0	23.5	0	0	0	0	0	0	0	20	2.9

* Alcoholic beverages not found in the current The New Zealand Food Composition Tables, 12th Edition 2016 and included from the current FOODfiles 2016 V01

**Alcoholic mixed beverages were updated in the New Zealand Food Composition Database in 2017 and not found in the current The New Zealand Food Composition Tables, 12th Edition 2016 or FOODfiles 2016 V 01.

The Concise New Zealand Food Composition Tables - Alcoholic Beverages Supplement, 2017

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
B1022	Wine, white, medium dry, (12% alcohol by volume), Riesling	100	44	23	10	0.1	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 small glass (100mL, 1.0 standard drinks)	99.3	44	23	10	0.1	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 average glass (150mL, 1.4 standard drinks)	149	66	34	15	0.1	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
B1023	Wine, white, sparkling, (12% alcohol by volume)	100	35	20	6.9	0.2	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 small glass (100mL, 1.0 standard drinks)	99.5	35	20	6.8	0.2	0.1	0	0	0	0	0	0.01	0	0	0	0	0	0
	1 average glass (150mL, 1.5 standard drinks)	149.3	53	30	10	0.3	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
B1024	Wine, white, sweet, dessert, (11.5% alcohol by volume)	100	100	48	15	0.2	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
	1 small glass (100mL, 0.9 standard drinks)	106.6	110	51	16	0.2	0.1	0	0	0	0	0	0.02	0	0	0	0	0	0
	1 average glass (150mL, 1.4 standard drinks)	159.9	160	76	24	0.3	0.1	0	0	0	0	0	0.03	0	0	0	0	0	0

* Alcoholic beverages not found in the current The New Zealand Food Composition Tables, 12th Edition 2016 and included from the current FOODfiles 2016 V01

**Alcoholic mixed beverages were updated in the New Zealand Food Composition Database in 2017 and not found in the current The New Zealand Food Composition Tables, 12th Edition 2016 or FOODfiles 2016 V 01.

Appendix I — Alcohol values in alcoholic beverages

Food ID	Short Food Name	Measure g	Alcohol g
B5*	Beer, extra stout	100	4.3
	1 small glass (280mL, 1.2 standard drinks)	280	12
	1 regular bottle or can (330mL, 1.4 standard drinks)	330	14.2
	1 large can (440mL, 1.9 standard drinks)	440	18.9
	1 large glass (450mL, 1.9 standard drinks)	450	19.4
	1 large bottle (500mL, 2.2 standard drinks)	500	21.5
B1016	Beer, full-strength (5% alcohol by volume)	100	3.7
	1 small glass (280mL, 1.0 standard drink)	281.4	10.3
	1 regular bottle or can (330mL, 1.2 standard drinks)	331.7	12.2
	1 large can (440mL, 1.6 standard drinks)	442.2	16.2
	1 large glass (450mL, 1.7 standard drinks)	452.3	16.6
	1 large bottle (500mL, 1.8 standard drinks)	502.5	18.4
B1015	Beer, high-strength (> 5% alcohol by volume)	100	4.5
	1 small glass (280mL, 1.3 standard drinks)	282.5	12.8
	1 regular bottle or can (330mL, 1.5 standard drinks)	333	15.1
	1 large can (440mL, 2.0 standard drinks)	444	20.1
	1 large glass (450mL, 2.1 standard drinks)	454.1	20.6
	1 large bottle (500mL, 2.3 standard drinks)	504.5	22.9
B35	Beer, low alcohol	100	1
	1 small glass (280mL, 0.3 standard drinks)	268.8	2.7
	1 regular bottle or can (330mL, 0.3 standard drinks)	316.8	3.2
	1 large can (440mL, 0.4 standard drinks)	422.4	4.2
	1 large glass (450mL, 0.4 standard drinks)	432	4.3
	1 large bottle (500mL, 0.5 standard drinks)	480	4.8
B1018	Beer, low-strength (2.5% alcohol by volume)	100	2.1
	1 small glass (280mL, 0.6 standard drinks)	282.2	5.8
	1 regular bottle or can (330mL, 0.7 standard drinks)	332.6	6.9
	1 large can (440mL, 0.9 standard drinks)	443.5	9.2
	1 large glass (450mL, 0.9 standard drinks)	453.6	9.4
	1 large bottle (500mL, 1.0 standard drink)	504	10.4

