

THE CONCISE NEW ZEALAND FOOD COMPOSITION TABLES

9th Edition 2012



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Foreword

The Concise New Zealand Food Composition Tables, 9th Edition contains information on 34 nutrients for more than 900 foods commonly consumed in New Zealand. The Concise Tables are derived from the New Zealand Food Composition Database (NZFCD), which contain nutritional information on more than 2700 foods. New Zealand FOODfiles, the expanded dataset from NZFCD, has more than 300 food components.

Data from the New Zealand FOODfiles are used in the Ministry of Health's nutrition surveys to translate food consumption data into nutrient intakes and to identify dietary sources of nutrients. Knowledge of New Zealanders' food and nutrient intakes ensures that the Ministry's policies, programmes, food and nutrition guidelines, and health education resources have a sound technical basis. Data from the New Zealand Food Composition Database (NZFCD) have many other uses, including planning meals and diets in hospitals and other settings, developing nutrition labels on foods, assessing nutrient intake in research studies, and for teaching and consumer information.

The Concise Tables have been compiled for the Ministry of Health by the New Zealand Institute for Plant & Food Research Limited. They provide an accurate source of information on the nutritional content of foods commonly consumed in New Zealand. The Concise Tables have been released on the web as a PDF document, ensuring that they are accessible to users free of charge.

The Ministry of Health hopes that the Concise Tables will be used extensively by health practitioners, the food industry, sport, education and research organisations, and the New Zealand public as they seek better eating habits and improved health.

Dr Mark Jacobs

Director of Public Health

Acknowledgements

Many people have been involved in developing the New Zealand Food Composition Database (NZFCD) from which the 9th Edition of *The Concise New Zealand Food Composition Tables* and New Zealand FOODfiles are derived.

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

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

In particular, we would like to thank Maria Turley, Sally Mackay and Dr Niki Stefanogiannis, Health and Disability Intelligence, the Ministry of Health, for providing feedback on the Concise Tables 9th Edition. We would also like to acknowledge the user forum that has provided feedback on previous editions: Carolyn Cairncross, Nutrition Foundation; Julie Dick, Heinz-Wattie's NZ Ltd; Fiona Greig, Beef & Lamb NZ; Robert Quigley, Quigley and Watts; Rebecca McNaughton, Foodstuffs; David Roberts and Julia Clark, Ministry for Primary Industries (NZFSA); Jan Milne, NZ Dietetic Association; Joanne Todd, Fonterra Brands Ltd; Lyn Gillanders and Allannah Stewart, Manufactured Food Database, Nutrition Services, Auckland City Hospital; Associate Professor Winsome Parnell, Nutrition Department, University of Otago.

Thanks also go to Plant & Food Research staff Cath Kingston (Food Innovation, Portfolio Manager) and Catherine Ford (Science Editor), for reviewing this publication, Carol Dolman (Publishing Administrator) for assistance with formatting and Minna Pesonen (Brand Designer) for designing the front cover for this joint Plant & Food Research and Ministry of Health publication.

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

Notes for users

Limitations in the data set

The Concise New Zealand Food Composition Tables contains a subset of foods and nutrients from the New Zealand Food Composition Database (NZFCD). The list of foods in the 9th Edition (<http://www.foodcomposition.co.nz/concise-tables>) is an update to the 8th Edition, which is archived on the same website. There are 34 food components in the Concise Tables 9th Edition. Changes from the 8th Edition, which contained 33 components, are the inclusion of vitamin E; alpha-linolenic acid; linoleic acid; dietary folate equivalent; and fibre, total dietary, replacing omega 3; omega 6; fibre, total (NSP); and folate, total. In addition to the 34 components in the body of the table, alcohol and caffeine values are listed in Appendix I and II, respectively.

Although more than 2700 active foods are present in NZFCD, only 904 foods are listed in the Concise Tables 9th Edition. All foods in the tables have values for all components except for alpha-linolenic acid and linoleic acid. Some data are missing for these components; where data are missing, there are blanks. Users should treat a blank as a missing value, not a zero. The complete list of components, more detail on a food's description, component messages, and source of the data can be obtained from the New Zealand FOODfiles <http://www.foodcomposition.co.nz/foodfiles>. Users who need to develop Nutrition Information Panel (NIP) labels for foods should refer to a separate dataset, also available at <http://www.foodcomposition.co.nz/nip-database>.

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

Data selection procedures

Strict protocols have been followed to generate the data for foods listed in these tables. Systematic sampling was performed by purchasing foods from three or more geographical centres, including a number of samples from different manufacturing dates and brands. The samples were composited before being submitted for analysis by accredited laboratories. The size of individual samples, the number of samples and analytical replicates, and the data source vary from food to food. These details are available on request. The brief foods messages for each of the the listed foods in the tables can be found in Appendix III. Data for the majority of foods has been sourced from New Zealand analysis with a few food records borrowed from USDA¹ and NUTTAB².

The Concise Tables 9th Edition contains information on fortified foods (Appendix IV) compiled by a New Zealand generated Manufactured Food Database³. Analytical values have been listed for only those fortified foods which were analysed. If the food was fortified and not analysed the data was borrowed (source code, f) from the Manufactured Food Database or NIP. This additional information can be found in the New Zealand FOODfiles, DATA.FT files.

¹ U.S. Department of Agriculture Agricultural Research Service 2011. USDA national nutrient database for standard reference, Release 24 USDA Nutrient Data Laboratory. www.ars.usda.gov/ba/bhnrc/ndl [accessed December 2011]

² Food Standards Australia New Zealand 2011. NUTTAB 2010-Australian food composition tables. Food Standards Australia New Zealand. www.foodstandards.gov.au/consumerinformation/nuttab2010/ [accessed December 2011]

³ Manufactured Food Database 2010. Fortified foods available in New Zealand. Auckland Nutrition Services, Auckland City Hospital.

Some values in these tables are borrowed or derived from other data sources, rather than being analysed. This has been done to present complete tables of core nutrients with no missing values. Copyright information from other sources is reproduced with permission. Source codes, used in Appendix VI – Food index (and described in Table 1 below), indicate the countries from which the primary nutritional information has been derived. The source for individual components can be found in the New Zealand FOODfiles, DATA.FT files.

More than 120 foods in the tables were derived from recipe calculations by applying appropriate nutrient retention factors and water yield factors. The details of the ingredients and the weight ratio used to prepare these recipes can be found in the New Zealand FOODfiles, Ingredient.FT file.

Table 1. Source codes

Source code	Source
a	FSANZ-NUTTAB
b	UK/National Nutrient Databank/McCance and Widdowson's The Composition of Foods Integrated Dataset (Co FIDS)
c	Calculated by NZFCD after data entry
d	Derived from any of several published sources
f	Fortified
h	Pacific Islands Food Composition Tables and publications
m	Manufacturers supplied data
n	Papua New Guinea
o	Other overseas databases
p	Presumed zero
r	Value derived from a related food
u	USDA National Nutrient Database
w	Value derived from sample with unknown dry matter/water, may not be directly related to water value present

x	No confidence in selected value
y	Australian Aboriginal Foods
z	New Zealand analytical data

Documentation procedures

Mean values presented in all food records are rounded to a fixed number of decimal places or a fixed number of significant figures for each food component, and do not necessarily reflect analytical precision.

Food names are composed of multi-faceted descriptors chosen to identify the foods.

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

Notes on food groups

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

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

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

The same foods, prepared or processed in different ways, are not always derived from a single sample. For example, the same sample of peaches was not subdivided then analysed in raw, canned, dried and frozen forms. The data are

obtained from many sources and may represent different growing years, growing areas, cultivars, laboratories, and different methods of analysis. Therefore, differences in values for various forms of the same food do not necessarily represent just the effect of the processing or preparation.

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

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

Notes on food components

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

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

Table 2. Components

Table heading	INFOODS ^a tagname	Components	Units per 100g ^b	Comments ^c
Water	WATER	Water	g	
Energy	ENERC	Energy, total metabolizable	kJ	Sum of fat, protein, carbohydrate available, and alcohol multiplied by energy conversion factor listed in Table 3. Conversion of energy to kilocalorie (kcal) can be calculated from 1 kcal = 4.184 kJ.
Energy (NIP)	ENERC1 ^d	Energy, total metabolizable (including dietary fibre)	kJ	Sum of fat, protein, carbohydrate available, dietary fibre and alcohol multiplied by energy conversion factor listed in Table 3. Used for NIP. Conversion of energy to kilocalorie (kcal) can be calculated from 1 kcal = 4.184 kJ.
Protein	PROCNT	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	Carbohydrate, available	g	Sum of analytical values of sugars and starch.
Fibre, dietary	FIBTG	Fibre, total dietary	g	Determined by AOAC Prosky method for the mixture of non-starch polysaccharides, lignin, resistant starch and resistant oligosaccharides.
Sugars	SUGAR	Sugars, total	g	Sum of individual mono and disaccharides.
Starch	STARCH	Starch, total	g	
SFA	FASAT	Fatty acids, total saturated	g	} Fatty acids, total mono, poly and saturated fatty acids calculated by summation of the individual mono, poly and saturated fatty acids, respectively.
MUFA	FAMS	Fatty acids, total monounsaturated	g	
PUFA	FAPU	Fatty acids, total polyunsaturated	g	
Alpha-linolenic acid	F18D3N3	Fatty acid 18:3 omega-3	g	
Linoleic acid	F18D2N6	Fatty acid 18:2 omega-6	g	
Cholesterol	CHOLE	Cholesterol	mg	
Sodium Na	NA	Sodium	mg	
Iodide I	ID	Iodide	µg	Synonym Iodine.

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

^aKlensin JC, Feskanih 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].

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

^cMore information about the components methodological detail can be found in the New Zealand FOODfiles 2010 Manual (New Zealand Institute of Plant & Food Research Limited and Ministry of Health 2011). www.foodcomposition.co.nz [accessed 23rd December 2011].

^dNot listed as an INFOODS tagname. Created for purposes of FOODfiles.

The sum of the proximate components (water, fat, protein, sugars, starch, dietary fibre and alcohol) usually falls within the range of 97–103 g per 100 g edible portion. A margin of plus or minus 3% is considered acceptable⁴, particularly as many of the components have been determined independently on different samples in different laboratories. For some food records, the sum is outside this range. Explanations for this include the presence of high levels of unusual constituents not measured in proximate analyses and also analytical variance.

Energy data (energy, total metabolisable and energy, total metabolisable including fibre) expressed in units of kilojoules (kJ) can be converted to kilocalorie (kcal) by using the following conversion factor: 1 kcal equals 4.184 kJ. All values are calculated from the energy-producing food components (carbohydrate, protein, fat, and alcohol) with and without dietary fibre using conversion factors listed in Table 3. To prepare nutrition information panels where energy calculated with dietary fibre (energy, total metabolisable including fibre) is required as per the Australian New Zealand Food Standards Code⁵, the reader is referred to a separate on-line database called “NZ Food Composition Data for Nutrition Information Panels” available at <http://www.foodcomposition.co.nz/nip-database>.

Table 3. Energy conversion factors

Component	kJ/g
Protein	16.7
Total fat	37.0
Available carbohydrate	16.7
Alcohol	29.3
Dietary fibre	8.0

⁴Greenfield H, Southgate DAT 2003. Food composition data: production management and use. 2nd ed. Rome, Food and Agriculture Organisation of the United Nations.

⁵Food Standards Australia New Zealand 2002. Standard 1.2.8 - Nutrition information requirements.

Serving sizes are determined on the basis of amounts commonly purchased or eaten. All measures are made on the edible portion, so no adjustments are required for the portion of the food that would typically be discarded. If serving size is not available then common standard measurement (CSM), New Zealand metric system is used. The volume amounts used are New Zealand metric standards, as listed in Table 4. Volume measures are converted to weight in grams, based on a food’s density, and nutrient values are presented on this basis.

Table 4. New Zealand metric standards for measuring volume

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

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Food ID	Foods	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I	
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg	
A	BAKERY PRODUCTS																			
A54	Bagel, plain	100	43.2	943	958	7.8	1.6	45.3	1.8	0.6	44.6	0.2	0.1	0.7			0	483	trace	
A54	1 bagel	74	31.9	698	709	5.8	1.1	33.5	1.3	0.5	33.0	0.2	0.1	0.5			0	357	trace	
A148	Biscuit, afghan, composite	100	2.6	1980	2020	5.6	21.7	64.9	5.6	33.6	31.4	12.9	0.3	6.9			0	260	trace	
A148	1 biscuit	17	0.4	340	348	1.0	3.7	11.2	1.0	5.8	5.4	2.2	trace	1.2			0	44.7	trace	
A81	Biscuit, Anzac, homemade, baked	100	11.1	1880	1920	4.9	26.2	49.7	4.9	27.4	22.3	18.9	3.9	1.0	trace	0.3	33	123	trace	
A81	1 biscuit	25	2.8	470	480	1.2	6.5	12.4	1.2	6.9	5.6	4.7	1.0	0.3	trace	0.1	8	30.7	trace	
A146	Biscuit, arrowroot, composite	100	2.7	1780	1790	7.0	10.5	76.1	2.0	24.3	51.9	4.4	1.0	3.8			0	277	trace	
A146	1 biscuit	8	0.2	142	143	0.6	0.8	6.1	0.2	1.9	4.1	0.4	0.1	0.3			0	22.2	trace	
A1072	Biscuit, chit chat, Griffin's	100	1.1	2080	2090	5.5	24.3	65.0	1.8	43.4	21.6	16.2	5.5	1.0	trace	1.0	7	230	6	
A1072	1 biscuit (6.5 x 2.9 x 1.3cm)	19	0.2	397	399	1.1	4.6	12.4	0.3	8.3	4.1	3.1	1.1	0.2	trace	0.2	1	43.9	trace	
A1060	Biscuit, choc chip fudge, Arnott's	100	3.0	1990	2010	5.9	20.1	68.9	2.0	39.8	29.1	10.2	7.0	1.8	0.1	1.7	5	210	trace	
A1060	1 biscuit (1.0 x 5.8cm diameter)	13	0.4	253	255	0.7	2.5	8.8	0.3	5.1	3.7	1.3	0.9	0.2	trace	0.2	1	26.7	trace	
A1069	Biscuit, dark chocolate digestive, Arnott's	100	2.7	2010	2050	6.1	23.7	61.9	5.1	33.7	28.2	12.8	7.7	1.7	0.1	1.6	3	260	6	
A1069	1 biscuit (0.7 x 7.5cm diameter)	18	0.5	362	370	1.1	4.3	11.1	0.9	6.1	5.1	2.3	1.4	0.3	trace	0.3	1	46.8	trace	
A1070	Biscuit, dark chocolate wheaten, Griffin's	100	1.6	1910	1950	6.4	23.8	55.6	5.1	33.7	21.9	13.4	7.2	1.7	0.1	1.6	3	300	trace	
A1070	1 biscuit (0.47 x 5.4cm diameter)	10	0.2	197	201	0.7	2.4	5.7	0.5	3.5	2.3	1.4	0.7	0.2	trace	0.2	trace	30.9	trace	
A4	Biscuit, digestive, composite	100	4.0	1900	1950	7.1	18.9	65.0	5.6	17.5	47.6	9.0	6.7	1.8		1.8	5	330	18	
A4	1 biscuit (0.7 x 7cm diameter)	13	0.5	247	253	0.9	2.5	8.5	0.7	2.3	6.2	1.2	0.9	0.2		0.2	1	42.9	trace	
A1067	Biscuit, double chocolate, Ernest Adams	100	4.7	1980	2000	5.5	21.1	66.1	2.5	36.4	29.7	11.5	6.5	1.6	trace	1.6	10	260	trace	
A1067	1 biscuit (1.3 x 5.3cm diameter)	13	0.6	263	265	0.7	2.8	8.8	0.3	4.8	4.0	1.5	0.9	0.2	trace	0.2	1	34.6	trace	
A5	Biscuit, gingernut, composite	100	4.2	1710	1730	5.0	9.0	77.7	1.9	37.5	40.3	4.3	3.2	0.9		0.9	2	190	trace	
A5	1 biscuit (0.8 x 5.2cm diameter)	9	0.4	154	156	0.4	0.8	7.0	0.2	3.4	3.6	0.4	0.3	0.1		0.1	trace	17.1	trace	
A5	1 biscuit (0.9 x 5.4cm diameter)	13	0.5	223	225	0.6	1.2	10.1	0.2	4.9	5.2	0.6	0.4	0.1		0.1	trace	24.7	trace	

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Food ID	Foods	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A	BAKERY PRODUCTS																		
A54	Bagel, plain	100	97	85	14	1.5	0.9	18	0	0	0.15	0.04	2.0	0.04	0	27	0	0	0.25
A54	1 bagel	74	72	63	11	1.1	0.6	13	0	0	0.11	0.03	1.5	0.03	0	20	0	0	0.19
A148	Biscuit, afghan, composite	100	170	120	46	1.9	0.8	0	0	0	0.14	0.07	3.3	0.28	0	6.0	0	0	1.4
A148	1 biscuit	17	29	21	7.9	0.3	0.1	0	0	0	0.02	0.01	0.56	0.05	0	1.0	0	0	0.25
A81	Biscuit, Anzac, homemade, baked	100	270	110	35	2.2	0.6	trace	143	90	0.12	0.05	1.4	0.09	0.11	11	trace	0.8	0.77
A81	1 biscuit	25	67	28	8.7	0.6	0.2	trace	36	23	0.03	0.01	0.34	0.02	0.03	2.7	trace	0.2	0.19
A146	Biscuit, arrowroot, composite	100	140	99	28	0	0.6	0	0	0	0.26	0	2.2	0.16	0.05	13	0	0	0.93
A146	1 biscuit	8	11	7.9	2.2	0	trace	0	0	0	0.02	0	0.18	0.01	trace	1.0	0	0	0.07
A1072	Biscuit, chit chat, Griffin's	100	340	150	80	26	0.8	0	12	14	0.13	0.23	1.2	0.62	0.38	42	0	0	2.8
A1072	1 biscuit (6.5 x 2.9 x 1.3cm)	19	65	29	15	5.0	0.2	0	2	3	0.03	0.04	0.24	0.12	0.07	8.0	0	0	0.53
A1060	Biscuit, choc chip fudge, Arnott's	100	170	100	48	1.7	0.7	trace	6	7	0.14	0.11	1.4	0.11	0.36	9.0	0	0	2.3
A1060	1 biscuit (1.0 x 5.8cm diameter)	13	22	13	6.1	0.2	0.1	trace	1	1	0.02	0.01	0.18	0.01	0.05	1.1	0	0	0.29
A1069	Biscuit, dark chocolate digestive, Arnott's	100	250	150	50	6.8	1.0	trace	3	16	0.18	0.11	1.3	0.79	0.38	42	0	0	3.0
A1069	1 biscuit (0.7 x 7.5cm diameter)	18	45	27	9.0	1.2	0.2	trace	trace	3	0.03	0.02	0.23	0.14	0.07	7.6	0	0	0.55
A1070	Biscuit, dark chocolate wheaten, Griffin's	100	330	190	32	15	1.2	0	3	16	0.18	0.11	1.3	0.79	0.38	42	0	0	3.0
A1070	1 biscuit (0.47 x 5.4cm diameter)	10	34	20	3.3	1.6	0.1	0	trace	2	0.02	0.01	0.13	0.08	0.04	4.3	0	0	0.31
A4	Biscuit, digestive, composite	100	160	130	35	1.1	0.8	trace	15	0	0.05	0.06	2.0	0.03	0	12	0	0	2.0
A4	1 biscuit (0.7 x 7cm diameter)	13	21	17	4.6	0.1	0.1	trace	2	0	0.01	0.01	0.26	trace	0	1.5	0	0	0.26
A1067	Biscuit, double chocolate, Ernest Adams	100	160	80	34	2.0	0.6	trace	0	0	0.11	0.08	1.4	0.39	0.15	42	0	0	2.9
A1067	1 biscuit (1.3 x 5.3cm diameter)	13	21	11	4.5	0.3	0.1	trace	0	0	0.02	0.01	0.18	0.05	0.02	5.6	0	0	0.38
A5	Biscuit, gingernut, composite	100	220	69	64	1.7	0.6	trace	3	5	0.06	0	1.5	0.05	0	5.2	0.1	0	1.8
A5	1 biscuit (0.8 x 5.2cm diameter)	9	20	6.2	5.8	0.2	trace	trace	trace	trace	trace	0	0.13	trace	0	0.46	trace	0	0.16
A5	1 biscuit (0.9 x 5.4cm diameter)	13	29	9.0	8.3	0.2	0.1	trace	trace	1	0.01	0	0.19	0.01	0	0.67	trace	0	0.24

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Food ID	Foods	Measure	Water	Energy	Energy (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
A62	Biscuit, Krispie	100	2.9	1810	1840	5.4	17.0	65.4	3.4	26.4	39.1	9.7	5.1	1.3		1.3	17	340	trace
A62	1 biscuit (0.6 x 6cm diameter)	9	0.3	159	162	0.5	1.5	5.8	0.3	2.3	3.4	0.9	0.4	0.1		0.1	2	29.9	trace
A71	Biscuit, mallowpuff, Griffin's	100	12.0	1770	1780	5.3	16.6	63.9	0.7	50.3	13.7	9.6	6.2	0.6		0.6	6	114	8
A71	1 biscuit (2.7 x 4.5cm diameter)	22	2.6	381	382	1.1	3.6	13.7	0.2	10.8	2.9	2.1	1.3	0.1		0.1	1	24.5	trace
A64	Biscuit, malt, composite	100	3.1	1810	1830	7.5	13.5	71.1	1.8	19.4	51.8	6.2	5.1	1.3		1.3	7	410	trace
A64	1 biscuit (6.6 x 4.4 x 0.6cm)	8	0.2	136	137	0.6	1.0	5.3	0.1	1.5	3.9	0.5	0.4	0.1		0.1	trace	30.8	trace
A1074	Biscuit, milk chocolate digestives, Arnott's	100	2.5	2010	2050	6.0	22.4	65.1	4.2	38.0	27.1	12.0	7.2	1.6	0.1	1.5	6	220	11
A1074	1 biscuit (0.7 x 7.5cm diameter)	18	0.4	355	360	1.1	3.9	11.5	0.7	6.7	4.8	2.1	1.3	0.3	trace	0.3	1	38.7	trace
A1075	Biscuit, milk chocolate wheaten, Griffin's	100	1.7	2000	2030	6.2	24.2	60.0	4.2	37.8	22.2	13.4	7.4	1.8	0.1	1.7	6	330	trace
A1075	1 biscuit (0.8 x 5.5cm diameter)	11	0.2	216	219	0.7	2.6	6.5	0.5	4.1	2.4	1.5	0.8	0.2	trace	0.2	1	35.6	trace
A66	Biscuit, peanut brownie, composite	100	4.1	2000	2010	7.1	21.6	64.4	2.4	28.7	35.8	8.7	8.7	2.9		2.9	12	400	trace
A66	1 biscuit (1.15 x 5.4cm diameter)	12	0.5	239	242	0.9	2.6	7.7	0.3	3.4	4.3	1.0	1.0	0.3		0.3	1	48.0	trace
A66	1 biscuit (1.63 x 5.5cm diameter)	22	0.9	439	443	1.6	4.8	14.2	0.5	6.3	7.9	1.9	1.9	0.6		0.6	3	88.0	trace
A9	Biscuit, plain, cream, composite	100	1.6	1910	1930	5.0	19.7	66.0	1.8	31.6	34.5	13.1	4.3	1.2			3	254	trace
A9	1 biscuit	15	0.2	287	289	0.8	2.9	9.9	0.3	4.7	5.2	2.0	0.7	0.2			trace	38.1	trace
A63	Biscuit, shortbread, composite	100	3.9	1970	1990	5.5	23.9	59.7	1.9	12.9	46.8	12.2	8.3	1.5		1.5	29	280	trace
A63	1 biscuit (1.1 x 5cm diameter)	13	0.5	246	248	0.7	3.0	7.5	0.2	1.6	5.8	1.5	1.0	0.2		0.2	4	35.0	trace
A63	1 biscuit (1.57 x 5.3cm diameter)	21	0.8	404	407	1.1	4.9	12.2	0.4	2.6	9.6	2.5	1.7	0.3		0.3	6	57.4	trace
A1076	Biscuit, tim tam classic dark, Arnott's	100	1.0	2150	2180	5.5	26.9	63.7	3.9	46.4	17.3	14.6	8.6	1.7	trace	1.7	3	140	trace
A1076	1 biscuit (6.2 x 3.2 x 1.3cm)	19	0.2	408	414	1.0	5.1	12.1	0.7	8.8	3.3	2.8	1.6	0.3	trace	0.3	1	26.6	trace
A1064	Biscuit, tim tam double coat, Arnott's	100	0.9	2190	2200	4.9	26.0	68.5	1.5	51.6	16.9	14.4	8.3	1.5	0.1	1.5	9	390	16
A1064	1 biscuit (6.2 x 3.3 x 1.5cm)	23	0.2	498	501	1.1	5.9	15.6	0.3	11.8	3.9	3.3	1.9	0.3	trace	0.3	2	88.9	trace
A1071	Biscuit, tim tam original, Arnott's	100	1.2	2190	2200	4.9	26.0	68.5	1.8	49.8	18.7	14.1	8.4	1.7	0.1	1.6	7	170	12
A1071	1 biscuit (6.2 x 3.2 x 1.3cm)	19	0.2	405	407	0.9	4.8	12.7	0.3	9.2	3.5	2.6	1.6	0.3	trace	0.3	1	31.5	trace

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Food ID	Foods	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
A62	Biscuit, Krispie	100	170	85	21	0.9	0.7	trace	1	0	0.01	0.06	0.92	0.04	0	5.8	0.1	0	1.5
A62	1 biscuit (0.6 x 6cm diameter)	9	15	7.5	1.8	0.1	0.1	trace	trace	0	trace	trace	0.08	trace	0	0.51	trace	0	0.13
A71	Biscuit, mallowpuff, Griffin's	100	200	140	97	1.9	0.6	trace	22	19	0.05	0.18	0.69	0.01	0	7.4	trace	0	1.3
A71	1 biscuit (2.7 x 4.5cm diameter)	22	43	30	21	0.4	0.1	trace	5	4	0.01	0.04	0.15	trace	0	1.6	trace	0	0.28
A64	Biscuit, malt, composite	100	170	110	27	0.9	0.7	trace	2	0	0.13	0.01	2.2	0.05	0	7.9	trace	0	1.8
A64	1 biscuit (6.6 x 4.4 x 0.6cm)	8	13	8.3	2.0	0.1	trace	trace	trace	0	0.01	trace	0.17	trace	0	0.59	trace	0	0.14
A1074	Biscuit, milk chocolate digestives, Arnott's	100	260	160	90	4.5	0.9	trace	11	11	0.18	0.19	1.3	0.65	0.38	42	0	0	2.3
A1074	1 biscuit (0.7 x 7.5cm diameter)	18	46	28	16	0.8	0.2	trace	2	2	0.03	0.03	0.23	0.11	0.07	7.4	0	0	0.40
A1075	Biscuit, milk chocolate wheaten, Griffin's	100	350	200	50	4.7	1.1	0	119	11	0.18	0.19	1.3	0.65	0.38	42	0	0	2.3
A1075	1 biscuit (0.8 x 5.5cm diameter)	11	38	22	5.4	0.5	0.1	0	13	1	0.02	0.02	0.14	0.07	0.04	4.5	0	0	0.24
A66	Biscuit, peanut brownie, composite	100	190	150	36	1.4	0.9	trace	42	57	0.02	0.03	3.4	0.09	0	16	trace	0	2.1
A66	1 biscuit (1.15 x 5.4cm diameter)	12	23	18	4.3	0.2	0.1	trace	5	7	trace	trace	0.41	0.01	0	1.9	trace	0	0.26
A66	1 biscuit (1.63 x 5.5cm diameter)	22	42	33	7.9	0.3	0.2	trace	9	13	trace	0.01	0.74	0.02	0	3.5	trace	0	0.47
A9	Biscuit, plain, cream, composite	100	130	88	41	0.5	0.5	trace	2	0	0.09	0.12	1.4	0.01	0	4.0	0.2	0	3.4
A9	1 biscuit	15	20	13	6.2	0.1	0.1	trace	trace	0	0.01	0.02	0.22	trace	0	0.60	trace	0	0.52
A63	Biscuit, shortbread, composite	100	82	72	20	0.6	0.4	trace	152	177	0.04	0.04	1.3	0.05	0	5.8	trace	0	1.5
A63	1 biscuit (1.1 x 5cm diameter)	13	10	9.0	2.5	0.1	0.1	trace	19	22	trace	trace	0.17	0.01	0	0.72	trace	0	0.19
A63	1 biscuit (1.57 x 5.3cm diameter)	21	17	15	4.1	0.1	0.1	trace	31	36	0.01	0.01	0.28	0.01	0	1.2	trace	0	0.31
A1076	Biscuit, tim tam classic dark, Arnott's	100	340	120	49	8.8	1.0	trace	1	7	0.10	0.09	1.2	1.7	0.38	42	0	0	3.5
A1076	1 biscuit (6.2 x 3.2 x 1.3cm)	19	65	23	9.3	1.7	0.2	trace	trace	1	0.02	0.02	0.23	0.32	0.07	8.0	0	0	0.66
A1064	Biscuit, tim tam double coat, Arnott's	100	220	110	51	5.8	0.8	trace	24	17	0.09	0.19	1.2	0.73	0.38	42	0	0	3.7
A1064	1 biscuit (6.2 x 3.3 x 1.5cm)	23	50	25	12	1.3	0.2	trace	5	4	0.02	0.04	0.27	0.17	0.09	9.6	0	0	0.85
A1071	Biscuit, tim tam original, Arnott's	100	210	110	90	4.0	0.6	trace	12	14	0.13	0.23	1.2	0.62	0.38	42	0	0	2.8
A1071	1 biscuit (6.2 x 3.2 x 1.3cm)	19	39	20	17	0.7	0.1	trace	2	3	0.02	0.04	0.23	0.12	0.07	7.8	0	0	0.51

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Food ID	Foods	Measure	Water	Energy	Energy (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
A72	Biscuit, toffee pop, composite	100	6.2	2040	2050	5.3	23.6	64.8	1.4	43.9	21.0	14.6	6.8	1.0		1.0	15	250	trace
A72	1 biscuit (original)	17	1.1	347	349	0.9	4.0	11.0	0.2	7.5	3.6	2.5	1.2	0.2		0.2	2	42.5	trace
A72	1 biscuit (extreme)	20	1.2	409	411	1.1	4.7	13.0	0.3	8.8	4.2	2.9	1.4	0.2		0.2	3	50.0	trace
A12	Biscuit, wafer, cream filled, raspberry, composite	100	2.3	2050	2060	3.3	21.9	71.0	1.4	38.4	32.6	20.5	0.2	0.2		0.2	2	110	32
A12	1 biscuit (2.6 x 8 x 1cm)	9	0.2	185	186	0.3	2.0	6.4	0.1	3.5	2.9	1.8	trace	trace		trace	trace	9.9	trace
A1066	Biscuit, white & dark chocolate, Arnott's	100	3.6	2040	2050	5.0	21.3	70.0	2.1	40.2	29.8	11.5	6.8	1.7	trace	1.7	5	160	trace
A1066	1 biscuit (1.0 x 5.2cm diameter)	13	0.5	257	259	0.6	2.7	8.8	0.3	5.1	3.8	1.4	0.9	0.2	trace	0.2	1	20.2	trace
A53	Bread roll, mixed grain, supermarket	100	32.4	1070	1120	10.9	2.5	47.5	6.1	1.3	46.2	0.3	0.6	0.8	0.3	0.6	0	440	trace
A53	1 long roll (14.7 x 5.7cm)	58	18.7	618	646	6.3	1.5	27.5	3.5	0.8	26.7	0.2	0.3	0.5	0.2	0.3	0	254	trace
A53	1 bun (8.3cm diameter)	53	17.3	569	595	5.8	1.3	25.3	3.3	0.7	24.6	0.2	0.3	0.5	0.1	0.3	0	235	trace
A40	Bread roll, white, supermarket	100	33.5	1100	1130	9.1	1.6	53.0	3.7	2.0	51.0	0.2	0.3	0.5	trace	0.4	0	480	trace
A40	1 long roll (16.3 x 6.5cm)	77	25.8	846	869	7.1	1.2	40.9	2.9	1.6	39.3	0.2	0.3	0.4	trace	0.3	0	371	trace
A40	1 bun (7.9cm diameter)	49	16.3	534	548	4.5	0.8	25.8	1.8	1.0	24.8	0.1	0.2	0.2	trace	0.2	0	234	trace
A52	Bread roll, wholemeal, supermarket	100	34.6	1010	1060	10.2	2.3	45.2	6.0	1.2	44.0	0.3	0.7	0.7	0.1	0.6	0	480	trace
A52	1 long roll (17.2 x 5.8cm)	79	27.4	802	840	8.1	1.8	35.8	4.8	1.0	34.9	0.2	0.5	0.6	0.1	0.5	0	381	trace
A52	1 bun (7.8cm diameter)	53	18.3	535	561	5.4	1.2	23.9	3.2	0.6	23.3	0.2	0.4	0.4	trace	0.3	0	254	trace
A1024	Bread, ancient grains, Vogel's	100	43.1	860	900	9.7	4.0	32.9	5.0	2.8	30.1	0.3	1.6	1.0	0.2	0.8	0	360	trace
A1024	1 slice (10 x 9 x 1cm)	44	18.8	375	392	4.2	1.7	14.4	2.2	1.2	13.1	0.1	0.7	0.4	0.1	0.3	0	157	trace
A1024	1 slice (10 x 8.7 x 0.8cm)	35	15.0	298	312	3.4	1.4	11.4	1.7	1.0	10.4	0.1	0.5	0.3	0.1	0.3	0	125	trace
A58	Bread, chapati, homemade	100	31.1	1170	1230	8.3	7.1	46.1	7.4	0.4	45.7	0.9	1.1	3.6			0	246	trace
A58	1 piece	38	11.8	445	467	3.2	2.7	17.5	2.8	0.2	17.4	0.4	0.4	1.4			0	93.5	trace
A206	Bread, currant, supermarket	100	34.1	1130	1170	7.5	1.4	57.3	4.3	18.1	39.2	0.2	0.5	0.3	0.1	0.3	12	373	trace
A206	whole	508	173	5770	5940	37.9	7.3	291	21.9	91.8	199	1.2	2.6	1.7	0.4	1.3	61	1900	15
A206	1 slice (11.6 x 9.2 x 1cm)	27	9.2	306	315	2.0	0.4	15.5	1.2	4.9	10.6	0.1	0.1	0.1	trace	0.1	3	101	trace

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Food ID	Foods	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
A72	Biscuit, toffee pop, composite	100	250	170	110	1.6	0.9	trace	28	27	0.06	0.18	1.4	0.02	0	98	trace	0	1.0
A72	1 biscuit (original)	17	43	29	19	0.3	0.1	trace	5	5	0.01	0.03	0.24	trace	0	17	trace	0	0.18
A72	1 biscuit (extreme)	20	50	34	22	0.3	0.2	trace	6	5	0.01	0.04	0.28	trace	0	20	trace	0	0.21
A12	Biscuit, wafer, cream filled, raspberry, composite	100	73	50	20	0.5	0.2	11	1	6	0	0.03	0.81	0	0	4.0	0	0	0.13
A12	1 biscuit (2.6 x 8 x 1cm)	9	6.6	4.5	1.8	trace	trace	trace	trace	trace	0	trace	0.07	0	0	0.36	0	0	0.01
A1066	Biscuit, white & dark chocolate, Arnott's	100	230	120	10	15	0.6	trace	0	0	0.10	0.08	1.2	1.1	0.15	42	0	0	2.3
A1066	1 biscuit (1.0 x 5.2cm diameter)	13	29	15	1.3	1.8	0.1	trace	0	0	0.01	0.01	0.15	0.14	0.02	5.3	0	0	0.29
A53	Bread roll, mixed grain, supermarket	100	160	110	58	1.4	1.3	trace	0	0	0.14	0.06	2.7	0.03	0	170	0	0	0.20
A53	1 long roll (14.7 x 5.7cm)	58	92	64	34	0.8	0.8	trace	0	0	0.08	0.04	1.5	0.02	0	100	0	0	0.12
A53	1 bun (8.3cm diameter)	53	85	59	31	0.7	0.7	trace	0	0	0.08	0.03	1.4	0.02	0	93	0	0	0.11
A40	Bread roll, white, supermarket	100	130	90	37	1.1	1.0	trace	0	0	0.14	0.05	3.1	0.03	0	180	0	0	0
A40	1 long roll (16.3 x 6.5cm)	77	100	69	29	0.8	0.8	trace	0	0	0.11	0.04	2.4	0.02	0	140	0	0	0
A40	1 bun (7.9cm diameter)	49	63	44	18	0.5	0.5	trace	0	0	0.07	0.02	1.5	0.02	0	89	0	0	0
A52	Bread roll, wholemeal, supermarket	100	210	160	58	1.8	1.5	trace	0	0	0.16	0.08	3.7	0.03	0	140	0	0	0.20
A52	1 long roll (17.2 x 5.8cm)	79	170	130	46	1.4	1.2	trace	0	0	0.13	0.06	2.9	0.02	0	110	0	0	0.16
A52	1 bun (7.8cm diameter)	53	110	85	31	1.0	0.8	trace	0	0	0.09	0.04	2.0	0.02	0	74	0	0	0.11
A1024	Bread, ancient grains, Vogel's	100	180	140	41	1.6	1.1	trace	16	7	0.18	0.05	2.4	0.21	0	35	0	0	0.48
A1024	1 slice (10 x 9 x 1cm)	44	78	61	18	0.7	0.5	trace	7	3	0.08	0.02	1.1	0.09	0	15	0	0	0.21
A1024	1 slice (10 x 8.7 x 0.8cm)	35	62	49	14	0.6	0.4	trace	6	3	0.06	0.02	0.84	0.07	0	12	0	0	0.17
A58	Bread, chapati, homemade	100	170	100	18	1.3	0.8	6	trace	1	0.25	0.06	2.1	0.14	0	10	0	0	0
A58	1 piece	38	65	40	6.8	0.5	0.3	trace	trace	trace	0.10	0.02	0.80	0.05	0	3.8	0	0	0
A206	Bread, currant, supermarket	100	200	78	75	1.7	1.0	trace	0	0	0.11	0.04	2.7	0	0	220	0	0	0
A206	whole	508	1000	400	380	8.5	5.2	12	0	0	0.56	0.20	14	0	0	1100	0	0	0
A206	1 slice (11.6 x 9.2 x 1cm)	27	55	21	20	0.5	0.3	trace	0	0	0.03	0.01	0.73	0	0	58	0	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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
A1017	Bread, garlic, butter, retail	100	28.1	1560	1590	8.3	19.6	41.5	3.6	2.8	38.7	10.6	5.1	2.4			10	460	trace
A1017	1 loaf (25.4 x 6 x 4.5cm)	223	62.6	3470	3530	18.4	43.7	92.4	8.0	6.2	86.2	23.5	11.5	5.3			23	1020	trace
A1019	Bread, garlic, margarine, retail	100	29.2	1620	1640	7.6	21.5	41.5	3.6	2.8	38.7	4.6	6.1	9.3			0	460	0
A1019	1 loaf (25.6 x 5.7 x 5.5cm)	218	63.5	3520	3580	16.5	46.9	90.4	7.8	6.1	84.3	10.0	13.3	20.2			0	1000	0
A1045	Bread, mixed grain & toasted sesame, Vogel's	100	44.9	869	925	9.4	5.7	30.1	7.0	0.4	29.7	0.6	2.9	0.3	0.3	0	0	370	36
A1045	1 slice (9.45 x 10.3 x 1.17cm)	43	19.1	369	393	4.0	2.4	12.8	3.0	0.1	12.6	0.2	1.2	0.1	0.1	0	0	157	15
A1049	Bread, mixed grain, Freya's	100	39.5	913	954	9.6	2.7	39.1	5.1	2.7	36.4	0.5	1.0	0.1	0.1	0	0	410	37
A1049	1 slice (9.2 x 12.3 x 1.3cm)	41	16.1	372	389	3.9	1.1	15.9	2.1	1.1	14.9	0.2	0.4	0.1	0.1	0	0	167	15
A1021	Bread, multigrain, 9 grains, Tip Top	100	36.2	937	981	12.2	4.0	35.0	5.5	2.0	33.0	0.4	1.7	1.2	0.3	0.9	0	410	trace
A1021	1 slice (10.94 x 11.05 x 1.2cm)	38	13.7	354	370	4.6	1.5	13.2	2.1	0.7	12.5	0.1	0.6	0.5	0.1	0.3	0	155	trace
A1020	Bread, multigrain, Burgen	100	40.5	861	905	12.0	3.9	31.0	5.5	2.1	28.9	0.4	1.6	1.2	0.3	0.9	0	380	trace
A1020	1 slice (10.6 x 9.5 x 1.37cm)	45	18.1	385	404	5.3	1.7	13.8	2.5	0.9	12.9	0.2	0.7	0.5	0.1	0.4	0	170	trace
A1015	Bread, multigrain, gluten free, prepacked, composite	100	43.5	906	934	4.8	4.7	39.1	3.5	2.4	36.7	0.5	1.7	2.9	0.3	1.3	0	370	trace
A1015	1 slice (8.6 x 7.8 x 1.06cm)	42	18.5	385	397	2.0	2.0	16.6	1.5	1.0	15.6	0.2	0.7	1.3	0.1	0.6	0	157	trace
A1010	Bread, multigrain, heavy, sliced, prepacked, composite	100	45.6	939	981	9.8	2.3	41.4	5.3	3.4	38.0	0.2	0.7	0.7	0.1	0.6	0	370	trace
A1010	1 slice sandwich (10.1 x 8.6 x 0.9cm)	37	17.0	350	366	3.6	0.9	15.4	2.0	1.3	14.2	0.1	0.3	0.3	trace	0.2	0	138	trace
A1010	1 slice toast (10 x 8.9 x 0.9cm)	42	19.0	392	409	4.1	1.0	17.3	2.2	1.4	15.9	0.1	0.3	0.3	trace	0.2	0	154	trace
A1009	Bread, multigrain, light, sliced, prepacked, composite	100	38.3	949	990	9.9	2.8	40.7	5.1	4.1	36.6	0.4	0.9	0.9	0.2	0.8	0	450	trace
A1009	1 slice toast (11.13 x 10.45 x 1.26cm)	38	14.7	363	379	3.8	1.1	15.6	2.0	1.6	14.0	0.2	0.3	0.4	0.1	0.3	0	172	trace
A1009	1 slice sandwich (11.4 x 10.3 x 1.07cm)	32	12.1	301	314	3.1	0.9	12.9	1.6	1.3	11.6	0.1	0.3	0.3	trace	0.2	0	143	trace
A234	Bread, panini, plain, composite	100	27.6	1250	1280	9.4	8.4	46.8	3.5	3.6	43.3	0.7	4.5	1.5			0	524	0
A234	1 piece	85	23.5	1060	1080	7.9	7.1	39.8	3.0	3.0	36.8	0.6	3.8	1.3			0	445	0