Food ID	Short Food Name	Measure g	Alcohol g
B1017	Beer, mid-strength (4% alcohol by volume)	100	3.0
	1 small glass (280mL, 0.9 standard drinks)	282.7	8.5
	1 regular bottle or can (330mL, 1.0 standard drink)	332	10
	1 large can (440mL, 1.3 standard drinks)	442.6	13.3
	1 large glass (450mL, 1.4 standard drinks)	452.7	13.6
	1 large bottle (500mL, 1.5 standard drinks)	503	15.1
B9*	Beer, stout	100	2.9
	1 small glass (280mL, 0.8 standard drinks)	282.8	8.2
	1 regular bottle or can (330mL, 1.0 standard drink)	333.3	9.7
	1 large can (440mL, 1.3 standard drinks)	444.4	12.9
	1 large glass (450mL, 1.3 standard drinks)	454.5	13.2
	1 large bottle (500mL, 1.5 standard drinks)	505	14.6
B1030	Cider, apple, (5% alcohol by volume)	100	3.9
	1 small glass (280mL, 1.1 standard drinks)	283.6	11.1
	1 regular bottle (330mL, 1.3 standard drinks)	334.3	13.1
	1 large glass (450mL, 1.8 standard drinks)	455.9	17.8
	1 large bottle (500mL, 2.0 standard drinks)	506.5	19.8
B11*	Cider, dry	100	3.8
	1 small glass (280mL, 1.1 standard drinks)	282.8	10.7
	1 regular bottle (330mL, 1.3 standard drinks)	333.3	12.7
	1 large glass (450mL, 1.7 standard drinks)	454.5	17.3
	1 large bottle (500mL, 1.9 standard drinks)	505	19.2
B12	Cider, sweet	100	3.7
	1 small glass (280mL, 1.0 standard drink)	282.8	10.5
	1 regular bottle (330mL, 1.2 standard drinks)	333.3	12.3
	1 large glass (450mL, 1.7 standard drinks)	454.5	16.8
	1 large bottle (500mL, 1.9 standard drinks)	505	18.7

Food ID	Short Food Name	Measure	Alcohol
		g	g
B13*	Cider, vintage	100	10.5
	1 small glass (100mL, 1.1 standard drinks)	102	10.7
	1 average glass (150mL, 1.6 standard drinks)	153	16.1
B16*	Liqueur, Curacao	100	29.3
	1 shot (30mL, 0.9 standard drinks)	31.5	9.2
	Double shot (60mL, 1.8 standard drinks)	63	18.5
B15*	Liqueur, cherry brandy	100	19
	1 shot (30mL, 0.6 standard drinks)	32.7	6.2
	Double shot (60mL, 1.2 standard drinks)	65.4	12.4
B39*	Liqueur, coffee flavoured	100	21
	1 shot (30mL, 0.7 standard drinks)	32.7	6.9
	Double shot (60mL, 1.4 standard drinks)	65.4	13.7
B1003*	Liqueur, cream based	100	13.5
	1 shot (30mL, 0.4 standard drinks)	31.5	4.3
	Double shot (60mL, 0.9 standard drinks)	63	8.5
B1032**	Mixed drink, bourbon whiskey & regular cola, 5% alcohol by volume, pre-mixed	100	3.5
	1 small glass (100mL, 0.4 standard drinks)	102.7	3.6
	1 regular bottle or can (330mL, 1.2 standard drinks)	338.8	11.9
	1 large can (440mL, 1.6 standard drinks)	451.7	15.8
B1031**	Mixed drink, bourbon whiskey & regular cola, 7% alcohol by volume, pre-mixed	100	5.3
	1 small glass (100mL, 0.5 standard drinks)	102.4	5.4
	1 small can (250mL, 1.4 standard drinks)	256	13.6
	1 regular bottle or can (330mL, 1.8 standard drinks)	337.9	17.9
B1042**	Mixed drink, gin & tonic water, 9% alcohol by volume, pub or home-mixed	100	7
	1 short glass (150mL, 1.1 standard drink)	151.8	10.7
B1038**	Mixed drink, rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed	100	7.8
	1 tall glass (250mL, 2.0 standard drinks)	252.1	19.6
B1037**	Mixed drink, rum or whiskey & regular cola, 5% alcohol by volume, pub or home-mixed	100	6.5
	1 short glass (150mL, 1.0 standard drink)	151.8	9.8
B1041**	Mixed drink, vodka & energy drink V, 10% alcohol by volume, pub or home-mixed	100	7.5
	1 tall glass (250mL, 1.9 standard drinks)	252.1	18.8