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Food ID	Foods	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
A1017	Bread, garlic, butter, retail	100	97	79	83	0.6	1.0	7	52	trace	0.07	0.07	2.6	0.04	0	22	2.4	0.2	0.44
A1017	1 loaf (25.4 x 6 x 4.5cm)	223	220	170	190	1.4	2.3	16	117	1	0.16	0.16	5.7	0.09	0	49	5.3	0.4	0.98
A1019	Bread, garlic, margarine, retail	100	97	79	83	0.6	1.0	7	52	trace	0.07	0.07	2.5	0.04	0	22	2.4	0	2.8
A1019	1 loaf (25.6 x 5.7 x 5.5cm)	218	210	170	180	1.4	2.2	15	114	1	0.15	0.15	5.4	0.09	0	48	5.2	0	6.1
A1045	Bread, mixed grain & toasted sesame, Vogel's	100	160	130	23	1.1	1.1	7	0	0	0.15	0.11	3.5	0.16	0	18	0	0	0.33
A1045	1 slice (9.45 x 10.3 x 1.17cm)	43	68	54	9.8	0.5	0.5	trace	0	0	0.06	0.05	1.5	0.07	0	7.7	0	0	0.14
A1049	Bread, mixed grain, Freya's	100	150	120	110	1.0	1.0	6	0	0	0.14	0.11	3.5	0.20	0	31	0	0	0
A1049	1 slice (9.2 x 12.3 x 1.3cm)	41	62	49	44	0.4	0.4	trace	0	0	0.06	0.05	1.4	0.08	0	13	0	0	0
A1021	Bread, multigrain, 9 grains, Tip Top	100	250	200	87	6.1	1.6	9	0	0	0.24	0.10	2.8	0.18	0	440	0	0	0.52
A1021	1 slice (10.94 x 11.05 x 1.2cm)	38	94	76	33	2.3	0.6	trace	0	0	0.09	0.04	1.1	0.07	0	170	0	0	0.20
A1020	Bread, multigrain, Burgen	100	210	150	86	1.6	1.3	13	0	0	0.24	0.10	2.8	0.18	0	460	0	0	0.52
A1020	1 slice (10.6 x 9.5 x 1.37cm)	45	94	67	38	0.7	0.6	6	0	0	0.11	0.05	1.2	0.08	0	200	0	0	0.23
A1015	Bread, multigrain, gluten free, prepacked, composite	100	170	120	23	1.3	0.9	trace	0	0	0.12	0.05	1.5	0.16	0	21	0	0.5	0.81
A1015	1 slice (8.6 x 7.8 x 1.06cm)	42	72	51	9.8	0.6	0.4	trace	0	0	0.05	0.02	0.64	0.07	0	9.1	0	0.2	0.34
A1010	Bread, multigrain, heavy, sliced, prepacked, composite	100	200	140	42	1.1	1.1	6	0	0	0.16	0.15	2.3	0.12	0	19	0	0.5	0.53
A1010	1 slice sandwich (10.1 x 8.6 x 0.9cm)	37	75	52	16	0.4	0.4	trace	0	0	0.06	0.06	0.84	0.05	0	7.2	0	0.2	0.20
A1010	1 slice toast (10 x 8.9 x 0.9cm)	42	83	58	18	0.5	0.5	trace	0	0	0.07	0.06	0.94	0.05	0	8.1	0	0.2	0.22
A1009	Bread, multigrain, light, sliced, prepacked, composite	100	180	130	90	1.4	1.1	9	0	0	0.24	0.10	2.4	0.18	0	34	0	0.5	0.53
A1009	1 slice toast (11.13 x 10.45 x 1.26cm)	38	69	50	34	0.5	0.4	trace	0	0	0.09	0.04	0.93	0.07	0	13	0	0.2	0.20
A1009	1 slice sandwich (11.4 x 10.3 x 1.07cm)	32	57	41	29	0.4	0.3	trace	0	0	0.08	0.03	0.77	0.06	0	11	0	0.1	0.17
A234	Bread, panini, plain, composite	100	150	100	54	1.1	1.1	10	0	0	0.28	0.06	3.1	0.04	0	2.4	0	0	0.39
A234	1 piece	85	130	88	46	0.9	0.9	8	0	0	0.24	0.05	2.6	0.03	0	2.0	0	0	0.33

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Food ID	Foods	Measure	Water	Energy	Energy (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
A1097	Bread, pita, white, composite	100	33.7	1030	1050	10.4	0.9	49.2	3.0	2.3	46.9	0.1	0.2	0.3			0	344	0
A1097	1 small pocket	48	16.2	494	505	5.0	0.4	23.6	1.4	1.1	22.5	0.1	0.1	0.1			0	165	0
A1097	1 large pocket	82	27.6	844	863	8.6	0.7	40.3	2.5	1.9	38.5	0.1	0.1	0.2			0	282	0
A45	Bread, pita, wholemeal, composite	100	35.9	950	1010	10.1	2.2	41.9	7.8	2.2	39.7	0.3	0.5	0.7			0	324	trace
A45	1 small pocket	50	17.9	475	506	5.0	1.1	20.9	3.9	1.1	19.8	0.1	0.3	0.4			0	162	trace
A45	1 large pocket	82	29.4	779	830	8.3	1.8	34.3	6.4	1.8	32.5	0.2	0.4	0.6			0	266	trace
A1052	Bread, salba traditional European rye, Yarrows	100	38.6	872	948	11.3	4.0	32.0	9.6	2.7	29.3	1.2	1.3	0.2	0.2	0	0	350	28
A1052	1 slice (10.7 x 11.5 x 1.6cm)	46	17.9	405	441	5.3	1.9	14.9	4.5	1.3	13.6	0.6	0.6	0.1	0.1	0	0	163	13
A211	Bread, soy & linseed, sliced, prepacked	100	43.2	992	1040	13.3	7.1	30.4	6.6	3.8	26.6	0.7	1.8	3.4	1.5	1.8	0	412	7
A211	1 slice (9.4 x 9.4 x 1.1cm)	37	16.0	367	387	4.9	2.6	11.2	2.4	1.4	9.8	0.3	0.6	1.2	0.6	0.7	0	152	trace
A1008	Bread, wheatmeal, sliced, prepacked, composite	100	39.9	894	946	10.5	2.9	36.6	6.5	3.8	32.8	0.4	0.8	0.9	0.1	0.7	0	430	trace
A1008	1 slice toast (11.4 x 9.96 x 1.2cm)	37	14.9	335	354	3.9	1.1	13.7	2.4	1.4	12.3	0.1	0.3	0.3	trace	0.3	0	161	trace
A1008	1 slice sandwich (11.5 x 10.3 x 0.96cm)	30	12.2	272	288	3.2	0.9	11.1	2.0	1.2	10.0	0.1	0.2	0.3	trace	0.2	0	131	trace
A1014	Bread, white, gluten free, prepacked, composite	100	42.8	897	905	3.6	3.0	43.5	1.0	4.3	39.2	0.4	0.7	0.8	0.1	0.7	0	370	trace
A1014	1 slice (8.8 x 7.7 x 1.0cm)	35	14.9	312	315	1.2	1.0	15.2	0.3	1.5	13.7	0.1	0.2	0.3	trace	0.2	0	129	trace
A25	Bun, currant, composite	100	27.7	1230	1260	7.6	7.5	49.3	3.5	15.1	34.2	1.8	2.7	1.5			17	230	trace
A25	1 bun	80	22.2	983	1010	6.1	6.0	39.4	2.8	12.1	27.4	1.4	2.2	1.2			14	184	trace
A130	Bun, iced	100	27.4	1400	1430	5.0	7.2	63.2	3.3	34.4	28.8	3.9	1.7	0.6			4	200	trace
A130	1 bun	80	21.9	1120	1140	4.0	5.8	50.5	2.6	27.5	23.1	3.1	1.4	0.5			3	160	trace
A108	Cake, chocolate, standard, baked	100	37.3	1240	1250	5.7	13.0	39.9	1.3	24.0	15.9	4.4	4.6	2.8			47	318	9
A108	1/8 cake	64	23.9	795	801	3.6	8.3	25.5	0.8	15.3	10.2	2.8	2.9	1.8			30	204	trace
A26	Cake, fruitcake, composite	100	19.5	1490	1520	5.1	12.9	55.6	3.4	42.1	13.5	5.8	8.7	1.1			80	250	13
A26	1 slice (7.5 x 5 x 1.5cm)	40	7.8	596	607	2.0	5.2	22.2	1.4	16.8	5.4	2.3	3.5	0.5			32	100	trace

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Food ID	Foods	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
A1097	Bread, pita, white, composite	100	120	95	34	1.0	1.0	19	0	0	0.67	0.04	2.9	0.08	0	24	0	0	0.10
A1097	1 small pocket	48	60	46	16	0.5	0.5	9	0	0	0.32	0.02	1.4	0.04	0	12	0	0	0.05
A1097	1 large pocket	82	100	78	28	0.8	0.8	15	0	0	0.55	0.03	2.3	0.07	0	20	0	0	0.08
A45	Bread, pita, wholemeal, composite	100	220	180	38	1.8	1.6	19	trace	3	0.31	0.09	2.7	0.08	0	26	0	0	0.10
A45	1 small pocket	50	110	90	19	0.9	0.8	10	trace	2	0.16	0.05	1.4	0.04	0	13	0	0	0.05
A45	1 large pocket	82	180	150	31	1.5	1.3	16	trace	2	0.25	0.07	2.2	0.07	0	21	0	0	0.08
A1052	Bread, salba traditional European rye, Yarrows	100	180	150	100	1.5	1.3	7	0	0	0.95	0.12	3.7	0.90	0	55	0	0	0.08
A1052	1 slice (10.7 x 11.5 x 1.6cm)	46	81	69	47	0.7	0.6	trace	0	0	0.44	0.06	1.7	0.42	0	25	0	0	0.04
A211	Bread, soy & linseed, sliced, prepacked	100	290	170	120	1.8	1.3	trace	0	0	0.18	0.11	2.4	0.05	0	460	0	0	0.33
A211	1 slice (9.4 x 9.4 x 1.1cm)	37	110	63	45	0.7	0.5	trace	0	0	0.07	0.04	0.89	0.02	0	170	0	0	0.12
A1008	Bread, wheatmeal, sliced, prepacked, composite	100	210	160	86	1.7	1.4	9	0	0	0.34	0.08	4.0	0.15	0	41	0	0.3	0.82
A1008	1 slice toast (11.4 x 9.96 x 1.2cm)	37	79	60	32	0.6	0.5	trace	0	0	0.13	0.03	1.5	0.06	0	15	0	0.1	0.31
A1008	1 slice sandwich (11.5 x 10.3 x 0.96cm)	30	64	49	26	0.5	0.4	trace	0	0	0.10	0.02	1.2	0.05	0	12	0	0.1	0.25
A1014	Bread, white, gluten free, prepacked, composite	100	140	63	10	0.3	0.6	trace	0	0	0.04	0.07	0.88	0.07	0	13	0	0.3	0.74
A1014	1 slice (8.8 x 7.7 x 1.0cm)	35	49	22	3.5	0.1	0.2	trace	0	0	0.01	0.02	0.31	0.02	0	4.5	0	0.1	0.26
A25	Bun, currant, composite	100	210	100	40	1.3	0.6	trace	0	0	0.60	0.16	3.0	0.11	0	40	0	0	1.5
A25	1 bun	80	170	80	32	1.0	0.5	trace	0	0	0.48	0.13	2.4	0.09	0	32	0	0	1.2
A130	Bun, iced	100	120	54	34	1.6	0.8	0	1	6	0.11	0.04	2.2	0.05	0	40	0	0	0.66
A130	1 bun	80	96	43	27	1.3	0.6	0	1	5	0.09	0.03	1.7	0.04	0	32	0	0	0.53
A108	Cake, chocolate, standard, baked	100	160	140	73	0.9	0.5	trace	63	0	0.10	0.13	1.3	0.08	0.30	8.0	0.4	0	0
A108	1/8 cake	64	99	92	47	0.6	0.3	trace	40	0	0.06	0.08	0.83	0.05	0.19	5.1	0.3	0	0
A26	Cake, fruitcake, composite	100	390	110	50	1.3	0.5	trace	6	38	0.10	0.07	1.3	0.11	0	8.0	0	0	1.9
A26	1 slice (7.5 x 5 x 1.5cm)	40	160	44	20	0.5	0.2	trace	3	15	0.04	0.03	0.52	0.04	0	3.2	0	0	0.76

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Food ID	Foods	Measure	Water	Energy	Energy (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
A77	Cake, sponge, plain	100	24.6	1450	1460	6.5	11.1	56.0	0.8	35.9	20.1	6.1	3.1	0.6	trace	0.4	139	129	13
A77	1/6 cake (21cm diameter)	89	21.9	1290	1300	5.8	9.9	49.9	0.7	32.0	17.9	5.4	2.8	0.6	trace	0.3	124	115	12
A77	1 cake (21cm diameter)	534	132	7770	7800	34.8	59.2	299	4.0	192	107	32.4	16.6	3.3	0.1	2.0	742	689	71
A141	Cracker, assorted flavours, Ryvita	100	3.6	1370	1480	11.3	1.6	67.4	14.3	1.7	65.7	0.3	0.3	0.5			0	395	trace
A141	1 cracker	10	0.4	137	148	1.1	0.2	6.7	1.4	0.2	6.6	trace	trace	trace			0	39.5	trace
A134	Cracker, cheese, composite	100	2.8	1990	2020	11.6	22.4	58.0	3.4	3.1	54.9	10.1	7.0	1.9			14	880	trace
A134	1 cracker	6	0.2	119	121	0.7	1.3	3.5	0.2	0.2	3.3	0.6	0.4	0.1			1	52.8	trace
A136	Cracker, cream, composite	100	3.2	1910	1920	10.0	14.0	73.4	1.9	0.7	72.7	6.5	3.9	1.8			16	540	trace
A136	1 cracker	9	0.3	162	164	0.9	1.2	6.2	0.2	0.1	6.2	0.6	0.3	0.2			1	45.9	trace
A1033	Cracker, cream, reduced fat, Huntley & Palmers	100	3.9	1450	1500	11.7	4.2	66.2	5.4	2.2	64.0	0.4	1.8	0.6	trace	0.6	1	180	trace
A1033	1 whole cracker (6.4 x 6 x 0.32cm)	8	0.3	115	118	0.9	0.3	5.2	0.4	0.2	5.1	trace	0.1	trace	trace	trace	trace	14.2	trace
A1029	Cracker, crispbread, corn, Arnott's	100	6.9	1400	1420	8.1	1.2	73.3	1.6	0.2	73.1	0.2	0.3	0.6	trace	0.6	trace	740	trace
A1029	1 cruskit (12 x 5.6 x 0.46cm)	6	0.4	90	91	0.5	0.1	4.7	0.1	trace	4.7	trace	trace	trace	trace	trace	trace	47.4	trace
A32	Cracker, crispbread, rye	100	6.4	1310	1420	9.4	2.1	64.4	14.3	3.1	61.3	0.3	1.5	1.0			0	220	trace
A32	1 cracker	6	0.4	79	85	0.6	0.1	3.9	0.9	0.2	3.7	trace	0.1	0.1			0	13.2	trace
A1031	Cracker, cruskit, lite, Arnott's	100	6.3	1390	1420	12.5	2.5	65.2	3.2	2.6	62.6	0.4	0.3	1.0	0.1	0.9	1	820	7
A1031	1 cruskit (11.8 x 5.7 x 0.44cm)	6	0.4	84	85	0.8	0.2	3.9	0.2	0.2	3.8	trace	trace	0.1	trace	trace	trace	49.3	trace
A119	Cracker, meal mates, Griffin's	100	1.8	1920	1950	8.0	25.7	49.9	3.4	1.1	48.8	9.5	8.6	3.6		3.6	53	760	trace
A119	4 crackers	26	0.5	499	506	2.1	6.7	13.0	0.9	0.3	12.7	2.5	2.2	0.9		0.9	14	198	trace
A233	Cracker, rice, barbecue, composite	100	3.6	1570	1580	6.9	2.8	80.7	2.2	1.2	79.5	0.8	1.3	0.5			0	358	18
A233	1 cracker (4.7cm diameter)	2	0.1	30	30	0.1	trace	1.5	trace	trace	1.5	trace	trace	trace			0	6.8	trace
A1034	Cracker, rice, plain, composite	100	3.8	1510	1520	6.6	3.8	75.7	0.7	2.0	73.7	0.7	1.3	1.2			0	470	trace
A1034	1 cracker (4.7cm diameter)	2	0.1	32	32	0.1	0.1	1.6	trace	trace	1.5	trace	trace	trace			0	9.9	trace

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Food ID	Foods	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
A77	Cake, sponge, plain	100	90	110	27	1.2	0.6	8	158	58	0.06	0.14	1.6	0.03	0.44	31	trace	1.0	0.87
A77	1/6 cake (21cm diameter)	89	80	97	24	1.0	0.5	7	141	51	0.05	0.13	1.4	0.03	0.39	28	trace	0.9	0.77
A77	1 cake (21cm diameter)	534	480	580	140	6.2	2.9	43	846	309	0.32	0.75	8.3	0.16	2.4	170	trace	5.2	4.6
A141	Cracker, assorted flavours, Ryvita	100	360	320	42	1.2	2.8	0	2	9	0.24	0.07	5.4	0.11	0	35	0	0	0.50
A141	1 cracker	10	36	32	4.2	0.1	0.3	0	trace	1	0.02	0.01	0.54	0.01	0	3.5	0	0	0.05
A134	Cracker, cheese, composite	100	210	200	27	0.7	1.6	0	79	200	0.28	0.30	5.2	0.08	0.25	25	0	0	2.6
A134	1 cracker	6	13	12	1.6	trace	0.1	0	5	12	0.02	0.02	0.31	trace	0.02	1.5	0	0	0.16
A136	Cracker, cream, composite	100	150	110	8.7	0	1.0	0	6	13	0.15	0.06	3.1	0.16	0	22	0	0	1.3
A136	1 cracker	9	13	9.4	0.7	0	0.1	0	trace	1	0.01	trace	0.26	0.01	0	1.9	0	0	0.11
A1033	Cracker, cream, reduced fat, Huntley & Palmers	100	220	120	28	1.2	1.0	7	3	7	0.16	0.03	2.2	0.13	0	41	0	0	0.50
A1033	1 whole cracker (6.4 x 6 x 0.32cm)	8	17	9.5	2.2	0.1	0.1	trace	trace	1	0.01	trace	0.17	0.01	0	3.2	0	0	0.04
A1029	Cracker, crispbread, corn, Arnott's	100	70	48	2.4	0.5	0.2	trace	7	44	0.04	0.02	1.1	0.06	0	16	0	0	0.04
A1029	1 cruskit (12 x 5.6 x 0.46cm)	6	4.5	3.1	0.2	trace	trace	trace	trace	3	trace	trace	0.07	trace	0	1.0	0	0	trace
A32	Cracker, crispbread, rye	100	500	310	23	1.0	3.0	trace	3	15	0.20	0.14	2.2	0.29	0	35	0	0	0.50
A32	1 cracker	6	30	19	1.4	0.1	0.2	trace	trace	1	0.01	0.01	0.13	0.02	0	2.1	0	0	0.03
A1031	Cracker, cruskit, lite, Arnott's	100	220	160	56	1.6	1.2	23	9	4	0.45	0.06	2.6	0.13	0	27	0	0	0.25
A1031	1 cruskit (11.8 x 5.7 x 0.44cm)	6	13	9.6	3.4	0.1	0.1	trace	trace	trace	0.03	trace	0.16	0.01	0	1.6	0	0	0.02
A119	Cracker, 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
A119	4 crackers	26	47	65	15	0.4	0.3	trace	0	0	0.01	0.02	0.91	0.06	0	6.8	0	0	0.40
A233	Cracker, rice, barbecue, composite	100	85	85	19	0.5	1.3	0	0	0	0.67	0.04	2.7	0.27	0	20	0	0	0.81
A233	1 cracker (4.7cm diameter)	2	1.6	1.6	0.4	trace	trace	0	0	0	0.01	trace	0.05	trace	0	0.38	0	0	0.02
A1034	Cracker, rice, plain, composite	100	130	120	7.8	0.4	1.2	trace	0	0	0.07	0.11	3.2	0.76	0	18	0	0	0.88
A1034	1 cracker (4.7cm diameter)	2	2.7	2.5	0.2	trace	trace	trace	0	0	trace	trace	0.07	0.02	0	0.38	0	0	0.02

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Food ID	Foods	Measure	Water	Energy	Energy (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
A1035	Cracker, rice, seaweed, Sakata	100	5.8	1410	1410	8.3	1.6	72.6	0.7	4.0	68.6	0.3	0.6	0.4	trace	0.4	0	900	18
A1035	1 cracker (5cm diameter)	2	0.1	28	28	0.2	trace	1.5	trace	0.1	1.4	trace	trace	trace	trace	trace	0	18.0	trace
A138	Cracker, salada, Arnott's	100	3.7	1670	1700	10.0	8.2	71.8	3.6	0	71.8	3.2	2.3	1.0			3	880	trace
A138	1 cracker	14	0.5	234	238	1.4	1.1	10.1	0.5	0	10.1	0.4	0.3	0.1			trace	123	trace
A1030	Cracker, salada, original, lite, Arnott's	100	4.7	1390	1410	10.8	2.7	66.3	3.2	1.4	64.9	0.6	0.5	0.7	trace	0.6	4	1000	trace
A1030	1 whole cracker (10 x 8.7 x 0.38cm)	15	0.7	205	209	1.6	0.4	9.8	0.5	0.2	9.6	0.1	0.1	0.1	trace	0.1	trace	148	trace
A135	Cracker, sesame, composite	100	2.5	1910	1960	9.7	22.6	54.6	6.7	2.8	51.9	9.5	8.1	3.1			10	885	trace
A135	1 cracker	6	0.2	120	124	0.6	1.4	3.4	0.4	0.2	3.3	0.6	0.5	0.2			1	55.8	trace
A137	Cracker, snax, Griffin's	100	3.6	1940	1960	7.2	24.5	54.6	3.4	2.3	52.2	10.7	9.0	2.4			10	750	trace
A137	1 cracker	4	0.1	78	79	0.3	1.0	2.2	0.1	0.1	2.1	0.4	0.4	0.1			trace	30.0	trace
A140	Cracker, water, Arnott's	100	3.5	1660	1690	10.0	7.2	73.7	2.8	0.4	73.2	2.9	1.9	0.8			3	630	trace
A140	1 cracker	3	0.1	57	57	0.3	0.2	2.5	0.1	trace	2.5	0.1	0.1	trace			trace	21.4	trace
A101	Croissant, plain, composite	100	21.9	1650	1670	10.4	22.5	38.6	2.9	6.4	32.2	11.6	4.4	1.1	0.2	1.0	52	380	trace
A101	1 large (>15cm long)	75	16.4	1240	1260	7.8	16.9	29.0	2.2	4.8	24.2	8.7	3.3	0.9	0.1	0.7	39	285	trace
A101	1 small (7-12cm long)	50	11.0	825	837	5.2	11.2	19.3	1.5	3.2	16.1	5.8	2.2	0.6	0.1	0.5	26	190	trace
A34	Doughnut, ring, composite	100	23.8	1640	1650	6.1	21.7	43.8	2.1	14.8	29.0	9.7	9.7	1.2			24	230	trace
A34	1 doughnut (2.5 x 8.5cm diameter)	42	10.0	687	694	2.6	9.1	18.4	0.9	6.2	12.2	4.1	4.1	0.5			10	96.6	trace
A96	Muffin, assorted flavours, toasted	100	44.0	860	905	9.6	0.6	40.6	5.6	4.0	36.6	0.3	0.1	0.1			0	342	9
A96	1 muffin	80	35.2	688	724	7.7	0.5	32.5	4.5	3.2	29.3	0.2	0.1	0.1			0	274	7
A127	Muffin, blueberry	100	28.1	1500	1520	4.2	18.0	45.9	2.3	27.3	18.5	3.2	4.9	7.0			6	240	9
A127	1 muffin (6cm top diameter x 4cm height)	60	16.9	901	912	2.5	10.8	27.5	1.4	16.4	11.1	1.9	2.9	4.2			4	144	trace
A129	Muffin, bran	100	32.7	1080	1120	6.1	8.1	40.6	5.0	22.8	17.9	1.1	2.9	2.6			37	730	9
A129	1 medium muffin (6 x 7.5cm diameter)	105	34.3	1130	1170	6.4	8.5	42.7	5.3	23.9	18.8	1.2	3.0	2.7			39	767	9

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Food ID	Foods	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
A1035	Cracker, rice, seaweed, Sakata	100	260	130	12	0.6	1.3	trace	14	84	0.07	0.08	3.2	0.76	0	56	0	0	0.08
A1035	1 cracker (5cm diameter)	2	5.2	2.6	0.2	trace	trace	trace	trace	2	trace	trace	0.07	0.02	0	1.1	0	0	trace
A138	Cracker, salada, Arnott's	100	180	140	4.8	0	1.3	0	2	9	0.15	0.06	3.4	0.16	0	26	0	0	1.5
A138	1 cracker	14	25	20	0.7	0	0.2	0	trace	1	0.02	0.01	0.48	0.02	0	3.6	0	0	0.21
A1030	Cracker, salada, original, lite, Arnott's	100	190	120	25	1.3	0.9	10	3	7	0.16	0.03	2.2	0.37	0	41	0	0	0.22
A1030	1 whole cracker (10 x 8.7 x 0.38cm)	15	28	18	3.7	0.2	0.1	trace	trace	1	0.02	trace	0.33	0.06	0	6.0	0	0	0.03
A135	Cracker, sesame, composite	100	200	180	34	0.9	1.5	0	17	14	0.18	0.06	4.4	0.14	0	22	0	0	1.3
A135	1 cracker	6	12	11	2.1	0.1	0.1	0	1	1	0.01	trace	0.28	0.01	0	1.4	0	0	0.08
A137	Cracker, snax, Griffin's	100	110	300	6.2	0	0.6	0	17	14	0.05	0.04	3.0	0.06	0	22	0	0	1.3
A137	1 cracker	4	4.4	12	0.2	0	trace	0	1	1	trace	trace	0.12	trace	0	0.88	0	0	0.05
A140	Cracker, water, Arnott's	100	160	120	25	0.5	0.9	0	2	9	0.15	0.06	3.4	0.16	0	26	0	0	1.5
A140	1 cracker	3	5.4	4.1	0.9	trace	trace	0	trace	trace	trace	trace	0.12	trace	0	0.88	0	0	0.05
A101	Croissant, plain, composite	100	170	110	54	0.9	0.9	0	157	0	0.20	0.12	2.7	0.11	0.24	28	1.5	0.1	1.0
A101	1 large (>15cm long)	75	130	85	40	0.7	0.7	0	118	0	0.15	0.09	2.0	0.08	0.18	21	1.1	0.1	0.77
A101	1 small (7-12cm long)	50	84	57	27	0.5	0.5	0	79	0	0.10	0.06	1.3	0.06	0.12	14	0.8	trace	0.52
A34	Doughnut, ring, composite	100	87	81	28	0.8	0.6	9	5	0	0.30	0.07	2.5	0.02	0	19	0	0	0
A34	1 doughnut (2.5 x 8.5cm diameter)	42	37	34	12	0.3	0.3	trace	2	0	0.13	0.03	1.0	0.01	0	8.0	0	0	0
A96	Muffin, assorted flavours, toasted	100	150	92	70	0.9	1.0	32	0	0	0.35	0.08	2.9	0.05	0	46	0	0	0.01
A96	1 muffin	80	120	74	56	0.7	0.8	25	0	0	0.28	0.06	2.3	0.04	0	37	0	0	0.01
A127	Muffin, blueberry	100	84	87	30	0.8	0.5	8	15	0	0.02	0.07	2.2	0.03	0	12	0	0	4.2
A127	1 muffin (6cm top diameter x 4cm height)	60	50	52	18	0.5	0.3	trace	9	0	0.01	0.04	1.3	0.02	0	7.2	0	0	2.5
A129	Muffin, bran	100	230	350	130	5.0	1.7	8	69	370	0	0.08	4.4	0.08	0	10	0	0	2.5
A129	1 medium muffin (6 x 7.5cm diameter)	105	240	370	140	5.3	1.8	8	72	389	0	0.08	4.6	0.08	0	11	0	0	2.7

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		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
A128	Muffin, chocolate	100	17.1	1710	1730	5.3	20.0	53.1	1.6	33.8	19.4	6.1	4.7	5.1			41	220	9
A128	1 muffin (6cm top diameter x 4cm height)	60	10.2	1030	1040	3.2	12.0	31.8	1.0	20.3	11.6	3.7	2.8	3.0			25	132	trace
A143	Pizza base, composite	100	31.2	1120	1150	9.6	4.0	48.8	3.7	3.0	45.8	0.5	1.1	1.6			0	280	trace
A143	1 piece (1/8 of 22cm diameter)	201	62.7	2250	2310	19.3	7.9	98.0	7.4	6.0	92.0	1.1	2.3	3.3			0	563	trace
A1011	Stuffing, from chicken, deli cooked	100	68.1	585	601	4.6	2.0	26.0	2.0	2.5	23.6	0.4	1.0	0.5	0.1	0.4	3	470	trace
A1011	1 cup (250ml)	200	136	1170	1200	9.1	4.0	52.1	4.0	4.9	47.2	0.8	2.0	0.9	0.2	0.7	6	940	8
A1007	Bread, white, sliced, prepacked, composite	100	38.0	961	990	9.1	2.4	43.1	3.6	4.3	38.8	0.3	0.6	0.7	0.1	0.6	0	460	trace
A1007	1 slice toast (11.1 x 10.8 x 1.4cm)	41	15.7	396	408	3.8	1.0	17.8	1.5	1.8	16.0	0.1	0.2	0.3	trace	0.2	0	190	trace
A1007	1 slice sandwich (11.17 x 10.84 x 1.04cm)	32	12.1	307	316	2.9	0.8	13.8	1.2	1.4	12.4	0.1	0.2	0.2	trace	0.2	0	147	trace
B	BEVERAGES, ALCOHOLIC																		
B1001	Beer, 4% alcohol, composite	100	95.9	146	146	0.4	0	0.7	0	0.7	0	0	0	0	0	0	0	2.0	trace
B1001	1 can	440	422	641	641	1.5	0	2.9	0	2.9	0	0	0	0	0	0	0	8.8	trace
B1001	1 standard drink (330ml)	330	317	481	481	1.2	0	2.1	0	2.1	0	0	0	0	0	0	0	6.6	trace
B35	Beer, low alcohol, composite	100	97.2	41	41	0.1	trace	0.6	0	0	0.6	0	0	0	0	0	0	1.5	trace
B35	1 can (355ml)	339	330	140	140	0.4	trace	1.9	0	0	1.9	0	0	0	0	0	0	5.1	trace
B2	Beer, standard, composite	100	93.2	154	154	0.3	trace	2.0	0	0.6	1.4	0	0	0	0	0	0	1.6	trace
B2	1 jug (1000ml)	1004	936	1550	1550	3.1	0.2	20.4	0	6.0	14.4	0	0	0	0	0	0	16.1	13
B2	1 bottle (745ml)	747	696	1150	1150	2.3	0.1	15.2	0	4.5	10.7	0	0	0	0	0	0	12.0	10
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	23.0	trace
B9	1 large bottle (745ml)	755	689	971	983	2.3	0	17.4	1.5	0.8	16.6	0	0	0	0	0	0	174	10
B10	Beer, strong ale	100	85.4	302	303	0.7	0	5.8	0.1	5.8	0	0	0	0	0	0	0	15.0	trace
B10	1 large bottle (745ml)	758	647	2290	2290	5.2	0	44.0	0.8	44.0	0	0	0	0	0	0	0	114	10

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		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
A128	Muffin, chocolate	100	130	110	27	1.2	0.6	8	15	0	0.02	0.08	2.1	0.03	0	10	0	0	4.0
A128	1 muffin (6cm top diameter x 4cm height)	60	75	66	16	0.7	0.4	trace	9	0	0.01	0.05	1.3	0.02	0	6.0	0	0	2.4
A143	Pizza base, composite	100	150	93	35	1.1	1.0	35	0	0	0.19	0.07	2.7	0.04	0	16	0	0	0.17
A143	1 piece (1/8 of 22cm diameter)	201	300	190	70	2.2	2.0	70	0	0	0.38	0.14	5.3	0.08	0	32	0	0	0.34
A1011	Stuffing, from chicken, deli cooked	100	210	120	26	0.9	0.4	trace	74	25	0.12	0.10	2.4	0.06	0.43	20	0	0.3	0.30
A1011	1 cup (250ml)	200	420	240	52	1.8	0.8	trace	148	50	0.24	0.20	4.8	0.12	0.86	40	0	0.5	0.60
A1007	Bread, white, sliced, prepacked, composite	100	130	88	85	1.0	0.7	9	0	0	0.23	0.04	2.4	0.07	0	28	0	0.3	0.35
A1007	1 slice toast (11.1 x 10.8 x 1.4cm)	41	54	36	35	0.4	0.3	trace	0	0	0.10	0.02	0.99	0.03	0	11	0	0.1	0.14
A1007	1 slice sandwich (11.17 x 10.84 x 1.04cm)	32	42	28	27	0.3	0.2	trace	0	0	0.07	0.01	0.76	0.02	0	8.9	0	0.1	0.11
B	BEVERAGES, ALCOHOLIC																		
B1001	Beer, 4% alcohol, composite	100	33	12	4.6	trace	0	trace	0	0	0.01	0.03	0.18	0.01	0	6.0	0	0	0
B1001	1 can	440	150	53	20	trace	0	trace	0	0	0.04	0.13	0.79	0.04	0	26	0	0	0
B1001	1 standard drink (330ml)	330	110	40	15	trace	0	trace	0	0	0.03	0.10	0.59	0.03	0	20	0	0	0
B35	Beer, low alcohol, composite	100	11	4.8	1.4	0	0	trace	0	0	0	0.01	0.12	0	0	0.90	0	0	0
B35	1 can (355ml)	339	37	16	4.7	0	0	trace	0	0	0	0.03	0.41	0	0	3.1	0	0	0
B2	Beer, standard, composite	100	19	7.7	3.1	0	trace	trace	0	0	0	0.02	0.38	0.02	0	2.0	0	0	0
B2	1 jug (1000ml)	1004	190	77	31	0	0.1	trace	0	0	0	0.20	3.8	0.20	0	20	0	0	0
B2	1 bottle (745ml)	747	140	58	23	0	0.1	trace	0	0	0	0.15	2.8	0.15	0	15	0	0	0
B9	Beer, stout	100	45	17	8.0	trace	0	trace	0	0	0	0.03	0.43	0.01	0.11	4.4	0	0	0
B9	1 large bottle (745ml)	755	340	130	60	0.4	0	trace	0	0	0	0.23	3.2	0.08	0.83	33	0	0	0
B10	Beer, strong ale	100	110	40	14	trace	0	trace	0	0	0	0.06	1.2	0.04	0.37	8.8	0	0	0
B10	1 large bottle (745ml)	758	830	300	110	0.2	0	trace	0	0	0	0.46	9.0	0.30	2.8	67	0	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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
B12	Cider, sweet	100	91.2	152	152	0	0	2.6	0	2.6	0	0	0	0	0	0	0	7.0	trace
B12	1 glass (177ml)	179	163	272	272	0	0	4.7	0	4.7	0	0	0	0	0	0	0	12.5	trace
B17	Port, wine, fortified	100	71.1	674	674	0.1	0	12.3	0	12.3	0	0	0	0	0	0	0	4.0	trace
B17	1 glass (55ml)	56	39.8	377	377	0.1	0	6.9	0	6.9	0	0	0	0	0	0	0	2.2	trace
B18	Sherry, dry	100	81.0	486	486	0.2	0	1.3	0	1.3	0	0	0	0	0	0	0	10.0	trace
B18	1 glass (59ml)	59	47.8	286	286	0.1	0	0.8	0	0.8	0	0	0	0	0	0	0	5.9	trace
B20	Sherry, sweet	100	74.8	635	635	0.3	0	10.3	0	10.3	0	0	0	0	0	0	0	13.0	trace
B20	1 glass (59ml)	60	44.9	381	381	0.2	0	6.2	0	6.2	0	0	0	0	0	0	0	7.8	trace
B1010	Spirit, gin, 90 proof	100	62.1	1110	1110	0	0	0	0	0	0	0	0	0	0	0	0	2.0	0
B1010	1 shot (30ml)	28	17.5	313	313	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0
B1012	Spirit, rum, 80 proof	100	66.6	979	979	0	0	0	0	0	0	0	0	0	0	0	0	1.0	0
B1012	1 shot (30ml)	28	18.8	276	276	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0
B1011	Spirit, vodka, 80 proof	100	66.6	979	979	0	0	0	0	0	0	0	0	0	0	0	0	1.0	0
B1011	1 shot (30ml)	28	18.8	276	276	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0
B1009	Spirit, whiskey, 86 proof	100	63.9	1060	1060	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0
B1009	1 shot (30ml)	28	18.0	298	298	0	0	trace	0	trace	0	0	0	0	0	0	0	0	0
B21	Spirits, 70 proof	100	68.3	930	930	0	0	0.1	0	0.1	0	0	0	0	0	0	0	2.0	trace
B21	1 nip (20ml)	19	13.0	177	177	0	0	trace	0	trace	0	0	0	0	0	0	0	0.4	trace
B24	Wine, red, dry, composite	100	86.0	367	367	0.2	0.4	0	0	0	0	0	0	0	0	0	0	9.0	trace
B24	glass (104ml)	103	88.6	378	378	0.2	0.4	0	0	0	0	0	0	0	0	0	0	9.3	trace
B26	Wine, white, dry, composite	100	86.1	359	359	0.4	trace	0.1	0	0.1	0	trace	trace	trace	0	0	0	2.5	trace
B26	glass (104ml)	103	88.7	369	369	0.4	trace	0.1	0	0.1	0	trace	trace	trace	0	0	0	2.6	trace
B27	Wine, white, medium, composite	100	86.6	344	344	0.2	trace	2.3	0	2.3	0	0	0	0	0	0	0	6.4	trace
B27	glass (104ml)	104	90.1	358	358	0.2	trace	2.4	0	2.4	0	0	0	0	0	0	0	6.7	trace

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Food ID	Foods	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
B12	Cider, sweet	100	72	3.0	8.0	0.5	0	trace	0	0	0	0	0.01	0.01	0	0.10	0	0	0
B12	1 glass (177ml)	179	130	5.4	14	0.9	0	trace	0	0	0	0	0.02	0.02	0	0.18	0	0	0
B17	Port, wine, fortified	100	97	12	4.0	0.4	0.3	0	0	0	0	0.01	0.06	0.01	0	0.10	0	0	0
B17	1 glass (55ml)	56	54	6.7	2.2	0.2	0.2	0	0	0	0	0.01	0.03	0.01	0	0.06	0	0	0
B18	Sherry, dry	100	57	11	7.0	0.4	0.3	0	0	0	0	0.01	0.10	0.01	0	0.10	0	0	0
B18	1 glass (59ml)	59	34	6.5	4.1	0.2	0.2	0	0	0	0	0.01	0.06	0.01	0	0.06	0	0	0
B20	Sherry, sweet	100	110	10	7.0	0.4	0	0	0	0	0	0.01	0.07	0.01	0	0.10	0	0	0
B20	1 glass (59ml)	60	66	6.0	4.2	0.2	0	0	0	0	0	0.01	0.04	0.01	0	0.06	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
B1010	1 shot (30ml)	28	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
B1012	Spirit, rum, 80 proof	100	2.0	5.0	0	0.1	0.1	0	0	0	0.01	0	0	0	0	0	0	0	0
B1012	1 shot (30ml)	28	0.6	1.4	0	trace	trace	0	0	0	trace	0	0	0	0	0	0	0	0
B1011	Spirit, vodka, 80 proof	100	1.0	5.0	0	trace	0	0	0	0	0.01	0.01	0	0	0	0	0	0	0
B1011	1 shot (30ml)	28	0.3	1.4	0	trace	0	0	0	0	trace	trace	0	0	0	0	0	0	0
B1009	Spirit, whiskey, 86 proof	100	1.0	3.0	0	trace	trace	0	0	0	0.01	0	0.05	0	0	0	0	0	0
B1009	1 shot (30ml)	28	0.3	0.8	0	trace	trace	0	0	0	trace	0	0.01	0	0	0	0	0	0
B21	Spirits, 70 proof	100	1.0	4.0	0	trace	trace	0	0	0	0.01	0	0.01	0	0	0	0	0	0
B21	1 nip (20ml)	19	0.2	0.8	0	trace	trace	0	0	0	trace	0	trace	0	0	0	0	0	0
B24	Wine, red, dry, composite	100	52	17	7.0	0.3	0.1	trace	0	0	0.02	0.01	0.02	0.06	0	0.61	trace	0	0
B24	glass (104ml)	103	54	18	7.2	0.3	0.1	trace	0	0	0.02	0.01	0.02	0.06	0	0.63	trace	0	0
B26	Wine, white, dry, composite	100	84	17	11	0.2	trace	trace	0	0	0	0.01	0.03	0.05	0	1.0	0.2	0	0
B26	glass (104ml)	103	87	18	12	0.2	trace	trace	0	0	0	0.01	0.03	0.05	0	1.1	0.2	0	0
B27	Wine, white, medium, composite	100	27	16	3.3	0.1	0.1	trace	0	0	0.03	0.01	0.01	0.05	0	0.88	0.1	0	0
B27	glass (104ml)	104	28	17	3.4	0.1	0.1	trace	0	0	0.03	0.01	0.01	0.05	0	0.92	0.1	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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
B28	Wine, white, sparkling, composite	100	85.7	374	374	0.3	trace	3.5	0	3.5	0	0	0	0	0	0	0	1.4	trace
B28	glass (104ml)	104	89.1	389	389	0.3	trace	3.6	0	3.6	0	0	0	0	0	0	0	1.5	trace
C BEVERAGES, NON-ALCOHOLIC																			
C1036	Cocoa, powder, Cadbury	100	2.7	1200	1520	24.7	15.8	12.4	39.1	1.7	10.7	9.7	4.9	0.4	trace	0.4	0	102	trace
C1036	1 cup (250ml)	76	2.0	909	1150	18.7	11.9	9.4	29.5	1.3	8.1	7.4	3.7	0.3	trace	0.3	0	77.0	trace
C1036	1 tablespoon	5	0.1	55	69	1.1	0.7	0.6	1.8	0.1	0.5	0.4	0.2	trace	trace	trace	0	4.6	trace
C1036	1 teaspoon	2	trace	18	23	0.4	0.2	0.2	0.6	trace	0.2	0.1	0.1	trace	0	trace	0	1.5	trace
C1045	Coffee, cafe variety, espresso, composite	100	96.3	54	54	1.5	0.8	0	0	0	0	0	0	0	0	0	0	0	trace
C1045	1 cup (250ml)	235	227	127	127	3.4	1.9	0	0	0	0	0	0	0	0	0	0	0	trace
C1045	1 shot (30ml)	28	27.2	15	15	0.4	0.2	0	0	0	0	0	0	0	0	0	0	0	trace
C1044	Coffee, instant, cappuccino, powder, Nescafe	100	1.5	1670	1760	14.3	23.0	35.0	10.5	29.3	5.7	21.9	0.1	0	0	0	4	720	39
C1044	1 tablespoon	7	0.1	117	122	1.0	1.6	2.4	0.7	2.0	0.4	1.5	trace	0	0	0	trace	50.1	trace
C1044	1 teaspoon	2	trace	39	41	0.3	0.5	0.8	0.2	0.7	0.1	0.5	trace	0	0	0	trace	16.7	trace
C1043	Coffee, instant, decaffeinated, powder, composite	100	3.3	419	623	22.5	1.0	0.4	25.5	0	0.4	0.4	0.1	0.4	trace	0.4	0	40.0	trace
C1043	1 tablespoon	4	0.1	18	27	1.0	trace	trace	1.1	0	trace	trace	trace	trace	0	trace	0	1.7	trace
C1043	1 teaspoon	1	trace	6	9	0.3	trace	trace	0.4	0	trace	trace	trace	trace	0	trace	0	0.6	trace
C1042	Coffee, instant, powder, composite	100	3.2	415	619	22.5	0.9	0.4	25.5	0	0.4	0.4	0.1	0.4	trace	0.4	0	40.0	trace
C1042	1 tablespoon	5	0.1	19	28	1.0	trace	trace	1.2	0	trace	trace	trace	trace	0	trace	0	1.8	trace
C1042	1 teaspoon	2	trace	6	9	0.3	trace	trace	0.4	0	trace	trace	trace	trace	0	trace	0	0.6	trace
C93	Cordial concentrate, blackcurrant, Baker Halls	100	40.9	951	951	0.1	0	56.8	0	56.8	0	0	0	0	0	0	0	14.0	trace
C93	1 cup (250ml)	256	105	2430	2430	0.3	0	145	0	145	0	0	0	0	0	0	0	35.8	trace
C95	Cordial concentrate, lemon & barley, Baker Halls	100	55.0	728	728	0	0	43.6	0	43.6	0	0	0	0	0	0	0	14.0	trace
C95	1 cup (250ml)	281	155	2050	2050	0	0	123	0	123	0	0	0	0	0	0	0	39.3	trace

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Food ID	Foods	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
B28	Wine, white, sparkling, composite	100	19	4.8	5.9	0.1	trace	trace	0	0	0	0.01	0.01	0.02	0	0.51	0.2	0	0
B28	glass (104ml)	104	20	5.0	6.1	0.1	trace	trace	0	0	0	0.01	0.01	0.02	0	0.53	0.2	0	0
C	BEVERAGES, NON-ALCOHOLIC																		
C1036	Cocoa, powder, Cadbury	100	2700	790	180	9.8	7.5	11	3	15	0.38	0.20	6.6	1.6	0	65	0	0	2.6
C1036	1 cup (250ml)	76	2000	600	140	7.4	5.7	8	2	11	0.29	0.15	5.0	1.2	0	49	0	0	2.0
C1036	1 tablespoon	5	120	36	8.2	0.4	0.3	trace	trace	1	0.02	0.01	0.30	0.07	0	2.9	0	0	0.12
C1036	1 teaspoon	2	41	12	2.7	0.1	0.1	trace	trace	trace	0.01	trace	0.10	0.02	0	0.98	0	0	0.04
C1045	Coffee, cafe variety, espresso, composite	100	470	24	9.1	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0.17
C1045	1 cup (250ml)	235	1100	57	21	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0.40
C1045	1 shot (30ml)	28	130	6.8	2.6	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0.05
C1044	Coffee, instant, cappuccino, powder, Nescafe	100	1400	610	400	0.1	1.3	trace	2	9	0.14	0.87	9.6	3.4	0.31	27	0	0	0.11
C1044	1 tablespoon	7	97	42	28	trace	0.1	trace	trace	1	0.01	0.06	0.67	0.23	0.02	1.9	0	0	0.01
C1044	1 teaspoon	2	32	14	9.3	trace	trace	trace	trace	trace	trace	0.02	0.22	0.08	0.01	0.63	0	0	trace
C1043	Coffee, instant, decaffeinated, powder, composite	100	0	340	140	3.5	0.3	0	0	0	0	0.08	44	26	0	0	0	0	0.13
C1043	1 tablespoon	4	0	15	6.0	0.2	trace	0	0	0	0	trace	1.9	1.1	0	0	0	0	0.01
C1043	1 teaspoon	1	0	4.9	2.0	trace	trace	0	0	0	0	trace	0.64	0.37	0	0	0	0	trace
C1042	Coffee, instant, powder, composite	100	3500	340	140	3.5	0.3	0	0	0	0	0.08	45	26	0	0	0	0	0.13
C1042	1 tablespoon	5	160	16	6.4	0.2	trace	0	0	0	0	trace	2.0	1.2	0	0	0	0	0.01
C1042	1 teaspoon	2	54	5.2	2.1	trace	trace	0	0	0	0	trace	0.68	0.40	0	0	0	0	trace
C93	Cordial concentrate, blackcurrant, Baker Halls	100	66	6.0	7.0	0.4	0.1	0	trace	1	0	0	0.20	1.0	0	0	260	0	0
C93	1 cup (250ml)	256	170	15	18	1.0	0.3	0	trace	3	0	0	0.51	2.6	0	0	666	0	0
C95	Cordial concentrate, lemon & barley, Baker Halls	100	18	4.0	4.0	0	0	0	2	10	0	0	0.10	0.01	0	5.0	151	0	0
C95	1 cup (250ml)	281	51	11	11	0	0	0	5	28	0	0	0.28	0.03	0	14	424	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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
C8	Cordial concentrate, lime	100	70.5	495	495	0.1	0	29.6	0	29.6	0	0	0	0	0	0	0	8.0	trace
C8	1 tablespoon	19	13.4	94	94	trace	0	5.6	0	5.6	0	0	0	0	0	0	0	1.5	trace
C55	Cordial, orange	100	59.1	630	634	0.1	1.6	34.1	0.4	34.1	0	0.3	0.5	0.5			0	34.0	trace
C55	1 cup (250ml)	281	166	1770	1780	0.2	4.6	95.8	1.1	95.8	0	0.9	1.3	1.4			0	95.5	trace
C99	Drink flavour, assorted flavours, powder, Raro	100	1.2	1570	1580	0.1	0.6	92.8	0.3	92.8	0	0.1	0.3	0.2			0	187	trace
C99	1 tablespoon	14	0.2	212	213	trace	0.1	12.5	trace	12.5	0	trace	trace	trace			0	25.2	trace
C58	Drink flavour, lemon & barley, diluted with water	100	90.5	156	156	trace	0.1	9.0	0	8.8	0.2	trace	0.1	trace			0	17.0	trace
C58	1 cup (250ml)	259	234	403	403	0.1	0.4	23.2	0	22.8	0.4	trace	0.2	0.1			0	44.0	trace
C138	Drink flavour, Vitafresh, powder, Hansell's	100	1.2	1570	1570	0.1	0.6	92.8	0.2	92.8	0	0.1	0.3	0.2			0	187	trace
C138	1 tablespoon	20	0.2	315	315	trace	0.1	18.6	trace	18.6	0	trace	trace	trace			0	37.4	trace
C74	Drinking chocolate, Nesquik, powder, Nestle	100	0.6	1500	1500	1.1	0.2	88.3	0	82.3	6.0	0	0	0	0	0	0	8.8	0
C74	1 teaspoon	3	trace	40	40	trace	trace	2.3	0	2.2	0.2	0	0	0	0	0	0	0.2	0
C1037	Drinking chocolate, powder, Cadbury	100	0.9	1600	1650	5.2	2.5	85.1	6.3	80.4	4.7	1.3	0.6	0.1	trace	0.1	0	0	0
C1037	1 tablespoon	9	0.1	146	151	0.5	0.2	7.8	0.6	7.3	0.4	0.1	0.1	trace	trace	trace	0	0	0
C1037	1 teaspoon	3	trace	49	50	0.2	0.1	2.6	0.2	2.5	0.1	trace	trace	trace	0	trace	0	0	0
C1030	Energy drink, assorted flavours, V	100	88.0	172	172	0	0	10.3	0	10.3	0	0	0	0	0	0	0	110	0
C1030	1 cup (250ml)	252	222	434	434	0	0	26.0	0	26.0	0	0	0	0	0	0	0	278	0
C1028	Juice concentrate, blackcurrant, frozen	100	40.6	601	626	1.9	0.5	33.0	3.1	33.0	0	trace	0.1	trace	0	trace	0	18.0	trace
C1028	1 cup (250ml)	290	118	1740	1810	5.5	1.4	95.7	9.0	95.7	0	0.1	0.3	trace	0	trace	0	52.2	trace
C46	Juice, apple, Fresh Up	100	88.5	181	181	1.1	trace	9.6	0	9.6	0	trace	trace	trace	0	0	0	2.0	trace
C46	1 cup (250ml)	261	231	471	471	2.9	0.1	25.1	0	25.1	0	trace	trace	trace			0	5.2	trace
C26	Juice, grape	100	88.9	203	204	0.1	0.1	11.8	0.2	11.8	0	0	0	0	0	0	0	9.0	trace
C26	1 cup (250ml)	266	237	540	544	0.3	0.3	31.4	0.5	31.4	0	0	0	0	0	0	0	23.9	trace

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Food ID	Foods	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
C8	Cordial concentrate, lime	100	49	5.0	9.0	0.3	0	trace	1	6	0.01	0.01	0.09	0	0	0	1.0	0	0
C8	1 tablespoon	19	9.3	1.0	1.7	0.1	0	trace	trace	1	trace	trace	0.02	0	0	0	0.2	0	0
C55	Cordial, orange	100	1.0	0	0.8	trace	trace	trace	1	5	0	0	0	0	0	0	4.0	0	0
C55	1 cup (250ml)	281	2.8	0	2.2	trace	trace	trace	2	14	0	0	0	0	0	0	11.2	0	0
C99	Drink flavour, assorted flavours, powder, Raro	100	2.8	16	39	0.2	trace	0	0	0	0	0	0	0	0	0	140	0	0
C99	1 tablespoon	14	0.4	2.2	5.3	trace	trace	0	0	0	0	0	0	0	0	0	18.9	0	0
C58	Drink flavour, lemon & barley, diluted with water	100	2.5	1.9	6.0	trace	trace	0	0	0	0	0	0.01	0	0	0.02	26.0	0	0
C58	1 cup (250ml)	259	6.5	4.9	16	trace	trace	0	0	0	0	0	0.03	0	0	0.05	67.3	0	0
C138	Drink flavour, Vitafresh, powder, Hansell's	100	2.8	16	39	0.2	trace	0	0	0	0	0	0	0	0	0	208	0	0
C138	1 tablespoon	20	0.6	3.2	7.8	trace	trace	0	0	0	0	0	0	0	0	0	41.6	0	0
C74	Drinking chocolate, Nesquik, powder, Nestle	100	2.4	2.2	1.5	trace	0	0	0	0	0.02	0.20	0.30	0.03	0	3.0	0	0	0.15
C74	1 teaspoon	3	0.1	0.1	trace	trace	0	0	0	0	trace	trace	0.01	trace	0	0.08	0	0	trace
C1037	Drinking chocolate, powder, Cadbury	100	850	170	44	2.7	1.7	trace	1	7	0.14	0.06	0.38	0.43	0	29	0	0	0.42
C1037	1 tablespoon	9	78	16	4.0	0.2	0.2	trace	trace	1	0.01	trace	0.04	0.04	0	2.7	0	0	0.04
C1037	1 teaspoon	3	26	5.3	1.3	0.1	trace	trace	trace	trace	trace	trace	0.01	0.01	0	0.88	0	0	0.01
C1030	Energy drink, assorted flavours, V	100	1.8	0	0.7	0	0	0	0	0	0	0.64	7.6	2.6	1.1	0	0	0	0
C1030	1 cup (250ml)	252	4.6	0	1.9	0	0	0	0	0	0	1.6	19	6.4	2.8	0	0	0	0
C1028	Juice concentrate, blackcurrant, frozen	100	1300	130	120	2.2	0.6	0	1	5	0.03	0.08	3.8	0.90	0	82	478	0	0
C1028	1 cup (250ml)	290	3700	380	350	6.4	1.9	0	3	16	0.09	0.23	11	2.6	0	240	1390	0	0
C46	Juice, apple, Fresh Up	100	18	6.0	5.0	0.1	trace	0	0	0	0	0.01	0.34	0.05	0	0.30	11.0	0	0.01
C46	1 cup (250ml)	261	47	16	13	0.2	0.1	0	0	0	0	0.03	0.89	0.13	0	0.78	28.7	0	0.03
C26	Juice, grape	100	63	8.0	6.0	0.2	0	0	0	0	0.01	0.01	1.2	0.02	0	0.70	27.0	0	0
C26	1 cup (250ml)	266	170	21	16	0.4	0	0	0	0	0.03	0.03	3.2	0.05	0	1.9	71.8	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
C12	Juice, grapefruit, unsweetened	100	89.8	145	145	0.3	0.2	7.9	0.1	7.9	0	trace	trace	0.1			0	3.0	trace
C12	1 cup (250ml)	256	230	370	372	0.8	0.5	20.2	0.3	20.2	0	0.1	0.1	0.2			0	7.7	trace
C38	Juice, orange with apple base, Just Juice	100	88.2	180	182	0.3	trace	10.4	0.3	10.4	0	trace	trace	trace	0	0	0	3.0	trace
C38	1 cup (250ml)	262	231	472	478	0.8	0.1	27.2	0.8	27.2	0	trace	trace	trace	0	0	0	7.9	trace
C14	Juice, orange, unsweetened, composite	100	87.5	144	145	0.8	0.1	7.7	0.1	7.7	0	trace	trace	trace			0	3.0	trace
C14	1 cup (250ml)	256	224	368	370	1.9	0.2	19.7	0.3	19.7	0	trace	trace	0.1			0	7.7	trace
C16	Juice, tomato, McCoy	100	92.3	94	98	0.9	0.1	4.4	0.5	4.4	0	trace	trace	0.1			0	93.0	trace
C16	1 cup (250ml)	257	237	241	251	2.4	0.3	11.3	1.3	11.3	0	trace	trace	0.1			0	239	trace
C1026	Kava, prepared	100	99.1	18	18	0.1	0.1	0.8	0	0	0.8	0	trace	trace	0	trace	0	2.8	0
C1026	1 cup (250ml)	244	242	44	44	0.2	0.2	2.0	0	0	2.0	0	trace	trace	0	trace	0	6.8	0
C1035	Milo, powder, Nestle	100	1.3	1470	1510	11.8	9.7	54.7	5.7	52.1	2.6	5.3	3.7	0.9	trace	0.9	5	109	40
C1035	1 tablespoon	7	0.1	99	102	0.8	0.7	3.7	0.4	3.5	0.2	0.4	0.2	0.1	trace	0.1	trace	7.3	trace
C1035	1 teaspoon	2	trace	33	34	0.3	0.2	1.2	0.1	1.2	0.1	0.1	0.1	trace	trace	trace	trace	2.4	trace
C1017	Probiotic drink, activate, Meadow fresh	100	89.0	182	182	1.1	0.8	8.0	0	6.0	2.0	0.6	0.1	0.1			3	16.3	6
C1017	1 cup (100ml)	103	91.7	187	187	1.1	0.8	8.2	0	6.2	2.1	0.6	0.1	0.1			3	16.8	6
C1010	Rice milk, assorted flavours, composite	100	88.4	131	132	0.2	0.9	5.7	0.1	4.3	1.5	0.3	0.1	0.1	trace	0.1	0	61.8	trace
C1010	1 cup (250ml)	268	236	352	354	0.6	2.4	15.3	0.3	11.4	3.9	0.9	0.3	0.4	trace	0.3	0	165	trace
C1009	Rice milk, assorted flavours, Rice Dream	100	88.1	127	128	0.1	0.8	5.7	0.1	4.3	1.4	0.3	0.1	0.1	trace	0.1	0	36.0	trace
C1009	1 cup (250ml)	270	238	343	345	0.4	2.2	15.3	0.3	11.5	3.8	0.8	0.3	0.3	trace	0.3	0	97.2	trace
C1022	Smoothie, berry, composite	100	86.1	199	206	0.5	0.3	10.8	0.9	10.4	0.4	trace	trace	0.1	trace	trace	0	2.0	trace
C1022	1 cup (250ml)	275	237	547	566	1.5	0.7	29.7	2.4	28.6	1.1	0.1	0.1	0.2	0.1	0.1	0	5.5	trace
C1023	Smoothie, feijoa, Simply Squeezed	100	85.9	196	202	0.2	0.1	11.3	0.8	11.2	trace	trace	trace	trace	trace	trace	0	2.2	trace
C1023	1 cup (250ml)	273	234	534	552	0.5	0.4	30.7	2.2	30.6	0.1	0.1	0.1	0.1	trace	trace	0	6.0	trace

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Food ID	Foods	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
C12	Juice, grapefruit, unsweetened	100	110	12	9.0	0.3	0.4	trace	trace	1	0.04	0.01	0.23	0.01	0	6.0	28.0	0	0.18
C12	1 cup (250ml)	256	280	31	23	0.8	1.0	trace	trace	3	0.10	0.03	0.59	0.03	0	15	71.7	0	0.46
C38	Juice, orange with apple base, Just Juice	100	81	8.0	4.0	0.1	trace	trace	1	7	0.01	0	0.14	0.03	0	10	35.0	0	0.07
C38	1 cup (250ml)	262	210	21	10	0.2	0.1	trace	3	18	0.03	0	0.37	0.08	0	26	91.7	0	0.18
C14	Juice, orange, unsweetened, composite	100	170	16	9.0	0.2	trace	trace	31	184	0.04	0	1.1	0	0	7.0	35.0	0	0.20
C14	1 cup (250ml)	256	420	41	23	0.4	0.1	trace	79	471	0.10	0	2.8	0	0	18	89.6	0	0.51
C16	Juice, tomato, McCoy	100	55	20	8.0	0.3	0.1	trace	50	297	0.03	0.03	2.5	0.10	0	19	35.0	0	0.86
C16	1 cup (250ml)	257	140	51	21	0.7	0.3	trace	127	763	0.08	0.08	6.5	0.26	0	49	90.0	0	2.2
C1026	Kava, prepared	100	63	2.1	4.7	0.4	0.1	0	0	0	0	0	0	0	0	0	0	0	0
C1026	1 cup (250ml)	244	150	5.1	11	0.9	0.1	0	0	0	0	0	0	0	0	0	0	0	0
C1035	Milo, powder, Nestle	100	1000	750	1000	46	1.9	trace	566	10	3.8	2.0	3.9	1.1	0.37	59	153	0	1.3
C1035	1 tablespoon	7	67	50	68	3.1	0.1	trace	38	1	0.26	0.13	0.26	0.08	0.03	4.0	10.3	0	0.09
C1035	1 teaspoon	2	22	17	23	1.0	trace	trace	13	trace	0.09	0.04	0.09	0.03	0.01	1.3	3.4	0	0.03
C1017	Probiotic drink, activate, Meadow fresh	100	150	110	140	0	3.0	trace	188	2	0.30	0.24	0.18	0.40	0.32	5.0	10.0	0	2.5
C1017	1 cup (100ml)	103	160	110	140	0	3.1	trace	194	2	0.31	0.25	0.19	0.41	0.33	5.2	10.3	0	2.6
C1010	Rice milk, assorted flavours, composite	100	25	31	45	trace	trace	trace	14	0	0.05	0.01	0.01	0.07	0.26	0	0	0	0.23
C1010	1 cup (250ml)	268	66	84	120	0.1	0.1	trace	36	0	0.13	0.03	0.03	0.19	0.70	0	0	0	0.62
C1009	Rice milk, assorted flavours, Rice Dream	100	18	54	110	trace	0.1	trace	41	0	0.05	0.01	0.01	0.07	0.77	0	0	1.0	0.26
C1009	1 cup (250ml)	270	49	150	300	0.1	0.2	trace	109	0	0.14	0.03	0.03	0.19	2.1	0	0	2.8	0.70
C1022	Smoothie, berry, composite	100	180	14	7.5	0.2	0.1	trace	2	14	0.01	0.04	0.11	0.13	0	45	50.3	0	0.18
C1022	1 cup (250ml)	275	500	39	21	0.5	0.2	trace	6	39	0.03	0.11	0.30	0.36	0	120	138	0	0.50
C1023	Smoothie, feijoa, Simply Squeezed	100	62	3.7	28	trace	trace	trace	35	4	0.01	0.03	0.11	0.03	0	79	34.4	0	0.75
C1023	1 cup (250ml)	273	170	10	76	0.1	trace	trace	96	10	0.03	0.08	0.30	0.08	0	220	93.7	0	2.0

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Food ID	Foods	Measure	Water	Energy	Energy (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
C2	Soft drink, coca cola	100	93.3	182	182	0	0	10.9	0	10.9	0	0	0	0	0	0	0	12.0	trace
C2	1 can (355ml)	365	341	664	664	0	0	39.8	0	39.8	0	0	0	0	0	0	0	43.8	trace
C2	1 bottle (500ml)	514	480	936	936	0	0	56.0	0	56.0	0	0	0	0	0	0	0	61.7	trace
C25	Soft drink, cola, diet	100	99.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6.0	trace
C25	1 can (350ml)	350	349	0	0	0	0	0	0	0	0	0	0	0	0	0	0	21.0	trace
C17	Soft drink, lemonade	100	93.2	180	180	0	0	10.8	0	10.8	0	0	0	0	0	0	0	17.0	trace
C17	1 cup (250ml)	261	243	471	471	0	0	28.2	0	28.2	0	0	0	0	0	0	0	44.4	trace
C17	1 can (350ml)	365	340	658	658	0	0	39.4	0	39.4	0	0	0	0	0	0	0	62.1	trace
C27	Soft drink, lemonade, diet	100	93.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	17.0	trace
C27	1 can (350ml)	364	339	0	0	0	0	0	0	0	0	0	0	0	0	0	0	61.9	trace
C47	Soft drink, orange flavoured	100	91.1	203	203	0	0.3	11.5	0	11.5	0	0	0	0	0	0	0	16.0	trace
C47	1 can (350ml)	365	333	741	741	0	1.1	42.0	0	42.0	0	0	0	0	0	0	0	58.4	trace
C81	Soft drink, soda water	100	99.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10.0	trace
C81	1 can (355ml)	355	355	0	0	0	0	0	0	0	0	0	0	0	0	0	0	35.5	trace
C1013	Soy drink, calci-plus high fibre, Vitasoy	100	89.8	166	172	3.2	1.8	2.7	0.8	2.0	0.8	0.3	0.4	0.9			0	36.0	trace
C1013	1 cup (250ml)	260	233	431	448	8.3	4.7	7.1	2.1	5.1	2.0	0.7	1.0	2.4			0	93.6	trace
C166	Soy drink, So Good, essential, Sanitarium	100	88.2	208	210	2.8	2.3	4.6	0.3	2.0	2.7	0.3	0.4	1.4	0.3		0	32.0	trace
C166	1 cup (250ml)	260	229	540	546	7.3	5.9	12.0	0.8	5.1	6.9	0.7	1.1	3.7	0.8		0	83.2	trace
C30	Soy drink, So Good, lite, Sanitarium	100	90.0	169	175	2.9	1.6	3.7	0.8	1.8	1.8	0.2	0.5	0.7	trace		0	43.0	trace
C30	1 cup (250ml)	260	234	439	455	7.6	4.1	9.5	2.1	4.8	4.8	0.6	1.4	1.9	0.1		0	112	trace
C29	Soy drink, So Good, Sanitarium	100	87.8	242	248	2.6	3.7	3.7	0.8	1.8	1.8	0.4	1.1	2.0	trace		0	43.0	trace
C29	1 cup (250ml)	255	224	617	633	6.7	9.4	9.3	2.0	4.7	4.7	1.0	2.8	5.1	0.1		0	110	trace
C86	Sports drink, Gatorade	100	93.0	120	120	0.1	0.4	6.4	0	6.4	0	0	0	0	0	0	0	45.0	trace
C86	1 cup (250ml)	256	238	308	308	0.2	0.9	16.3	0	16.3	0	0	0	0	0	0	0	115	trace

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Food ID	Foods	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
C2	Soft drink, coca cola	100	2.0	16	6.0	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
C2	1 can (355ml)	365	7.3	58	22	0.2	0.1	0	0	0	0	0	0	0	0	0	0	0	0
C2	1 bottle (500ml)	514	10	82	31	0.3	0.1	0	0	0	0	0	0	0	0	0	0	0	0
C25	Soft drink, cola, diet	100	0	9.0	4.0	trace	0.1	0	0	0	0.01	0.02	0	0	0	0	0	0	0
C25	1 can (350ml)	350	0	32	14	0.1	0.3	0	0	0	0.04	0.07	0	0	0	0	0	0	0
C17	Soft drink, lemonade	100	1.0	0	1.0	0	trace	0	0	0	0	0	0.02	0	0	0	0	0	0
C17	1 cup (250ml)	261	2.6	0	2.6	0	0.1	0	0	0	0	0	0.05	0	0	0	0	0	0
C17	1 can (350ml)	365	3.7	0	3.7	0	0.2	0	0	0	0	0	0.07	0	0	0	0	0	0
C27	Soft drink, lemonade, diet	100	0	0	1.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C27	1 can (350ml)	364	0	0	3.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C47	Soft drink, orange flavoured	100	1.0	0	1.0	0	trace	0	0	0	0	0	0	0	0	0	1.0	0	0
C47	1 can (350ml)	365	3.7	0	3.7	0	0.2	0	0	0	0	0	0	0	0	0	3.7	0	0
C81	Soft drink, soda water	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C81	1 can (355ml)	355	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1013	Soy drink, calci-plus high fibre, Vitasoy	100	120	110	120	0.8	0.2	trace	0	0	0.02	0.21	1.0	0.06	0.40	60	0	0	0.73
C1013	1 cup (250ml)	260	320	280	310	2.1	0.5	trace	0	0	0.05	0.55	2.6	0.16	1.0	160	0	0	1.9
C166	Soy drink, So Good, essential, Sanitarium	100	140	100	130	1.2	0.1	trace	29	0	0.09	0.16	1.1	0.21	0.17	170	0	0	0.85
C166	1 cup (250ml)	260	360	270	330	3.2	0.3	trace	76	0	0.23	0.42	2.9	0.55	0.44	440	0	0	2.2
C30	Soy drink, So Good, lite, Sanitarium	100	230	110	110	0.5	0.1	trace	36	0	0.09	0.14	1.1	0.06	0.40	21	0	0	0.30
C30	1 cup (250ml)	260	590	290	300	1.2	0.3	trace	94	0	0.23	0.36	2.9	0.16	1.0	55	0	0	0.78
C29	Soy drink, So Good, Sanitarium	100	230	110	110	0.5	0.1	trace	36	0	0.10	0.14	1.1	0.06	0.36	21	0	0	1.9
C29	1 cup (250ml)	255	580	290	290	1.1	0.3	trace	92	0	0.26	0.36	2.8	0.15	0.92	54	0	0	4.8
C86	Sports drink, Gatorade	100	10	0	2.4	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
C86	1 cup (250ml)	256	26	0	6.1	trace	0	0	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 9th Edition 2012

Food ID	Foods	Measure	Water	Energy	Energy (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
C18	Sports drink, Lucozade	100	81.7	234	234	0	0	14.0	0	14.0	0	0	0	0	0	0	0	29.0	trace
C18	1 cup (250ml)	264	216	617	617	0	0	37.0	0	37.0	0	0	0	0	0	0	0	76.6	trace
C84	Sports drink, Powerade	100	89.4	152	152	0	0.2	8.8	0	8.8	0	0	0	0	0	0	0	4.6	trace
C84	1 cup (250ml)	205	183	312	312	0	0.3	18.0	0	18.0	0	0	0	0	0	0	0	9.4	trace
C1040	Tea, black, brewed, composite	100	99.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.1	0
C1040	1 cup (250ml)	233	232	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.6	0
C1041	Tea, black, decaffeinated, brewed, composite	100	99.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.1	0
C1041	1 cup (250ml)	231	230	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.5	0
C1039	Tea, green, brewed, composite	100	99.8	1	1	trace	0	0	0	0	0	0	0	0	0	0	0	1.3	trace
C1039	1 cup (250ml)	228	228	2	2	0.1	0	0	0	0	0	0	0	0	0	0	0	3.0	trace
C76	Tea, herbal, brewed	100	99.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	trace
C76	1 cup (250ml)	250	249	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	trace
C24	Tea, Indian, brewed	100	99.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.0	trace
C24	1 cup (250ml)	251	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5.0	trace
C1032	Water, assorted flavours, Mizone	100	97.2	42	42	0	0	2.5	0	2.5	0	0	0	0	0	0	0	0	0
C1032	1 cup (250ml)	235	228	98	98	0	0	5.9	0	5.9	0	0	0	0	0	0	0	0	0
C41	Water, bottled, New Zealand	100	100.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3.3	trace
C41	1 cup (250ml)	250	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8.3	trace
C40	Water, municipal	100	100.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.0	trace
C40	1 cup (250ml)	250	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.5	trace
C79	Water, tonic, carbonated	100	91.1	147	147	0	0	8.8	0	8.8	0	0	0	0	0	0	0	4.0	trace
C79	1 cup (250ml)	258	235	379	379	0	0	22.7	0	22.7	0	0	0	0	0	0	0	10.3	trace

The Concise New Zealand Food Composition Tables, 9th Edition 2012

Food ID	Foods	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
C18	Sports drink, Lucozade	100	1.0	4.0	5.0	0.1	0	0	139	835	0	0	0	0	0	0	9.0	0	0
C18	1 cup (250ml)	264	2.6	11	13	0.3	0	0	368	2200	0	0	0	0	0	0	23.8	0	0
C84	Sports drink, Powerade	100	5.4	3.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C84	1 cup (250ml)	205	11	6.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C1040	Tea, black, brewed, composite	100	18	1.2	0.9	trace	trace	0	0	0	0	0	1.7	0	0	0	0	0	0
C1040	1 cup (250ml)	233	41	2.8	2.2	trace	trace	0	0	0	0	0	4.0	0	0	0	0	0	0
C1041	Tea, black, decaffeinated, brewed, composite	100	0	1.2	0.9	trace	trace	0	0	0	1.0	0	1.7	0	0	0	0	0	0
C1041	1 cup (250ml)	231	0	2.7	2.2	trace	trace	0	0	0	2.3	0	3.9	0	0	0	0	0	0
C1039	Tea, green, brewed, composite	100	8.3	0.5	1.0	trace	trace	0	0	0	0	0	0.23	0	0	0	0	0	0
C1039	1 cup (250ml)	228	19	1.1	2.4	0.1	trace	0	0	0	0	0	0.53	0	0	0	0	0	0
C76	Tea, herbal, brewed	100	9.0	0	2.0	0.1	0	0	0	0	0	0	0	0	0	1.0	0	0	0
C76	1 cup (250ml)	250	23	0	5.0	0.3	0	0	0	0	0	0	0	0	0	2.5	0	0	0
C24	Tea, Indian, brewed	100	17	1.0	0	trace	trace	trace	0	0	0	0.01	0.10	0	0	3.0	0	0	0
C24	1 cup (250ml)	251	43	2.5	0	trace	trace	trace	0	0	0	0.03	0.25	0	0	7.5	0	0	0
C1032	Water, assorted flavours, Mizone	100	5.8	1.8	0.3	0	0	0	0	0	0	0	1.1	0.24	0.22	0	0	0	0
C1032	1 cup (250ml)	235	14	4.1	0.6	0	0	0	0	0	0	0	2.7	0.56	0.52	0	0	0	0
C41	Water, bottled, New Zealand	100	0.2	0	1.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C41	1 cup (250ml)	250	0.6	0	4.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C40	Water, municipal	100	2.3	0	1.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C40	1 cup (250ml)	250	5.8	0	4.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C79	Water, tonic, carbonated	100	0	0	1.0	trace	0.1	0	0	0	0	0	0	0	0	0	0	0	0
C79	1 cup (250ml)	258	0	0	2.6	trace	0.3	0	0	0	0	0	0	0	0	0	0	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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
D	BREAKFAST CEREALS																		
D34	All Bran Wheat Flakes, Kellogg's	100	4.5	1120	1350	15.4	5.3	39.8	29.0	14.7	25.1	0.8	0.6	2.6			0	849	trace
D34	1 cup (250ml)	60	2.7	671	811	9.3	3.2	23.9	17.4	8.8	15.1	0.5	0.4	1.6			0	509	trace
D35	Coco Pops, Kellogg's	100	3.2	1620	1620	5.4	1.9	87.1	0.3	36.5	50.6	1.2	0.2	0.2			0	751	trace
D35	1 cup (250ml)	40	1.3	646	647	2.2	0.8	34.8	0.1	14.6	20.3	0.5	0.1	0.1			0	300	trace
D1028	Cornflakes, Sanitarium	100	4.1	1430	1460	7.5	1.0	76.2	3.3	7.3	68.9	0.1	0.1	0.5			0	300	trace
D1028	1 cup (250ml)	30	1.2	430	438	2.3	0.3	22.9	1.0	2.2	20.7	trace	trace	0.2			0	90.0	trace
D1032	Crunchy Nut Corn Flakes, Kellogg's.	100	5.1	1570	1590	7.7	3.3	79.3	2.5	31.7	47.6	0.5	1.2	0.8			0	470	trace
D1032	2/3 cup	30	1.5	472	478	2.3	1.0	23.8	0.8	9.5	14.3	0.2	0.4	0.2			0	141	trace
D38	Just Right, Kellogg's	100	7.8	1460	1540	8.3	1.6	75.7	10.0	20.7	55.0	0.2	0.5	0.8			0	49.0	trace
D38	1 cup (250ml)	60	4.7	877	925	5.0	1.0	45.4	6.0	12.4	33.0	0.1	0.3	0.5			0	29.4	trace
D1009	Just Right, tropical, Kellogg's	100	5.5	1510	1560	8.4	3.7	73.7	7.0	22.1	51.6	0.5	0.8	1.3			0	95.0	trace
D1009	1 serving (3/4 cup)	45	2.5	679	704	3.8	1.7	33.2	3.2	9.9	23.2	0.2	0.4	0.6			0	42.8	trace
D1014	Light & Tasty, berry, Sanitarium	100	8.2	1390	1450	7.6	2.0	71.4	7.4	24.9	46.5	0.3	0.4	0.8			0	276	trace
D1014	1 serving	45	3.7	627	654	3.4	0.9	32.1	3.3	11.2	20.9	0.1	0.2	0.3			0	124	trace
D1036	Muesli, Fruitful Breakfast, Hubbards	100	5.9	1590	1640	8.8	12.0	59.7	6.0	28.4	31.3	3.3	5.1	3.0	0.4	2.6	0	48.0	trace
D1036	1 cup (250ml)	147	8.7	2340	2410	12.9	17.7	88.0	8.8	41.9	46.2	4.8	7.5	4.4	0.6	3.8	0	70.8	trace
D1019	Muesli, natural fruit & five grains, Sanitarium	100	14.1	1430	1510	10.0	7.0	60.3	9.0	20.5	39.8	1.6	2.6	1.8			0	89.0	trace
D1019	2 tablespoons	12	1.7	172	181	1.2	0.8	7.2	1.1	2.5	4.8	0.2	0.3	0.2			0	10.7	trace
D1019	1 serving	50	7.1	717	753	5.0	3.5	30.2	4.5	10.3	19.9	0.8	1.3	0.9			0	44.5	trace
D33	Nutri-Grain, Kellogg's	100	3.1	1620	1640	22.0	2.6	69.4	2.2	32.0	37.4	0	0.5	1.0			0	687	trace
D33	1 cup (250ml)	30	0.9	487	492	6.6	0.8	20.8	0.7	9.6	11.2	0	0.2	0.3			0	206	trace
D22	Porridge, prepared with water, salt added	100	87.4	203	217	1.5	1.1	8.2	1.7	0	8.2	0.2	0.4	0.4			0	160	trace
D22	1 cup (250ml)	260	227	528	563	4.0	2.9	21.3	4.4	0	21.3	0.4	1.0	1.1			0	416	trace

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Food ID	Foods	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
D	BREAKFAST CEREALS																		
D34	All Bran Wheat Flakes, Kellogg's	100	940	1200	69	6.7	5.1	0	0	0	0.61	1.0	8.8	1.8	0	360	0	0	2.2
D34	1 cup (250ml)	60	560	700	41	4.0	3.1	0	0	0	0.37	0.60	5.3	1.1	0	210	0	0	1.3
D35	Coco Pops, Kellogg's	100	240	100	31	10	6.0	0	0	0	0.92	1.4	9.5	1.8	0	270	33.3	0	0.10
D35	1 cup (250ml)	40	97	42	12	4.0	2.4	0	0	0	0.37	0.56	3.8	0.72	0	110	13.3	0	0.04
D1028	Cornflakes, Sanitarium	100	380	260	30	15	2.0	trace	14	82	1.7	0.63	13	0.50	0	560	0	0	0.09
D1028	1 cup (250ml)	30	110	78	9.0	4.5	0.6	trace	4	25	0.50	0.19	4.0	0.15	0	170	0	0	0.03
D1032	Crunchy Nut Corn Flakes, Kellogg's.	100	130	55	16	4.0	0.5	trace	5	29	0.92	0.60	9.1	0.10	0	280	33.3	0	0.60
D1032	2/3 cup	30	40	17	4.8	1.2	0.2	trace	1	9	0.28	0.18	2.7	0.03	0	84	10.0	0	0.18
D38	Just Right, Kellogg's	100	430	230	36	6.7	1.0	0	0	0	0.61	1.0	6.7	0.21	0	370	0	0	4.1
D38	1 cup (250ml)	60	260	140	22	4.0	0.6	0	0	0	0.37	0.60	4.0	0.13	0	220	0	0	2.5
D1009	Just Right, tropical, Kellogg's	100	240	200	35	6.7	1.9	11	trace	3	0.61	1.0	7.8	0.21	0	360	0	0	0.40
D1009	1 serving (3/4 cup)	45	110	90	16	3.0	0.9	trace	trace	1	0.27	0.45	3.5	0.09	0	160	0	0	0.18
D1014	Light & Tasty, berry, Sanitarium	100	310	520	440	6.7	1.3	13	2	11	0.60	0.38	7.7	0.04	0	360	0	0	0.40
D1014	1 serving	45	140	230	200	3.0	0.6	6	1	5	0.27	0.17	3.5	0.02	0	160	0	0	0.18
D1036	Muesli, Fruitful Breakfast, Hubbards	100	330	240	45	2.5	1.5	9	5	32	0.21	0.13	2.1	0.25	0	23	0	0	0.58
D1036	1 cup (250ml)	147	490	350	66	3.7	2.2	13	8	47	0.31	0.19	3.1	0.37	0	34	0	0	0.86
D1019	Muesli, natural fruit & five grains, Sanitarium	100	470	250	57	4.8	2.0	trace	3	16	0.40	0.06	5.9	0.24	0	80	0	0	1.0
D1019	2 tablespoons	12	56	30	6.9	0.6	0.2	trace	trace	2	0.05	0.01	0.71	0.03	0	9.7	0	0	0.12
D1019	1 serving	50	230	120	29	2.4	1.0	trace	1	8	0.20	0.03	3.0	0.12	0	40	0	0	0.50
D33	Nutri-Grain, Kellogg's	100	280	190	270	10	1.4	0	0	0	1.8	1.4	10	1.3	0	270	33.3	0	3.2
D33	1 cup (250ml)	30	83	56	80	3.0	0.4	0	0	0	0.55	0.42	3.0	0.39	0	80	10.0	0	0.96
D22	Porridge, prepared with water, salt added	100	46	47	7.0	0.5	0.4	0	0	0	0.06	0.01	0.45	0.01	0	4.0	0	0	0.21
D22	1 cup (250ml)	260	120	120	18	1.3	1.0	0	0	0	0.16	0.03	1.2	0.03	0	10	0	0	0.55

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Food ID	Foods	Measure	Water	Energy	Energy (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
D42	Rice Bubbles, Kellogg's	100	3.3	1520	1540	6.7	1.1	82.1	2.2	10.2	71.9	0.2	0.5	0.2			0	1030	trace
D42	1 cup (250ml)	30	1.0	457	462	2.0	0.3	24.6	0.7	3.1	21.6	0.1	0.1	0.1			0	309	trace
D1029	Ricies, Sanitarium	100	4.1	1440	1450	6.0	1.1	77.9	0.8	8.1	69.8	0.3	0.2	0.3			0	890	trace
D1029	1 cup (250ml)	32	1.3	461	463	1.9	0.4	24.9	0.3	2.6	22.3	0.1	0.1	0.1			0	285	trace
D1018	San Bran, Sanitarium	100	7.3	950	1230	12.4	1.4	41.4	34.6	19.5	21.9	0.3	0.1	0.7			0	870	trace
D1018	1 serving (1/2 cup)	45	3.3	428	552	5.6	0.6	18.6	15.6	8.8	9.9	0.1	trace	0.3			0	392	trace
D1016	Special K, berry, Kellogg's	100	3.0	1510	1540	18.1	0.9	70.2	4.3	25.7	44.5	0.1	0.1	0.4			0	335	trace
D1016	1 serving (3/4 cup)	30	0.9	452	463	5.4	0.3	21.1	1.3	7.7	13.4	trace	trace	0.1			0	101	trace
D1010	Special K, honey & almond, Kellogg's	100	4.0	1610	1630	17.7	3.3	71.6	2.4	24.0	47.6	0.4	0.3	0.8			0	510	trace
D1010	1 serving	30	1.2	484	490	5.3	1.0	21.5	0.7	7.2	14.3	0.1	0.1	0.2			0	153	trace
D31	Special K, Kellogg's	100	2.1	1630	1660	21.8	2.3	70.6	3.7	17.3	53.3	0.6	0.3	0.8			0	703	trace
D31	1 cup (250ml)	30	0.6	488	497	6.5	0.7	21.2	1.1	5.2	16.0	0.2	0.1	0.2			0	211	trace
D43	Sultana Bran, Kellogg's	100	7.8	1280	1440	9.2	1.6	63.9	19.5	32.2	31.7	0.4	0.4	0.2			0	663	trace
D43	1 cup (250ml)	45	3.5	576	646	4.1	0.7	28.8	8.8	14.5	14.3	0.2	0.2	0.1			0	298	trace
D44	Sustain, Kellogg's	100	8.0	1380	1450	8.6	2.8	68.1	8.0	16.4	51.7	0.4	1.0	0.7			0	97.0	trace
D44	1 cup (250ml)	60	4.8	831	869	5.1	1.7	40.9	4.8	9.8	31.0	0.2	0.6	0.4			0	58.2	trace
D1012	Weet-Bix, oat bran, Sanitarium	100	1.1	1520	1610	12.8	2.5	72.6	11.7	6.8	65.8	0.4	0.4	1.3			0	304	trace
D1012	1 serving (2 biscuits)	40	0.4	607	645	5.1	1.0	29.0	4.7	2.7	26.3	0.2	0.2	0.5			0	122	trace
D1027	Weet-Bix, Sanitarium	100	6.6	1270	1360	12.5	2.3	58.5	10.7	1.8	56.7	0.3	0.3	1.0	0.1	1.0	0	580	trace
D1027	1 biscuit	16	1.0	203	217	2.0	0.4	9.4	1.7	0.3	9.1	trace	trace	0.2	trace	0.2	0	92.8	trace
D1035	Weeties, Sanitarium	100	3.4	1300	1370	11.9	2.1	61.5	7.8	0.6	60.9	1.2	0.5	0.2	trace	0.2	0	460	0
D1035	1 cup (250ml)	51	1.8	671	703	6.1	1.1	31.7	4.0	0.3	31.3	0.6	0.3	0.1	trace	0.1	0	237	0
D1017	Wheat, puffed, Sanitarium	100	7.3	1550	1600	11.6	1.4	77.9	6.7	6.7	71.2	0.3	0.2	0.6			0	6.0	trace
D1017	1 cup (250ml)	30	2.2	464	480	3.5	0.4	23.4	2.0	2.0	21.4	0.1	trace	0.2			0	1.8	trace

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Food ID	Foods	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
D42	Rice Bubbles, Kellogg's	100	100	99	7.0	10	6.0	0	0	0	0.92	1.4	9.7	1.8	0	270	33.3	0	0.13
D42	1 cup (250ml)	30	31	30	2.1	3.0	1.8	0	0	0	0.28	0.42	2.9	0.54	0	82	10.0	0	0.04
D1029	Ricies, Sanitarium	100	99	84	3.9	10	1.0	trace	0	0	1.5	0.62	15	0.26	0	15	0	0	0.11
D1029	1 cup (250ml)	32	32	27	1.2	3.2	0.3	trace	0	0	0.47	0.20	4.9	0.08	0	4.8	0	0	0.04
D1018	San Bran, Sanitarium	100	1000	820	84	9.1	4.6	14	1	6	0.34	0.70	5.4	1.0	0	110	0	0	2.2
D1018	1 serving (1/2 cup)	45	460	370	38	4.1	2.1	6	trace	3	0.15	0.32	2.4	0.45	0	49	0	0	1.0
D1016	Special K, berry, Kellogg's	100	190	160	670	10	1.6	16	0	0	0.92	1.4	11	1.3	0	540	0	0	0.30
D1016	1 serving (3/4 cup)	30	57	49	200	3.0	0.5	trace	0	0	0.28	0.42	3.2	0.39	0	160	0	0	0.09
D1010	Special K, honey & almond, Kellogg's	100	210	220	530	8.0	1.9	16	1	4	0.73	1.4	11	1.3	0	540	0	0	0.30
D1010	1 serving	30	63	65	160	2.4	0.6	trace	trace	1	0.22	0.42	3.2	0.39	0	160	0	0	0.09
D31	Special K, Kellogg's	100	160	740	670	10	2.1	0	0	0	0.92	1.4	11	1.3	0	550	0	0	0.55
D31	1 cup (250ml)	30	48	220	200	3.0	0.6	0	0	0	0.28	0.42	3.3	0.39	0	170	0	0	0.17
D43	Sultana Bran, Kellogg's	100	700	400	53	6.7	4.0	0	0	0	0.61	1.0	7.6	0.90	0	330	0	0	0.91
D43	1 cup (250ml)	45	310	180	24	3.0	1.8	0	0	0	0.27	0.45	3.4	0.41	0	150	0	0	0.41
D44	Sustain, Kellogg's	100	340	530	45	6.7	0.9	0	0	0	1.2	1.0	8.4	0.90	0	370	22.2	0	1.8
D44	1 cup (250ml)	60	200	320	27	4.0	0.5	0	0	0	0.73	0.60	5.0	0.54	0	220	13.3	0	1.1
D1012	Weet-Bix, oat bran, Sanitarium	100	330	290	45	13	2.6	14	0	0	1.1	0.98	8.9	0.31	0	400	0	0	6.3
D1012	1 serving (2 biscuits)	40	130	120	18	5.2	1.0	6	0	0	0.43	0.39	3.6	0.12	0	160	0	0	2.5
D1027	Weet-Bix, Sanitarium	100	110	53	2.2	9.4	0.3	15	0	0	5.7	1.5	16	0.77	0	590	0	0	0.57
D1027	1 biscuit	16	18	8.5	0.4	1.5	trace	trace	0	0	0.91	0.24	2.5	0.12	0	94	0	0	0.09
D1035	Weeties, Sanitarium	100	370	280	27	3.2	1.7	10	2	15	0	0.16	7.1	0.88	0	34	0	0	0.30
D1035	1 cup (250ml)	51	190	140	14	1.6	0.9	trace	1	8	0	0.08	3.7	0.45	0	18	0	0	0.15
D1017	Wheat, puffed, Sanitarium	100	300	310	40	2.6	2.4	9	1	5	0.06	0.12	4.4	0.22	0	20	0	0	0.50
D1017	1 cup (250ml)	30	90	93	12	0.8	0.7	trace	trace	1	0.02	0.04	1.3	0.07	0	6.0	0	0	0.15