Food ID	Short Food Name	Measure g	Alcohol g
B1035**	Mixed drink, vodka & chocolate milk blend, 4% alcohol by volume, pre-mixed	100	2.9
	1 small glass (100mL, 0.3 standard drinks)	105.1	3
	1 small bottle (270mL, 0.8 standard drinks)	283.8	8.2
B1036**	Mixed drink, vodka & flavoured milk blend, 4% alcohol by volume, pre-mixed	100	2.8
	1 small glass (100mL, 0.3 standard drinks)	105.2	2.9
	1 small bottle (270mL, 0.8 standard drinks)	284	8
B1039**	Mixed drink, vodka & lemonade, 10% alcohol by volume, pub or home-mixed	100	7.5
	1 tall glass (250mL, 1.9 standard drinks)	252.1	18.8
B1034**	Mixed drink, vodka & non-cola flavoured soft drink, 5% alcohol by volume, pre-mixed	100	3.5
	1 small glass (100mL, 0.4 standard drinks)	102.7	3.6
	1 small can (270mL, 1.0 standard drink)	277.3	9.7
	1 regular bottle (330mL, 1.2 standard drinks)	338.9	11.9
B1033**	Mixed drink, vodka & non-cola flavoured soft drink, 7% alcohol by volume, pre-mixed	100	5.1
	1 small glass (100mL, 0.5 standard drinks)	101.6	5.2
	1 small can (250mL, 1.3 standard drinks)	254	13
	1 regular bottle (330mL, 1.7 standard drinks)	335.3	17.1
B1040**	Mixed drink, vodka & orange juice, 10% alcohol by volume, pub or home-mixed	100	7.5
	1 tall glass (250mL, 1.9 standard drinks)	252.1	18.8
B17	Port, wine, fortified	100	15.9
	1 small glass (100mL, 1.6 standard drinks)	103	16.4
	1 average glass (150mL, 2.5 standard drinks)	154.5	24.6
B40*	Sake, dry	100	13.9
	1 small glass (100mL, 1.4 standard drinks)	98	13.6
	1 average glass (150mL, 2.0 standard drinks)	147	20.4
B18	Sherry, dry	100	15.7
	1 small glass (100mL, 1.6 standard drinks)	99	15.5
	1 average glass (150mL, 2.3 standard drinks)	148.5	23.3
B19*	Sherry, medium	100	14.8
	1 small glass (100mL, 1.5 standard drinks)	100	14.8
	1 average glass (150mL, 2.2 standard drinks)	150	22.2