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Food ID	Foods	Measure	Water	Energy	Energy (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	
E	CEREALS & PSEUDO-CEREALS																			
E68	Bulgur, boiled	100	76.2	353	387	3.1	0.4	17.2	4.2	0	17.2	0.1	0	0.2			0	10.0	trace	
E68	1 cup (250ml)	265	202	936	1030	8.1	1.1	45.6	11.1	0	45.6	0.3	0	0.5			0	26.5	trace	
E9	Cornflour	100	12.5	1430	1440	0.6	0.7	83.6	0.9	0	83.6	0.1	0.1	0.2			0	52.0	trace	
E9	1 tablespoon	8	0.9	107	108	trace	trace	6.3	0.1	0	6.3	trace	trace	trace			0	3.9	trace	
E131	Couscous, cooked	100	70.3	409	425	4.2	0.2	19.8	2.0	0	19.8	trace	trace	0.1			0	0	trace	
E131	1 cup (250ml)	165	116	675	701	6.9	0.4	32.7	3.3	0	32.7	0.1	0.1	0.1			0	0	trace	
E12	Flour, soy, full fat	100	8.3	1570	1680	29.5	18.2	24.4	13.9	13.4	11.0	2.5	3.0	11.4			0	10.1	trace	
E12	1 cup (250ml)	68	5.6	1070	1150	20.1	12.4	16.6	9.5	9.1	7.5	1.7	2.0	7.7			0	6.9	trace	
E108	Flour, wheat, white, standard	100	13.3	1400	1430	9.1	1.2	72.4	2.7	0.5	71.9	0.2	0.1	0.5			0	1.3	trace	
E108	1 cup (250ml)	137	18.3	1930	1960	12.5	1.6	99.5	3.7	0.7	98.8	0.2	0.1	0.7			0	1.8	trace	
E108	1 tablespoon	11	1.5	158	160	1.0	0.1	8.1	0.3	0.1	8.1	trace	trace	0.1			0	0.1	trace	
E46	Flour, wheat, wholemeal	100	11.6	1280	1370	12.1	1.7	60.8	11.2	1.0	59.8	0.2	0.2	0.8			0	2.9	trace	
E46	1 cup (250ml)	124	14.4	1590	1700	15.0	2.1	75.5	13.9	1.2	74.4	0.3	0.2	1.0			0	3.6	trace	
E129	Frozen meal, macaroni cheese, baked, composite	100	69.1	594	604	7.1	6.2	14.7	1.3	2.0	12.8	3.6	1.6	0.3		0.3	17	274	trace	
E129	1 cup (250ml)	133	91.6	787	801	9.4	8.2	19.5	1.7	2.6	16.9	4.7	2.1	0.4		0.4	22	363	trace	
E19	Macaroni, boiled	100	78.1	349	357	3.0	0.5	16.8	1.0	0.3	16.5	0.1	0.1	0.2			0	1.0	trace	
E19	1 cup (250ml)	149	116	519	531	4.4	0.7	25.0	1.5	0.4	24.6	0.1	0.1	0.3			0	1.5	trace	
E1050	Noodles, 2 minute, assorted flavours, cooked in water, Maggi	100	81.5	270	272	2.4	0.6	12.6	0.2	0.6	11.9	0.2	0.2	0.1	trace	0.1	0	239	9	
E1050	1 packet, cooked	396	323	1070	1080	9.4	2.2	49.7	1.0	2.5	47.2	0.8	0.7	0.6	trace	0.5	0	947	37	
E39	Noodles, egg, boiled	100	84.3	254	268	2.3	0.5	11.8	1.8	0.2	11.6	0.1	0.1	0.1			6	15.0	7	
E39	1 cup (250ml)	169	142	429	453	3.9	0.8	19.9	3.0	0.3	19.6	0.1	0.2	0.2			10	25.4	11	
E40	Noodles, egg, fried	100	75.1	627	639	1.9	11.5	10.1	1.6	0.5	9.6	2.0	2.4	3.3			5	84.0	7	
E40	1 cup (250ml)	169	127	1060	1080	3.3	19.4	17.1	2.7	0.8	16.2	3.4	4.0	5.6			8	142	11	

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Food ID	Foods	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
E	CEREALS & PSEUDO-CEREALS																		
E68	Bulgur, boiled	100	48	87	12	1.0	0.5	0	0	0	0.34	0	2.3	0.83	0	18	0	0	0.03
E68	1 cup (250ml)	265	130	230	32	2.7	1.3	0	0	0	0.90	0	6.1	2.2	0	48	0	0	0.08
E9	Cornflour	100	61	39	15	1.4	0.3	trace	0	0	0.04	0.08	0.45	0	0	0	0	0	0
E9	1 tablespoon	8	4.6	2.9	1.1	0.1	trace	trace	0	0	trace	0.01	0.03	0	0	0	0	0	0
E131	Couscous, cooked	100	83	64	9.4	0.5	0.6	trace	0	0	0.09	0.02	1.4	0.07	0	7.0	0	0	0.02
E131	1 cup (250ml)	165	140	110	15	0.9	0.9	8	0	0	0.15	0.03	2.4	0.12	0	12	0	0	0.03
E12	Flour, soy, full fat	100	2100	510	170	15	5.6	13	12	72	0.57	0.16	12	0.45	0	340	0	0	0.54
E12	1 cup (250ml)	68	1400	340	110	10	3.8	9	8	49	0.39	0.11	8.1	0.31	0	230	0	0	0.37
E108	Flour, wheat, white, standard	100	160	120	24	2.0	0.8	trace	0	0	0.19	0.02	2.4	0.06	0	18	0	0	0.52
E108	1 cup (250ml)	137	220	160	33	2.7	1.1	trace	0	0	0.26	0.03	3.2	0.08	0	24	0	0	0.71
E108	1 tablespoon	11	18	13	2.7	0.2	0.1	trace	0	0	0.02	trace	0.27	0.01	0	2.0	0	0	0.06
E46	Flour, wheat, wholemeal	100	370	330	42	4.1	3.1	trace	1	5	0.28	0.06	4.0	0.11	0	41	0	0	0.62
E46	1 cup (250ml)	124	460	410	52	5.1	3.9	6	1	6	0.35	0.08	5.0	0.14	0	50	0	0	0.77
E129	Frozen meal, macaroni cheese, baked, composite	100	81	130	140	0.4	0.9	trace	92	111	0.04	0.18	2.1	0.05	0.20	5.0	0	0.4	0.45
E129	1 cup (250ml)	133	110	170	190	0.5	1.1	trace	122	147	0.05	0.24	2.8	0.07	0.27	6.6	0	0.5	0.60
E19	Macaroni, boiled	100	25	42	5.0	0.4	0.5	trace	0	0	0.06	0.02	0.71	0.01	0	3.0	0	0	0
E19	1 cup (250ml)	149	37	63	7.5	0.6	0.7	trace	0	0	0.09	0.03	1.1	0.02	0	4.5	0	0	0
E1050	Noodles, 2 minute, assorted flavours, cooked in water, Maggi	100	120	28	6.2	0.2	0.1	trace	1	4	0.13	0.51	0.11	0.06	0	0	0	0	0
E1050	1 packet, cooked	396	470	110	25	0.8	0.6	6	2	15	0.52	2.0	0.44	0.24	0	0	0	0	0
E39	Noodles, egg, boiled	100	25	31	4.0	0.2	0.3	trace	2	0	0.02	0.01	0.54	0.01	0.09	1.0	0	0	0.70
E39	1 cup (250ml)	169	42	52	6.8	0.3	0.5	trace	3	0	0.03	0.02	0.91	0.02	0.15	1.7	0	0	1.2
E40	Noodles, egg, fried	100	28	27	5.0	0.2	0.3	trace	2	0	0.02	0.01	0.44	0.01	0	1.0	0	0	2.7
E40	1 cup (250ml)	169	47	46	8.5	0.3	0.5	trace	3	0	0.03	0.02	0.74	0.02	0	1.7	0	0	4.5

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Food ID	Foods	Measure	Water	Energy	Energy (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
E1036	Noodles, Hokkien, dry	100	62.6	584	598	6.3	1.0	26.5	1.7	0	26.5	0.4	0.4	0.1	trace	0.1	0	100	trace
E1036	1 packet	55	34.4	321	329	3.4	0.6	14.6	0.9	0	14.6	0.2	0.2	0.1	trace	0.1	0	55.0	trace
E81	Noodles, instant, boiled, drained	100	59.3	750	777	4.7	7.0	24.7	3.4	0	24.7	2.6	1.6	0.4		0.4	2	130	trace
E81	1 cup (250ml)	123	73.0	922	956	5.7	8.6	30.4	4.2	0	30.4	3.2	2.0	0.5		0.5	2	160	trace
E1049	Noodles, ramen, hot & spicy, cooked in water, Nong Shim	100	80.0	356	360	1.8	3.2	12.3	0.5	0.4	11.9	1.6	1.2	0.4	trace	0.4	0	373	44
E1049	1 packet, cooked	732	585	2600	2630	13.5	23.7	89.8	3.9	2.9	86.9	11.5	8.4	2.6	trace	2.6	0	2730	320
E1053	Noodles, rice, boiled, drained, composite	100	16.9	1270	1280	5.8	0.8	68.2	0.9	0	68.2	0.3	0.2	0.3	trace	0.3	0	41.1	21
E1053	1 cup (250ml)	176	29.8	2230	2240	10.3	1.5	120	1.6	0	120	0.5	0.4	0.5	trace	0.5	0	72.3	36
E22	Oatmeal	100	6.9	1520	1600	14.1	4.7	66.2	10.5	0	66.2	1.0	1.5	2.0			0	9.3	trace
E22	1 cup (250ml)	90	6.2	1360	1440	12.6	4.3	59.6	9.5	0	59.6	0.9	1.3	1.8			0	8.4	trace
E23	Oats, bran, composite	100	9.1	1350	1470	14.6	5.1	54.9	15.3	3.4	51.5	0.9	1.7	2.0			0	3.9	trace
E23	1 cup (250ml)	120	11.0	1620	1770	17.5	6.1	65.9	18.4	4.1	61.8	1.1	2.1	2.4			0	4.7	trace
E1015	Oats, rolled, New Zealand, toasted	100	0.8	1520	1610	12.5	7.5	61.6	11.5	1.0	60.6	1.4	3.0	2.6	0.1	2.5	0	2.5	0
E1015	1 cup (250ml)	102	0.8	1540	1640	12.8	7.6	62.8	11.7	1.0	61.8	1.5	3.0	2.6	0.1	2.5	0	2.5	0
E25	Oats, rolled, raw, composite	100	10.4	1350	1430	13.5	5.0	56.2	10.1	0	56.2	trace	trace	2.1			0	9.3	trace
E25	1 cup (250ml)	90	9.4	1220	1290	12.1	4.5	50.6	9.1	0	50.6	trace	trace	1.9			0	8.4	trace
E55	Pasta, fresh, assorted type, cooked, composite	100	60.5	540	562	6.9	0.6	24.2	2.7	0	24.2	0	0	0	0	0	6	287	trace
E55	1 cup (250ml)	150	90.8	810	842	10.3	0.9	36.3	4.1	0	36.3	0	0	0	0	0	9	431	trace
E6	Powder, custard	100	12.5	1430	1440	0.6	0.7	83.6	0.5	0	83.6	0.1	0.2	0.3			0	320	trace
E6	1 tablespoon	9	1.1	123	123	trace	0.1	7.2	trace	0	7.2	trace	trace	trace			0	27.5	trace
E1025	Quinoa, cooked	100	71.6	438	461	4.4	1.9	17.6	2.8	0	17.6	0.2	0.5	1.0			0	7.0	trace
E1025	1 cup (250ml)	146	105	641	674	6.4	2.8	25.8	4.1	0	25.8	0.3	0.7	1.5			0	10.2	trace
E57	Ravioli, fresh, beef & pork, cooked, composite	100	56.0	664	680	8.9	3.1	24.0	2.0	0.8	23.2	1.3	1.1	0.4		0.3	51	412	trace
E57	1 cup (250ml)	150	83.9	996	1020	13.3	4.7	36.0	3.0	1.1	34.8	1.9	1.7	0.5		0.5	77	618	trace

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Food ID	Foods	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
E1036	Noodles, hokkien, dry	100	19	40	13	0.4	0.3	6	0	0	0	0	1.1	0	0	0	0	0	0
E1036	1 packet	55	10	22	7.2	0.2	0.2	trace	0	0	0	0	0.61	0	0	0	0	0	0
E81	Noodles, instant, boiled, drained	100	39	74	8.0	0	0.4	7	0	0	0.08	0.31	0.93	0.09	0	6.1	0	0	0.32
E81	1 cup (250ml)	123	48	91	9.8	0	0.5	9	0	0	0.10	0.38	1.1	0.11	0	7.6	0	0	0.39
E1049	Noodles, ramen, hot & spicy, cooked in water, Nong Shim	100	59	20	5.3	trace	0.1	trace	0	0	0.12	0.05	0.95	0.02	0	6.5	0	0	0.35
E1049	1 packet, cooked	732	430	140	39	0.2	0.6	15	0	0	0.88	0.37	7.0	0.15	0	48	0	0	2.6
E1053	Noodles, rice, boiled, drained, composite	100	23	64	21	0.3	1.1	trace	0	0	0	0.07	0.63	0.05	0	2.6	0	0	0
E1053	1 cup (250ml)	176	41	110	36	0.6	2.0	trace	0	0	0	0.12	1.1	0.09	0	4.6	0	0	0
E22	Oatmeal	100	480	360	100	6.9	2.7	trace	0	0	0.56	0.19	4.1	0.12	0	46	0	0	0.41
E22	1 cup (250ml)	90	440	330	92	6.2	2.4	trace	0	0	0.50	0.17	3.7	0.11	0	41	0	0	0.37
E23	Oats, bran, composite	100	550	710	56	5.3	3.0	trace	0	0	1.1	0.21	4.1	0.16	0	51	0	0	2.6
E23	1 cup (250ml)	120	660	860	67	6.3	3.6	trace	0	0	1.4	0.25	4.9	0.19	0	61	0	0	3.1
E1015	Oats, rolled, New Zealand, toasted	100	370	440	68	4.5	2.7	trace	0	0	0.31	0.10	2.6	0.39	0	88	0	0	0.15
E1015	1 cup (250ml)	102	380	450	69	4.6	2.8	trace	0	0	0.32	0.10	2.6	0.40	0	90	0	0	0.15
E25	Oats, rolled, raw, composite	100	480	360	100	6.9	0.7	trace	0	0	0.56	0.19	3.8	0.12	0	46	0	0	0.41
E25	1 cup (250ml)	90	440	330	92	6.2	0.6	trace	0	0	0.50	0.17	3.4	0.11	0	41	0	0	0.37
E55	Pasta, fresh, assorted type, cooked, composite	100	81	170	38	1.3	1.5	17	0	0	0.11	0.27	1.2	0.03	0.15	6.0	0	0	0.27
E55	1 cup (250ml)	150	120	260	57	1.9	2.2	26	0	0	0.17	0.41	1.7	0.05	0.23	9.0	0	0	0.41
E6	Powder, custard	100	61	39	15	1.4	0.3	trace	0	0	0.04	0.08	0.47	0	0	0	0	0	0
E6	1 tablespoon	9	5.2	3.4	1.3	0.1	trace	trace	0	0	trace	0.01	0.04	0	0	0	0	0	0
E1025	Quinoa, cooked	100	170	150	17	1.5	1.1	trace	0	0	0.11	0.11	0.87	0.12	0	42	0	0	0.63
E1025	1 cup (250ml)	146	250	220	25	2.2	1.6	trace	0	0	0.16	0.16	1.3	0.18	0	61	0	0	0.92
E57	Ravioli, fresh, beef & pork, cooked, composite	100	190	210	80	1.6	2.7	18	34	204	0.09	0.72	2.3	0.05	0.83	6.6	0	0	0.56
E57	1 cup (250ml)	150	280	310	120	2.4	4.1	27	51	306	0.14	1.1	3.5	0.08	1.2	9.9	0	0	0.84

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Food ID	Foods	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
E1046	Rice, basmati, cooked in water, composite	100	66.6	525	529	3.1	0.4	27.4	0.6	0	27.4	0.2	0.1	0.1	trace	0.1	0	1.4	0
E1046	1 cup (250ml)	162	108	850	858	5.1	0.6	44.4	1.0	0	44.4	0.4	0.1	0.1	trace	0.1	0	2.3	0
E42	Rice, brown, boiled	100	66.0	571	585	2.6	1.1	29.2	1.8	0.5	28.7	0.2	0.4	0.4			0	1.0	trace
E42	1 cup (250ml)	206	136	1180	1210	5.3	2.3	60.2	3.7	1.0	59.1	0.4	0.8	0.8			0	2.1	trace
E27	Rice, white, polished, boiled	100	75.8	492	498	3.2	0.4	25.3	0.7	0	25.3	0.1	0.1	0.1			0	0.9	trace
E27	1 cup (250ml)	144	109	709	717	4.6	0.6	36.4	1.0	0	36.4	0.2	0.2	0.2			0	1.2	trace
E1005	Spaghetti, in tomato sauce, composite	100	81.6	257	266	2.4	0.4	12.1	1.1	4.7	7.4	0.1	trace	0.1	trace	0.1	0	350	trace
E1005	1 cup (250ml)	295	241	758	784	7.1	1.2	35.7	3.2	13.9	21.9	0.3	0.1	0.4	trace	0.3	0	1030	trace
E31	Spaghetti, wholemeal, boiled	100	63.5	333	347	5.1	0.5	13.8	1.7	0.5	13.3	0.1	trace	0.2			0	4.9	trace
E31	1 cup (250ml)	148	94.0	493	513	7.5	0.7	20.4	2.5	0.7	19.6	0.1	0.1	0.3			0	7.2	trace
E1012	Tempeh	100	59.7	839	850	18.5	10.8	7.8	1.3	1.1	6.7	2.3	3.0	3.8			0	9.0	0
E1012	1 cup (250ml)	263	157	2200	2230	48.6	28.4	20.6	3.5	2.9	17.7	5.9	7.9	10.0			0	23.6	0
E1011	Tempeh, fried in sunflower oil	100	27.5	1840	1860	23.2	33.8	12.2	2.9	0.9	11.3	4.5	7.7	18.9			0	955	0
E1011	1 cup (250ml)	175	48.2	3230	3270	40.7	59.3	21.4	5.1	1.6	19.8	7.9	13.5	33.2			0	1680	0
E44	Tofu	100	84.6	332	342	8.1	4.8	1.2	1.2	0.5	0.7	0.7	1.0	2.7			0	7.0	trace
E44	1 cup (250ml)	262	222	871	896	21.2	12.5	3.1	3.1	1.3	1.8	1.8	2.7	7.0			0	18.3	8
E126	Topper, lasagne, baked	100	52.4	931	951	10.3	11.4	20.2	2.5	4.2	16.0	5.3	4.1	0.6			22	542	trace
E126	1 cup (250ml)	203	106	1890	1930	20.8	23.1	41.0	5.1	8.5	32.5	10.7	8.4	1.3			44	1100	trace
E1043	Wafers, rice, wholegrain, composite	100	6.3	1450	1480	8.3	3.5	70.5	3.9	0	70.5	0.7	1.4	1.3	trace	1.2	0	0	trace
E1043	1 thick wafer (1.1 x 9.9cm diameter)	13	0.8	189	193	1.1	0.5	9.2	0.5	0	9.2	0.1	0.2	0.2	trace	0.2	0	0	trace
E1043	1 thin wafer (0.6 x 9.9cm diameter)	7	0.5	106	108	0.6	0.3	5.2	0.3	0	5.2	trace	0.1	0.1	trace	0.1	0	0	trace
E111	Wheat bran	100	8.8	886	1240	15.0	6.7	23.3	44.7	3.0	20.4	1.1	0.7	3.6	0.3	3.2	0	11.1	trace
E111	1 cup (250ml)	63	5.6	558	783	9.4	4.2	14.7	28.2	1.9	12.8	0.7	0.5	2.3	0.2	2.0	0	7.0	trace

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Food ID	Foods	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
E1046	Rice, basmati, cooked in water, composite	100	29	35	2.9	0.2	0.6	trace	1	8	0	0.07	0.53	0.07	0	2.8	0	0	0
E1046	1 cup (250ml)	162	47	57	4.7	0.3	0.9	trace	2	13	0	0.11	0.86	0.11	0	4.5	0	0	0
E42	Rice, brown, boiled	100	99	120	4.0	0.5	0.7	trace	0	0	0.14	0.02	1.9	0.19	0	4.0	0	0	0.30
E42	1 cup (250ml)	206	200	250	8.2	1.0	1.4	trace	0	0	0.29	0.04	3.9	0.39	0	8.2	0	0	0.62
E27	Rice, white, polished, boiled	100	16	33	3.9	0.1	1.2	0	0	0	0	0.03	0.99	0.02	0	3.0	0	0	0
E27	1 cup (250ml)	144	23	48	5.6	0.2	1.8	0	0	0	0	0.04	1.4	0.03	0	4.3	0	0	0
E1005	Spaghetti, in tomato sauce, composite	100	110	24	5.9	0.3	0.2	trace	17	96	0.04	0.02	0.42	0.11	0	4.0	0	0	0.33
E1005	1 cup (250ml)	295	320	71	18	0.9	0.5	trace	52	282	0.12	0.06	1.2	0.32	0	12	0	0	0.97
E31	Spaghetti, wholemeal, boiled	100	48	71	5.9	0.3	0.5	6	0	0	0.02	0.02	1.7	0.04	0	6.0	0	0	0
E31	1 cup (250ml)	148	70	110	8.8	0.4	0.8	8	0	0	0.03	0.03	2.5	0.06	0	8.9	0	0	0
E1012	Tempeh	100	410	270	110	2.7	1.1	0	0	0	0.08	0.36	5.8	0.22	0.08	24	0	0	0
E1012	1 cup (250ml)	263	1100	700	290	7.1	3.0	0	0	0	0.21	0.95	15	0.58	0.21	63	0	0	0
E1011	Tempeh, fried in sunflower oil	100	540	200	74	9.2	1.7	0	22	134	0.09	0.10	7.8	0.16	0	29	0	0	0
E1011	1 cup (250ml)	175	950	350	130	16	3.0	0	39	235	0.16	0.18	14	0.28	0	51	0	0	0
E44	Tofu	100	120	97	110	5.4	1.1	trace	9	54	0.08	0.05	2.3	0.05	0	15	0.1	0	0.95
E44	1 cup (250ml)	262	320	250	280	14	2.9	trace	24	141	0.21	0.13	6.0	0.13	0	39	0.3	0	2.5
E126	Topper, lasagne, baked	100	220	190	84	1.5	1.5	trace	43	56	0.08	0.14	2.3	0.07	0.57	25	5.4	0	0.84
E126	1 cup (250ml)	203	450	390	170	3.0	3.0	10	87	112	0.16	0.28	4.7	0.14	1.2	51	10.9	0	1.7
E1043	Wafers, rice, wholegrain, composite	100	290	330	24	1.1	2.0	trace	0	0	0	0.14	1.8	1.2	0	2.8	0	0	0.73
E1043	1 thick wafer (1.1 x 9.9cm diameter)	13	38	43	3.1	0.1	0.3	trace	0	0	0	0.02	0.24	0.15	0	0.37	0	0	0.10
E1043	1 thin wafer (0.6 x 9.9cm diameter)	7	21	24	1.8	0.1	0.1	trace	0	0	0	0.01	0.13	0.09	0	0.21	0	0	0.05
E111	Wheat bran	100	1500	1400	140	14	8.8	6	0	0	0.60	0.17	10	0.69	0	95	0	0	0.65
E111	1 cup (250ml)	63	910	880	88	8.5	5.5	trace	0	0	0.38	0.11	6.5	0.44	0	60	0	0	0.41

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Food ID	Foods	Measure	Water	Energy	Energy (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
E112	Wheat germ	100	9.2	1430	1550	27.9	9.7	36.4	14.3	9.6	26.8	1.3	1.2	4.4	0.4	4.0	0	4.7	trace
E112	1 cup (250ml)	98	9.0	1400	1520	27.3	9.5	35.7	14.0	9.4	26.3	1.3	1.2	4.3	0.4	3.9	0	4.6	trace
E43	Yoghurt, soy	100	82.4	303	303	5.0	4.2	3.8	0	3.8	0	0.6	0.9	2.4			0	7.0	130
E43	1 pottle	150	124	454	454	7.5	6.3	5.7	0	5.7	0	0.9	1.4	3.6			0	10.5	200
F DAIRY																			
F1046	Butter, salted, composite	100	15.4	3050	3050	0.5	82.1	0.4	0	0.4	0	53.1	19.2	2.7	0.6	1.9	207	547	trace
F1046	1 tablespoon	15	2.3	448	448	0.1	12.0	0.1	0	0.1	0	7.8	2.8	0.4	0.1	0.3	30	80.2	trace
F1046	1 teaspoon	5	0.7	145	145	trace	3.9	trace	0	trace	0	2.5	0.9	0.1	trace	0.1	10	25.9	trace
F1051	Butter, semisoft, composite	100	15.2	3060	3060	0.5	82.3	0.3	0	0.3	0	51.8	20.7	2.9	0.7	1.9	190	470	trace
F1051	1 tablespoon	15	2.3	459	459	0.1	12.3	trace	0	trace	0	7.8	3.1	0.4	0.1	0.3	29	70.5	trace
F1050	Butter, unsalted, composite	100	15.3	3110	3110	0.3	83.6	0.5	0	0.5	0	54.1	19.4	2.4	0.6	1.7	220	6.9	trace
F1050	1 tablespoon	15	2.3	466	466	trace	12.5	0.1	0	0.1	0	8.1	2.9	0.4	0.1	0.2	33	1.0	trace
F4	Cheese, blue vein	100	42.5	1470	1470	21.7	29.9	0	0	0	0	19.9	6.5	0.7			104	1050	trace
F4	1 piece (9 x 5.5 x 1cm)	22	9.3	323	323	4.8	6.6	0	0	0	0	4.4	1.4	0.1			23	231	trace
F5	Cheese, camembert	100	52.4	1180	1180	22.6	21.7	0.1	0	0.1	0	13.8	5.3	0.5			88	574	trace
F5	1/4 round	31	16.2	366	366	7.0	6.7	trace	0	trace	0	4.3	1.6	0.2			27	178	trace
F1014	Cheese, cheddar, composite	100	33.8	1740	1740	24.6	36.0	0	0	0	0	22.8	8.1	1.3	0.2	0.3	67	750	trace
F1014	1 cube (2cm)	8	2.7	139	139	2.0	2.9	0	0	0	0	1.8	0.7	0.1	trace	trace	5	60.0	trace
F1014	1 cup shredded	118	39.9	2060	2060	29.0	42.5	0	0	0	0	26.9	9.6	1.5	0.3	0.4	79	885	6
F1057	Cheese, cheddar, light, Mainland	100	42.1	1320	1320	29.4	22.4	0	0	0	0	15.2	4.4	0.4	0.1	0.2	49	500	7
F1057	1 tablespoon	15	6.3	198	198	4.4	3.4	0	0	0	0	2.3	0.7	0.1	trace	trace	7	75.0	trace

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Food ID	Foods	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
E112	Wheat germ	100	960	1100	63	9.8	17	9	3	17	1.9	0.21	6.5	0.72	0	280	0	0	14
E112	1 cup (250ml)	98	940	1100	62	9.6	16	9	3	17	1.8	0.21	6.4	0.71	0	270	0	0	14
E43	Yoghurt, soy	100	120	97	110	5.4	0.8	8	24	3	0.08	0.05	1.1	0.05	0	15	0	0	1.5
E43	1 pottle	150	180	150	160	8.0	1.2	12	35	5	0.12	0.08	1.6	0.08	0	23	0	0	2.2
F	DAIRY																		
F1046	Butter, salted, composite	100	24	18	21	trace	trace	trace	907	570	0	0.06	0.20	0.01	0.68	0	trace	5.2	2.3
F1046	1 tablespoon	15	3.5	2.6	3.0	trace	trace	trace	133	84	0	0.01	0.03	trace	0.10	0	trace	0.8	0.33
F1046	1 teaspoon	5	1.1	0.9	1.0	trace	trace	trace	43	27	0	trace	0.01	0	0.03	0	trace	0.2	0.11
F1051	Butter, semisoft, composite	100	24	18	19	0.1	0.1	trace	970	598	0	0.06	0.20	0.01	0.68	0	0	4.5	2.4
F1051	1 tablespoon	15	3.6	2.7	2.9	trace	trace	trace	145	90	0	0.01	0.03	trace	0.10	0	0	0.7	0.35
F1050	Butter, unsalted, composite	100	20	16	16	trace	trace	trace	802	491	0	0.06	0.20	0.01	0.68	0	0	5.2	2.1
F1050	1 tablespoon	15	3.0	2.4	2.4	trace	trace	trace	120	74	0	0.01	0.03	trace	0.10	0	0	0.8	0.32
F4	Cheese, blue vein	100	86	350	490	0.1	2.7	trace	221	138	0.10	0.72	4.5	0.14	0.60	24	0.5	0.2	0.60
F4	1 piece (9 x 5.5 x 1cm)	22	19	77	110	trace	0.6	trace	49	30	0.02	0.16	0.99	0.03	0.13	5.3	0.1	trace	0.13
F5	Cheese, camembert	100	100	380	550	0.1	2.9	trace	241	228	0.05	0.70	5.3	0.22	0.80	51	0.1	0.2	0.50
F5	1/4 round	31	32	120	170	trace	0.9	trace	75	71	0.02	0.22	1.6	0.07	0.25	16	trace	trace	0.16
F1014	Cheese, cheddar, composite	100	78	570	900	trace	3.3	10	395	280	0.06	0.51	6.1	0.13	0.89	14	0	0.3	0
F1014	1 cube (2cm)	8	6.2	46	72	trace	0.3	trace	32	22	trace	0.04	0.49	0.01	0.07	1.1	0	trace	0
F1014	1 cup shredded	118	92	670	1100	0.1	3.9	12	466	330	0.07	0.60	7.2	0.15	1.1	17	0	0.4	0
F1057	Cheese, cheddar, light, Mainland	100	190	650	1000	0.1	3.8	9	205	124	0.06	0.06	8.8	0.08	2.0	49	0	18	0.17
F1057	1 tablespoon	15	29	98	150	trace	0.6	trace	31	19	0.01	0.01	1.3	0.01	0.30	7.4	0	2.7	0.03

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Food ID	Foods	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
F1015	Cheese, cheddar, mild, composite	100	34.2	1770	1770	24.2	36.8	0	0	0	0	24.0	7.8	1.2	0.3	0.4	72	720	trace
F1015	1 cube (2cm)	118	40.4	2080	2080	28.6	43.4	0	0	0	0	28.3	9.2	1.4	0.3	0.5	85	850	trace
F1015	1 cup shredded	118	40.4	2080	2080	28.6	43.4	0	0	0	0	28.3	9.2	1.4	0.3	0.5	85	850	trace
F1006	Cheese, colby, composite	100	37.6	1610	1610	23.9	32.8	0	0	0	0	21.2	6.8	0.5	0.2	0.2	54	677	trace
F1006	1 cube (2cm)	8	3.0	129	129	1.9	2.6	0	0	0	0	1.7	0.5	trace	trace	trace	4	54.1	trace
F1056	Cheese, cottage, light, 1% fat, composite	100	83.0	243	243	10.9	0.6	2.4	0	2.4	0	0.4	0.1	trace	trace	trace	5	360	trace
F1056	100ml	110	91.3	268	268	11.9	0.7	2.6	0	2.6	0	0.5	0.1	trace	trace	trace	6	396	6
F12	Cheese, cream	100	52.5	1540	1540	3.1	37.4	6.4	0	6.4	0	23.0	10.0	1.2			98	509	10
F12	1 tablespoon	14	7.6	222	222	0.4	5.4	0.9	0	0.9	0	3.3	1.4	0.2			14	73.3	trace
F69	Cheese, cream, reduced fat 16%, Country Goodness	100	55.5	1060	1060	10.5	16.7	15.7	0	15.7	0	9.7	5.0	0.6		0.4	45	638	10
F69	1 tablespoon	15	8.3	158	158	1.6	2.5	2.4	0	2.4	0	1.4	0.8	0.1		0.1	7	95.7	trace
F1001	Cheese, Edam, composite	100	38.6	1490	1490	28.1	27.6	0	0	0	0	17.1	6.5	0.7	0.2	0.2	57	767	7
F1001	1 cube (2cm)	8	3.1	119	119	2.2	2.2	0	0	0	0	1.4	0.5	0.1	trace	trace	5	61.4	trace
F58	Cheese, feta	100	56.5	1030	1030	15.6	20.2	1.3	0	1.3	0	14.2	4.3	0.6			70	1440	26
F58	1 cube (2cm)	8	4.5	82	82	1.3	1.6	0.1	0	0.1	0	1.1	0.3	trace			6	115	trace
F17	Cheese, mozzarella	100	51.6	1120	1120	27.6	17.8	0.1	0	0.1	0	11.9	3.8	0.5			60	527	17
F17	1 tablespoon, chopped	8	3.9	84	84	2.1	1.3	trace	0	trace	0	0.9	0.3	trace			5	39.5	trace
F18	Cheese, parmesan, powder, composite	100	15.5	1840	1840	44.9	29.3	0.1	0	0.1	0	19.0	7.8	0.8			112	1300	38
F18	1 cup (250ml)	108	16.8	1980	1980	48.5	31.7	0.1	0	0.1	0	20.6	8.4	0.8			121	1400	41
F18	1 tablespoon	6	0.9	110	110	2.7	1.8	trace	0	trace	0	1.1	0.5	trace			7	78.0	trace
F19	Cheese, processed	100	43.3	1410	1410	21.2	28.2	0.6	0	0.6	0	17.4	7.6	0.9			87	1140	6
F19	1 slice	21	9.1	296	296	4.4	5.9	0.1	0	0.1	0	3.7	1.6	0.2			18	239	trace
F79	Cheese, processed, sliced, reduced fat, composite	100	52.5	863	863	22.5	11.4	4.0	0	4.0	0	6.5	3.6	0.3		0.3	37	1690	6
F79	1 slice	21	11.0	181	181	4.7	2.4	0.8	0	0.8	0	1.4	0.7	0.1		trace	8	355	trace

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Food ID	Foods	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
F1015	Cheese, cheddar, mild, composite	100	72	500	770	trace	3.2	8	367	260	0.06	0.49	6.1	0.13	0.73	13	0	0.3	0
F1015	1 cube (2cm)	118	85	590	910	0.1	3.8	9	434	307	0.07	0.58	7.2	0.15	0.86	15	0	0.4	0
F1015	1 cup shredded	118	85	590	910	0.1	3.8	9	434	307	0.07	0.58	7.2	0.15	0.86	15	0	0.4	0
F1006	Cheese, colby, composite	100	71	510	810	trace	3.1	10	353	230	0.06	0.52	6.0	0.13	1.2	23	0	0.3	1.0
F1006	1 cube (2cm)	8	5.7	41	65	trace	0.3	trace	28	18	trace	0.04	0.48	0.01	0.10	1.9	0	trace	0.08
F1056	Cheese, cottage, light, 1% fat, composite	100	120	140	86	trace	0.3	trace	6	3	0.04	0.12	2.6	0.07	0.36	30	0	4.0	0.02
F1056	100ml	110	130	150	95	trace	0.4	trace	7	3	0.04	0.13	2.9	0.08	0.40	33	0	4.4	0.02
F12	Cheese, cream	100	150	200	100	0.2	0.3	trace	495	536	0.03	0.23	0.75	0.04	0.30	11	0	0.2	0.87
F12	1 tablespoon	14	22	29	14	trace	trace	trace	71	77	trace	0.03	0.11	0.01	0.04	1.6	0	trace	0.13
F69	Cheese, cream, reduced fat 16%, Country Goodness	100	430	460	330	0.2	1.1	0	210	0	0.10	0.72	0.65	0.04	0.15	9.0	0	0	0.81
F69	1 tablespoon	15	65	69	49	trace	0.2	0	31	0	0.02	0.11	0.10	0.01	0.02	1.3	0	0	0.12
F1001	Cheese, Edam, composite	100	73	580	940	1.1	3.8	12	312	220	0.06	0.56	5.8	0.13	0.73	28	0	0.2	0.67
F1001	1 cube (2cm)	8	5.8	46	75	0.1	0.3	trace	25	18	trace	0.05	0.46	0.01	0.06	2.3	0	trace	0.05
F58	Cheese, feta	100	95	280	360	0.2	0.9	trace	214	20	0.04	0.21	3.6	0.07	1.1	23	0	0.5	0.37
F58	1 cube (2cm)	8	7.6	22	29	trace	0.1	trace	17	2	trace	0.02	0.29	0.01	0.09	1.8	0	trace	0.03
F17	Cheese, mozzarella	100	30	520	710	0.3	2.6	trace	243	153	0.03	0.28	5.6	0.07	1.4	13	0	0.2	0.30
F17	1 tablespoon, chopped	8	2.3	39	54	trace	0.2	trace	18	11	trace	0.02	0.42	trace	0.11	0.96	0	trace	0.02
F18	Cheese, parmesan, powder, composite	100	100	970	1200	0.9	5.8	0	349	179	0	0.39	7.5	0	2.2	13	0	0.3	0.75
F18	1 cup (250ml)	108	110	1000	1300	0.9	6.3	0	377	193	0	0.42	8.1	0	2.4	14	0	0.3	0.81
F18	1 tablespoon	6	6.0	58	72	trace	0.3	0	21	11	0	0.02	0.45	0	0.13	0.78	0	trace	0.05
F19	Cheese, processed	100	48	480	630	0.2	2.6	trace	262	301	0.02	0.40	4.0	0.08	0.90	19	0	0.2	0.58
F19	1 slice	21	10	100	130	trace	0.5	trace	55	63	trace	0.08	0.84	0.02	0.19	4.0	0	trace	0.12
F79	Cheese, processed, sliced, reduced fat, composite	100	200	550	640	0.2	3.1	6	141	95	0.01	0.54	5.0	0.02	0.23	18	0	0	0.55
F79	1 slice	21	42	120	130	trace	0.6	trace	30	20	trace	0.11	1.0	trace	0.05	3.8	0	0	0.12

The Concise New Zealand Food Composition Tables, 9th Edition 2012

Food ID	Foods	Measure	Water	Energy	Energy (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
F59	Cheese, ricotta	100	72.1	596	596	9.4	11.0	1.9	0	1.9	0	7.1	2.8	0.5			50	100	trace
F59	1 tablespoon	15	10.5	87	87	1.4	1.6	0.3	0	0.3	0	1.0	0.4	0.1			7	14.6	trace
F11	Cheese, cottage	100	79.0	391	391	13.7	3.5	2.0	0	2.0	0	2.2	0.9	0.1			9	394	trace
F11	1 cup (250ml)	241	190	942	942	32.9	8.4	4.8	0	4.8	0	5.2	2.3	0.3			22	950	11
F11	1 tablespoon	14	11.4	57	57	2.0	0.5	0.3	0	0.3	0	0.3	0.1	trace			1	57.0	trace
F22	Cream, reduced fat	100	72.4	876	876	2.7	20.8	3.7	0	3.7	0	13.0	5.2	0.7			68	41.3	6
F22	1 tablespoon	15	10.9	131	131	0.4	3.1	0.5	0	0.5	0	2.0	0.8	0.1			10	6.2	trace
F23	Cream, sour	100	70.6	920	920	3.3	22.1	2.8	0	2.8	0	13.8	6.4	0.8			51	36.8	6
F23	1 tablespoon	14	9.9	129	129	0.5	3.1	0.4	0	0.4	0	1.9	0.9	0.1			7	5.2	trace
F100	Cream, sour, light, composite	100	78.1	595	595	4.8	11.9	4.4	0	3.9	0.5	8.0	2.9	0.2			44	59.0	6
F100	1 cup (250ml)	225	176	1340	1340	10.8	26.8	9.9	0	8.8	1.1	18.0	6.5	0.5			100	133	12
F80	Cream, sour, reduced fat	100	78.9	498	498	3.7	10.0	3.9	0	3.9	0	5.6	3.0	0.4		0.3	47	85.4	6
F80	1 tablespoon	14	11.0	70	70	0.5	1.4	0.5	0	0.5	0	0.8	0.4	trace		trace	7	12.0	trace
F24	Cream, standard	100	55.0	1560	1560	2.0	40.0	2.8	0	2.8	0	24.9	9.9	1.3			104	24.8	6
F24	1 tablespoon	15	8.2	234	234	0.3	6.0	0.4	0	0.4	0	3.7	1.5	0.2			16	3.7	trace
F25	Cream, whipping, UHT	100	57.6	1450	1450	2.2	36.9	2.9	0	2.9	0	22.6	8.7	0.9			100	33.0	6
F25	1 tablespoon	15	8.7	220	220	0.3	5.6	0.4	0	0.4	0	3.4	1.3	0.1			15	5.0	trace
F1061	Creme fraiche, composite	100	56.1	1420	1420	2.7	36.2	2.5	0	2.5	0	23.6	6.9	0.5	0.2	0.2	59	34.0	7
F1061	1 cup (250ml)	250	140	3560	3560	6.6	90.5	6.2	0	6.2	0	59.0	17.4	1.2	0.4	0.6	148	85.0	17
F1062	Creme fraiche, light, composite	100	73.0	712	712	3.2	16.3	3.3	0	3.3	0	10.5	3.3	0.2	0.1	0.1	38	38.0	7
F1062	1 cup (250ml)	250	183	1780	1780	8.0	40.8	8.3	0	8.3	0	26.1	8.1	0.6	0.2	0.3	95	95.0	17
F70	Dessert, dairy food, chocolate flavoured, composite	100	74.7	383	383	4.1	2.1	14.1	0	11.9	2.2	0.8	0.3	trace			9	62.0	7
F70	1 cup (250ml)	246	184	943	943	10.0	5.3	34.8	0	29.3	5.5	2.1	0.8	0.1			22	153	16

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Food ID	Foods	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
F59	Cheese, ricotta	100	110	170	240	0.4	1.2	trace	200	92	0.02	0.20	2.3	0.04	0.30	13	0	0.3	0.03
F59	1 tablespoon	15	16	25	35	0.1	0.2	trace	29	13	trace	0.03	0.34	0.01	0.04	1.9	0	trace	trace
F11	Cheese,cottage	100	100	120	61	trace	0.4	trace	69	25	0.02	0.26	2.6	0.07	0.60	17	0.4	trace	0.05
F11	1 cup (250ml)	241	240	290	150	0.1	1.0	trace	167	60	0.05	0.63	6.2	0.17	1.4	41	1.0	0.1	0.12
F11	1 tablespoon	14	14	17	8.8	trace	0.1	trace	10	4	trace	0.04	0.37	0.01	0.09	2.5	0.1	trace	0.01
F22	Cream, reduced fat	100	100	69	76	0.2	0.3	trace	120	0	0.04	0.20	0.55	0.04	0.30	5.0	0.9	0.1	0
F22	1 tablespoon	15	15	10	11	trace	trace	trace	18	0	0.01	0.03	0.08	0.01	0.05	0.75	0.1	trace	0
F23	Cream, sour	100	130	73	92	trace	0.3	trace	269	153	0.04	0.22	0.65	0.03	0.30	12	0.9	0.2	0.47
F23	1 tablespoon	14	18	10	13	trace	trace	trace	38	21	0.01	0.03	0.09	trace	0.04	1.7	0.1	trace	0.07
F100	Cream, sour, light, composite	100	150	130	110	0	0.4	0	149	150	0	0.23	0	0	0.30	11	0.9	0.1	0.32
F100	1 cup (250ml)	225	340	290	250	0	1.0	0	335	338	0	0.52	0	0	0.68	24	1.9	0.2	0.72
F80	Cream, sour, reduced fat	100	200	130	130	0.1	0.4	trace	153	0	0.09	0.23	0.57	0.03	0.17	9.3	0	0	0.34
F80	1 tablespoon	14	28	18	18	trace	trace	trace	21	0	0.01	0.03	0.08	trace	0.02	1.3	0	0	0.05
F24	Cream, standard	100	96	51	55	trace	0.3	trace	335	278	0.06	0.14	0.52	0.04	0.24	5.7	1.0	0.2	0.90
F24	1 tablespoon	15	14	7.6	8.3	trace	trace	trace	50	42	0.01	0.02	0.08	0.01	0.04	0.85	0.2	trace	0.14
F25	Cream, whipping, UHT	100	90	56	56	trace	0.2	trace	435	209	0.05	0.18	0.54	0.03	0.19	3.7	0.2	0.2	1.0
F25	1 tablespoon	15	14	8.5	8.6	trace	trace	trace	66	32	0.01	0.03	0.08	trace	0.03	0.57	trace	trace	0.15
F1061	Creme fraiche, composite	100	110	63	75	trace	0.3	trace	406	251	0.03	0.23	0.51	0.05	0.08	3.0	0	0.1	1.4
F1061	1 cup (250ml)	250	280	160	190	0.1	0.8	trace	1020	628	0.08	0.58	1.3	0.13	0.20	7.5	0	0.2	3.5
F1062	Creme fraiche, light, composite	100	150	83	110	trace	0.4	trace	222	251	0.03	0.23	0.51	0.05	0.08	3.0	0	0	0.76
F1062	1 cup (250ml)	250	380	210	280	0.1	1.0	trace	555	628	0.08	0.58	1.3	0.13	0.20	7.5	0	0	1.9
F70	Dessert, dairy food, chocolate flavoured, composite	100	200	100	140	0	0.4	trace	35	0	0	0.40	1.2	0.24	0.13	2.5	1.0	0	0.13
F70	1 cup (250ml)	246	490	250	340	0	1.1	trace	86	0	0	0.98	2.9	0.59	0.32	6.1	2.5	0	0.32

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Food ID	Foods	Measure	Water	Energy	Energy (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
F76	Dessert, vanilla, 99% fat free, frozen, Weight Watchers	100	71.1	359	359	3.3	trace	18.2	0	18.2	0	0	0	0	0	0	3	56.6	7
F76	1 cup (250ml)	138	98.1	495	495	4.5	trace	25.0	0	25.0	0	0	0	0	0	0	5	78.1	9
F1064	Fromage frais, assorted fruits & flavours, Fruche	100	78.4	358	358	5.3	0.7	14.7	0	12.7	2.0	0.4	0.2	0.2			10	50.0	9
F1064	100ml	104	81.5	373	373	5.5	0.7	15.2	0	13.2	2.1	0.4	0.2	0.2			10	52.0	9
F1063	Fromage frais, vanilla, Fruche	100	77.7	361	361	5.3	0.8	14.5	0	12.8	1.7	0.3	0.2	0.2			10	32.0	10
F1063	100ml	105	81.6	379	379	5.6	0.9	15.2	0	13.4	1.8	0.3	0.2	0.2			11	33.6	11
F1070	Ice cream, chocolate, standard, composite	100	62.1	804	804	3.1	10.8	21.0	0	21.0	0	7.6	2.1	0.2	trace	0.1	22	44.0	7
F1070	1 cup (250ml)	138	85.4	1110	1110	4.3	14.9	28.9	0	28.9	0	10.5	2.9	0.2	0.1	0.1	30	60.5	9
F118	Ice cream, creamy, fruit ripple, composite	100	62.2	734	734	2.7	8.3	22.8	0	22.0	0.8	5.0	1.9	0.2	trace	0.1	23	37.0	trace
F118	1 cup (250ml)	169	105	1240	1240	4.5	14.1	38.6	0	37.2	1.4	8.4	3.2	0.3	0.1	0.2	40	62.5	trace
F111	Ice cream, hokey pokey, composite	100	58.8	684	684	4.3	6.3	22.7	0	22.3	0.4	3.9	1.4	0.3			33	46.0	7
F111	1 cup (250ml)	157	92.3	1070	1070	6.7	9.9	35.7	0	35.1	0.6	6.2	2.1	0.5			51	72.2	11
F110	Ice cream, jelly tip	100	60.0	984	984	2.7	13.8	25.6	0	25.4	0.2	8.3	2.7	0.8			18	41.0	trace
F110	1 cup (250ml)	201	120	1970	1970	5.5	27.7	51.3	0	50.9	0.5	16.6	5.5	1.5			37	82.2	10
F78	Ice cream, soft serve, composite	100	71.5	408	408	3.7	0.4	20.0	0	17.8	2.2	0	0	0	0	0	7	48.9	7
F78	1 cup (250ml)	140	100	572	572	5.2	0.5	27.9	0	24.9	3.1	0	0	0	0	0	10	68.5	10
F122	Ice cream, vanilla, low fat	100	66.8	537	537	4.9	3.1	20.5	0	18.4	2.1	2.2	0.5	trace	0	0	11	61.0	13
F122	1 cup (250ml)	133	88.8	714	714	6.5	4.1	27.2	0	24.4	2.8	2.9	0.7	trace	0	0	14	81.1	17
F122	1 tablespoon	8	5.3	43	43	0.4	0.2	1.6	0	1.5	0.2	0.2	trace	trace	0	0	1	4.9	trace
F29	Ice cream, vanilla, premium	100	60.5	893	893	3.3	14.6	17.8	0	17.4	0.5	9.0	3.8	0.2			47	42.0	7
F29	1 cup (250ml)	141	85.2	1260	1260	4.7	20.6	25.1	0	24.5	0.6	12.7	5.3	0.2			66	59.2	10
F29	1 tablespoon	9	5.1	76	76	0.3	1.2	1.5	0	1.5	trace	0.8	0.3	trace			4	3.6	trace

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Food ID	Foods	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
F76	Dessert, vanilla, 99% fat free, frozen, Weight Watchers	100	190	94	120	0.4	0.3	0	0	0	0.06	0.29	0.60	0.04	0.52	2.3	0	0	0.38
F76	1 cup (250ml)	138	260	130	160	0.6	0.5	0	0	0	0.08	0.40	0.83	0.06	0.72	3.1	0	0	0.52
F1064	Fromage frais, assorted fruits & flavours, Fruche	100	96	72	63	0.1	0.3	trace	10	17	0.04	0.14	0.11	0.06	0.11	15	0	0	0.20
F1064	100ml	104	100	75	66	0.1	0.3	trace	10	18	0.04	0.15	0.11	0.06	0.11	16	0	0	0.21
F1063	Fromage frais, vanilla, Fruche	100	92	77	67	0.1	0.3	trace	7	0	0.04	0.14	0.11	0.06	0.11	15	0	0	0.20
F1063	100ml	105	97	81	70	0.1	0.3	trace	8	0	0.04	0.15	0.12	0.06	0.12	16	0	0	0.21
F1070	Ice cream, chocolate, standard, composite	100	280	93	87	1.0	0.5	trace	270	51	0	0.31	0.77	0.20	0.06	2.8	0	0	0.41
F1070	1 cup (250ml)	138	390	130	120	1.4	0.7	trace	371	70	0	0.43	1.1	0.28	0.08	3.9	0	0	0.56
F118	Ice cream, creamy, fruit ripple, composite	100	140	76	110	0.1	0.3	trace	116	107	0	0.20	0.70	0.07	0.30	4.2	0	0.1	0.39
F118	1 cup (250ml)	169	240	130	190	0.1	0.5	trace	197	181	0	0.34	1.2	0.12	0.51	7.1	0	0.2	0.66
F111	Ice cream, hokey pokey, composite	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
F111	1 cup (250ml)	157	240	140	17	0	0.5	0	138	151	0.06	0.39	2.4	0.09	0.97	19	0	0.2	0.41
F110	Ice cream, jelly tip	100	130	69	65	0	0.3	0	54	5	0	0.16	0.73	0.08	0.38	5.4	0.5	0.1	0.22
F110	1 cup (250ml)	201	260	140	130	0	0.6	0	108	10	0	0.32	1.5	0.16	0.76	11	1.0	0.2	0.44
F78	Ice cream, soft serve, composite	100	180	110	130	0.1	0.5	trace	27	6	0.05	0.24	0.75	0.07	0.31	0.30	1.0	0	0.84
F78	1 cup (250ml)	140	250	150	180	0.1	0.6	trace	38	8	0.07	0.34	1.1	0.10	0.43	0.42	1.4	0	1.2
F122	Ice cream, vanilla, low fat	100	210	130	160	trace	0.5	trace	33	14	0.03	0.18	0.80	0.08	0.46	5.0	0.5	0.1	0.11
F122	1 cup (250ml)	133	280	170	210	trace	0.7	trace	44	19	0.04	0.24	1.1	0.11	0.61	6.7	0.7	0.1	0.15
F122	1 tablespoon	8	17	10	13	trace	trace	trace	3	1	trace	0.01	0.06	0.01	0.04	0.40	trace	trace	0.01
F29	Ice cream, vanilla, premium	100	130	86	100	0.1	0.3	trace	217	106	0.04	0.21	0.90	0.09	0.46	5.0	1.4	0.1	0.59
F29	1 cup (250ml)	141	180	120	140	0.1	0.5	trace	306	149	0.06	0.30	1.3	0.13	0.65	7.1	2.0	0.1	0.83
F29	1 tablespoon	9	11	7.3	8.6	trace	trace	trace	18	9	trace	0.02	0.08	0.01	0.04	0.43	0.1	trace	0.05

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Food ID	Foods	Measure	Water	Energy	Energy (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
F28	Ice cream, vanilla, standard	100	63.4	789	789	3.3	10.8	19.9	0	19.9	trace	7.1	2.5	0.2			31	45.0	7
F28	1 cup (250ml)	143	90.7	1130	1130	4.7	15.5	28.5	0	28.5	trace	10.2	3.5	0.3			44	64.4	10
F28	1 tablespoon	9	5.5	68	68	0.3	0.9	1.7	0	1.7	trace	0.6	0.2	trace			3	3.9	trace
F120	Milk, calci kid, Taranua	100	87.0	288	288	4.2	3.7	4.9	0	4.9	0	2.2	0.9	trace		trace	12	34.0	trace
F120	1 cup (250ml)	258	224	742	742	10.9	9.4	12.6	0	12.6	0	5.6	2.3	0.1	0	0.1	31	87.7	12
F120	1 tablespoon	16	13.5	45	45	0.7	0.6	0.8	0	0.8	0	0.3	0.1	trace	0	trace	2	5.3	trace
F30	Milk, condensed, sweetened, skim	100	29.7	1130	1130	10.0	0.2	57.2	0	57.2	0	0.1	trace	trace	0	0	1	150	25
F30	1 tablespoon	20	5.9	226	226	2.0	trace	11.4	0	11.4	0	trace	trace	trace	0	0	trace	30.0	trace
F31	Milk, condensed, sweetened, whole	100	25.6	1370	1370	9.2	8.2	54.7	0	54.7	0	5.1	2.1	0.3			33	82.0	25
F31	1 tablespoon	19	4.9	260	260	1.7	1.6	10.4	0	10.4	0	1.0	0.4	trace			6	15.6	trace
F52	Milk, goat, whole	100	88.8	241	241	2.9	3.3	4.2	0	4.2	0	2.0	0.8	0.1			10	31.9	6
F52	1 cup (250ml)	258	229	622	622	7.6	8.5	10.8	0	10.8	0	5.1	2.1	0.2			26	82.3	15
F52	1 tablespoon	16	13.8	37	37	0.5	0.5	0.6	0	0.6	0	0.3	0.1	trace			2	4.9	trace
F1018	Milk, high calcium, 0.1% fat, composite	100	88.7	174	174	5.3	0.1	4.9	0	4.9	0	0.1	trace	trace	trace	trace	5	42.0	trace
F1018	1 cup (250ml)	258	229	449	449	13.8	0.2	12.6	0	12.6	0	0.1	0.1	trace	trace	trace	13	108	14
F53	Milk, human, mature	100	87.1	288	288	1.3	4.1	6.9	0	6.9	0	1.9	1.6	0.3			16	15.0	trace
F53	1 cup (250ml)	261	227	752	752	3.3	10.7	18.0	0	18.0	0	5.1	4.1	0.8			42	39.2	8
F53	1 tablespoon	16	13.6	45	45	0.2	0.6	1.1	0	1.1	0	0.3	0.2	trace			2	2.3	trace
F54	Milk, human, transitional	100	87.4	272	272	1.5	3.7	6.6	0	6.6	0	1.8	1.4	0.3			24	30.0	trace
F54	1 cup (250ml)	261	228	709	709	3.8	9.7	17.2	0	17.2	0	4.6	3.7	0.7			63	78.3	11
F1042	Milk, lite, 1.5% fat, composite	100	89.1	190	190	3.5	1.4	4.8	0	4.8	0	0.8	0.3	trace	trace	trace	4	38.5	6
F1042	1 cup (250ml)	258	230	491	491	9.0	3.6	12.4	0	12.4	0	2.2	0.8	0.1	trace	0.1	11	99.3	16
F36	Milk, powder, skim	100	3.4	1430	1430	38.2	0.8	45.6	0	45.6	0	0.5	0.2	trace	0	0	25	531	50
F36	1 tablespoon	8	0.3	109	109	2.9	0.1	3.5	0	3.5	0	trace	trace	trace	0	0	2	40.4	trace

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Food ID	Foods	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
F28	Ice cream, vanilla, standard	100	180	94	120	trace	0.3	trace	111	106	0.04	0.23	0.80	0.10	0.46	5.4	0.5	0.1	0.42
F28	1 cup (250ml)	143	250	130	170	0.1	0.5	trace	159	152	0.06	0.33	1.1	0.14	0.66	7.7	0.7	0.1	0.60
F28	1 tablespoon	9	15	8.1	10	trace	trace	trace	10	9	trace	0.02	0.07	0.01	0.04	0.46	trace	trace	0.04
F120	Milk, calci kid, Taranua	100	150	120	140	0	0.5	trace	65	21	0.06	0.31	0.97	0.06	0.38	6.4	0	0.5	0.09
F120	1 cup (250ml)	258	390	310	360	0	1.3	trace	168	54	0.16	0.80	2.5	0.16	0.98	17	0	1.3	0.23
F120	1 tablespoon	16	23	19	22	0	0.1	trace	10	3	0.01	0.05	0.15	0.01	0.06	0.99	0	0.1	0.01
F30	Milk, condensed, sweetened, skim	100	450	270	330	0.3	1.2	trace	31	20	0.11	0.51	2.7	0.09	0.90	16	5.0	0.9	0.04
F30	1 tablespoon	20	90	54	66	0.1	0.2	trace	6	4	0.02	0.10	0.53	0.02	0.18	3.2	1.0	0.2	0.01
F31	Milk, condensed, sweetened, whole	100	290	220	290	0.1	1.0	trace	66	35	0.09	0.52	1.8	0.06	0.60	13	3.0	5.4	0.19
F31	1 tablespoon	19	55	42	55	trace	0.2	trace	13	7	0.02	0.10	0.34	0.01	0.11	2.5	0.6	1.0	0.04
F52	Milk, goat, whole	100	230	90	100	trace	0.4	trace	74	0	0.09	0.14	1.0	0.05	0.04	0.29	1.1	0.1	0.06
F52	1 cup (250ml)	258	590	230	260	0.1	1.1	trace	191	0	0.23	0.36	2.6	0.13	0.10	0.75	2.8	0.3	0.16
F52	1 tablespoon	16	35	14	16	trace	0.1	trace	11	0	0.01	0.02	0.16	0.01	0.01	0.05	0.2	trace	0.01
F1018	Milk, high calcium, 0.1% fat, composite	100	170	140	200	trace	0.6	trace	3	0	0.02	0.30	0.87	0.03	0.34	37	0	0.7	0.04
F1018	1 cup (250ml)	258	440	360	500	0.1	1.4	trace	8	0	0.05	0.77	2.2	0.08	0.88	95	0	1.9	0.10
F53	Milk, human, mature	100	58	15	34	0.1	0.3	trace	62	24	0.02	0.03	0.70	0.01	0.01	5.0	4.0	trace	0.34
F53	1 cup (250ml)	261	150	39	89	0.2	0.8	trace	162	63	0.05	0.08	1.8	0.03	0.03	13	10.4	0.1	0.89
F53	1 tablespoon	16	9.0	2.3	5.3	trace	trace	trace	10	4	trace	trace	0.11	trace	trace	0.78	0.6	trace	0.05
F54	Milk, human, transitional	100	57	16	25	0.1	0.3	trace	91	37	0.01	0.03	0.68	0	0.03	3.0	6.0	trace	0.48
F54	1 cup (250ml)	261	150	42	65	0.2	0.8	trace	238	97	0.03	0.08	1.8	0	0.08	7.8	15.7	0.1	1.3
F1042	Milk, lite, 1.5% fat, composite	100	160	96	130	trace	0.4	trace	14	14	0.10	0.25	0.76	0.03	0.34	11	0.2	0.3	0.04
F1042	1 cup (250ml)	258	400	250	330	trace	0.9	trace	37	36	0.26	0.65	2.0	0.08	0.88	29	0.4	0.9	0.10
F36	Milk, powder, skim	100	1500	990	1200	0.1	4.1	trace	9	7	0.28	2.3	8.0	0.50	5.3	38	8.5	0	0.01
F36	1 tablespoon	8	120	75	93	trace	0.3	trace	1	trace	0.02	0.18	0.61	0.04	0.40	2.9	0.6	0	trace

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Food ID	Foods	Measure	Water	Energy	Energy (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
F37	Milk, powder, whole	100	2.6	2030	2030	30.2	26.4	33.0	0	33.0	0	16.3	7.1	0.9			80	440	50
F37	1 tablespoon	8	0.2	165	165	2.4	2.1	2.7	0	2.7	0	1.3	0.6	0.1			6	35.6	trace
F1028	Milk, standard, 3.3% fat, composite	100	87.6	245	245	3.3	3.1	4.5	0	4.5	0	1.9	0.7	0.1	trace	trace	11	37.7	6
F1028	1 cup (250ml)	258	226	633	633	8.5	8.0	11.7	0	11.7	0	5.0	1.9	0.2	trace	0.1	28	97.2	15
F1028	1 tablespoon	16	13.6	38	38	0.5	0.5	0.7	0	0.7	0	0.3	0.1	trace	trace	trace	2	5.8	trace
F1035	Milk, trim, 0.5% fat, composite	100	89.7	158	158	3.9	0.3	5.0	0	5.0	0	0.1	0.1	trace	trace	trace	3	38.7	6
F1035	1 cup (250ml)	258	231	408	408	10.1	0.7	12.8	0	12.8	0	0.4	0.1	trace	trace	trace	8	99.8	16
F1035	1 tablespoon	15	13.9	24	24	0.6	trace	0.8	0	0.8	0	trace	trace	trace	0	trace	trace	6.0	trace
F43	Milk, UHT, standardised	100	88.1	256	256	3.5	3.3	4.5	0	4.5	0	2.0	0.8	0.1			9	38.0	7
F43	1 cup (250ml)	258	227	660	660	8.9	8.6	11.6	0	11.6	0	5.3	2.1	0.2			23	98.0	18
F33	Milk, whole	100	87.7	275	275	3.3	4.0	4.4	0	4.4	0	2.4	1.1	0.1			12	37.4	9
F33	1 cup (250ml)	258	226	709	709	8.5	10.2	11.4	0	11.4	0	6.3	2.7	0.3			30	96.5	22
F33	1 tablespoon	16	13.6	43	43	0.5	0.6	0.7	0	0.7	0	0.4	0.2	trace			2	5.8	trace
F113	Paddle pop, chocolate	100	66.1	572	576	3.3	3.8	22.5	0.4	22.3	0.2	1.9	1.4	0.3		0.3	34	46.0	11
F113	1 ice-block	91	59.9	519	521	3.0	3.5	20.3	0.4	20.2	0.2	1.8	1.2	0.3		0.3	31	41.7	10
F98	Spread, cheese, lite, Philadelphia	100	73.2	622	622	9.6	12.5	0	0	0	0	8.0	3.3	0.4			59	240	11
F98	1 cup (250ml)	224	164	1390	1390	21.4	28.0	0	0	0	0	17.8	7.4	0.8			132	538	24
F77	Yoghurt, apricot, frozen, Tip Top	100	76.4	376	376	2.5	1.0	17.8	0	17.8	0	0.6	0.3	trace		trace	10	26.4	8
F77	1 cup (250ml)	204	156	767	767	5.1	2.1	36.2	0	36.2	0	1.2	0.7	0.1		trace	20	53.9	17
F56	Yoghurt, assorted fruits, low fat, sweetened, composite	100	80.9	230	232	4.2	trace	9.5	0.3	9.4	0.1	trace	trace	trace	0	0	4	41.0	8
F56	1 cup (250ml)	247	200	568	574	10.4	0.1	23.4	0.7	23.2	0.2	trace	trace	trace	0	0	11	101	20
F71	Yoghurt, berry, low fat, sweetened, composite	100	87.1	129	131	3.6	0.1	3.9	0.3	3.9	0.1	0.1	trace	trace	0	0	4	47.0	9
F71	1 cup (250ml)	238	207	306	312	8.5	0.2	9.3	0.7	9.2	0.1	0.1	0.1	trace	0	0	10	112	21

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Food ID	Foods	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
F37	Milk, powder, whole	100	1600	770	960	0.2	3.3	trace	245	149	0.29	2.1	6.3	0.39	3.1	32	11.5	0.8	1.1
F37	1 tablespoon	8	130	62	78	trace	0.3	trace	20	12	0.02	0.17	0.51	0.03	0.25	2.6	0.9	0.1	0.09
F1028	Milk, standard, 3.3% fat, composite	100	150	91	120	trace	0.3	trace	32	26	0.01	0.27	0.83	0.03	0.29	8.9	0.3	0.5	0.06
F1028	1 cup (250ml)	258	380	240	310	trace	0.9	trace	83	66	0.03	0.70	2.1	0.08	0.75	23	0.8	1.2	0.16
F1028	1 tablespoon	16	23	14	18	trace	trace	trace	5	4	trace	0.04	0.13	trace	0.05	1.4	trace	0.1	0.01
F1035	Milk, trim, 0.5% fat, composite	100	150	110	140	trace	0.4	trace	3	0	0.02	0.26	0.74	0.03	0.31	6.8	trace	0.3	0.04
F1035	1 cup (250ml)	258	400	270	360	trace	1.0	trace	7	0	0.05	0.67	1.9	0.08	0.80	18	0.1	0.9	0.10
F1035	1 tablespoon	15	24	16	21	trace	0.1	trace	trace	0	trace	0.04	0.12	trace	0.05	1.1	trace	trace	0.01
F43	Milk, UHT, standardised	100	140	81	100	trace	0.3	trace	25	25	0.09	0.20	0.80	0.03	0.09	4.9	0.9	0	0
F43	1 cup (250ml)	258	350	210	270	trace	0.8	trace	65	65	0.23	0.52	2.1	0.08	0.23	13	2.3	0	0
F33	Milk, whole	100	150	83	110	trace	0.3	trace	28	23	0.10	0.24	0.90	0.03	0.35	5.3	1.4	0.6	0.11
F33	1 cup (250ml)	258	390	210	290	0.1	0.8	trace	72	59	0.26	0.62	2.3	0.08	0.90	14	3.7	1.4	0.28
F33	1 tablespoon	16	23	13	18	trace	trace	trace	4	4	0.02	0.04	0.14	trace	0.05	0.83	0.2	0.1	0.02
F113	Paddle pop, chocolate	100	210	94	110	0	0.3	0	0	0	0.08	0.32	1.1	0.06	0.28	4.2	0.6	0.1	0.26
F113	1 ice-block	91	190	85	100	0	0.3	0	0	0	0.07	0.29	1.0	0.05	0.25	3.8	0.5	0.1	0.24
F98	Spread, cheese, lite, Philadelphia	100	140	130	110	0.2	0.5	0	293	259	0.03	0.27	3.3	0.08	0.29	19	0	0	0
F98	1 cup (250ml)	224	310	290	250	0.5	1.1	0	657	580	0.07	0.61	7.4	0.18	0.65	43	0	0	0
F77	Yoghurt, apricot, frozen, Tip Top	100	110	55	68	0.1	0.2	0	81	36	0.05	0.26	1.1	0.03	0.35	8.8	0.9	0	0.05
F77	1 cup (250ml)	204	220	110	140	0.3	0.3	0	164	73	0.10	0.53	2.3	0.06	0.71	18	1.8	0	0.10
F56	Yoghurt, assorted fruits, low fat, sweetened, composite	100	200	110	130	0	0.4	trace	47	22	0.03	0.27	0.80	0.07	0.28	6.5	0.5	trace	0
F56	1 cup (250ml)	247	490	270	320	0	0.9	trace	117	54	0.07	0.67	2.0	0.17	0.69	16	1.2	trace	0
F71	Yoghurt, berry, low fat, sweetened, composite	100	200	120	140	0	0.4	trace	5	0	0.01	0.30	0.58	0.04	0.23	8.7	trace	0	0
F71	1 cup (250ml)	238	480	290	330	0	1.0	trace	12	0	0.02	0.71	1.4	0.10	0.55	21	0.1	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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
F1055	Yoghurt, Greek, composite	100	78.8	464	464	4.6	8.6	4.1	0	3.8	0.3	5.7	1.8	0.2	trace	0.1	0	44.8	7
F1055	1 cup (250ml)	263	207	1220	1220	12.0	22.7	10.8	0	10.1	0.7	14.9	4.7	0.4	0.1	0.2	0	117	19
F84	Yoghurt, plain, low fat, unsweetened, composite	100	87.5	166	168	4.8	0.4	4.4	0.3	4.3	0.1	0.2	0.1	trace	0	trace	5	48.0	10
F84	1 cup (250ml)	242	212	401	407	11.6	0.8	10.6	0.7	10.4	0.1	0.5	0.2	trace	0	trace	12	116	24
F57	Yoghurt, plain, unsweetened, composite	100	86.0	303	303	3.7	5.2	3.0	0	3.0	0	3.1	1.3	0.1		trace	16	43.0	trace
F57	1 cup (250ml)	241	207	731	731	8.9	12.5	7.2	0	7.2	0	7.4	3.2	0.2		trace	38	104	7
G EGGS																			
G1001	Egg, chicken, white & yolk, boiled	100	76.9	564	564	12.2	9.5	0.6	0	0.6	0	2.6	4.0	0.9			395	140	46
G1001	medium	49	37.7	276	276	6.0	4.7	0.3	0	0.3	0	1.3	2.0	0.5			194	68.6	23
G1013	Egg, chicken, white & yolk, fried	100	70.6	688	688	15.9	11.4	0	0	0	0	3.2	2.5	1.1			430	180	52
G1013	medium	45	31.9	311	311	7.2	5.2	0	0	0	0	1.4	1.1	0.5			194	81.4	24
G1002	Egg, chicken, white & yolk, fried in vegetable oil	100	65.5	930	930	14.7	18.3	0.6	0	0.6	0	4.0	6.7	3.6			438	150	55
G1002	medium	46	30.1	428	428	6.8	8.4	0.3	0	0.3	0	1.8	3.1	1.7			201	69.0	25
G1009	Egg, chicken, white & yolk, milk added, scrambled	100	72.6	743	743	13.1	14.2	trace	0	trace	0	4.8	5.3	1.2			338	170	38
G1009	1 cup (250ml)	233	169	1730	1730	30.5	32.9	0.1	0	0.1	0	11.1	12.4	2.7			785	395	88
G1003	Egg, chicken, white & yolk, poached	100	77.2	577	577	12.8	9.6	0.6	0	0.6	0	2.8	3.9	1.0			365	95.0	47
G1003	medium	47	36.3	271	271	6.0	4.5	0.3	0	0.3	0	1.3	1.8	0.5			172	44.7	22
G1008	Egg, chicken, white & yolk, raw	100	77.0	530	530	13.1	8.1	0.7	0	0.7	0	2.1	3.8	0.7	trace	0.6	395	140	45
G1008	medium	49	37.7	260	260	6.4	4.0	0.3	0	0.3	0	1.0	1.9	0.3	trace	0.3	194	68.6	22
G1008	1 cup (250ml)	265	204	1400	1400	34.8	21.5	1.7	0	1.7	0	5.6	10.0	1.9	trace	1.7	1050	371	120
G1004	Egg, chicken, white, raw	100	88.0	202	202	11.3	0.2	0.4	0	0.4	0	0	0	0	0	0	trace	180	trace
G1004	medium	32	28.1	65	65	3.6	trace	0.1	0	0.1	0	0	0	0	0	0	trace	57.6	trace
G1004	1 cup (250ml)	223	196	450	450	25.2	0.4	0.9	0	0.9	0	0	0	0	0	0	1	401	9

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Food ID	Foods	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
F1055	Yoghurt, Greek, composite	100	210	140	170	trace	0.5	trace	90	6	0.04	0.23	1.2	0	0.34	19	0	7.3	0.18
F1055	1 cup (250ml)	263	560	370	460	trace	1.4	trace	235	16	0.11	0.60	3.2	0	0.89	50	0	19	0.47
F84	Yoghurt, plain, low fat, unsweetened, composite	100	210	130	160	0	0.5	trace	5	6	0.10	0.33	1.2	0.09	0.31	8.3	0	trace	0
F84	1 cup (250ml)	242	510	310	390	0	1.2	trace	11	15	0.24	0.80	2.9	0.22	0.75	20	0	trace	0
F57	Yoghurt, plain, unsweetened, composite	100	160	96	120	0	0.4	trace	49	4	0.04	0.24	0.80	0.05	0.23	7.8	0.5	0	0
F57	1 cup (250ml)	241	390	230	290	0	0.9	trace	117	10	0.10	0.58	1.9	0.12	0.55	19	1.2	0	0
G EGGS																			
G1001	Egg, chicken, white & yolk, boiled	100	140	190	52	1.8	1.1	23	105	0	0.05	0.44	3.8	0.06	1.3	66	0	1.8	1.5
G1001	medium	49	69	93	25	0.9	0.5	11	52	0	0.02	0.22	1.9	0.03	0.64	32	0	0.9	0.75
G1013	Egg, chicken, white & yolk, fried	100	170	230	62	2.0	1.4	26	222	0	0.07	0.38	3.4	0.03	1.4	88	0	1.8	1.6
G1013	medium	45	77	100	28	0.9	0.6	12	100	0	0.03	0.17	1.5	0.01	0.63	40	0	0.8	0.71
G1002	Egg, chicken, white & yolk, fried in vegetable oil	100	150	200	50	2.3	1.2	26	222	0	0.07	0.38	4.0	0.03	1.4	88	0	1.8	1.6
G1002	medium	46	69	92	23	1.1	0.6	12	102	0	0.03	0.18	1.8	0.01	0.64	40	0	0.8	0.73
G1009	Egg, chicken, white & yolk, milk added, scrambled	100	150	150	64	1.3	0.9	16	222	0	0.07	0.38	3.2	0.03	1.3	88	0	1.8	1.7
G1009	1 cup (250ml)	233	350	350	150	3.0	2.0	37	516	0	0.16	0.88	7.4	0.07	3.0	200	0	4.1	4.0
G1003	Egg, chicken, white & yolk, poached	100	95	180	50	1.6	1.1	21	222	0	0.07	0.38	3.4	0.03	1.2	88	0	1.8	1.6
G1003	medium	47	45	85	24	0.8	0.5	10	104	0	0.03	0.18	1.6	0.01	0.58	41	0	0.8	0.74
G1008	Egg, chicken, white & yolk, raw	100	140	190	51	1.7	1.0	23	222	0	0.07	0.47	3.5	0.04	1.5	130	0	1.5	1.6
G1008	medium	49	69	93	25	0.8	0.5	11	109	0	0.03	0.23	1.7	0.02	0.76	61	0	0.7	0.80
G1008	1 cup (250ml)	265	370	500	140	4.5	2.6	61	588	0	0.19	1.2	9.3	0.11	4.1	330	0	4.0	4.3
G1004	Egg, chicken, white, raw	100	150	13	5.2	trace	0	8	0	0	0.01	0.50	2.9	0.01	0	19	0	0	0
G1004	medium	32	48	4.2	1.7	trace	0	trace	0	0	trace	0.16	0.94	trace	0	6.1	0	0	0
G1004	1 cup (250ml)	223	330	29	12	trace	0	19	0	0	0.02	1.1	6.5	0.02	0	42	0	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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	
G1005	Egg, chicken, yolk, raw	100	51.7	1410	1410	16.9	30.3	0.2	0	0.2	0	7.9	14.2	2.4	0.1	2.1	1160	13.0	130	
G1005	1 cup (250ml)	234	121	3290	3290	39.5	70.9	0.5	0	0.5	0	18.5	33.1	5.6	0.2	5.0	2700	30.4	300	
G1005	medium	17	8.8	239	239	2.9	5.2	trace	0	trace	0	1.3	2.4	0.4	trace	0.4	196	2.2	22	
H	FAST FOODS																			
H131	Beef, with vegetables & black bean sauce, stir fried	100	60.3	992	995	16.6	18.1	2.8	0.4	1.7	1.1	5.1	4.3	4.4	trace		47	337	trace	
H131	1 cup (250ml)	247	149	2450	2460	41.0	44.6	6.9	0.9	4.1	2.8	12.6	10.7	10.8	0.1		116	833	trace	
H131	1 container	804	485	7980	8000	134	145	22.5	2.9	13.4	9.2	41.2	34.9	35.0	0.4		379	2710	7	
H1053	Bread, roti, Indian	100	35.4	1130	1180	8.1	6.4	45.5	6.0	12.7	32.8	1.4	1.8	2.0			0	117	trace	
H1053	1 roti (21.35 cm diameter)	40	14.2	453	472	3.2	2.6	18.2	2.4	5.1	13.1	0.5	0.7	0.8			0	46.8	trace	
H2	Burger, bacon, Independent Shops	100	48.8	1050	1060	12.1	13.1	21.8	1.2	3.4	18.4	5.2	5.9	1.1			29	780	trace	
H2	1 burger	268	131	2820	2840	32.5	35.1	58.4	3.2	9.1	49.3	13.8	15.8	3.0			78	2090	trace	
H8	Burger, Big Mac, McDonald's	100	46.3	1120	1130	13.1	15.6	19.2	1.4	3.1	16.1	5.7	5.4	2.4			22	444	trace	
H8	1 burger	204	94.5	2280	2300	26.8	31.8	39.1	2.9	6.3	32.8	11.6	11.0	4.9			45	906	trace	
H3	Burger, cheeseburger, composite	100	47.8	1080	1090	13.6	13.3	21.4	1.2	4.1	17.3	5.6	5.4	1.3			34	760	trace	
H3	1 burger	255	122	2750	2770	34.8	33.9	54.6	3.1	10.5	44.1	14.4	13.7	3.2			87	1940	7	
H4	Burger, cheeseburger, McDonald's	100	41.1	1070	1080	15.1	10.7	25.1	1.2	3.6	21.5	5.0	4.0	0.8			30	513	trace	
H4	1 burger	137	56.3	1460	1470	20.7	14.7	34.3	1.6	4.9	29.4	6.9	5.5	1.1			41	703	trace	
H24	Burger, Filet-o-Fish, McDonald's	100	39.7	1180	1210	11.9	15.5	24.7	3.2	3.1	21.6	6.3	4.0	3.5			41	447	11	
H24	1 burger	136	54.0	1610	1640	16.2	21.1	33.5	4.4	4.2	29.3	8.6	5.5	4.7			56	608	15	
H6	Burger, hamburger, composite	100	50.9	930	939	10.7	10.2	22.4	1.1	3.9	18.5	3.7	4.4	1.0			26	660	trace	
H6	1 burger	172	87.5	1600	1610	18.4	17.5	38.5	1.9	6.7	31.8	6.4	7.6	1.7			45	1140	trace	
H7	Burger, hamburger, McDonald's	100	41.6	1040	1050	13.3	9.9	27.3	1.2	4.9	22.4	4.1	4.3	0.9			28	349	trace	
H7	1 burger	98	40.8	1020	1030	13.0	9.7	26.7	1.2	4.8	21.9	4.0	4.2	0.9			27	342	trace	

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Food ID	Foods	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
G1005	Egg, chicken, yolk, raw	100	31	150	40	0.9	0.9	56	616	129	0.15	0.62	4.7	0.16	5.6	400	0	4.9	2.7
G1005	1 cup (250ml)	234	73	350	94	2.0	2.1	130	1440	302	0.35	1.5	11	0.37	13	920	0	11	6.3
G1005	medium	17	5.3	26	6.8	0.1	0.2	10	105	22	0.03	0.11	0.80	0.03	0.96	67	0	0.8	0.46
H	FAST FOODS																		
H131	Beef, with vegetables & black bean sauce, stir fried	100	270	140	11	2.1	3.0	trace	6	20	0.08	0.12	4.8	0.15	1.2	12	7.9	0.1	1.8
H131	1 cup (250ml)	247	660	350	28	5.1	7.4	9	14	48	0.20	0.30	12	0.37	3.1	29	19.5	0.2	4.3
H131	1 container	804	2100	1200	91	16	24	28	45	158	0.64	0.97	38	1.2	10.0	95	63.6	0.8	14
H1053	Bread, roti, Indian	100	150	130	47	0.6	0.6	9	82	448	0.16	0.15	1.4	0	0	15	16.0	0	0.64
H1053	1 roti (21.35 cm diameter)	40	60	51	19	0.2	0.2	trace	33	179	0.06	0.06	0.56	0	0	6.0	6.4	0	0.26
H2	Burger, bacon, Independent Shops	100	190	110	20	1.7	1.7	trace	52	10	0.08	0.17	4.4	0.15	1.1	17	2.0	0	0.65
H2	1 burger	268	510	290	54	4.6	4.6	8	138	27	0.21	0.46	12	0.40	2.9	46	5.4	0	1.7
H8	Burger, Big Mac, McDonald's	100	170	160	53	1.9	2.2	trace	16	10	0.11	0.11	4.5	0.14	2.1	7.0	0.8	0	0.65
H8	1 burger	204	350	330	110	3.9	4.5	6	32	20	0.22	0.22	9.2	0.29	4.3	14	1.6	0	1.3
H3	Burger, cheeseburger, composite	100	210	160	83	1.7	2.0	trace	49	90	0.05	0.16	4.3	0.12	0.93	16	2.0	0	0.65
H3	1 burger	255	540	420	210	4.3	5.1	8	125	230	0.13	0.41	11	0.31	2.4	41	5.1	0	1.7
H4	Burger, cheeseburger, McDonald's	100	210	180	87	2.0	3.4	trace	49	90	0.15	0.13	5.1	0.13	1.1	5.0	2.0	0	0.65
H4	1 burger	137	290	250	120	2.7	4.7	trace	67	123	0.21	0.18	7.0	0.18	1.4	6.9	2.7	0	0.89
H24	Burger, Filet-o-Fish, McDonald's	100	170	130	62	1.7	3.5	6	24	20	0.11	0.07	3.1	0.10	0.68	5.0	1.0	0	0
H24	1 burger	136	220	180	84	2.3	4.8	8	33	27	0.15	0.10	4.2	0.14	0.93	6.8	1.4	0	0
H6	Burger, hamburger, composite	100	190	110	21	1.7	2.0	trace	17	60	0.05	0.13	3.8	0.11	0.78	16	2.0	0	0.65
H6	1 burger	172	330	190	36	2.9	3.4	trace	29	103	0.09	0.22	6.5	0.19	1.3	28	3.4	0	1.1
H7	Burger, hamburger, McDonald's	100	220	130	33	2.0	2.8	trace	17	60	0.15	0.09	5.2	0.13	0.92	7.0	1.7	0	0.65
H7	1 burger	98	210	130	32	2.0	2.7	trace	17	59	0.15	0.09	5.1	0.13	0.90	6.9	1.7	0	0.64

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Food ID	Foods	Measure	Water	Energy	Energy (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
H10	Burger, Quarter Pounder, McDonald's	100	44.0	1120	1130	17.5	14.8	16.8	1.1	3.2	13.6	6.4	5.6	0.9			30	513	trace
H10	1 burger	185	81.4	2070	2090	32.4	27.4	31.2	2.0	5.9	25.2	11.8	10.4	1.7			56	949	trace
H17	Chicken, crumbed, fried, breast, KFC	100	50.9	1130	1130	25.6	16.3	6.0	0.3	0.1	5.9	5.2	8.3	1.9			90	500	9
H17	1 piece	89	45.3	1010	1010	22.8	14.5	5.3	0.2	0.1	5.3	4.6	7.4	1.7			80	445	8
H18	Chicken, crumbed, fried, drumstick, KFC	100	49.2	1020	1020	22.3	13.7	8.3	0.3	0	8.3	5.7	5.3	1.2	trace	1.2	52	790	9
H18	1 piece	78	38.1	787	789	17.2	10.6	6.5	0.2	0	6.5	4.4	4.1	1.0	trace	0.9	41	612	7
H19	Chicken, crumbed, fried, thigh, KFC	100	44.5	1440	1440	18.6	27.8	5.9	0.3	0	5.9	8.8	14.0	3.4			104	490	9
H19	1 piece	82	36.5	1180	1180	15.3	22.8	4.8	0.2	0	4.8	7.2	11.5	2.8			85	402	7
H16	Chicken, crumbed, fried, wing, KFC	100	39.4	1510	1520	20.9	28.4	6.9	0.3	0.1	6.8	9.4	14.5	3.0			116	700	9
H16	1 piece	37	14.6	560	561	7.7	10.5	2.6	0.1	trace	2.5	3.5	5.4	1.1			43	259	trace
H173	Chop suey, chicken, lean & fat, stir fried	100	78.2	431	448	6.9	6.0	5.7	2.1	4.0	1.7	2.1	2.5	0.9			19	167	trace
H173	1 cup (250ml)	253	198	1090	1130	17.6	15.1	14.3	5.3	10.1	4.2	5.2	6.3	2.3			48	423	11
H71	Chop suey, pork	100	76.1	508	521	8.8	8.8	2.1	1.6	1.4	0.7	3.7	4.0	0.4			15	550	trace
H71	1 cup (250ml)	253	193	1280	1320	22.3	22.3	5.3	4.0	3.5	1.8	9.2	10.1	1.0			38	1390	11
H172	Chow mein, beef, lean & fat, stir fried	100	73.7	577	585	9.5	9.4	4.4	1.0	2.6	1.8	3.8	3.9	0.8			26	38.7	trace
H172	1 cup (250ml)	253	186	1460	1480	24.0	23.7	11.0	2.5	6.6	4.4	9.6	9.7	2.1			66	97.9	11
H199	Chow mein, chicken, composite	100	74.5	365	372	6.2	1.0	13.5	0.8	2.3	11.2	0.4	0.5	0.1			5	434	trace
H199	1 cup (250ml)	233	173	850	864	14.3	2.4	31.3	1.9	5.2	26.1	0.9	1.1	0.3			13	1010	8
H89	Chow mein, prawn	100	73.2	599	622	5.6	10.9	6.1	2.8	0.4	5.7	4.0	4.3	1.6			26	330	trace
H89	1 cup (250ml)	253	185	1520	1570	14.2	27.6	15.4	7.1	1.0	14.4	10.2	11.0	4.1			66	835	11
H20	Coleslaw, KFC	100	77.3	405	413	2.0	4.0	13.4	0.9	13.1	0.3	0.6	0.9	2.0			12	270	trace
H20	1 cup (250ml)	200	155	810	825	4.0	8.0	26.8	1.9	26.2	0.6	1.1	1.8	4.1			24	540	trace
H20	1 medium serving	413	319	1670	1700	8.3	16.5	55.3	3.8	54.1	1.2	2.3	3.8	8.4			50	1120	trace