Food ID	Short Food Name	Measure	Alcohol
		g	g
B20	Sherry, sweet	100	15.6
	1 small glass (100mL, 1.6 standard drinks)	101	15.8
	1 average glass (150mL, 2.4 standard drinks)	151.5	23.6
B21	Spirit, 70 proof	100	31.7
	1 shot (30mL, 0.9 standard drinks)	28.5	9
	Double shot (60mL, 1.8 standard drinks)	57	18.1
B1010	Spirit, gin, 90 proof	100	37.9
	1 shot (30mL, 1.1 standard drinks)	28.2	10.7
	Double shot (60mL, 2.1 standard drinks)	56.4	21.4
B1012	Spirit, rum, 80 proof	100	33.4
	1 shot (30mL, 0.9 standard drinks)	28.2	9.4
	Double shot (60mL, 1.9 standard drinks)	56.4	18.8
B1011	Spirit, vodka, 80 proof	100	33.4
	1 shot (30mL, 0.9 standard drinks)	28.2	9.4
	Double shot (60mL, 1.9 standard drinks)	56.4	18.8
B1009	Spirit, whiskey, 86 proof	100	36
	1 shot (30mL, 1.0 standard drink)	28.2	10.2
	Double shot (60mL, 2.0 standard drinks)	56.4	20.3
B38*	Toddy, coconut, fermented	100	5.1
	1 small glass (100mL, 0.5 standard drinks)	102	5.2
B22*	Vermouth, dry	100	13.9
	1 shot (30mL, 0.4 standard drinks)	30.3	4.2
	Double shot (60mL, 0.8 standard drinks)	60.6	8.4
B23*	Vermouth, sweet	100	13
	1 shot (30mL, 0.4 standard drinks)	31.5	4.1
	Double shot (60mL, 0.8 standard drinks)	63	8.2
B1028	Wine, red, (13.5% alcohol by volume), Pinot Noir	100	10.7
	1 small glass (100mL, 1.1 standard drinks)	99.4	10.7
	1 average glass (150mL, 1.6 standard drinks)	149.1	16
B1026	Wine, red, (14% alcohol by volume), Cabernet Sauvignon	100	11
	1 small glass (100mL, 1.1 standard drinks)	99.5	11
	1 average glass (150mL, 1.7 standard drinks)	149.3	16.5

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

*Alcoholic beverages not found in the current The New Zealand Food Composition Tables, 12th Edition 2016 and included from the current FOODfiles 2016 Version 01.

**Alcoholic mixed beverages were updated in the New Zealand Food Composition Database in 2017 and found in the current The New Zealand Food Composition Tables, 12th Edition 2016 or FOODfiles 2016 Version 01.

Appendix II — Caffeine values in alcoholic beverages

Food ID	Short Food Name	Measure g	Caffeine mg
B39*	Liqueur, coffee flavoured	100	12
	1 shot (30mL, 0.7 standard drinks)	32.7	4
	Double shot (60mL, 1.4 standard drinks)	65.4	8
B1003*	Liqueur, cream based	100	8
	1 shot (30mL, 0.4 standard drinks)	31.5	2.5
	Double shot (60mL, 0.9 standard drinks)	63	5
B1032**	Mixed drink, bourbon whiskey & regular cola, 5% alcohol by volume, pre-mixed	100	8.5
	1 small glass (100mL, 0.4 standard drinks)	102.7	8.8
	1 regular bottle or can (330mL, 1.2 standard drinks)	338.8	29
	1 large can (440mL, 1.6 standard drinks)	451.7	38
B1031**	Mixed drink, bourbon whiskey & regular cola, 7% alcohol by volume, pre-mixed	100	7.5
	1 small glass (100mL, 0.5 standard drinks)	102.4	7.7
	1 small can (250mL, 1.4 standard drinks)	256	19
	1 regular bottle or can (330mL, 1.8 standard drinks)	337.9	25
B1038**	Mixed drink, rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed	100	6.5
	1 tall glass (250mL, 2.0 standard drinks)	252.1	16
B1037**	Mixed drink, rum or whiskey & regular cola, 5% alcohol by volume, pub or home-mixed	100	6.8
	1 short glass (150mL, 1.0 standard drink)	151.8	10
B1041**	Mixed drink, vodka & energy drink V, 10% alcohol by volume, pub or home-mixed	100	22
	1 tall glass (250mL, 1.9 standard drinks)	252.1	55

* Alcoholic beverages not found in the current The New Zealand Food Composition Tables, 12th Edition 2016 and included from the current FOODfiles 2016 Version 01.