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Food ID	Foods	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
H10	Burger, Quarter Pounder, McDonald's	100	210	180	78	1.9	3.2	trace	59	100	0.10	0.12	5.4	0.13	1.0	9.0	1.5	0	0.65
H10	1 burger	185	400	320	140	3.5	5.9	6	109	185	0.19	0.22	10.0	0.24	1.9	17	2.7	0	1.2
H17	Chicken, crumbed, fried, breast, KFC	100	300	190	14	0.8	0.7	14	45	0	0.08	0.20	12	0.35	0.37	5.0	0	0	1.5
H17	1 piece	89	270	170	12	0.7	0.6	12	40	0	0.07	0.18	10	0.31	0.33	4.5	0	0	1.3
H18	Chicken, crumbed, fried, drumstick, KFC	100	260	190	32	0.9	2.0	26	40	0	0	0.27	9.2	0.17	0.21	19	0	0	1.6
H18	1 piece	78	200	150	25	0.7	1.6	20	31	0	0	0.21	7.1	0.13	0.16	15	0	0	1.2
H19	Chicken, crumbed, fried, thigh, KFC	100	240	160	15	1.3	1.5	14	45	0	0.07	0.23	9.9	0.22	0.56	6.0	0	0	1.5
H19	1 piece	82	200	130	12	1.1	1.2	11	37	0	0.06	0.19	8.1	0.18	0.46	4.9	0	0	1.2
H16	Chicken, crumbed, fried, wing, KFC	100	190	190	18	1.4	1.2	14	65	0	0.05	0.15	8.7	0.35	0.41	5.0	0	0	1.5
H16	1 piece	37	70	70	6.7	0.5	0.4	trace	24	0	0.02	0.06	3.2	0.13	0.15	1.9	0	0	0.56
H173	Chop suey, chicken, lean & fat, stir fried	100	250	99	23	0.6	0.5	trace	220	1300	0.04	0.07	3.3	0.19	0.04	22	7.0	0	0.92
H173	1 cup (250ml)	253	620	250	57	1.5	1.2	9	557	3290	0.10	0.18	8.3	0.48	0.10	56	17.7	0	2.3
H71	Chop suey, pork	100	170	100	26	1.3	2.6	trace	70	13	0.29	0.15	3.6	0.20	0.22	18	10.9	0	0.98
H71	1 cup (250ml)	253	430	260	66	3.3	6.6	9	178	33	0.73	0.38	9.2	0.51	0.56	46	27.6	0	2.5
H172	Chow mein, beef, lean & fat, stir fried	100	220	100	17	1.5	2.6	trace	10	58	0.05	0.10	4.2	0.10	0.80	16	34.0	0	0.97
H172	1 cup (250ml)	253	560	260	42	3.7	6.5	9	26	147	0.13	0.25	11	0.25	2.0	40	86.0	0	2.5
H199	Chow mein, chicken, composite	100	94	64	13	0.3	0.3	7	33	163	0.37	0.05	2.6	0.15	0.09	11	6.0	0	0.23
H199	1 cup (250ml)	233	220	150	30	0.8	0.7	17	77	378	0.86	0.12	5.9	0.35	0.21	26	14.0	0	0.54
H89	Chow mein, prawn	100	66	120	34	1.0	0.5	26	8	2	0.10	0.12	3.3	0.09	0.38	17	3.7	0	1.2
H89	1 cup (250ml)	253	170	310	86	2.5	1.3	66	21	5	0.25	0.30	8.3	0.23	0.96	43	9.4	0	2.9
H20	Coleslaw, KFC	100	160	31	35	0.4	0.2	trace	67	400	0.03	0.01	0.40	0.10	0.16	34	20.0	0	1.0
H20	1 cup (250ml)	200	320	62	70	0.8	0.4	trace	134	800	0.06	0.02	0.80	0.20	0.32	68	40.0	0	2.1
H20	1 medium serving	413	660	130	140	1.7	0.8	trace	276	1650	0.12	0.04	1.7	0.41	0.66	140	82.6	0	4.3

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Food ID	Foods	Measure	Water	Energy	Energy (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
H1026	Curry, beef korma, Indian	100	61.1	939	940	13.6	16.9	5.1	0.2	5.0	0.1	6.5	6.1	3.0		2.6	54	340	22
H1026	1 cup (250ml)	248	151	2320	2330	33.7	41.9	12.7	0.5	12.4	0.2	16.2	15.0	7.3		6.4	134	842	54
H1027	Curry, beef madras, Indian	100	65.9	871	873	13.3	15.5	4.5	0.2	4.4	0.1	7.4	4.2	2.8		2.5	36	426	22
H1027	1 cup (250ml)	253	166	2200	2200	33.5	39.2	11.4	0.5	11.1	0.3	18.8	10.6	7.0		6.3	90	1080	56
H1023	Curry, butter chicken, Indian	100	61.3	723	741	11.7	12.0	5.1	2.2	5.0	0.1	5.6	3.7	1.1		0.9	60	383	22
H1023	1 cup (250ml)	258	158	1860	1910	30.0	30.9	13.1	5.7	12.8	0.3	14.4	9.5	2.8		2.4	153	987	57
H1024	Curry, chicken masala, Indian	100	71.5	619	638	10.6	9.4	5.7	2.4	3.9	1.8	3.2	3.1	2.1		1.9	55	529	22
H1024	1 cup (250ml)	249	178	1540	1590	26.4	23.3	14.2	6.0	9.7	4.5	7.9	7.6	5.3		4.7	137	1320	55
H1021	Curry, chicken, green, Thai	100	77.0	517	520	8.2	7.9	5.3	0.4	5.2	0.1	5.1	1.3	1.0		0.9	21	530	12
H1021	1 cup (250ml)	249	192	1290	1290	20.4	19.7	13.1	1.0	12.8	0.2	12.6	3.3	2.5		2.2	53	1320	30
H1028	Curry, dhal makani, Indian	100	66.0	671	701	4.6	12.4	8.3	3.7	4.4	3.9	5.8	3.8	1.8		1.5	0	475	30
H1028	1 cup (250ml)	260	171	1740	1820	11.8	32.1	21.4	9.6	11.4	10.0	15.0	9.9	4.8		4.0	0	1230	78
H1025	Curry, rogan josh, Indian	100	70.9	678	678	13.6	10.5	3.7	0	3.6	0.1	2.9	3.7	3.1		2.7	42	460	22
H1025	1 cup (250ml)	268	190	1810	1810	36.4	28.1	10.0	0	9.7	0.3	7.9	9.9	8.2		7.3	112	1230	59
H22	Fish, battered, deep fried, Independent Shops	100	51.1	1250	1250	15.2	20.3	14.6	0.1	0	14.6	9.9	7.9	0.7			41	314	17
H22	1 piece	146	74.6	1820	1820	22.2	29.6	21.3	0.2	0	21.3	14.5	11.6	1.0			60	458	24
H57	Fish, cake, baked	100	51.6	986	992	11.6	12.8	19.2	0.8	3.7	15.5	1.3	6.9	3.4			26	806	trace
H57	1 cake	76	39.2	750	754	8.8	9.7	14.6	0.6	2.8	11.8	1.0	5.3	2.6			20	613	trace
H23	Fish, cake, deep fried in peanut oil	100	47.6	985	991	13.0	14.4	14.1	0.8	2.1	12.0	1.9	7.0	4.3			26	884	trace
H23	1 cake (1.5 x 7cm diameter)	80	38.1	788	792	10.4	11.5	11.3	0.6	1.7	9.6	1.5	5.6	3.4			21	707	trace
H194	Fish, fillet, crumbed, frozen, baked, composite	100	56.0	821	826	11.0	12.0	11.7	0.6	0	11.7	1.4	6.8	2.9		2.2	14	275	trace
H194	1 fillet	70	39.2	575	578	7.7	8.4	8.2	0.4	0	8.2	1.0	4.8	2.1		1.5	10	193	trace
H195	Fish, fillet, crumbed, frozen, fried, composite	100	53.9	850	855	11.5	12.3	12.2	0.6	0	12.2	1.3	5.4	5.0		4.1	14	288	trace
H195	1 fillet	65	35.0	553	556	7.5	8.0	8.0	0.4	0	8.0	0.9	3.5	3.2		2.6	9	187	trace

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Food ID	Foods	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
H1026	Curry, beef korma, Indian	100	250	130	30	2.5	3.0	trace	42	110	0.12	0.23	4.5	0.77	1.1	19	1.0	0	0.84
H1026	1 cup (250ml)	248	630	310	74	6.2	7.4	8	105	272	0.30	0.57	11	1.9	2.7	47	2.5	0	2.1
H1027	Curry, beef madras, Indian	100	360	130	21	2.5	2.8	trace	49	151	0.12	0.23	4.4	0.76	0.96	19	1.0	0	0.84
H1027	1 cup (250ml)	253	910	340	52	6.3	7.1	8	124	382	0.30	0.58	11	1.9	2.4	48	2.5	0	2.1
H1023	Curry, butter chicken, Indian	100	370	130	37	1.8	1.0	6	136	214	0.11	0.20	7.3	1.2	0.08	8.0	0	0	1.3
H1023	1 cup (250ml)	258	940	320	96	4.6	2.7	14	350	551	0.28	0.52	19	3.1	0.21	21	0	0	3.4
H1024	Curry, chicken masala, Indian	100	330	120	32	2.2	0.9	6	136	214	0.11	0.20	7.3	1.2	0.08	8.0	1.0	0	1.3
H1024	1 cup (250ml)	249	830	290	79	5.3	2.1	14	338	532	0.27	0.50	18	3.0	0.20	20	2.5	0	3.3
H1021	Curry, chicken, green, Thai	100	200	84	11	0.8	0.4	10	16	94	0.08	0.04	4.7	0.22	0.04	8.0	1.0	0	0.46
H1021	1 cup (250ml)	249	490	210	26	2.0	1.0	24	39	234	0.20	0.10	12	0.55	0.10	20	2.5	0	1.1
H1028	Curry, dhal makani, Indian	100	260	75	39	2.9	0.6	6	115	181	0.10	0.04	1.3	0.11	0	22	6.0	0	0.99
H1028	1 cup (250ml)	260	680	190	100	7.6	1.6	15	299	471	0.26	0.10	3.3	0.29	0	57	15.6	0	2.6
H1025	Curry, rogan josh, Indian	100	310	130	19	2.5	2.4	trace	42	111	0.12	0.23	4.5	0.77	0.96	19	1.0	0	0.54
H1025	1 cup (250ml)	268	840	340	51	6.7	6.3	8	114	298	0.32	0.62	12	2.1	2.6	51	2.7	0	1.4
H22	Fish, battered, deep fried, Independent Shops	100	290	23	25	2.3	0.5	51	2	0	0.05	0.04	4.7	0.28	1.1	4.9	0	0	0.21
H22	1 piece	146	420	34	37	3.4	0.7	75	3	0	0.07	0.06	6.8	0.41	1.6	7.2	0	0	0.31
H57	Fish, cake, baked	100	89	81	41	0.5	0.5	39	219	5	0.07	0.05	5.2	0.09	0.70	4.1	0	0	2.0
H57	1 cake	76	68	62	31	0.4	0.4	30	166	4	0.05	0.04	3.9	0.07	0.53	3.1	0	0	1.5
H23	Fish, cake, deep fried in peanut oil	100	98	92	46	0.8	0.5	33	305	5	0.07	0.05	5.5	0.18	0.90	5.8	0	0	0.97
H23	1 cake (1.5 x 7cm diameter)	80	78	74	37	0.6	0.4	26	244	4	0.06	0.04	4.4	0.14	0.72	4.6	0	0	0.78
H194	Fish, fillet, crumbed, frozen, baked, composite	100	220	160	16	0.2	0.4	18	0	0	0.07	0.24	3.4	0.10	0.46	1.5	0	0	3.0
H194	1 fillet	70	150	110	11	0.2	0.3	13	0	0	0.05	0.17	2.4	0.07	0.32	1.1	0	0	2.1
H195	Fish, fillet, crumbed, frozen, fried, composite	100	230	160	16	0.3	0.4	19	0	0	0.07	0.24	3.5	0.10	0.46	1.5	0	0	3.1
H195	1 fillet	65	150	110	11	0.2	0.3	13	0	0	0.05	0.16	2.3	0.07	0.30	0.98	0	0	2.0

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Food ID	Foods	Measure	Water	Energy	Energy (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
H61	Fish, fingers, baked	100	57.1	872	878	9.0	10.3	20.3	0.8	1.0	19.3	1.6	5.2	2.6			32	436	trace
H61	1 finger (8.3 x 2.2 x 1.3cm)	25	14.3	218	219	2.3	2.6	5.1	0.2	0.3	4.8	0.4	1.3	0.6			8	109	trace
H65	Fish, fingers, deep fried in peanut oil	100	48.1	1120	1120	9.6	15.4	23.1	0.8	1.2	21.9	2.5	6.5	4.4			34	452	trace
H65	1 finger (8.3 x 2.2 x 1.3cm)	25	12.0	279	281	2.4	3.9	5.8	0.2	0.3	5.5	0.6	1.6	1.1			9	113	trace
H1046	Fries, potato, Burger King	100	39.7	1450	1480	4.1	17.2	44.6	4.2	0	44.6	8.4	7.2	0.9			13	180	trace
H1046	10 strips	69	27.4	1000	1020	2.8	11.9	30.8	2.9	0	30.8	5.8	4.9	0.6			9	124	trace
H1041	Fries, potato, KFC	100	52.0	952	994	4.1	9.5	32.0	5.3	0	32.0	4.8	3.5	0.9			0	284	trace
H1041	10 strips	69	35.9	657	686	2.8	6.5	22.1	3.7	0	22.1	3.3	2.4	0.6			0	196	trace
H1042	Fries, potato, McDonald's	100	36.2	1360	1390	4.0	18.0	37.5	4.2	0	37.5	1.5	12.8	4.0			14	430	trace
H1042	10 strips	69	25.0	938	961	2.8	12.4	25.9	2.9	0	25.9	1.1	8.8	2.8			10	297	trace
H1039	Fries, potato, straight cut, Independent Shops	100	54.6	907	941	4.0	10.7	26.7	4.2	0.3	26.4	5.2	4.3	0.7			6	190	9
H1039	10 strips	89	48.6	808	837	3.6	9.5	23.7	3.7	0.2	23.5	4.6	3.9	0.6			5	169	8
H170	McMuffin, egg, McDonald's	100	49.2	1040	1050	13.6	14.4	16.8	1.4	0.9	15.9	6.7	4.0	0.9			162	410	26
H170	1 serving	130	64.0	1350	1370	17.7	18.7	21.8	1.8	1.2	20.7	8.7	5.2	1.2			211	533	34
H1017	Noodles, chow mein, combination, Chinese	100	78.1	326	338	7.3	5.0	1.1	1.5	0.5	0.6	1.3	2.0	1.4		1.2	25	413	8
H1017	1 cup (250ml)	194	152	632	655	14.2	9.7	2.0	3.0	1.0	1.1	2.4	3.9	2.6		2.3	49	801	16
H1022	Noodles, pad thai with chicken & egg, Thai	100	58.0	701	716	8.1	8.1	16.0	1.9	5.1	10.9	1.3	3.1	3.0		2.7	29	392	8
H1022	1 cup (250ml)	133	76.8	929	949	10.8	10.7	21.2	2.5	6.8	14.5	1.7	4.1	4.0		3.6	38	519	11
H159	Nugget, chicken, McDonald's	100	52.1	1190	1200	17.6	18.2	13.5	0.6	0	13.5	7.0	8.0	0.7		0.6	81	731	trace
H159	1 cup (250ml)	147	76.6	1750	1760	25.9	26.8	19.8	0.9	0	19.8	10.2	11.8	1.0		1.0	119	1070	trace
H159	1 chicken nugget	18	9.4	215	216	3.2	3.3	2.4	0.1	0	2.4	1.3	1.4	0.1		0.1	15	132	trace
H1012	Omelette, egg foo young, with chicken, Chinese	100	68.3	764	777	12.5	14.3	1.5	1.7	0.5	1.0	2.8	5.8	4.7		4.1	139	421	31
H1012	1 cup (250ml)	145	99.0	1110	1130	18.1	20.8	2.2	2.5	0.7	1.5	4.1	8.4	6.8		5.9	202	610	45

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Food ID	Foods	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
H61	Fish, fingers, baked	100	190	170	12	1.0	0.4	41	387	5	0.08	0.05	4.2	0.06	0.80	4.1	0	0	1.1
H61	1 finger (8.3 x 2.2 x 1.3cm)	25	48	43	3.0	0.3	0.1	10	97	1	0.02	0.01	1.1	0.02	0.20	1.0	0	0	0.28
H65	Fish, fingers, deep fried in peanut oil	100	180	180	13	1.4	0.4	42	391	5	0.06	0.05	4.8	0.08	0.70	9.8	0	0	1.5
H65	1 finger (8.3 x 2.2 x 1.3cm)	25	45	45	3.3	0.4	0.1	11	98	1	0.02	0.01	1.2	0.02	0.18	2.5	0	0	0.38
H1046	Fries, potato, Burger King	100	630	160	10	1.0	0.6	trace	0	0	0.11	0.04	3.5	0.08	0	41	0	0	0.50
H1046	10 strips	69	430	110	6.9	0.7	0.4	trace	0	0	0.08	0.03	2.4	0.06	0	28	0	0	0.35
H1041	Fries, potato, KFC	100	630	160	10	1.0	0.6	trace	0	0	0.11	0.04	3.5	0.08	0	41	0	0	0.50
H1041	10 strips	69	430	110	6.9	0.7	0.4	trace	0	0	0.08	0.03	2.4	0.06	0	28	0	0	0.35
H1042	Fries, potato, McDonald's	100	630	160	10	1.0	0.6	trace	0	0	0.11	0.04	3.5	0.08	0	41	0	0	0.50
H1042	10 strips	69	430	110	6.9	0.7	0.4	trace	0	0	0.08	0.03	2.4	0.06	0	28	0	0	0.35
H1039	Fries, potato, straight cut, Independent Shops	100	550	100	8.6	0.8	0.5	trace	0	0	0.12	0.06	3.7	0.12	0	16	0.1	0	0.25
H1039	10 strips	89	490	89	7.7	0.7	0.5	trace	0	0	0.11	0.05	3.3	0.11	0	14	0.1	0	0.22
H170	McMuffin, egg, McDonald's	100	120	220	140	1.7	1.4	20	247	160	0.03	0.20	3.7	0.12	0.83	33	1.0	0	0
H170	1 serving	130	160	290	180	2.2	1.8	26	321	208	0.04	0.26	4.8	0.16	1.1	43	1.3	0	0
H1017	Noodles, chow mein, combination, Chinese	100	130	61	17	0.7	0.7	trace	37	196	0.08	0.03	2.0	0.17	0.05	15	10.7	0	0.51
H1017	1 cup (250ml)	194	260	120	33	1.3	1.3	10	71	380	0.16	0.06	3.8	0.33	0.10	29	20.8	0	0.99
H1022	Noodles, pad thai with chicken & egg, Thai	100	120	86	29	0.9	0.7	7	18	0	0.11	0.07	1.5	0.25	0.02	8.0	1.0	0	0.76
H1022	1 cup (250ml)	133	160	110	38	1.2	1.0	10	23	0	0.15	0.09	2.0	0.33	0.03	11	1.3	0	1.0
H159	Nugget, chicken, McDonald's	100	360	280	8.1	0.6	0.9	0	0	0	0.17	0.10	7.9	0.26	1.1	11	0	0	0.42
H159	1 cup (250ml)	147	520	410	12	0.8	1.3	0	0	0	0.25	0.15	12	0.38	1.6	16	0	0	0.62
H159	1 chicken nugget	18	64	50	1.5	0.1	0.2	0	0	0	0.03	0.02	1.4	0.05	0.20	1.9	0	0	0.08
H1012	Omelette, egg foo young, with chicken, Chinese	100	170	140	34	1.3	1.3	18	78	139	0.05	0.25	1.9	0.20	0.92	18	0	0.7	1.4
H1012	1 cup (250ml)	145	240	200	49	1.9	1.9	25	113	202	0.07	0.36	2.7	0.29	1.3	26	0	1.1	2.1

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		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
H151	Pancakes, McDonald's	100	55.9	716	728	4.3	4.5	28.8	1.4	4.0	24.8	0.6	1.5	1.6		1.4	29	408	trace
H151	1 pancake	49	27.4	351	357	2.1	2.2	14.1	0.7	1.9	12.2	0.3	0.7	0.8		0.7	14	200	trace
H27	Pie, apple, McDonald's	100	48.4	1030	1040	2.3	14.0	28.4	1.6	11.4	17.1	6.8	5.4	0.6		0.6	13	509	trace
H27	1 pie	85	41.1	876	887	1.9	11.9	24.2	1.4	9.6	14.5	5.8	4.6	0.5		0.5	11	433	trace
H29	Pie, mince, family size, composite	100	53.3	865	873	8.1	11.0	19.4	0.9	0.9	18.5	5.9	3.2	0.4		0.4	14	455	trace
H29	1 slice (1/6 pie)	106	56.5	917	925	8.6	11.6	20.5	1.0	1.0	19.6	6.3	3.4	0.4		0.4	15	482	trace
H29	1 pie (4 x 18.5cm diameter)	635	338	5500	5540	51.6	69.8	123	5.7	5.7	117	37.8	20.5	2.3		2.3	91	2890	trace
H190	Pizza, bbq chicken, thick crust, composite	100	44.0	1000	1030	12.6	6.3	33.5	3.0	4.0	29.6	3.0	1.8	0.6			19	548	trace
H190	1 slice (1/8th pizza)	94	41.1	940	962	11.8	5.9	31.4	2.8	3.7	27.7	2.8	1.7	0.6			17	513	trace
H190	1 pizza (2.35 x 28.2cm diameter)	715	314	7180	7350	90.3	45.1	240	21.5	28.2	211	21.3	12.8	4.6			133	3920	27
H179	Pizza, frozen, Hawaiian & combination, individual size, baked	100	40.9	999	1020	10.1	8.9	30.1	2.6	0	30.1	4.4	2.6	0.9	0.1	0.8	4	430	trace
H179	1 pizza (1.8 x 12.2cm diameter)	116	47.4	1160	1180	11.7	10.3	35.0	3.0	0	35.0	5.1	3.0	1.1	0.2	0.9	4	499	trace
H177	Pizza, frozen, Hawaiian & house special, premium, baked	100	46.3	852	873	12.1	6.5	24.6	2.6	2.6	22.0	3.3	1.9	0.5	trace	0.4	14	610	trace
H177	1 pizza (2.5 x 24.6cm diameter)	654	303	5570	5710	79.3	42.3	161	17.0	17.0	144	21.5	12.5	3.1	0.3	2.9	91	3990	33
H177	1 slice (1/6 pizza)	109	50.4	929	951	13.2	7.1	26.8	2.8	2.8	23.9	3.6	2.1	0.5	trace	0.5	15	665	trace
H176	Pizza, frozen, meat lovers, premium, baked	100	45.5	897	915	13.1	8.3	22.2	2.2	1.1	21.1	4.4	2.5	0.5	trace	0.4	16	680	trace
H176	1 pizza (2.5 x 24.6cm diameter)	675	307	6060	6180	88.6	56.2	150	14.9	7.4	142	29.5	16.7	3.1	0.3	2.8	109	4590	34
H176	1 slice (1/6 pizza)	113	51.2	1010	1030	14.8	9.4	24.9	2.5	1.2	23.7	4.9	2.8	0.5	trace	0.5	18	765	6
H191	Pizza, hawaiian, thick crust, composite	100	46.9	950	974	11.1	5.5	33.7	2.9	4.5	29.2	2.6	1.4	0.6			19	494	trace
H191	1 slice (1/8th pizza)	97	45.5	923	945	10.8	5.3	32.7	2.8	4.3	28.4	2.6	1.4	0.6			18	480	trace
H191	1 pizza (2.25 x 28.3cm diameter)	742	348	7050	7220	82.6	40.6	250	21.5	33.0	217	19.5	10.4	4.2			138	3670	28
H189	Pizza, meat, thick crust, composite	100	40.5	1020	1050	13.2	6.6	33.3	3.0	3.5	29.8	3.2	2.0	0.6			19	679	trace
H189	1 pizza (2.35 x 27.8cm diameter)	700	284	7150	7320	92.3	46.4	233	21.0	24.2	209	22.2	13.7	4.1			130	4750	27
H189	1 slice (1/8th pizza)	91	36.8	928	950	12.0	6.0	30.2	2.7	3.1	27.1	2.9	1.8	0.5			17	617	trace

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Food ID	Foods	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
H151	Pancakes, McDonald's	100	130	300	48	0.5	0.4	0	17	12	0.10	0.09	1.4	0.06	0.22	8.4	0.3	0	0.33
H151	1 pancake	49	63	150	23	0.2	0.2	0	8	6	0.05	0.04	0.69	0.03	0.11	4.1	0.1	0	0.16
H27	Pie, apple, McDonald's	100	86	39	13	0.4	0.3	0	2	13	0.01	0.02	0.87	0.06	0.09	3.5	0	0	0.76
H27	1 pie	85	73	33	11	0.3	0.2	0	2	11	0.01	0.02	0.74	0.05	0.08	3.0	0	0	0.65
H29	Pie, mince, family size, composite	100	140	82	19	1.5	1.8	trace	32	78	0	0.09	2.6	0.08	0.39	11	0	0	0.27
H29	1 slice (1/6 pie)	106	150	86	20	1.6	1.9	trace	34	83	0	0.10	2.8	0.09	0.41	12	0	0	0.29
H29	1 pie (4 x 18.5cm diameter)	635	890	520	120	9.5	11	26	205	495	0	0.57	17	0.51	2.5	70	0	0	1.7
H190	Pizza, bbq chicken, thick crust, composite	100	180	190	140	0.8	1.3	8	60	17	0.16	0.19	3.7	0.06	0.33	20	5.1	0.1	0.47
H190	1 slice (1/8th pizza)	94	170	170	130	0.7	1.2	7	56	15	0.15	0.18	3.4	0.06	0.31	19	4.8	0.1	0.44
H190	1 pizza (2.35 x 28.2cm diameter)	715	1300	1300	1000	5.4	9.5	56	431	118	1.1	1.4	26	0.43	2.4	140	36.5	0.7	3.4
H179	Pizza, frozen, hawaiian & combination, individual size, baked	100	180	170	150	0.8	1.3	7	81	109	0.23	0.16	3.1	0.06	0.15	20	0	0.1	0.45
H179	1 pizza (1.8 x 12.2cm diameter)	116	210	200	170	0.9	1.5	8	94	127	0.27	0.19	3.6	0.07	0.17	23	0	0.1	0.52
H177	Pizza, frozen, hawaiian & house special, premium, baked	100	200	220	190	1.0	1.5	9	65	109	0.26	0.17	3.6	0.06	0.35	21	0	0.1	0.53
H177	1 pizza (2.5 x 24.6cm diameter)	654	1300	1400	1200	6.4	9.8	60	425	715	1.7	1.1	23	0.39	2.3	140	0	0.4	3.5
H177	1 slice (1/6 pizza)	109	220	240	210	1.1	1.6	10	71	119	0.28	0.19	3.9	0.07	0.38	23	0	0.1	0.58
H176	Pizza, frozen, meat lovers, premium, baked	100	230	250	190	0.9	1.6	9	72	109	0.24	0.17	3.8	0.06	0.58	20	0	0.1	0.59
H176	1 pizza (2.5 x 24.6cm diameter)	675	1600	1700	1300	6.2	11	61	484	738	1.6	1.1	25	0.41	3.9	140	0	0.4	4.0
H176	1 slice (1/6 pizza)	113	260	280	210	1.0	1.8	10	81	123	0.27	0.19	4.2	0.07	0.65	23	0	0.1	0.66
H191	Pizza, hawaiian, thick crust, composite	100	180	160	140	0.7	1.3	8	49	15	0.16	0.19	3.8	0.06	0.19	21	5.1	0.1	0.47
H191	1 slice (1/8th pizza)	97	170	160	140	0.7	1.2	8	47	15	0.16	0.18	3.6	0.06	0.18	20	5.0	0.1	0.46
H191	1 pizza (2.25 x 28.3cm diameter)	742	1300	1200	1000	5.3	9.5	59	361	111	1.2	1.4	28	0.45	1.4	160	37.8	0.7	3.5
H189	Pizza, meat, thick crust, composite	100	200	210	160	1.1	1.8	8	49	13	0.16	0.19	3.9	0.06	0.33	51	5.1	0.1	0.47
H189	1 pizza (2.35 x 27.8cm diameter)	700	1400	1400	1100	7.4	13	55	340	88	1.1	1.3	28	0.42	2.3	360	35.7	0.7	3.3
H189	1 slice (1/8th pizza)	91	180	190	150	1.0	1.6	7	44	11	0.15	0.17	3.6	0.06	0.30	46	4.6	0.1	0.43

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Food ID	Foods	Measure	Water	Energy	Energy (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
H41	Pizza, supreme, thin crust, Pizza Hut	100	52.4	922	935	12.8	8.8	22.9	1.6	0.9	22.0	3.4	3.1	1.5			11	640	trace
H41	1 slice (1/6 pizza)	64	33.5	590	598	8.2	5.6	14.7	1.0	0.6	14.1	2.2	2.0	1.0			7	410	trace
H41	1 pizza	384	201	3540	3590	49.2	33.8	87.9	6.1	3.5	84.5	13.0	11.8	5.7			42	2460	12
H85	Pork, barbecue, barbecued	100	70.8	527	535	20.3	3.7	3.1	1.0	3.0	0.1	1.3	1.5	0.4			64	321	trace
H85	1 serving	375	265	1980	2010	76.2	13.8	11.6	3.6	11.1	0.5	4.8	5.6	1.4			241	1200	trace
H125	Pork, ribs with barbecue sauce, baked	100	72.3	471	474	13.0	2.1	9.6	0.4	9.2	0.4	0.8	0.8	0.2			41	421	trace
H125	1 small rib without bone	25	18.1	118	119	3.3	0.5	2.4	0.1	2.3	0.1	0.2	0.2	trace			10	105	trace
H1014	Pork, sweet & sour, Chinese	100	49.5	1080	1080	9.6	15.5	20.6	0.6	13.3	7.4	5.0	6.7	2.5		2.1	32	278	trace
H1014	1 cup (250ml)	195	96.6	2100	2110	18.8	30.2	40.2	1.2	25.8	14.4	9.8	13.0	4.8		4.1	62	542	6
H1045	Potato & Gravy, KFC	100	80.0	276	287	2.2	1.0	12.1	1.4	0	12.1	0.5	0.3	0.1			2	328	trace
H1045	10 strips	69	55.2	190	198	1.5	0.7	8.3	1.0	0	8.3	0.3	0.2	0.1			1	226	trace
H152	Potato, hashbrown, McDonald's	100	59.6	873	884	2.0	11.3	25.2	1.4	0	25.2	5.1	4.3	0.2		0.2	14	516	trace
H152	1 piece	68	40.5	594	601	1.3	7.7	17.2	1.0	0	17.2	3.5	2.9	0.2		0.1	10	351	trace
H88	Prawns, garlic	100	72.9	457	461	16.9	3.1	3.6	0.5	3.2	0.4	0.5	0.7	1.4			122	570	24
H88	1 prawn	23	16.8	105	106	3.9	0.7	0.8	0.1	0.7	0.1	0.1	0.2	0.3			28	131	trace
H1018	Rice, fried, combination, Chinese	100	62.1	583	591	8.9	5.0	14.8	1.1	0.4	14.4	0.9	2.2	1.6		1.4	42	411	7
H1018	1 cup (250ml)	158	97.8	918	931	14.1	7.9	23.3	1.7	0.6	22.7	1.4	3.4	2.5		2.2	66	647	11
H1020	Salad, beef, Thai	100	76.8	393	408	11.0	2.5	7.1	1.9	6.6	0.5	1.1	1.1	0.1			21	706	trace
H1020	1 cup (250ml)	215	165	845	878	23.7	5.3	15.2	4.1	14.1	1.1	2.4	2.3	0.2			46	1520	trace
H1043	Sausage roll, individual size, microwaved	100	41.0	1170	1180	8.2	15.0	28.4	1.6	2.8	25.6	7.2	5.5	trace	trace	0	28	550	trace
H1043	1 sausage roll (9.5 x 4.5 x 2.9cm)	110	45.0	1280	1290	9.0	16.4	31.1	1.8	3.1	28.1	7.9	6.0	trace	trace	0	31	603	trace
H1044	Sausage roll, party size, baked	100	44.3	1140	1150	8.7	15.5	25.1	1.6	2.8	22.3	7.6	5.7	0.7	0.1	0.5	27	540	trace
H1044	1 sausage roll (5.2 x 3.9 x 3.3cm)	41	18.0	464	469	3.5	6.3	10.2	0.7	1.1	9.1	3.1	2.3	0.3	trace	0.2	11	220	trace

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Food ID	Foods	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
H41	Pizza, supreme, thin crust, Pizza Hut	100	170	170	110	1.3	1.6	6	50	108	0.07	0.10	3.6	0.12	0.46	34	1.0	0.1	1.3
H41	1 slice (1/6 pizza)	64	110	110	67	0.8	1.0	trace	32	69	0.05	0.06	2.3	0.08	0.29	22	0.6	trace	0.81
H41	1 pizza	384	650	640	400	5.0	6.1	23	192	415	0.27	0.38	14	0.46	1.8	130	3.8	0.2	4.9
H85	Pork, barbecue, barbecued	100	470	250	12	1.4	2.9	9	28	166	0.39	0.17	6.7	0.13	0.37	3.8	2.8	0.5	0.35
H85	1 serving	375	1700	950	44	5.3	11	35	104	622	1.5	0.64	25	0.49	1.4	14	10.3	1.8	1.3
H125	Pork, ribs with barbecue sauce, baked	100	290	160	9.9	1.3	1.9	6	8	49	0.21	0.11	4.5	0.10	0.21	3.5	1.1	0.3	0.22
H125	1 small rib without bone	25	73	40	2.5	0.3	0.5	trace	2	12	0.05	0.03	1.1	0.03	0.05	0.88	0.3	0.1	0.06
H1014	Pork, sweet & sour, Chinese	100	160	96	15	1.8	1.4	trace	5	28	0.25	0.05	2.0	0.06	0.28	3.0	8.0	0	0.36
H1014	1 cup (250ml)	195	310	190	29	3.5	2.8	trace	10	55	0.49	0.10	3.9	0.12	0.55	5.9	15.6	0	0.70
H1045	Potato & Gravy, KFC	100	170	52	11	0.7	0.2	trace	15	30	0.06	0.04	0.60	0.21	0.03	12	6.0	0	0
H1045	10 strips	69	120	36	7.6	0.5	0.1	trace	10	21	0.04	0.03	0.41	0.15	0.02	8.3	4.1	0	0
H152	Potato, hashbrown, McDonald's	100	470	80	11	0.6	0.5	0	14	0	0.32	0.03	2.6	0.06	0.02	4.5	7.6	0	0.17
H152	1 piece	68	320	54	7.4	0.4	0.3	0	9	0	0.22	0.02	1.8	0.04	0.01	3.1	5.2	0	0.12
H88	Prawns, garlic	100	200	180	46	2.2	0.9	39	39	0	0.03	0.04	6.1	0.10	1.5	17	2.5	0.1	1.4
H88	1 prawn	23	45	41	11	0.5	0.2	9	9	0	0.01	0.01	1.4	0.02	0.35	3.9	0.6	trace	0.32
H1018	Rice, fried, combination, Chinese	100	110	74	11	0.6	1.2	7	20	12	0.08	0.08	2.2	0.06	0.04	10	0	0	0.73
H1018	1 cup (250ml)	158	170	120	18	0.9	1.8	11	31	19	0.13	0.13	3.5	0.09	0.06	16	0	0	1.2
H1020	Salad, beef, Thai	100	260	93	20	1.3	1.8	trace	16	95	0.05	0.70	3.6	0.11	0.86	12	3.3	0	0.31
H1020	1 cup (250ml)	215	570	200	42	2.8	3.8	7	34	203	0.11	1.5	7.7	0.24	1.8	26	7.1	0	0.67
H1043	Sausage roll, individual size, microwaved	100	150	140	28	1.0	0.8	6	6	trace	0.13	0.06	2.2	0.08	0.22	29	0.5	0.3	0.17
H1043	1 sausage roll (9.5 x 4.5 x 2.9cm)	110	160	150	31	1.1	0.9	6	7	trace	0.14	0.07	2.4	0.09	0.24	31	0.5	0.3	0.19
H1044	Sausage roll, party size, baked	100	160	95	26	0.9	0.8	trace	6	trace	0.13	0.06	2.4	0.08	0.28	22	0.5	0.3	0.17
H1044	1 sausage roll (5.2 x 3.9 x 3.3cm)	41	65	39	10	0.4	0.3	trace	3	trace	0.05	0.02	0.98	0.03	0.11	9.0	0.2	0.1	0.07

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Food ID	Foods	Measure	Water	Energy	Energy (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
H1002	Sausage roll, with cheese, baked, composite	100	40.6	1260	1270	9.9	18.5	24.7	1.6	2.2	22.5	9.8	6.0	0.7	trace	0.7	28	550	trace
H1002	1 sausage roll (5.1 x 4 x 3.6cm)	37	14.9	464	469	3.6	6.8	9.1	0.6	0.8	8.3	3.6	2.2	0.3	trace	0.3	10	202	trace
H52	Saveloy, battered, fried, Independent Shops	100	44.4	1280	1290	11.9	20.8	18.4	2.1	3.3	15.1	9.1	8.7	0.8			23	1020	8
H52	1 sausage	138	61.3	1760	1780	16.4	28.7	25.4	2.9	4.6	20.8	12.5	12.0	1.1			32	1410	11
H1003	Savoury, bacon & egg, baked, composite	100	42.1	1180	1190	12.3	18.3	17.9	1.4	0.8	17.1	9.5	5.9	0.9	trace	0.9	105	620	12
H1003	1 savoury (2.3 x 5.3cm diameter)	45	18.9	530	535	5.5	8.2	8.0	0.6	0.4	7.7	4.3	2.6	0.4	trace	0.4	47	278	trace
H1005	Savoury, mince & cheese, heated, composite	100	44.4	1140	1150	8.8	16.3	23.3	1.4	0.8	22.5	8.1	5.9	0.1	trace	0.1	29	400	trace
H1005	1 savoury (2.7 x 5.1cm diameter)	59	26.3	675	682	5.2	9.7	13.8	0.8	0.5	13.3	4.8	3.5	0.1	trace	0.1	17	238	trace
H1004	Savoury, mince, heated, composite	100	46.7	1080	1100	7.6	15.6	22.9	1.4	0.5	22.4	8.0	5.2	0.8	trace	0.8	26	430	trace
H1004	1 savoury (2.6 x 5.6cm diameter)	53	24.8	577	583	4.0	8.3	12.2	0.7	0.3	11.9	4.3	2.8	0.4	trace	0.4	14	229	trace
H1006	Savoury, potato top, heated, composite	100	55.6	870	881	5.9	11.3	21.3	1.4	0.5	20.8	5.7	3.8	0.1	trace	0.1	17	390	trace
H1006	1 savoury (2.8 x 5.6cm diameter)	59	32.9	515	522	3.5	6.7	12.6	0.8	0.3	12.3	3.3	2.2	trace	trace	trace	10	231	trace
H1013	Soup, chicken sweetcorn, Chinese	100	85.3	237	245	5.8	1.7	4.7	1.0	1.1	3.6	0.5	0.8	0.2			30	274	trace
H1013	1 cup (250ml)	265	226	629	651	15.4	4.5	12.4	2.7	2.8	9.6	1.4	2.2	0.6			79	726	trace
H1019	Soup, tom yam gai, chicken, Thai	100	87.3	167	167	5.8	1.3	1.3	0	1.1	0.2	0.4	0.7	0.3			18	599	trace
H1019	1 cup (250ml)	235	205	393	393	13.6	3.1	3.0	0	2.5	0.6	1.0	1.6	0.6			43	1410	trace
H208	Spring roll, traditional, with meat, baked, Highmark	100	59.0	981	1000	5.3	14.2	22.0	2.8	2.3	19.7	7.6	5.0	0.9		0.9	11	469	trace
H208	1 roll (8.5 x 3 x 2.5cm)	43	25.3	421	431	2.3	6.1	9.5	1.2	1.0	8.5	3.3	2.1	0.4		0.4	5	201	trace
H208	1 roll (12.2 x 4.5 x 3cm)	121	71.6	1190	1220	6.5	17.2	26.7	3.4	2.8	23.9	9.2	6.0	1.1		1.1	13	569	trace
H212	Spring roll, traditional, with meat, deep fried, Highmark	100	53.5	1070	1090	5.4	16.3	22.3	2.8	2.4	19.9	6.8	6.7	1.7			11	474	trace
H212	1 roll (8.4 x 3.1 x 2.5cm)	43	23.1	459	469	2.3	7.0	9.6	1.2	1.0	8.6	2.9	2.9	0.7			5	204	trace
H212	1 roll (12.2 x 4.5 x 3cm)	121	64.7	1290	1320	6.5	19.7	26.9	3.4	2.8	24.1	8.3	8.1	2.1			13	574	trace
H211	Spring roll, vegetarian, baked, Highmark	100	64.0	741	763	3.1	10.0	19.2	2.8	2.8	16.4	5.5	3.3	0.7		0.7	0	429	0
H211	1 roll (11.8 x 6 x 2.8cm)	108	69.4	803	827	3.3	10.8	20.8	3.0	3.0	17.8	6.0	3.6	0.7		0.7	0	465	0