**Alcoholic mixed beverages were updated in the New Zealand Food Composition Database in 2017 and found in the current The New Zealand Food Composition Tables, 12th Edition 2016 or FOODfiles 2016 Version 01.

Appendix III – Food index for Alcoholic Beverages Supplement, 2017

Short food name	FoodID	Food name	Primary source ^a	Page no
Beer, extra stout	B5*	Beer, extra stout	b	1
Beer, full-strength (5% alcohol by volume)	B1016	Beer, full-strength (5% alcohol by volume), composite	a	1
Beer, high-strength (> 5% alcohol by volume)	B1015	Beer, high-strength (> 5% alcohol by volume), composite	a	1
Beer, low alcohol	B35	Beer, low alcohol, composite	z	3
Beer, low-strength (2.5% alcohol by volume)	B1018	Beer, low-strength (2.5% alcohol by volume), composite	a	3
Beer, mid-strength (4% alcohol by volume)	B1017	Beer, mid-strength (4% alcohol by volume), composite	a	3
Beer, stout	B9*	Beer, stout	b	5
Cider, apple, (5% alcohol by volume)	B1030	Cider, apple, (5% alcohol by volume), composite	a	5
Cider, dry	B11	Cider, dry	b	5
Cider, sweet	B12	Cider, sweet	b	5
Cider, vintage	B13*	Cider, vintage	b	7
Liqueur, Curacao	B16*	Liqueur, Curacao	b	7
Liqueur, cherry brandy	B15*	Liqueur, cherry brandy	b	7
Liqueur, coffee flavoured	B39*	Liqueur, coffee flavoured	a	7
Liqueur, cream based	B1003*	Liqueur, cream based	b	7
Mixed drink, bourbon whiskey & 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	z	7
Mixed drink, bourbon whiskey & 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	z	7
Mixed drink, gin & tonic water, 9% alcohol by volume, pub or home-mixed	B1042**	Mixed drink, gin (30mL) & tonic water (120mL), 9% alcohol by volume, ready-to-drink (RTD), pub or home-mixed	c	9
Mixed drink, rum or whiskey & regular cola, 10% alcohol by volume, pub or home-mixed	B1038**	Mixed drink, rum or whiskey (60mL) & regular cola (190mL), 10% alcohol by volume, ready-to-drink (RTD), pub or home-mixed	c	9
Mixed drink, rum or whiskey & regular cola, 5% alcohol by volume, pub or home-mixed	B1037**	Mixed drink, rum or whiskey (30mL) & regular cola (120mL), 8% alcohol by volume, ready-to-drink (RTD), pub or home-mixed	c	9
Mixed drink, vodka & energy drink V, 10% alcohol by volume, pub or home-mixed	B1041**	Mixed drink, vodka (60mL) & energy drink V (190mL), 10% alcohol by volume, ready-to-drink (RTD), pub or home-mixed	c	9
Mixed drink, 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	z	9
Mixed drink, 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	z	9
Mixed drink, vodka & lemonade, 10% alcohol by volume, pub or home-mixed	B1039**	Mixed drink, vodka (60mL) & lemonade (190mL), 10% alcohol by volume, ready-to-drink (RTD), pub or home-mixed	c	9
Mixed drink, 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	c	9
Mixed drink, 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	z	11

Short food name	FoodID	Food name	Primary source ^a	Page no
Mixed drink, vodka & orange juice, 10% alcohol by volume, pub or home-mixed	B1040**	Mixed drink, vodka (60mL) & orange juice (190mL), 10% alcohol by volume, ready-to-drink (RTD), pub or home-mixed	c	11
Port, wine, fortified	B17	Port, wine, fortified	b	11
Sake, dry	B40*	Sake, dry	ar	11
Sherry, dry	B18	Sherry, dry	b	11
Sherry, medium	B19*	Sherry, medium	b	11
Sherry, sweet	B20	Sherry, sweet	b	11
Spirit, 70 proof	B21	Spirit, 70 proof, composite	b	13
Spirit, gin, 90 proof	B1010	Spirit, gin, 90 proof	u	13
Spirit, rum, 80 proof	B1012	Spirit, rum, 80 proof	u	13
Spirit, vodka, 80 proof	B1011	Spirit, vodka, 80 proof	u	13
Spirit, whiskey, 86 proof	B1009	Spirit, whiskey, 86 proof	u	13
Toddy, coconut, fermented	B38	Toddy, coconut, fermented	j	13
Vermouth, dry	B22	Vermouth, dry	b	13
Vermouth, sweet	B23	Vermouth, sweet	b	13
Wine, red, (13.5% alcohol by volume), Pinot Noir	B1028	Wine, red, (13.5% alcohol by volume), composite, Pinot Noir	a	15
Wine, red, (14% alcohol by volume), Cabernet Sauvignon	B1026	Wine, red, (14% alcohol by volume), composite, Cabernet Sauvignon	a	15
Wine, red, (14% alcohol by volume), Merlot	B1027	Wine, red, (14% alcohol by volume), composite, Merlot	a	15
Wine, red, (14% alcohol by volume), Shiraz	B1025	Wine, red, (14% alcohol by volume), composite, Shiraz	a	15
Wine, rose, (12% alcohol by volume)	B1029	Wine, rose, (12% alcohol by volume), composite	a	15
Wine, white, dry, (11% alcohol by volume), Semillon	B1020	Wine, white, dry, (11% alcohol by volume), composite, Semillon	a	15
Wine, white, dry, (12% alcohol by volume), Sauvignon Blanc	B1021	Wine, white, dry, (12% alcohol by volume), composite, Sauvignon Blanc	a	15
Wine, white, dry, (13% alcohol by volume), Chardonnay	B1019	Wine, white, dry, (13% alcohol by volume), composite, Chardonnay	a	15
Wine, white, medium dry, (12% alcohol by volume), Riesling	B1022	Wine, white, medium dry, (12% alcohol by volume), composite, Riesling	a	17
Wine, white, sparkling, (12% alcohol by volume)	B1023	Wine, white, sparkling, (12% alcohol by volume), composite	a	17
Wine, white, sweet, dessert, (11.5% alcohol by volume)	B1024	Wine, white, sweet, dessert, (11.5% alcohol by volume), composite	a	17

^a Primary source codes: a — Food Standard Australia New Zealand (FSANZ)-Nutrient table for use in Australia (NUTTAB) (Food Standards Australia New Zealand 2011. NUTTAB 2010 - Australian food composition tables. FSANZ. <http://www.foodstandards.gov.au/science/monitoringnutrients/nutrientables/nuttab/Pages/default.aspx> [accessed 12 May 2011]; b — United Kingdom (UK) National Nutrient Databank or McCance and Widdowson's The Composition of Foods Integrated Dataset (CoFIDS) (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 15 April 2015]; c — Calculated (e.g. recipe); j — Pacific Islands Food Composition Tables (Dignan C, Burlingame B, Kumar S, Aalbersberg W 2004. The Pacific Islands food composition tables. Food and Agriculture Organisation of the United Nations. <ftp://ftp.fao.org/docrep/fao/007/y5432e/y5432e00.pdf> [accessed 30 January 2016]); r — value derived from a related food; u — United State Department of Agriculture (USDA) National Nutrient Database (U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory 2015. USDA national nutrient database for standard reference, release 28 Nutrient Data Laboratory. <http://www.ars.usda.gov/Services/docs.htm?docid=8964> [accessed 30 September 2015] and z — New Zealand analytical.

* Alcoholic beverages not found in the current The New Zealand Food Composition Tables, 12th Edition 2016 and included from the current FOODfiles 2016 Version 01.

**Alcoholic mixed beverages were updated in the New Zealand Food Composition Database in 2017 and found in the current The New Zealand Food Composition Tables, 12th Edition 2016 or FOODfiles 2016 Version 01.

www.plantandfood.co.nz