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Food ID	Foods	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
H1002	Sausage roll, with cheese, baked, composite	100	150	110	68	0.9	1.0	trace	23	trace	0.12	0.09	3.1	0.08	5.5	26	0.5	0.1	0.17
H1002	1 sausage roll (5.1 x 4 x 3.6cm)	37	55	40	25	0.3	0.4	trace	8	trace	0.04	0.03	1.1	0.03	2.0	9.4	0.2	trace	0.06
H52	Saveloy, battered, fried, Independent Shops	100	120	98	35	2.0	5.8	trace	0	0	0.05	0.09	3.4	0.05	0.26	35	0	0.2	0.08
H52	1 sausage	138	170	140	48	2.8	8.0	trace	0	0	0.07	0.12	4.7	0.07	0.36	48	0	0.3	0.11
H1003	Savoury, bacon & egg, baked, composite	100	160	230	140	1.1	1.1	11	95	0	0.17	0.22	1.8	0.06	0.47	35	0.5	0.5	0.40
H1003	1 savoury (2.3 x 5.3cm diameter)	45	72	100	65	0.5	0.5	trace	42	0	0.08	0.10	0.80	0.03	0.21	15	0.2	0.2	0.18
H1005	Savoury, mince & cheese, heated, composite	100	110	100	66	0.7	1.1	trace	34	70	0.17	0.09	6.8	0.06	0.21	27	0	0.1	0.60
H1005	1 savoury (2.7 x 5.1cm diameter)	59	65	59	39	0.4	0.7	trace	20	42	0.10	0.05	4.0	0.04	0.13	16	0	trace	0.36
H1004	Savoury, mince, heated, composite	100	120	75	12	1.1	0.8	trace	6	trace	0.13	0.09	2.3	0.08	0.43	37	0	0.1	0.60
H1004	1 savoury (2.6 x 5.6cm diameter)	53	64	40	6.4	0.6	0.4	trace	3	trace	0.07	0.05	1.2	0.04	0.23	19	0	trace	0.32
H1006	Savoury, potato top, heated, composite	100	240	73	11	0.9	0.6	trace	5	4	0.05	0.05	5.9	0.10	0.36	18	2.5	0.1	0.60
H1006	1 savoury (2.8 x 5.6cm diameter)	59	140	43	6.4	0.5	0.3	trace	3	2	0.03	0.03	3.5	0.06	0.21	10	1.5	trace	0.36
H1013	Soup, chicken sweetcorn, Chinese	100	100	55	5.3	0.5	0.3	trace	23	110	0.01	0.03	0.50	0.01	0.05	22	0	0	0.10
H1013	1 cup (250ml)	265	270	140	14	1.2	0.7	13	61	292	0.03	0.08	1.3	0.03	0.13	58	0	0	0.27
H1019	Soup, tom yam gai, chicken, Thai	100	150	61	11	0.3	0.3	trace	21	110	0.01	0.01	1.1	0.08	0.03	1.0	0	0	0.08
H1019	1 cup (250ml)	235	350	140	26	0.7	0.6	trace	49	259	0.02	0.02	2.5	0.19	0.07	2.4	0	0	0.19
H208	Spring roll, traditional, with meat, baked, Highmark	100	93	38	20	0.7	0.6	trace	8	41	0.01	0.04	2.9	0.02	0.15	3.0	0	0	0.39
H208	1 roll (8.5 x 3 x 2.5cm)	43	40	16	8.6	0.3	0.3	trace	4	18	trace	0.02	1.2	0.01	0.06	1.3	0	0	0.17
H208	1 roll (12.2 x 4.5 x 3cm)	121	110	46	24	0.8	0.8	trace	10	50	0.01	0.05	3.5	0.02	0.18	3.6	0	0	0.47
H212	Spring roll, traditional, with meat, deep fried, Highmark	100	94	39	20	0.7	0.6	trace	7	35	0.01	0.05	3.0	0.02	0.15	3.0	0	0	1.2
H212	1 roll (8.4 x 3.1 x 2.5cm)	43	41	17	8.7	0.3	0.3	trace	3	15	trace	0.02	1.3	0.01	0.07	1.3	0	0	0.52
H212	1 roll (12.2 x 4.5 x 3cm)	121	110	47	25	0.8	0.8	trace	9	42	0.01	0.06	3.6	0.02	0.18	3.6	0	0	1.5
H211	Spring roll, vegetarian, baked, Highmark	100	73	23	22	0.7	0.2	trace	7	41	0.01	0.04	1.1	0.02	0	3.0	0	0	0.38
H211	1 roll (11.8 x 6 x 2.8cm)	108	79	25	24	0.8	0.2	trace	7	44	0.01	0.04	1.2	0.02	0	3.3	0	0	0.41

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Food ID	Foods	Measure	Water	Energy	Energy (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
H1015	Stir-fry, black bean beef, Chinese	100	80.8	364	367	6.3	5.8	2.8	0.4	2.0	0.8	1.0	1.9	2.3		2.0	14	534	8
H1015	1 cup (250ml)	247	200	899	907	15.4	14.2	6.9	1.0	4.9	2.0	2.6	4.6	5.7		4.9	35	1320	20
H1016	Stir-fry, chicken & cashew, Chinese	100	74.6	501	510	7.7	9.1	2.1	1.1	0.5	1.6	1.6	4.4	2.5		2.2	27	409	trace
H1016	1 cup (250ml)	205	153	1030	1040	15.8	18.7	4.3	2.3	1.0	3.3	3.2	9.0	5.2		4.6	56	839	8
H55	Sundae, chocolate, McDonald's	100	62.3	756	757	4.3	4.7	30.6	0.2	30.2	0.4	3.1	1.2	0.2			11	98.0	trace
H55	1 sundae	198	123	1500	1500	8.5	9.3	60.5	0.3	59.8	0.8	6.1	2.4	0.4			22	194	trace
J FATS & OILS																			
J1013	Butter, semi soft, spreadable, composite	100	25.1	2710	2710	0.3	72.4	1.4	0	1.4	0	34.7	22.9	7.0	1.7	4.4	145	450	trace
J1013	1 teaspoon	5	1.2	129	129	trace	3.4	0.1	0	0.1	0	1.6	1.1	0.3	0.1	0.2	7	21.4	trace
J39	Chefade	100	0.5	3610	3610	0.2	97.5	0	0	0	0	46.4	39.5	2.9	0.3	3.2	71	35.0	trace
J39	1 tablespoon	12	0.1	433	433	trace	11.7	0	0	0	0	5.6	4.7	0.3	trace	0.4	9	4.2	trace
J1030	Dripping, beef, Farmland	100	0.1	3700	3700	0	99.9	0	0	0	0	52.2	35.6	1.5	0.7	0.9	26	0	0
J1030	1 cup (250ml)	157	0.1	5820	5820	0	157	0	0	0	0	82.1	56.1	2.4	1.1	1.4	41	0	0
J1030	1 tablespoon	9	trace	349	349	0	9.4	0	0	0	0	4.9	3.4	0.1	0.1	0.1	2	0	0
J1030	1 teaspoon	3	trace	116	116	0	3.1	0	0	0	0	1.6	1.1	trace	trace	trace	1	0	0
J7	Lard	100	1.0	3670	3670	0.1	99.0	0	0	0	0	41.8	41.6	9.0			71	2.0	trace
J7	1 tablespoon	12	0.1	440	440	trace	11.9	0	0	0	0	5.0	5.0	1.1			9	0.2	trace
J1022	Margarine, avocado, Olivani	100	42.0	2110	2110	0	57.1	0	0	0	0	14.1	27.3	12.4	1.5	10.8	3	330	0
J1022	1 teaspoon	5	2.0	99	99	0	2.7	0	0	0	0	0.7	1.3	0.6	0.1	0.5	trace	15.5	0
J1003	Margarine, canola, monounsaturated, 50% fat, composite	100	47.7	1910	1910	0.3	51.5	0	0	0	0	11.1	23.7	12.3	4.0	8.2	0	390	trace
J1003	1 teaspoon	5	2.3	92	92	trace	2.5	0	0	0	0	0.5	1.1	0.6	0.2	0.4	0	18.7	trace
J1001	Margarine, canola, monounsaturated, 70% fat, composite	100	28.5	2600	2600	0.3	70.0	0	0	0	0	16.1	31.3	16.5	5.4	11.0	0	390	trace
J1001	1 teaspoon	5	1.4	125	125	trace	3.4	0	0	0	0	0.8	1.5	0.8	0.3	0.5	0	18.7	trace

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Food ID	Foods	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	
H1015	Stir-fry, black bean beef, Chinese	100	190	66	20	1.3	1.2	trace	8	32	0.11	0.13	2.0	0.26	0.69	10	8.0	0	0.55	
H1015	1 cup (250ml)	247	470	160	50	3.3	2.9	7	21	79	0.27	0.32	4.9	0.64	1.7	25	19.8	0	1.4	
H1016	Stir-fry, chicken & cashew, Chinese	100	200	96	21	0.8	0.7	7	50	258	0.07	0.12	6.7	0.23	0.04	13	2.0	0	0.63	
H1016	1 cup (250ml)	205	410	200	43	1.7	1.4	13	102	529	0.14	0.25	14	0.47	0.08	27	4.1	0	1.3	
H55	Sundae, chocolate, McDonald's	100	120	140	98	0.6	0.3	trace	43	23	0.04	0.24	1.5	0.03	0.38	7.0	1.4	trace	0.50	
H55	1 sundae	198	250	270	190	1.2	0.6	trace	85	46	0.08	0.48	3.0	0.06	0.75	14	2.8	0.1	0.99	
J	FATS & OILS																			
J1013	Butter, semi soft, spreadable, composite	100	26	17	21	0.3	0.4	trace	499	691	0	0	0.20	0.01	0.06	0	0	2.6	16	
J1013	1 teaspoon	5	1.2	0.8	1.0	trace	trace	trace	24	33	0	0	0.01	0	trace	0	0	0.1	0.74	
J39	Chefade	100	5.0	11	6.0	0.2	2.0	trace	23	23	0	0	0	0	0	0	0	0	0	
J39	1 tablespoon	12	0.6	1.3	0.7	trace	0.2	trace	3	3	0	0	0	0	0	0	0	0	0	
J1030	Dripping, beef, Farmland	100	0	0	0.6	0.5	0	0	1060	50	0	0	0	0	0.22	0	0	0.7	0.13	
J1030	1 cup (250ml)	157	0	0	0.9	0.9	0	0	1670	78	0	0	0	0	0.35	0	0	1.1	0.21	
J1030	1 tablespoon	9	0	0	0.1	trace	0	0	100	5	0	0	0	0	0.02	0	0	0.1	0.01	
J1030	1 teaspoon	3	0	0	trace	trace	0	0	33	2	0	0	0	0	0.01	0	0	trace	trace	
J7	Lard	100	1.0	3.0	1.0	0.1	0.1	trace	0	0	0	0	0	0	0	0	0	0	1.0	
J7	1 tablespoon	12	0.1	0.4	0.1	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0.12	
J1022	Margarine, avocado, Olivani	100	22	4.1	0.6	trace	trace	trace	71	417	0	0	0	0	1.7	0	0	0	11	
J1022	1 teaspoon	5	1.0	0.2	trace	trace	trace	trace	3	20	0	0	0	0	0.08	0	0	0	0.51	
J1003	Margarine, canola, monounsaturated, 50% fat, composite	100	27	1.5	1.1	trace	trace	trace	1280	811	0	0	0	0	0	0	0	20	11	
J1003	1 teaspoon	5	1.3	0.1	trace	trace	trace	trace	61	39	0	0	0	0	0	0	0	1.0	0.53	
J1001	Margarine, canola, monounsaturated, 70% fat, composite	100	41	10	11	trace	trace	trace	823	471	0	0	0.10	0	0	0	0	15	20	
J1001	1 teaspoon	5	2.0	0.5	0.5	trace	trace	trace	39	23	0	0	trace	0	0	0	0	0.7	0.94	

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Food ID	Foods	Measure	Water	Energy	Energy (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
J1023	Margarine, catering, Choice	100	33.5	2380	2380	0	64.3	0	0	0	0	18.1	25.4	16.9	2.3	14.4	4	590	trace
J1023	1 teaspoon	5	1.6	114	114	0	3.1	0	0	0	0	0.9	1.2	0.8	0.1	0.7	trace	28.2	trace
J1012	Margarine, light, monounsaturated, 55% fat, Olivani	100	43.5	2060	2060	0.3	55.6	0	0	0	0	14.0	23.7	13.9	1.7	12.1	0	380	trace
J1012	1 teaspoon	5	2.0	97	97	trace	2.6	0	0	0	0	0.7	1.1	0.7	0.1	0.6	0	17.9	trace
J1008	Margarine, light, polyunsaturated, 50% fat, Flora	100	49.3	1800	1800	0.3	48.6	0	0	0	0	11.2	13.6	20.5	1.5	19.0	0	350	trace
J1008	1 teaspoon	5	2.3	86	86	trace	2.3	0	0	0	0	0.5	0.6	1.0	0.1	0.9	0	16.6	trace
J1009	Margarine, monounsaturated, 75% fat, Olivani	100	28.7	2610	2610	0.3	70.3	0	0	0	0	18.0	29.8	17.4	2.2	15.1	0	370	trace
J1009	1 teaspoon	5	1.3	122	122	trace	3.3	0	0	0	0	0.8	1.4	0.8	0.1	0.7	0	17.4	trace
J1007	Margarine, polyunsaturated, 60% fat, Sunrise	100	38.6	2230	2230	0.3	60.1	0	0	0	0	14.1	20.4	20.6	2.1	18.4	0	320	trace
J1007	1 teaspoon	5	1.8	106	106	trace	2.9	0	0	0	0	0.7	1.0	1.0	0.1	0.9	0	15.2	trace
J1005	Margarine, polyunsaturated, 70% fat, composite	100	27.6	2610	2610	0.3	70.3	0	0	0	0	16.3	25.0	24.1	3.5	20.5	0	610	trace
J1005	1 teaspoon	5	1.3	124	124	trace	3.3	0	0	0	0	0.8	1.2	1.1	0.2	1.0	0	29.0	trace
J1006	Margarine, polyunsaturated, 70% fat, reduced salt, composite	100	28.3	2600	2600	0.3	70.2	0	0	0	0	16.2	25.0	23.8	3.5	20.2	0	370	trace
J1006	1 teaspoon	5	1.3	124	124	trace	3.3	0	0	0	0	0.8	1.2	1.1	0.2	1.0	0	17.6	trace
J1020	Margarine, rice bran, Alfa One	100	14.2	3050	3050	0	82.3	0	0	0	0	21.6	31.6	24.6	0.7	23.8	0	570	0
J1020	1 teaspoon	5	0.7	145	145	0	3.9	0	0	0	0	1.0	1.5	1.2	trace	1.1	0	27.1	0
J1002	Margarine, summer gold, canola, monounsaturated, 70% fat, Pams	100	27.2	2620	2620	0.3	70.6	0	0	0	0	13.0	26.7	24.8	2.2	22.5	0	570	trace
J1002	1 teaspoon	5	1.3	126	126	trace	3.4	0	0	0	0	0.6	1.3	1.2	0.1	1.1	0	27.4	trace
J1004	Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams	100	41.4	2150	2150	0.3	58.1	0	0	0	0	9.7	20.9	23.4	1.1	22.3	0	320	trace
J1004	1 teaspoon	5	2.0	103	103	trace	2.8	0	0	0	0	0.5	1.0	1.1	trace	1.1	0	15.4	trace
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
J1037	1 cup (250ml)	216	0	7980	7980	0	216	0	0	0	0	29.5	85.6	89.7	0.6	89.0	0	0	0
J1037	1 tablespoon	13	0	479	479	0	12.9	0	0	0	0	1.8	5.1	5.4	trace	5.3	0	0	0
J1037	1 teaspoon	4	0	159	159	0	4.3	0	0	0	0	0.6	1.7	1.8	trace	1.8	0	0	0

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Food ID	Foods	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
J1023	Margarine, catering, Choice	100	3.2	1.7	0.5	trace	trace	trace	11	59	0	0	0	0	0.22	0	0	0	8.3
J1023	1 teaspoon	5	0.2	0.1	trace	trace	trace	trace	trace	3	0	0	0	0	0.01	0	0	0	0.40
J1012	Margarine, light, monounsaturated, 55% fat, Olivani	100	24	3.1	0.6	trace	trace	trace	105	631	0	0	0	0	0	0	0	0	15
J1012	1 teaspoon	5	1.1	0.1	trace	trace	trace	trace	5	30	0	0	0	0	0	0	0	0	0.69
J1008	Margarine, light, polyunsaturated, 50% fat, Flora	100	34	4.1	2.7	trace	trace	trace	1100	7	0	0	0	0	0	0	0	16	20
J1008	1 teaspoon	5	1.6	0.2	0.1	trace	trace	trace	52	trace	0	0	0	0	0	0	0	0.8	0.94
J1009	Margarine, monounsaturated, 75% fat, Olivani	100	24	1.9	0.4	trace	trace	trace	90	531	0	0	0	0	0	0	0	0	18
J1009	1 teaspoon	5	1.1	0.1	trace	trace	trace	trace	4	25	0	0	0	0	0	0	0	0	0.82
J1007	Margarine, polyunsaturated, 60% fat, Sunrise	100	23	1.5	0.4	trace	trace	trace	94	561	0	0	0.10	0	0	0	0	0	9.7
J1007	1 teaspoon	5	1.1	0.1	trace	trace	trace	trace	4	27	0	0	trace	0	0	0	0	0	0.46
J1005	Margarine, polyunsaturated, 70% fat, composite	100	18	8.0	7.5	trace	trace	trace	1080	221	0	0	0.10	0	0	0	0	14	27
J1005	1 teaspoon	5	0.9	0.4	0.4	trace	trace	trace	51	11	0	0	trace	0	0	0	0	0.7	1.3
J1006	Margarine, polyunsaturated, 70% fat, reduced salt, composite	100	20	9.2	9.1	trace	trace	trace	1120	201	0	0	0.10	0	0	0	0	17	20
J1006	1 teaspoon	5	1.0	0.4	0.4	trace	trace	trace	53	10	0	0	trace	0	0	0	0	0.8	0.95
J1020	Margarine, rice bran, Alfa One	100	32	20	20	0.2	0.1	trace	94	551	0	0	0	0	0	0	0	0	4.1
J1020	1 teaspoon	5	1.5	1.0	1.0	trace	trace	trace	4	26	0	0	0	0	0	0	0	0	0.20
J1002	Margarine, summer gold, canola, monounsaturated, 70% fat, Pams	100	16	12	14	trace	trace	trace	39	231	0	0	0.10	0	0	0	0	0	20
J1002	1 teaspoon	5	0.8	0.6	0.7	trace	trace	trace	2	11	0	0	trace	0	0	0	0	0	0.94
J1004	Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams	100	22	1.7	1.0	trace	trace	trace	80	481	0	0	0	0	0	0	0	0	29
J1004	1 teaspoon	5	1.1	0.1	trace	trace	trace	trace	4	23	0	0	0	0	0	0	0	0	1.4
J1037	Oil, sesame	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.4
J1037	1 cup (250ml)	216	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3.0
J1037	1 tablespoon	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.18
J1037	1 teaspoon	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.06

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Food ID	Foods	Measure	Water	Energy	Energy (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
J1033	Oil, canola, composite	100	0.1	3700	3700	0	99.9	0	0	0	0	7.2	56.8	26.1	7.9	18.1	0	0	0
J1033	1 cup (250ml)	212	0.1	7820	7820	0	211	0	0	0	0	15.2	120	55.2	16.8	38.2	0	0	0
J1033	1 tablespoon	13	trace	470	470	0	12.7	0	0	0	0	0.9	7.2	3.3	1.0	2.3	0	0	0
J1033	1 teaspoon	4	trace	156	156	0	4.2	0	0	0	0	0.3	2.4	1.1	0.3	0.8	0	0	0
J10	Oil, olive	100	0.2	3690	3690	0	99.6	0.2	0	0.2	0	16.6	65.3	11.8	0.6	11.2	0	trace	trace
J10	1 tablespoon	14	trace	516	516	0	13.9	trace	0	trace	0	2.3	9.1	1.7	0.1	1.6	0	trace	trace
J1034	Oil, rice bran, composite	100	0.1	3700	3700	0	99.9	0	0	0	0	20.3	35.2	28.0	0.9	27.1	0	0	0
J1034	1 cup (250ml)	210	0.1	7770	7770	0	210	0	0	0	0	42.7	73.9	58.9	2.0	57.0	0	0	0
J1034	1 tablespoon	13	trace	466	466	0	12.6	0	0	0	0	2.6	4.4	3.5	0.1	3.4	0	0	0
J1034	1 teaspoon	4	trace	155	155	0	4.2	0	0	0	0	0.9	1.5	1.2	trace	1.1	0	0	0
J14	Oil, safflower	100	0.2	3680	3680	0	99.5	0	0	0	0	11.4	19.2	64.1	1.2	63.3	0	0	trace
J14	1 tablespoon	14	trace	515	515	0	13.9	0	0	0	0	1.6	2.7	9.0	0.2	8.9	0	0	trace
J1035	Oil, soybean, composite	100	trace	3700	3700	0	100.0	0	0	0	0	10.5	16.7	37.9	3.6	34.4	0	0	0
J1035	1 cup (250ml)	214	0.1	7930	7930	0	214	0	0	0	0	22.5	35.7	81.2	7.6	73.6	0	0	0
J1035	1 tablespoon	13	trace	476	476	0	12.9	0	0	0	0	1.4	2.1	4.9	0.5	4.4	0	0	0
J1035	1 teaspoon	4	trace	159	159	0	4.3	0	0	0	0	0.5	0.7	1.6	0.2	1.5	0	0	0
J1036	Oil, sunflower, composite	100	trace	3700	3700	0	100.0	0	0	0	0	7.2	17.7	40.7	0.2	40.5	0	0	0
J1036	1 cup (250ml)	209	0.1	7730	7730	0	209	0	0	0	0	15.1	37.1	85.1	0.4	84.7	0	0	0
J1036	1 tablespoon	13	trace	464	464	0	12.5	0	0	0	0	0.9	2.2	5.1	trace	5.1	0	0	0
J1036	1 teaspoon	4	trace	155	155	0	4.2	0	0	0	0	0.3	0.7	1.7	trace	1.7	0	0	0
J31	Oil, vegetable, blend	100	0.2	3660	3660	0	99.0	0	0	0	0	10.5	45.1	37.6	7.1	29.7	2	0	trace
J31	1 tablespoon	14	trace	513	513	0	13.9	0	0	0	0	1.5	6.3	5.3	1.0	4.2	trace	0	trace

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Food ID	Foods	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	
J1033	Oil, canola, composite	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15
J1033	1 cup (250ml)	212	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	31
J1033	1 tablespoon	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1.9
J1033	1 teaspoon	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.63
J10	Oil, olive	100	0	1.0	0.2	0.4	trace	0	0	0	0	0	0	0	0	0	0	0	0	5.1
J10	1 tablespoon	14	0	0.1	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0	0.71
J1034	Oil, rice bran, composite	100	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	6.7
J1034	1 cup (250ml)	210	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	14
J1034	1 tablespoon	13	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0.85
J1034	1 teaspoon	4	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0.28
J14	Oil, safflower	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	39
J14	1 tablespoon	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5.4
J1035	Oil, soyabean, composite	100	0	0	0	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0	11
J1035	1 cup (250ml)	214	0	0	0	0.1	trace	0	0	0	0	0	0	0	0	0	0	0	0	24
J1035	1 tablespoon	13	0	0	0	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0	1.5
J1035	1 teaspoon	4	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0.49
J1036	Oil, sunflower, composite	100	0	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	0	48
J1036	1 cup (250ml)	209	0	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	0	100
J1036	1 tablespoon	13	0	0	0	0	trace	0	0	0	0	0	0	0	0	0	0	0	0	6.0
J1036	1 teaspoon	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2.0
J31	Oil, vegetable, blend	100	0	0	0	0.3	0.2	0	0	0	0	0	0	0	0	0	0	0	0	15
J31	1 tablespoon	14	0	0	0	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0	2.1

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Food ID	Foods	Measure	Water	Energy	Energy (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
J1031	Shortening, vegetable, Kremelta	100	0.1	3700	3700	0	99.9	0	0	0	0	94.0	0.9	0.2	0	0.2	0	0	0
J1031	1 cup (250ml)	187	0.1	6920	6920	0	187	0	0	0	0	176	1.6	0.4	0	0.4	0	0	0
J1031	1 tablespoon	11	trace	415	415	0	11.2	0	0	0	0	10.6	0.1	trace	0	trace	0	0	0
J1031	1 teaspoon	4	trace	138	138	0	3.7	0	0	0	0	3.5	trace	trace	0	trace	0	0	0
K	FINFISH																		
K179	Eel, smoked	100	66.1	692	692	16.8	11.1	0	0	0	0	2.5	4.1	3.4			121	1880	23
K179	1 cup, flaked	144	95.1	996	996	24.2	16.0	0	0	0	0	3.5	5.9	5.0			174	2700	33
K56	Flounder, flesh, baked	100	71.4	523	523	24.1	3.1	0.3	0	0.3	0	0.9	1.0	0.8		0.1	70	112	22
K56	1 cup, flaked	144	103	753	753	34.7	4.5	0.4	0	0.4	0	1.2	1.4	1.2		0.2	101	161	31
K56	1 fillet	104	74.3	544	544	25.1	3.2	0.3	0	0.3	0	0.9	1.0	0.9		0.1	73	116	22
K60	Hoki, flesh, baked	100	75.6	421	421	22.0	1.3	0.3	0	0.3	0	0.2	0.4	0.3	trace	trace	54	56.0	24
K60	1/2 fillet	122	92.2	513	513	26.8	1.6	0.4	0	0.4	0	0.3	0.4	0.3	trace	trace	66	68.3	30
K61	Hoki, flesh, deep fried	100	66.3	712	712	23.8	8.4	0.2	0	0.2	0	1.6	3.4	2.7	trace	2.3	58	76.0	24
K61	1/2 fillet	119	78.9	847	847	28.3	10.0	0.2	0	0.2	0	1.9	4.1	3.2	trace	2.7	69	90.4	29
K165	Kahawai, flesh, baked	100	68.9	544	544	26.2	2.7	0.4	0	0.4	0	1.0	0.6	0.7	trace	trace	68	64.0	22
K165	1 cup, flaked	144	99.2	783	783	37.7	3.9	0.6	0	0.6	0	1.4	0.9	0.9	trace	0.1	98	92.2	31
K165	1/2 fillet	119	82.0	647	647	31.2	3.2	0.5	0	0.5	0	1.2	0.7	0.8	trace	trace	81	76.2	26
K157	Kahawai, flesh, deep fried	100	61.7	770	770	25.3	9.3	0.3	0	0.3	0	2.0	3.6	2.9	trace	1.9	58	54.0	17
K157	1/2 fillet	142	87.6	1090	1090	35.9	13.1	0.5	0	0.5	0	2.9	5.1	4.1	trace	2.7	82	76.7	24
K78	Orange roughy, flesh, baked	100	68.4	725	725	20.5	10.2	0.3	0	0.3	0	0.5	8.0	0.4	trace	0.1	82	59.0	43
K78	1/2 fillet	125	85.5	906	906	25.6	12.8	0.4	0	0.4	0	0.6	9.9	0.5	trace	0.2	103	73.8	54
K78	1 cup, cooked, flaked	144	98.5	1040	1040	29.5	14.7	0.4	0	0.4	0	0.7	11.5	0.6	trace	0.2	118	85.0	62

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Food ID	Foods	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
J1031	Shortening, vegetable, Kremelta	100	0	0	1.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
J1031	1 cup (250ml)	187	0	0	3.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
J1031	1 tablespoon	11	0	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
J1031	1 teaspoon	4	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
K	FINFISH																		
K179	Eel, smoked	100	410	230	20	0.9	2.1	54	1030	0	0.16	0.33	6.2	0.28	1.9	14	1.8	22	4.0
K179	1 cup, flaked	144	590	330	28	1.3	3.0	78	1480	0	0.23	0.48	9.0	0.40	2.8	21	2.6	32	5.7
K56	Flounder, flesh, baked	100	550	290	30	1.0	0.9	81	16	0	0.05	0.03	6.6	0.10	0.63	6.0	0.2	3.5	0.30
K56	1 cup, flaked	144	790	420	43	1.4	1.3	120	23	0	0.07	0.04	9.5	0.14	0.91	8.6	0.3	5.0	0.43
K56	1 fillet	104	570	300	31	1.0	0.9	84	17	0	0.05	0.03	6.9	0.10	0.66	6.2	0.2	3.6	0.31
K60	Hoki, flesh, baked	100	330	170	9.0	0.2	0.3	69	15	0	0.03	0.01	4.9	0.05	0.90	2.0	0.2	0.6	0.22
K60	1/2 fillet	122	400	200	11	0.2	0.4	84	18	0	0.04	0.01	6.0	0.06	1.1	2.4	0.2	0.7	0.27
K61	Hoki, flesh, deep fried	100	520	260	13	0.5	0.4	58	9	0	0.02	0	7.1	0.08	1.1	2.0	0.2	0.6	0.81
K61	1/2 fillet	119	620	310	15	0.5	0.5	69	11	0	0.02	0	8.4	0.10	1.3	2.4	0.2	0.7	0.96
K165	Kahawai, flesh, baked	100	50	290	7.0	2.1	0.6	59	95	0	0.05	0.04	7.3	0.10	1.7	2.0	0.4	13	0.30
K165	1 cup, flaked	144	72	420	10	3.1	0.8	85	137	0	0.07	0.06	10	0.14	2.5	2.9	0.6	19	0.43
K165	1/2 fillet	119	60	350	8.3	2.5	0.7	70	113	0	0.06	0.05	8.7	0.12	2.0	2.4	0.5	15	0.36
K157	Kahawai, flesh, deep fried	100	42	250	6.0	1.8	0.5	50	76	0	0.04	0.03	6.9	0.09	1.5	0	0.3	13	0.24
K157	1/2 fillet	142	60	350	8.5	2.6	0.7	71	108	0	0.06	0.04	9.8	0.13	2.1	0	0.4	18	0.34
K78	Orange roughy, flesh, baked	100	300	150	9.0	2.0	0.3	100	126	0	0.01	0.02	5.0	0.12	0.40	5.0	0	3.0	0.83
K78	1/2 fillet	125	370	180	11	2.5	0.4	130	158	0	0.01	0.03	6.3	0.15	0.50	6.3	0	3.8	1.0
K78	1 cup, cooked, flaked	144	430	210	13	2.9	0.5	150	181	0	0.01	0.03	7.2	0.17	0.58	7.2	0	4.3	1.2

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Food ID	Foods	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
K79	Orange roughy, flesh, deep fried	100	65.2	790	790	22.6	11.0	0.3	0	0.3	0	1.4	6.6	2.4	trace	2.1	54	74.0	43
K79	1/2 fillet	133	86.7	1050	1050	30.1	14.6	0.4	0	0.4	0	1.8	8.8	3.1	trace	2.8	72	98.4	57
K79	1 cup, cooked, flaked	144	93.9	1140	1140	32.6	15.8	0.4	0	0.4	0	2.0	9.6	3.4	trace	3.0	78	107	62
K167	Salmon, flesh, smoked	100	68.1	554	554	23.0	4.6	0	0	0	0	0.9	1.8	1.6			48	1710	27
K167	1 cup, flaked	144	98.1	798	798	33.1	6.6	0	0	0	0	1.3	2.6	2.3			69	2460	39
K1001	Salmon, king, New Zealand. fillet, raw	100	57.9	1160	1160	18.1	23.1	0	0	0	0	6.4	11.2	0.8	trace	0.4	51	27.8	trace
K1001	1 serving	110	63.6	1270	1270	19.9	25.4	0	0	0	0	7.0	12.3	0.9	trace	0.4	56	30.6	6
K40	Salmon, red, canned	100	70.4	646	646	20.3	8.2	0.3	0	0.3	0	2.0	3.1	2.1			90	570	27
K40	1 cup (250ml)	240	169	1550	1550	48.6	19.7	0.6	0	0.6	0	4.9	7.5	5.0			216	1370	66
K42	Sardines, canned, drained	100	58.4	903	903	23.7	13.6	0.3	0	0.3	0	2.5	7.0	2.5			100	650	23
K42	1 sardine	12	7.0	108	108	2.8	1.6	trace	0	trace	0	0.3	0.8	0.3			12	78.0	trace
K89	Snapper, flesh, baked	100	70.1	553	553	25.2	3.4	0.4	0	0.4	0	0.8	0.7	0.6			53	99.0	56
K89	1 fillet	107	75.0	592	592	27.0	3.6	0.4	0	0.4	0	0.9	0.7	0.7			57	106	60
K90	Snapper, flesh, deep fried	100	68.0	640	640	24.1	6.3	0.3	0	0.3	0	1.9	2.1	1.7	trace	0.8	43	85.0	56
K90	1 fillet	94	63.9	601	601	22.6	5.9	0.3	0	0.3	0	1.7	2.0	1.6	trace	0.7	40	79.9	53
K92	Snapper, flesh, microwaved	100	72.4	522	522	22.2	3.9	0.4	0	0.4	0	1.0	0.9	0.6	trace	0.1	49	99.0	56
K92	1 fillet	135	97.7	704	704	30.0	5.3	0.6	0	0.6	0	1.3	1.2	0.8	trace	0.1	66	134	76
K64	Tarakihi, flesh, baked	100	73.1	460	460	24.4	1.3	0.3	0	0.3	0	0.2	0.2	0.4	trace	trace	91	97.0	48
K64	1 fillet	140	102	644	644	34.1	1.8	0.4	0	0.4	0	0.3	0.3	0.6	trace	trace	127	136	68
K65	Tarakihi, flesh, deep fried	100	69.3	576	576	25.2	4.1	0.2	0	0.2	0	0.8	1.5	1.5	trace	1.1	104	82.0	48
K65	1 fillet	136	94.2	783	783	34.3	5.6	0.3	0	0.3	0	1.2	2.1	2.0	trace	1.5	141	112	66
K101	Tuna, canned in brine, drained	100	69.4	557	557	26.1	3.2	0.3	0	0.3	0	0.6	0.4	1.0			53	211	23
K101	1 can	185	128	1030	1030	48.3	5.8	0.5	0	0.5	0	1.2	0.8	1.8			98	390	43

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Food ID	Foods	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
K79	Orange roughy, flesh, deep fried	100	410	210	15	1.9	0.3	110	70	0	0.03	0.01	5.7	0.07	0.50	5.0	0	3.0	0.42
K79	1/2 fillet	133	550	280	20	2.5	0.5	140	93	0	0.04	0.01	7.6	0.09	0.67	6.7	0	4.0	0.56
K79	1 cup, cooked, flaked	144	590	300	22	2.7	0.5	160	101	0	0.04	0.01	8.2	0.10	0.72	7.2	0	4.3	0.61
K167	Salmon, flesh, smoked	100	270	230	29	0.5	0.4	24	13	0	0.19	0.17	9.1	0.28	3.0	2.0	0	17	1.5
K167	1 cup, flaked	144	380	330	41	0.7	0.6	35	19	0	0.27	0.25	13	0.40	4.3	2.9	0	24	2.2
K1001	Salmon, king, New Zealand. fillet, raw	100	380	240	8.7	0.2	0.3	23	62	22	0.15	0.10	11	0.47	1.3	15	3.0	20	3.6
K1001	1 serving	110	410	260	9.5	0.3	0.3	25	68	24	0.17	0.11	12	0.52	1.4	17	3.3	22	3.9
K40	Salmon, red, canned	100	300	240	93	1.4	0.9	20	90	0	0.04	0.18	11	0.45	4.0	12	0	14	1.5
K40	1 cup (250ml)	240	720	580	220	3.4	2.0	47	216	0	0.10	0.43	26	1.1	9.6	29	0	33	3.6
K42	Sardines, canned, drained	100	430	520	550	2.9	3.0	34	68	0	0.04	0.36	13	0.48	14	8.0	1.0	4.8	0.30
K42	1 sardine	12	52	62	66	0.3	0.4	trace	8	0	trace	0.04	1.5	0.06	1.7	0.96	0.1	0.6	0.04
K89	Snapper, flesh, baked	100	610	330	22	0.7	0.6	120	35	0	0.10	0.02	8.6	0.10	0.63	6.0	0.2	10	0.30
K89	1 fillet	107	650	350	24	0.7	0.7	130	37	0	0.11	0.02	9.2	0.11	0.67	6.4	0.2	11	0.32
K90	Snapper, flesh, deep fried	100	650	350	23	0.8	0.7	130	28	0	0.10	0.02	8.9	0.09	0.63	6.0	0.2	10	0.24
K90	1 fillet	94	610	330	22	0.7	0.6	120	26	0	0.09	0.02	8.4	0.09	0.59	5.6	0.2	9.6	0.23
K92	Snapper, flesh, microwaved	100	560	310	21	0.7	0.6	110	35	0	0.10	0.02	8.0	0.10	0.63	6.0	0.2	10	0.30
K92	1 fillet	135	760	410	28	0.9	0.8	150	47	0	0.14	0.03	11	0.14	0.85	8.1	0.3	14	0.41
K64	Tarakihi, flesh, baked	100	530	260	25	0.5	0.4	40	10	0	0.02	0.02	7.0	0.10	0.63	2.0	0	11	0.30
K64	1 fillet	140	740	370	35	0.8	0.5	56	14	0	0.03	0.03	9.8	0.14	0.88	2.8	0	16	0.42
K65	Tarakihi, flesh, deep fried	100	610	300	29	0.6	0.4	46	8	0	0.03	0.03	7.6	0.09	0.63	2.0	0	11	0.24
K65	1 fillet	136	820	410	39	0.8	0.6	63	11	0	0.04	0.04	10	0.12	0.86	2.7	0	16	0.33
K101	Tuna, canned in brine, drained	100	230	190	7.3	0.6	0.6	67	30	0	0.05	0.03	6.9	0.09	0.70	3.9	0	2.0	0.53
K101	1 can	185	430	360	14	1.0	1.1	120	56	0	0.09	0.06	13	0.17	1.3	7.2	0	3.7	0.98

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Food ID	Foods	Measure	Water	Energy	Energy (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
K187	Tuna, canned in oil, drained, composite	100	61.0	806	806	25.3	10.4	0	0	0	0	1.4	2.2	5.6		5.0	60	382	13
K187	1 cup (250ml)	180	110	1450	1450	45.5	18.7	0	0	0	0	2.6	4.0	10.1		9.0	109	688	23
K189	Tuna, canned in spring water, drained, composite	100	72.5	467	467	25.3	1.2	0	0	0	0	0.4	0.2	0.3		trace	61	288	13
K189	1 cup (250ml)	180	131	841	841	45.5	2.2	0	0	0	0	0.7	0.3	0.5		0.1	109	518	23
L FRUIT																			
L1014	Apple, assorted varieties, flesh & skin, raw	100	85.6	213	230	0.5	0.3	11.6	2.1	10.8	0.8	trace	trace	trace			0	1.0	trace
L1014	1 cup, quartered or chopped	132	113	281	303	0.6	0.4	15.4	2.8	14.3	1.1	trace	trace	0.1			0	1.3	trace
L1014	1 apple	130	111	277	299	0.6	0.4	15.1	2.7	14.0	1.1	trace	trace	0.1			0	1.3	trace
L16	Apple, cooking, flesh, stewed	100	87.7	151	160	0.3	0.3	8.2	1.2	7.9	0.3	0.1	trace	0.1			0	2.0	trace
L16	1 cup (250ml)	180	158	271	289	0.5	0.5	14.8	2.2	14.2	0.5	0.1	trace	0.2			0	3.6	trace
L213	Apricot, canned in juice, undrained	100	87.9	178	193	0.6	0.1	9.9	1.9	9.7	0.2	0	0	0	0	0	0	3.3	trace
L213	1 cup (250ml)	215	189	382	415	1.4	0.1	21.2	4.1	20.9	0.4	0	0	0	0	0	0	7.2	trace
L214	Apricot, canned in syrup, drained	100	82.5	284	299	1.0	0	16.0	1.9	16.0	0	0	0	0	0	0	0	3.0	trace
L214	1 cup (250ml)	208	172	591	622	2.1	0	33.3	4.0	33.3	0	0	0	0	0	0	0	6.2	trace
L22	Apricot, canned in syrup, undrained, composite	100	67.8	461	477	0.5	trace	27.0	2.0	27.0	0	trace	trace	trace	0	0	0	1.0	trace
L22	1 cup (250ml)	272	184	1250	1300	1.4	0.1	73.4	5.4	73.4	0	trace	trace	trace	0	0	0	2.7	trace
L26	Apricot, dried	100	31.3	846	919	4.3	0.2	45.9	9.1	44.9	1.0	trace	0.1	trace	0	0	0	37.0	trace
L26	1 cup (250ml)	137	42.9	1160	1260	5.9	0.3	62.9	12.5	61.5	1.4	trace	0.1	0.1			0	50.7	trace
L26	10 halves	35	11.0	296	322	1.5	0.1	16.1	3.2	15.7	0.4	trace	trace	trace			0	13.0	trace
L23	Apricot, flesh & skin, raw	100	86.1	170	187	0.8	0.4	8.4	2.0	8.4	trace	trace	0.2	0.1			0	2.6	trace
L23	1 apricot	54	46.5	92	101	0.4	0.2	4.6	1.1	4.5	trace	trace	0.1	trace			0	1.4	trace
L25	Apricot, flesh & skin, stewed	100	87.9	100	113	0.4	0.1	5.4	1.6	5.4	0	trace	trace	trace	0	0	0	3.0	trace
L25	1 cup (250ml)	260	229	259	293	1.1	0.2	14.0	4.2	14.0	0	trace	0.1	trace	0	0	0	7.8	trace

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Food ID	Foods	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	
K187	Tuna, canned in oil, drained, composite	100	270	200	12	1.1	0.9	47	trace	1	0.04	0.13	22	2.5	4.3	3.9	0	2.0	1.2	
K187	1 cup (250ml)	180	490	360	22	2.0	1.7	85	trace	2	0.07	0.23	39	4.5	7.8	7.0	0	3.6	2.1	
K189	Tuna, canned in spring water, drained, composite	100	240	180	8.8	1.2	0.9	47	0	0	0.04	0.11	18	2.0	3.3	4.0	0	2.0	0.29	
K189	1 cup (250ml)	180	430	320	16	2.2	1.5	85	0	0	0.07	0.20	32	3.7	5.9	7.2	0	3.6	0.52	
L	FRUIT																			
L1014	Apple, assorted varieties, flesh & skin, raw	100	110	11	4.7	0.2	trace	trace	2	11	0.02	0.01	0.14	0	0	3.0	7.7	0	0.14	
L1014	1 cup, quartered or chopped	132	150	15	6.2	0.2	trace	trace	2	15	0.03	0.01	0.19	0	0	4.0	10.2	0	0.19	
L1014	1 apple	130	140	14	6.1	0.2	trace	trace	2	15	0.03	0.01	0.18	0	0	3.9	10.0	0	0.18	
L16	Apple, cooking, flesh, stewed	100	100	14	3.0	0.3	0.1	trace	7	39	0.03	0.02	0.13	0.02	0	2.0	12.0	0	0.20	
L16	1 cup (250ml)	180	180	25	5.4	0.5	0.2	trace	12	70	0.05	0.04	0.23	0.04	0	3.6	21.6	0	0.36	
L213	Apricot, canned in juice, undrained	100	220	3.3	12	0.3	0.1	0	35	210	0.01	0.02	1.2	0.06	0	2.0	4.0	0	0	
L213	1 cup (250ml)	215	470	7.2	26	0.5	0.2	0	75	452	0.02	0.04	2.5	0.13	0	4.3	8.6	0	0	
L214	Apricot, canned in syrup, drained	100	140	14	19	0.5	0.2	0	134	800	0.03	0.02	0.70	0.06	0	2.0	4.0	0	0.89	
L214	1 cup (250ml)	208	280	29	40	1.0	0.4	0	278	1660	0.06	0.04	1.5	0.13	0	4.2	8.3	0	1.9	
L22	Apricot, canned in syrup, undrained, composite	100	260	13	12	0.7	0.1	trace	26	155	0.02	0.01	0.37	0.05	0	5.0	2.0	0	0.60	
L22	1 cup (250ml)	272	710	35	33	1.9	0.3	trace	70	422	0.05	0.03	1.0	0.14	0	14	5.4	0	1.6	
L26	Apricot, dried	100	1500	120	67	3.1	0.8	trace	108	645	0.01	0.20	3.1	0.14	0	11	1.0	0	2.4	
L26	1 cup (250ml)	137	2100	160	92	4.2	1.1	trace	148	884	0.01	0.27	4.2	0.19	0	15	1.4	0	3.3	
L26	10 halves	35	530	42	23	1.1	0.3	trace	38	226	trace	0.07	1.1	0.05	0	3.9	0.4	0	0.84	
L23	Apricot, flesh & skin, raw	100	240	22	14	0.4	0.2	trace	863	5170	0.03	0.08	0.92	0.10	0	8.6	7.3	0	1.2	
L23	1 apricot	54	130	12	7.4	0.2	0.1	trace	466	2790	0.02	0.04	0.50	0.05	0	4.6	4.0	0	0.63	
L25	Apricot, flesh & skin, stewed	100	270	18	15	0.3	0.1	trace	18	110	0.03	0.04	0.47	0.04	0	1.6	5.0	0	0.96	
L25	1 cup (250ml)	260	700	47	39	0.8	0.3	trace	48	286	0.08	0.10	1.2	0.10	0	4.2	13.0	0	2.5	

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Food ID	Foods	Measure	Water	Energy	Energy (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
L1017	Avocado, assorted varieties, flesh, raw	100	64.7	1030	1070	2.0	26.6	0.6	4.8	0.5	0.1	3.7	18.3	2.8	0.2	2.6	0	17.0	trace
L1017	1 avocado	167	108	1720	1780	3.3	44.4	1.1	8.0	0.9	0.2	6.2	30.5	4.7	0.3	4.4	0	28.4	trace
L185	Banana, cooking, boiled	100	68.5	459	477	0.8	0.2	26.2	2.3	5.3	20.9	0.1	trace	trace			0	4.0	trace
L185	1 cup (250ml)	201	138	922	959	1.6	0.4	52.7	4.6	10.7	42.0	0.2	trace	0.1			0	8.0	trace
L185	1 whole	140	95.9	642	668	1.1	0.3	36.7	3.2	7.4	29.3	0.1	trace	0.1			0	5.6	trace
L32	Banana, flesh, raw	100	72.0	436	454	1.1	0.4	24.1	2.2	22.6	1.5	0.1	trace	0.1			0	0.6	trace
L32	1 banana	128	92.2	558	581	1.4	0.5	30.8	2.8	28.9	1.9	0.2	0.1	0.2			0	0.8	trace
L34	Blackberries, raw	100	82.0	208	256	1.3	0.5	10.1	6.1	10.1	0	trace	trace	0.3			0	4.0	trace
L34	1 cup (250ml)	123	101	255	315	1.5	0.6	12.4	7.5	12.4	0	trace	0.1	0.4			0	4.9	trace
L1047	Blackcurrant, frozen, 'Ben Ard'	100	79.4	181	226	1.3	0.5	8.5	5.6	8.5	0	0.1	trace	0.2	0.1	0.1	0	2.1	trace
L1047	1 cup (250ml)	142	113	257	321	1.8	0.7	12.1	7.9	12.1	0	0.1	0.1	0.3	0.1	0.2	0	3.0	trace
L1051	Blueberry, frozen	100	83.7	189	217	0.6	0.4	9.8	3.5	9.7	0.1	trace	trace	trace	trace	0	0	2.1	trace
L1051	1 cup (250ml)	144	121	272	312	0.9	0.6	14.1	5.0	14.0	0.1	0.1	trace	0.1	0.1	0	0	3.0	trace
L1050	Blueberry, raw, composite	100	84.1	177	208	0.6	0.3	9.3	3.9	9.2	0.1	trace	trace	0.1	trace	trace	0	2.0	trace
L1050	1 cup (250ml)	142	119	251	295	0.9	0.4	13.2	5.5	13.0	0.1	trace	trace	0.1	trace	0.1	0	2.8	trace
L1045	Boysenberry, frozen	100	86.5	145	183	1.3	0.6	6.1	4.8	6.0	0.1	0.1	0.1	0.1	0.1	trace	0	0	0
L1045	1 cup (250ml)	155	134	225	285	1.9	0.9	9.5	7.5	9.3	0.2	0.2	0.2	0.2	0.1	trace	0	0	0
L1046	Boysenberry, puree, seedless, frozen	100	88.7	160	170	1.3	0.6	7.0	1.3	6.9	0.1	0.2	0.1	0.1	0.1	trace	0	0	0
L1046	1 cup (250ml)	239	212	383	408	3.0	1.4	16.8	3.1	16.5	0.2	0.4	0.3	0.2	0.1	0.1	0	0	0
L40	Boysenberry, raw	100	85.2	165	199	1.1	0.7	7.2	4.3	7.1	0.1	trace	0.1	0.5			0	2.6	trace
L40	1 cup (250ml)	133	113	220	265	1.5	0.9	9.6	5.7	9.5	0.1	trace	0.1	0.6			0	3.5	trace
L45	Cherries, flesh & skin, raw	100	79.6	258	269	0.9	0.3	14.0	1.3	13.9	0.1	0.1	0.1	0.1			0	3.4	trace
L45	1 cup (250ml)	150	119	388	403	1.4	0.4	21.0	1.9	20.9	0.1	0.1	0.1	0.1			0	5.0	trace
L45	10 cherries	67	53.3	173	180	0.6	0.2	9.4	0.9	9.3	trace	trace	trace	trace			0	2.2	trace

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Food ID	Foods	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
L1017	Avocado, assorted varieties, flesh, raw	100	560	52	11	0.8	0.7	trace	8	50	0.02	0.12	1.6	0.92	0	81	7.3	0	1.9
L1017	1 avocado	167	940	87	18	1.3	1.2	trace	14	83	0.03	0.20	2.7	1.5	0	140	12.2	0	3.2
L185	Banana, cooking, boiled	100	400	34	5.0	0.5	0.2	trace	19	116	0.03	0.04	0.64	0.24	0	22	9.0	0	0.32
L185	1 cup (250ml)	201	800	68	10	1.0	0.4	trace	39	233	0.06	0.08	1.3	0.48	0	44	18.1	0	0.64
L185	1 whole	140	560	48	7.0	0.7	0.3	trace	27	162	0.04	0.06	0.90	0.34	0	31	12.6	0	0.45
L32	Banana, flesh, raw	100	340	25	5.0	0.3	0.2	trace	13	75	0.04	0.07	0.82	0.51	0	10	7.8	0	0.20
L32	1 banana	128	440	32	6.4	0.4	0.2	trace	16	96	0.05	0.09	1.1	0.65	0	13	9.9	0	0.26
L34	Blackberries, raw	100	210	24	63	0.9	0.3	trace	13	76	0.03	0.04	0.60	0.05	0	25	20.0	0	3.5
L34	1 cup (250ml)	123	260	30	77	1.1	0.4	trace	16	93	0.04	0.05	0.74	0.06	0	31	24.6	0	4.3
L1047	Blackcurrant, frozen, 'Ben Ard'	100	300	59	34	0.4	0.2	0	11	65	0.04	0.05	2.6	0.24	0	33	185	0	1.6
L1047	1 cup (250ml)	142	430	84	48	0.6	0.3	0	15	92	0.06	0.07	3.7	0.34	0	47	263	0	2.3
L1051	Blueberry, frozen	100	68	9.3	11	0.4	0.1	0	3	15	0.02	0.03	0.31	0.05	0	8.0	6.2	0	0.61
L1051	1 cup (250ml)	144	98	13	15	0.5	0.1	0	4	22	0.03	0.04	0.45	0.07	0	12	9.0	0	0.88
L1050	Blueberry, raw, composite	100	67	11	11	0.2	0.1	0	1	8	0	0.02	0.17	0.04	0	12	3.8	0	0.91
L1050	1 cup (250ml)	142	95	15	15	0.2	0.1	0	2	11	0	0.03	0.24	0.06	0	17	5.4	0	1.3
L1045	Boysenberry, frozen	100	160	32	27	0.8	0.3	0	2	13	0.09	0.06	0.50	0.05	0	59	1.6	0	0.69
L1045	1 cup (250ml)	155	250	50	42	1.2	0.4	0	3	20	0.14	0.09	0.78	0.08	0	92	2.5	0	1.1
L1046	Boysenberry, puree, seedless, frozen	100	160	22	18	0.7	0.2	0	3	18	0.08	0.06	0.58	0.05	0	23	0	0	0.61
L1046	1 cup (250ml)	239	390	53	43	1.7	0.5	0	7	43	0.19	0.14	1.4	0.12	0	55	0	0	1.5
L40	Boysenberry, raw	100	150	19	24	0.8	0.5	trace	50	301	0.01	0.02	1.1	0.01	0	63	9.1	0	1.1
L40	1 cup (250ml)	133	200	25	32	1.0	0.7	trace	67	400	0.01	0.03	1.4	0.01	0	84	12.1	0	1.5
L45	Cherries, flesh & skin, raw	100	210	21	16	0.7	0.1	trace	4	26	0.03	0	0.60	0.05	0	6.0	20.0	0	0.42
L45	1 cup (250ml)	150	320	32	23	1.1	0.1	trace	7	39	0.05	0	0.90	0.08	0	9.0	30.0	0	0.63
L45	10 cherries	67	140	14	10	0.5	trace	trace	3	17	0.02	0	0.40	0.03	0	4.0	13.4	0	0.28

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Food ID	Foods	Measure	Water	Energy	Energy (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
L50	Currants, black, raw	100	82.0	278	313	0.9	0.4	14.8	4.3	14.8	0	trace	0.1	0.2			0	2.0	trace
L50	1 cup (250ml)	118	96.7	329	369	1.1	0.5	17.5	5.1	17.5	0	trace	0.1	0.3			0	2.4	trace
L49	Currants, dried	100	22.0	1170	1220	2.3	0.5	66.7	6.0	64.9	1.8	0.2	trace	0.2			0	20.0	trace
L49	1 cup (250ml)	154	33.9	1800	1880	3.6	0.8	103	9.2	100.0	2.8	0.3	trace	0.3			0	30.8	trace
L62	Dates, dried	100	22.5	1200	1280	3.3	0.3	67.9	9.7	66.5	1.4	0	0	0	0	0	0	5.0	trace
L62	1 cup, chopped	188	42.3	2260	2400	6.2	0.6	128	18.2	125	2.6	0	0	0	0	0	0	9.4	trace
L62	10 dates	83	18.7	996	1060	2.7	0.2	56.4	8.1	55.2	1.2	0	0	0	0	0	0	4.2	trace
L67	Feijoas, assorted varieties, flesh, raw	100	85.4	157	181	0.6	0.4	8.0	3.0	7.7	0.3	0	0	0	0	0	0	2.5	trace
L67	1 average	30	25.6	47	54	0.2	0.1	2.4	0.9	2.3	0.1	0	0	0	0	0	0	0.8	trace
L68	Figs, dried	100	28.4	1030	1140	3.6	1.6	54.5	14.3	52.6	1.9	0.3	0.3	0.7			0	39.0	trace
L68	1 cup (250ml)	210	59.7	2160	2400	7.6	3.4	114	30.0	110	4.0	0.6	0.7	1.4			0	81.9	trace
L68	1 fig	16	4.5	165	183	0.6	0.3	8.7	2.3	8.4	0.3	trace	trace	0.1			0	6.2	trace
L196	Fruit mix, dried	100	17.9	1210	1250	2.3	0.9	67.9	5.6	67.9	0	0.3	0	0.3			0	78.0	trace
L196	1 cup (250ml)	174	31.1	2100	2170	4.0	1.6	118	9.7	118	0	0.5	0	0.5			0	136	trace
L74	Fruit salad, canned in syrup, undrained	100	71.1	414	423	0.3	0.1	24.3	1.2	24.3	0	trace	trace	trace			0	2.0	trace
L74	1 cup (250ml)	263	187	1090	1110	0.7	0.3	63.9	3.2	63.9	0	trace	trace	0.1			0	5.3	trace
L78	Gooseberries, flesh, skin & seeds, raw	100	83.7	183	217	0.6	0.6	9.1	4.3	9.1	0	trace	0.1	0.4			0	1.0	trace
L78	1 cup (250ml)	158	132	289	343	0.9	0.9	14.4	6.8	14.4	0	0.1	0.1	0.6			0	1.6	trace
L80	Grapefruit, flesh, raw	100	90.7	98	102	0.6	0.1	5.0	0.6	5.0	0	trace	trace	trace			0	1.0	trace
L80	1 grapefruit	236	214	230	242	1.5	0.2	11.8	1.4	11.8	0	trace	trace	0.1			0	2.4	trace
L82	Grapes, black, flesh, raw	100	80.7	272	279	0.6	0.1	15.5	0.9	15.5	0	trace	trace	trace			0	2.0	trace
L82	1 cup (250ml)	172	139	468	480	1.0	0.2	26.7	1.5	26.7	0	0.1	trace	0.1			0	3.4	trace
L82	10 grapes	54	43.6	147	151	0.3	trace	8.4	0.5	8.4	0	trace	trace	trace			0	1.1	trace

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Food ID	Foods	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
L50	Currants, black, raw	100	300	34	48	1.0	0.3	trace	27	160	0.02	0.05	0.32	0.06	0	8.0	160	0	0.80
L50	1 cup (250ml)	118	350	40	57	1.2	0.3	trace	32	189	0.02	0.06	0.38	0.07	0	9.4	189	0	0.94
L49	Currants, dried	100	710	40	95	1.8	0.5	trace	5	30	0.03	0.08	1.1	0.30	0	10	0	0	3.5
L49	1 cup (250ml)	154	1100	62	150	2.8	0.8	trace	8	46	0.05	0.12	1.7	0.46	0	15	0	0	5.4
L62	Dates, dried	100	750	64	68	1.6	0.3	trace	8	50	0.07	0.04	3.5	0.15	0	13	0	0	0.05
L62	1 cup, chopped	188	1400	120	130	3.0	0.5	trace	16	94	0.13	0.08	6.6	0.28	0	24	0	0	0.09
L62	10 dates	83	620	53	56	1.3	0.2	trace	7	42	0.06	0.03	2.9	0.12	0	11	0	0	0.04
L67	Feijoas, assorted varieties, flesh, raw	100	120	14	5.7	0.1	0.1	trace	5	31	0	0.01	0.29	0.05	0	0	30.3	0	0.18
L67	1 average	30	37	4.1	1.7	trace	trace	trace	2	9	0	trace	0.09	0.02	0	0	9.1	0	0.05
L68	Figs, dried	100	780	67	200	1.4	0.5	trace	2	9	0.05	0.09	1.0	0.25	0	9.0	0.9	0	0.35
L68	1 cup (250ml)	210	1600	140	420	2.9	1.1	trace	3	19	0.11	0.19	2.1	0.53	0	19	1.9	0	0.74
L68	1 fig	16	120	11	32	0.2	0.1	trace	trace	1	0.01	0.01	0.16	0.04	0	1.4	0.1	0	0.06
L196	Fruit mix, dried	100	530	72	64	1.8	0.4	0	1	8	0.10	0	0.70	0.22	0	15	0	0	0.11
L196	1 cup (250ml)	174	920	130	110	3.1	0.7	0	2	14	0.17	0	1.2	0.38	0	26	0	0	0.19
L74	Fruit salad, canned in syrup, undrained	100	120	10	8.0	1.0	0.2	trace	50	300	0.02	0.01	0.40	0.01	0	4.0	3.0	0	0.10
L74	1 cup (250ml)	263	320	26	21	2.6	0.5	trace	132	789	0.05	0.03	1.1	0.03	0	11	7.9	0	0.26
L78	Gooseberries, flesh, skin & seeds, raw	100	170	19	19	0.6	0.1	trace	30	180	0.04	0.03	0.40	0.02	0	6.0	40.0	0	0.40
L78	1 cup (250ml)	158	270	30	30	0.9	0.2	trace	47	284	0.06	0.05	0.63	0.03	0	9.5	63.2	0	0.63
L80	Grapefruit, flesh, raw	100	230	16	17	0.3	0.1	trace	0	0	0.05	0.02	0.27	0.03	0	18	40.0	0	0.19
L80	1 grapefruit	236	540	38	40	0.7	0.2	trace	0	0	0.12	0.05	0.64	0.07	0	42	94.4	0	0.45
L82	Grapes, black, flesh, raw	100	320	16	9.0	0.3	0.1	trace	9	54	0.04	0.02	0.35	0.10	0	2.0	4.0	0	0.32
L82	1 cup (250ml)	172	550	28	15	0.5	0.2	trace	16	93	0.07	0.03	0.60	0.17	0	3.4	6.9	0	0.55
L82	10 grapes	54	170	8.6	4.9	0.2	trace	trace	5	29	0.02	0.01	0.19	0.05	0	1.1	2.2	0	0.17

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Food ID	Foods	Measure	Water	Energy	Energy (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	Grapes, white, flesh & skin, raw	100	79.3	283	290	0.6	0.1	16.1	0.9	16.1	0	trace	trace	trace			0	2.0	trace
L83	1 cup (250ml)	169	134	478	490	1.1	0.2	27.2	1.5	27.2	0	0.1	trace	0.1			0	3.4	trace
L91	Juice, lemon, raw	100	91.3	39	43	0.3	0.2	1.6	0.4	1.6	0	trace	trace	0.1			0	2.0	trace
L91	1 tablespoon	16	14.6	6	7	trace	trace	0.3	0.1	0.3	0	trace	trace	trace			0	0.3	trace
L113	Juice, orange, raw	100	87.7	171	173	0.6	0.2	9.2	0.2	9.2	0	trace	0.1	0.1			0	2.0	trace
L113	1 cup (250ml)	258	226	442	447	1.6	0.5	23.7	0.5	23.7	0	0.1	0.2	0.2			0	5.2	trace
L1036	Kiwifruit ZESPRI GOLD ('Hort16A') reference	100	83.2	226	242	1.2	0.6	11.1	2.0	10.9	0.2	0.1	trace	0.1	trace	0.1	0	3.0	0
L1036	1 cup (250ml)	253	210	571	611	3.1	1.4	27.9	5.1	27.5	0.5	0.2	trace	0.3	0.1	0.2	0	7.6	0
L1026	Kiwifruit ZESPRI GREEN ('Hayward') reference	100	83.5	196	220	1.2	0.7	9.1	3.0	8.8	0.3	0.1	0.1	0.1	0.1	trace	0	2.3	0
L1026	1 cup (250ml)	257	214	504	565	3.0	1.7	23.4	7.7	22.6	0.8	0.2	0.2	0.3	0.2	0.1	0	5.9	0
L183	Lemon, flesh, raw	100	92.2	57	79	0.6	0.3	2.1	2.8	2.1	0	0	0	0	0	0	0	3.0	trace
L183	1 cup, sectioned	224	207	127	177	1.4	0.7	4.7	6.3	4.7	0	0	0	0	0	0	0	6.7	trace
L183	1 medium	58	53.5	33	46	0.4	0.2	1.2	1.6	1.2	0	0	0	0	0	0	0	1.7	trace
L97	Lychees, canned in syrup, undrained	100	79.3	302	307	0.4	0	17.7	0.6	17.7	0	0	0	0	0	0	0	2.0	trace
L97	1 cup (250ml)	267	212	806	819	1.0	0	47.3	1.6	47.3	0	0	0	0	0	0	0	5.3	trace
L194	Mandarin, flesh, raw	100	84.8	200	216	1.2	0.4	9.9	2.0	9.9	0	0	0	0	0	0	0	2.7	trace
L194	1 cup (250ml)	195	165	390	421	2.3	0.8	19.2	3.9	19.2	0	0	0	0	0	0	0	5.3	trace
L194	1 medium (5-6cm diameter)	86	73.0	172	186	1.0	0.4	8.5	1.7	8.5	0	0	0	0	0	0	0	2.3	trace
L100	Mango, canned in syrup, undrained	100	82.7	283	290	0.3	0.1	16.4	0.9	16.3	0.1	trace	trace	trace	0	0	0	3.0	trace
L100	1 cup (250ml)	260	215	735	754	0.8	0.3	42.6	2.3	42.4	0.3	0.1	0.1	trace			0	7.8	trace
L101	Mango, flesh, raw	100	83.0	260	272	0.5	0.2	14.6	1.5	14.1	0.5	trace	0.1	trace	0	0	0	7.0	trace
L101	1 mango	203	168	527	551	1.0	0.4	29.6	3.0	28.6	1.0	0.1	0.2	0.1			0	14.2	trace
L101	1 cup, sliced	176	146	457	478	0.9	0.4	25.7	2.6	24.8	0.9	0.1	0.1	0.1			0	12.3	trace

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Food ID	Foods	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
L83	Grapes, white, flesh & skin, raw	100	250	22	12	0.3	0.1	trace	15	91	0.04	0.02	0.35	0.10	0	2.0	4.0	0	0.32
L83	1 cup (250ml)	169	420	37	20	0.5	0.2	trace	26	154	0.07	0.03	0.59	0.17	0	3.4	6.8	0	0.54
L91	Juice, lemon, raw	100	140	10	8.0	0.1	trace	0	2	11	0.02	0.01	0.10	0.05	0	20	50.0	0	0.22
L91	1 tablespoon	16	22	1.6	1.3	trace	trace	0	trace	2	trace	trace	0.02	0.01	0	3.2	8.0	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	0.17
L113	1 cup (250ml)	258	460	57	31	0.8	0	0	22	129	0.21	0.05	0.70	0.10	0	72	129	0	0.44
L1036	Kiwifruit ZESPRI GOLD ('Hort16A') reference	100	320	29	20	0.3	0.1	trace	7	43	0.02	0.05	1.0	0.06	0	34	109	0	1.3
L1036	1 cup (250ml)	253	800	73	51	0.7	0.3	trace	18	109	0.05	0.13	2.6	0.15	0	86	274	0	3.3
L1026	Kiwifruit ZESPRI GREEN ('Hayward') reference	100	300	34	27	0.2	0.1	trace	9	54	0	0.05	0.83	0.07	0	38	85.1	0	0.86
L1026	1 cup (250ml)	257	770	87	69	0.6	0.3	trace	23	139	0	0.13	2.1	0.18	0	98	218	0	2.2
L183	Lemon, flesh, raw	100	140	15	26	0.4	0.1	trace	1	7	0.05	0.02	0.30	0.08	0	11	52.0	0	0.15
L183	1 cup, sectioned	224	300	34	58	0.9	0.2	trace	3	16	0.11	0.05	0.67	0.18	0	25	116	0	0.34
L183	1 medium	58	78	8.7	15	0.2	0.1	trace	1	4	0.03	0.01	0.17	0.05	0	6.4	30.2	0	0.09
L97	Lychees, canned in syrup, undrained	100	75	12	4.0	0.7	0.2	trace	0	0	0.03	0.03	0.30	0.01	0	2.0	8.0	0	0
L97	1 cup (250ml)	267	200	32	11	1.9	0.5	trace	0	0	0.08	0.08	0.80	0.03	0	5.3	21.4	0	0
L194	Mandarin, flesh, raw	100	250	30	30	0.2	0.1	trace	11	67	0.08	0.06	0.10	0.02	0	36	41.5	0	0.41
L194	1 cup (250ml)	195	490	59	58	0.4	0.2	trace	22	130	0.16	0.12	0.20	0.04	0	70	80.9	0	0.80
L194	1 medium (5-6cm diameter)	86	220	26	26	0.2	0.1	trace	10	57	0.07	0.05	0.09	0.02	0	31	35.7	0	0.35
L100	Mango, canned in syrup, undrained	100	100	10	10	0.4	0.3	trace	200	1200	0.02	0.03	0.20	0.04	0	7.0	10.0	0	0.64
L100	1 cup (250ml)	260	260	26	26	1.0	0.8	trace	521	3120	0.05	0.08	0.52	0.10	0	18	26.0	0	1.7
L101	Mango, flesh, raw	100	190	13	10	0.5	0.2	trace	200	1200	0.03	0.04	0.40	0.13	0	43	30.0	0	1.1
L101	1 mango	203	390	26	20	1.0	0.4	trace	407	2440	0.06	0.08	0.81	0.26	0	87	60.9	0	2.1
L101	1 cup, sliced	176	330	23	18	0.9	0.4	trace	353	2110	0.05	0.07	0.70	0.23	0	76	52.8	0	1.8

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Food ID	Foods	Measure	Water	Energy	Energy (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
L105	Melon, honeydew, flesh, raw	100	88.5	192	197	1.3	0.2	9.8	0.6	9.8	0	0	0	0	0	0	0	32.0	trace
L105	1 cup diced	172	152	330	338	2.2	0.3	16.9	1.0	16.9	0	0	0	0	0	0	0	55.0	trace
L106	Melon, rock, combined cultivars, flesh, raw	100	90.0	127	131	1.1	0.1	6.3	0.5	6.1	0.2	0	0	0	0	0	0	7.3	trace
L106	1 cup diced	168	151	213	221	1.9	0.2	10.6	0.9	10.2	0.3	0	0	0	0	0	0	12.2	trace
L111	Nectarine, flesh & skin, raw	100	87.2	165	177	1.1	0.4	7.8	1.6	7.8	trace	trace	0.1	0.2			0	2.0	trace
L111	1 nectarine	143	125	235	254	1.6	0.6	11.2	2.3	11.2	0.1	trace	0.2	0.2			0	2.9	trace
L112	Olives, in brine	100	76.5	452	477	0.9	11.0	1.8	3.2	0	1.8	1.3	6.4	1.0			0	2250	trace
L112	1 olive	3	2.1	13	13	trace	0.3	trace	0.1	0	trace	trace	0.2	trace			0	63.0	trace
L114	Orange, flesh, raw	100	86.5	169	185	0.9	0.3	8.6	2.0	8.5	0.1	0.1	0.1	0.1			0	2.7	trace
L114	1 orange	128	111	216	237	1.1	0.4	11.0	2.6	10.8	0.2	0.1	0.1	0.1			0	3.5	trace
L116	Passion fruit, flesh & seeds, raw	100	84.7	188	299	2.8	0.5	7.4	13.9	7.4	0	0	0	0	0	0	0	28.0	trace
L116	1 passionfruit	18	15.2	34	54	0.5	0.1	1.3	2.5	1.3	0	0	0	0	0	0	0	5.0	trace
L206	Peaches, canned in juice, undrained	100	87.5	168	176	0.6	trace	9.4	1.0	9.4	0	0	0	0	0	0	0	4.0	trace
L206	1 cup, sliced	264	231	444	465	1.7	0.1	24.7	2.6	24.7	0	0	0	0	0	0	0	10.6	trace
L124	Peaches, canned in syrup, drained	100	82.9	227	239	0.9	0.1	12.5	1.5	12.5	0	trace	trace	trace			0	3.0	trace
L124	1 cup (250ml)	208	172	472	497	1.8	0.2	26.0	3.1	26.0	0	trace	0.1	0.1			0	6.2	trace
L126	Peaches, flesh & skin, raw	100	87.6	159	174	1.0	0.5	7.3	1.9	7.3	trace	trace	0.2	0.2			0	4.1	trace
L126	1 cup, sliced	136	119	217	237	1.4	0.7	10.0	2.5	9.9	trace	0.1	0.2	0.3			0	5.6	trace
L126	1 peach	138	121	220	240	1.4	0.7	10.1	2.6	10.1	0.1	0.1	0.2	0.3			0	5.7	trace
L1015	Pear, assorted varieties, flesh & skin, raw	100	84.7	184	210	0.4	0.3	10.0	3.2	10.0	0.1	trace	trace	trace			0	0.5	trace
L1015	1 fruit (5.7 x 6.4cm diameter)	122	103	225	256	0.5	0.4	12.2	3.9	12.1	0.1	trace	trace	trace			0	0.6	trace
L219	Pear, nashi, flesh, raw	100	86.5	167	180	0.2	0.1	9.6	1.6	9.6	0	0	0	0	0	0	0	0.6	trace
L219	1 cup, raw, sliced, with skin	146	126	244	263	0.2	0.2	14.0	2.3	14.0	0	0	0	0	0	0	0	0.9	trace

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Food ID	Foods	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
L105	Melon, honeydew, flesh, raw	100	440	18	28	0.4	0.2	trace	5	30	0.03	0.06	1.2	0.06	0	19	50.0	0	0.10
L105	1 cup diced	172	750	31	48	0.7	0.4	trace	9	52	0.05	0.10	2.1	0.10	0	33	86.0	0	0.17
L106	Melon, rock, combined cultivars, flesh, raw	100	370	13	7.5	0.4	0.3	trace	34	205	0.01	0.01	0.72	0.06	0	19	27.1	0	0.06
L106	1 cup diced	168	620	22	13	0.7	0.4	trace	58	344	0.02	0.02	1.2	0.10	0	32	45.5	0	0.10
L111	Nectarine, flesh & skin, raw	100	210	20	5.0	0.3	0.1	trace	60	362	0.01	0.01	0.52	0.04	0	4.0	4.3	0	1.9
L111	1 nectarine	143	300	29	7.2	0.4	0.1	trace	86	518	0.01	0.01	0.74	0.06	0	5.7	6.1	0	2.7
L112	Olives, in brine	100	91	17	61	1.0	0.2	0	30	180	0	0	0.13	0.02	0	0	1.0	0	2.0
L112	1 olive	3	2.5	0.5	1.7	trace	trace	0	1	5	0	0	trace	trace	0	0	trace	0	0.06
L114	Orange, flesh, raw	100	160	21	29	0.1	0.1	trace	14	85	0	0.03	0.93	0.06	0	43	35.6	0	0.23
L114	1 orange	128	200	27	37	0.2	0.1	trace	18	109	0	0.04	1.2	0.08	0	55	45.6	0	0.29
L116	Passion fruit, flesh & seeds, raw	100	350	54	16	1.1	0.8	0	2	10	0.03	0.10	1.9	0	0	0	20.0	0	3.0
L116	1 passionfruit	18	63	9.7	2.9	0.2	0.1	0	trace	2	trace	0.02	0.34	0	0	0	3.6	0	0.54
L206	Peaches, canned in juice, undrained	100	130	17	6.0	0.3	0.1	0	38	228	0.01	0.02	0.68	0.02	0	3.4	3.6	0	0.49
L206	1 cup,sliced	264	340	45	16	0.7	0.3	0	101	602	0.03	0.05	1.8	0.05	0	9.0	9.5	0	1.3
L124	Peaches, canned in syrup, drained	100	85	18	2.0	0.3	0.2	trace	103	617	0.03	0.03	0.40	0.03	0	8.0	4.0	0	1.5
L124	1 cup (250ml)	208	180	37	4.2	0.6	0.4	trace	214	1280	0.06	0.06	0.83	0.06	0	17	8.3	0	3.1
L126	Peaches, flesh & skin, raw	100	220	21	6.5	0.4	0.2	trace	80	477	0.01	0.02	0.74	0.08	0	3.0	9.6	0	1.3
L126	1 cup,sliced	136	300	29	8.9	0.5	0.2	trace	108	649	0.01	0.03	1.0	0.11	0	4.1	13.1	0	1.7
L126	1 peach	138	310	29	9.0	0.5	0.2	trace	110	658	0.01	0.03	1.0	0.11	0	4.1	13.2	0	1.8
L1015	Pear, assorted varieties, flesh & skin, raw	100	120	12	8.5	0.2	0.1	trace	2	10	0.01	0.01	0.34	0.03	0	7.0	3.0	0	0.23
L1015	1 fruit (5.7 x 6.4cm diameter)	122	150	15	10	0.2	0.2	trace	2	12	0.01	0.01	0.42	0.04	0	8.5	3.7	0	0.28
L219	Pear, nashi, flesh, raw	100	110	7.8	3.3	0.1	0.1	0	0	0	0	0	0.01	0.02	0	3.0	3.7	0	0.50
L219	1 cup, raw, sliced, with skin	146	160	11	4.8	0.1	0.1	0	0	0	0	0	0.02	0.03	0	4.4	5.4	0	0.73

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Food ID	Foods	Measure	Water	Energy	Energy (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
L204	Pears, canned in juice, undrained	100	86.6	154	168	0.5	0	8.7	1.7	8.7	0	0	0	0	0	0	0	5.0	trace
L204	1 cup (250ml)	258	223	397	432	1.3	0	22.4	4.4	22.4	0	0	0	0	0	0	0	12.9	trace
L204	1 half with liquid	95	82.3	146	159	0.5	0	8.3	1.6	8.3	0	0	0	0	0	0	0	4.8	trace
L141	Pears, canned in syrup, combined cultivars, undrained	100	81.8	273	291	0.3	0.1	15.8	2.3	15.7	0.1	trace	trace	trace			0	5.7	trace
L141	1 cup (250ml)	268	219	732	781	0.8	0.3	42.4	6.0	42.1	0.3	trace	0.1	0.1			0	15.3	trace
L178	Persimmon, flesh, raw	100	80.0	282	303	0.6	0.2	15.9	2.6	15.9	0	trace	0.1	0.1			0	3.5	trace
L178	1 persimmon	75	60.0	212	227	0.4	0.2	11.9	2.0	11.9	0	trace	trace	0.1			0	2.6	trace
L198	Pineapple, canned in juice, drained	100	84.6	182	195	0.7	0	10.2	1.6	10.2	0	0	0	0	0	0	0	4.0	trace
L198	1 cup (250ml)	198	168	360	386	1.4	0	20.2	3.2	20.2	0	0	0	0	0	0	0	7.9	trace
L198	1 slice (1 x 7cm diameter)	40	33.8	73	78	0.3	0	4.1	0.6	4.1	0	0	0	0	0	0	0	1.6	trace
L142	Pineapple, canned in syrup, drained	100	81.8	257	268	0.6	0.1	14.6	1.4	14.6	0	trace	trace	trace			0	0.7	trace
L142	1 cup (250ml)	186	152	478	499	1.0	0.2	27.2	2.6	27.2	0	trace	trace	0.1			0	1.3	trace
L143	Pineapple, canned in syrup, undrained	100	77.1	335	345	0.3	0	19.8	1.3	19.8	0	0	0	0	0	0	0	1.0	trace
L143	1 cup, chopped	269	207	901	929	0.7	0	53.3	3.5	53.3	0	0	0	0	0	0	0	2.7	trace
L144	Pineapple, flesh, raw	100	86.5	206	223	0.5	0.2	11.4	2.1	11.4	0	trace	trace	0.1			0	2.0	trace
L144	1 cup, chopped	164	142	338	366	0.8	0.3	18.7	3.4	18.7	0	trace	0.1	0.2			0	3.3	trace
L144	1 slice (1.5 x 9cm diameter)	110	95.2	227	245	0.6	0.2	12.5	2.3	12.5	0	trace	trace	0.1			0	2.2	trace
L155	Plum, combined cultivars, flesh & skin, raw	100	85.4	267	280	0.9	0.6	13.9	1.7	13.8	0.1	trace	0.3	0.1			0	3.6	trace
L155	1 cup, sliced	174	149	464	488	1.5	1.0	24.1	2.9	24.0	0.1	0.1	0.5	0.2			0	6.3	trace
L155	1 plum	49	41.8	131	137	0.4	0.3	6.8	0.8	6.8	trace	trace	0.2	trace			0	1.8	trace
L148	Plums, canned in syrup, drained	100	70.7	511	522	0.4	0.1	29.9	1.4	29.8	0.1	trace	0.1	trace			0	8.0	trace
L148	1 plum	49	34.6	250	256	0.2	trace	14.7	0.7	14.6	0.1	trace	trace	trace			0	3.9	trace
L154	Plums, cooking, stewed	100	86.3	137	149	0.5	0.4	6.8	1.6	6.8	0	trace	0.2	0.1			0	2.0	trace
L154	1 cup (250ml)	263	227	359	393	1.3	1.0	17.9	4.2	17.9	0	0.1	0.5	0.2			0	5.3	trace

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Food ID	Foods	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
L204	Pears, canned in juice, undrained	100	100	10	6.0	0.3	0.2	0	0	0	0	0.01	0.10	0.03	0	4.0	1.0	0	0.08
L204	1 cup (250ml)	258	260	26	15	0.8	0.5	0	0	0	0	0.03	0.26	0.08	0	10	2.6	0	0.21
L204	1 half with liquid	95	95	9.5	5.7	0.3	0.2	0	0	0	0	0.01	0.10	0.03	0	3.8	1.0	0	0.08
L141	Pears, canned in syrup, combined cultivars, undrained	100	56	5.0	6.0	0.4	0.1	trace	3	15	0.01	0.01	0.20	0.04	0	8.0	1.0	0	0.17
L141	1 cup (250ml)	268	150	13	16	1.0	0.3	trace	7	40	0.03	0.03	0.54	0.11	0	21	2.7	0	0.46
L178	Persimmon, flesh, raw	100	150	17	18	0.4	0.1	trace	138	825	0.02	0.06	0.40	0.02	0	8.0	10.0	0	0.20
L178	1 persimmon	75	110	13	14	0.3	0.1	trace	103	619	0.02	0.05	0.30	0.02	0	6.0	7.5	0	0.15
L198	Pineapple, canned in juice, drained	100	140	5.0	6.0	0.5	0.3	0	3	15	0.03	0.03	0.30	0.09	0	1.0	14.0	0	0.05
L198	1 cup (250ml)	198	280	9.9	12	1.0	0.6	0	5	30	0.06	0.06	0.59	0.18	0	2.0	27.7	0	0.10
L198	1 slice (1 x 7cm diameter)	40	56	2.0	2.4	0.2	0.1	0	1	6	0.01	0.01	0.12	0.04	0	0.40	5.6	0	0.02
L142	Pineapple, canned in syrup, drained	100	55	8.0	4.0	0.2	0.1	trace	4	22	0.03	0.02	0.30	0.09	0	5.0	10.0	0	0.05
L142	1 cup (250ml)	186	100	15	7.4	0.4	0.2	trace	7	41	0.06	0.04	0.56	0.17	0	9.3	18.6	0	0.09
L143	Pineapple, canned in syrup, undrained	100	94	5.0	13	0.4	0.1	trace	7	40	0.05	0.02	0.25	0.07	0	5.0	12.0	0	0.05
L143	1 cup, chopped	269	250	13	35	1.1	0.2	trace	18	108	0.13	0.05	0.67	0.19	0	13	32.3	0	0.13
L144	Pineapple, flesh, raw	100	250	8.0	12	0.4	0.1	trace	10	60	0.08	0.02	0.30	0.09	0	5.0	25.0	0	0.10
L144	1 cup, chopped	164	410	13	20	0.7	0.2	trace	16	98	0.13	0.03	0.49	0.15	0	8.2	41.0	0	0.16
L144	1 slice (1.5 x 9cm diameter)	110	280	8.8	13	0.4	0.1	trace	11	66	0.09	0.02	0.33	0.10	0	5.5	27.5	0	0.11
L155	Plum, combined cultivars, flesh & skin, raw	100	190	20	6.8	0.4	0.1	trace	70	417	0.01	0.01	0.80	0.06	0	5.0	3.2	0	0.82
L155	1 cup, sliced	174	330	35	12	0.7	0.2	trace	121	726	0.02	0.02	1.4	0.10	0	8.7	5.6	0	1.4
L155	1 plum	49	94	9.9	3.3	0.2	trace	trace	34	204	trace	trace	0.39	0.03	0	2.5	1.6	0	0.40
L148	Plums, canned in syrup, drained	100	100	10	7.0	0.7	0.1	trace	80	479	0.02	0.01	0.80	0.07	0	3.0	1.8	0	1.5
L148	1 plum	49	49	4.9	3.4	0.3	trace	trace	39	235	0.01	trace	0.39	0.03	0	1.5	0.9	0	0.72
L154	Plums, cooking, stewed	100	160	12	12	0.3	0.1	trace	15	92	0.04	0.03	0.60	0.03	0	1.0	3.0	0	0.50
L154	1 cup (250ml)	263	420	32	32	0.8	0.2	trace	40	242	0.11	0.08	1.6	0.08	0	2.6	7.9	0	1.3

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Food ID	Foods	Measure	Water	Energy	Energy (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
L159	Prunes, dried, stewed	100	69.7	360	413	1.4	0.3	19.5	6.6	19.5	0	trace	0.2	trace			0	3.0	trace
L159	1 cup (250ml)	224	156	806	924	3.1	0.7	43.7	14.8	43.7	0	trace	0.4	0.1			0	6.7	trace
L157	Prunes, flesh & skin, dried	100	37.1	605	667	2.8	0.4	32.5	7.8	31.0	1.5	trace	0.2	0.1			0	7.0	trace
L157	1 cup (250ml)	170	63.1	1030	1130	4.8	0.7	55.3	13.3	52.7	2.6	trace	0.4	0.1			0	11.9	trace
L157	10 prunes	84	31.2	508	560	2.4	0.3	27.3	6.6	26.0	1.3	trace	0.2	0.1			0	5.9	trace
L161	Raisins, seedless, composite	100	20.9	1190	1230	3.3	0.5	66.9	4.9	66.9	0	0.2	trace	0.2			0	10.0	trace
L161	1 cup (250ml)	137	28.7	1630	1690	4.5	0.7	91.8	6.7	91.8	0	0.3	trace	0.2			0	13.7	trace
L161	20 raisins	9	1.8	103	107	0.3	trace	5.8	0.4	5.8	0	trace	trace	trace			0	0.9	trace
L163	Raspberries, raw	100	87.7	118	143	1.1	0.6	4.7	3.1	4.6	0.1	trace	0.1	0.4			0	2.2	trace
L163	1 cup (250ml)	136	119	161	194	1.4	0.8	6.4	4.2	6.3	0.1	trace	0.1	0.5			0	3.0	trace
L168	Rhubarb, stewed with sugar	100	85.0	191	204	0.5	trace	10.9	1.6	10.9	0	0	0	0	0	0	0	2.0	trace
L168	1 cup (250ml)	270	230	516	551	1.4	trace	29.4	4.3	29.4	0	0	0	0	0	0	0	5.4	trace
L169	Rhubarb, stewed without sugar	100	94.6	27	46	0.6	trace	1.0	2.4	1.0	0	0	0	0	0	0	0	2.0	trace
L169	1 cup (250ml)	265	251	71	122	1.5	trace	2.7	6.4	2.7	0	0	0	0	0	0	0	5.3	trace
L1056	Salad, fruit, raw	100	83.9	220	236	0.7	0.3	11.9	2.0	11.4	0.5	trace	trace	0.1			0	1.2	trace
L1056	1 cup (250ml)	237	199	522	560	1.6	0.7	28.1	4.8	26.9	1.2	0.1	0.1	0.2			0	2.7	trace
L1016	Strawberries, New Zealand, raw	100	91.3	135	149	0.7	0.4	6.6	1.8	6.5	trace	trace	0.1	0.2			0	0.5	trace
L1016	1 medium	12	11.0	16	18	0.1	trace	0.8	0.2	0.8	trace	trace	trace	trace			0	0.1	trace
L173	Sultanas	100	16.0	1310	1350	2.8	0.4	75.0	4.4	73.2	1.8	0.2	trace	0.1			0	36.0	trace
L173	1 cup (250ml)	153	24.5	2010	2060	4.2	0.6	115	6.7	112	2.8	0.2	trace	0.2			0	55.1	trace
L174	Tamarillo, red, flesh & seeds, raw	100	86.1	111	137	2.0	0.4	3.8	3.3	3.5	0.3	0.1	0.1	0.2			0	1.4	trace
L174	1 tamarillo	60	51.6	66	82	1.2	0.2	2.3	2.0	2.1	0.2	trace	trace	0.1			0	0.9	trace
L179	Tangelo, flesh, raw	100	85.9	144	160	0.6	0.1	7.8	2.0	7.8	0	trace	trace	trace			0	4.0	trace
L179	1 tangelo	90	77.3	130	144	0.6	0.1	7.0	1.8	7.0	0	trace	trace	trace			0	3.6	trace

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Food ID	Foods	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
L159	Prunes, dried, stewed	100	200	19	9.0	1.5	0.1	trace	38	229	0.02	0.04	0.66	0.10	0	0	2.9	0	0.19
L159	1 cup (250ml)	224	440	43	20	3.4	0.2	trace	86	513	0.05	0.09	1.5	0.22	0	0	6.5	0	0.43
L157	Prunes, flesh & skin, dried	100	700	58	52	1.1	0.5	trace	73	435	0.08	0.16	1.3	0.19	0	4.0	2.0	0	1.5
L157	1 cup (250ml)	170	1200	99	88	1.9	0.9	trace	124	740	0.14	0.27	2.2	0.32	0	6.8	3.4	0	2.5
L157	10 prunes	84	590	49	44	0.9	0.4	trace	61	365	0.07	0.13	1.1	0.16	0	3.4	1.7	0	1.2
L161	Raisins, seedless, composite	100	680	84	53	1.2	0.2	trace	5	30	0.28	0.04	0.26	0	0	4.0	0	0	0.25
L161	1 cup (250ml)	137	930	120	73	1.6	0.3	trace	7	41	0.38	0.06	0.36	0	0	5.5	0	0	0.34
L161	20 raisins	9	59	7.3	4.6	0.1	trace	trace	trace	3	0.02	trace	0.02	0	0	0.35	0	0	0.02
L163	Raspberries, raw	100	170	20	19	0.4	0.4	trace	0	0	0	0.01	0.50	0.06	0	33	13.6	0	0.35
L163	1 cup (250ml)	136	230	27	26	0.5	0.5	trace	0	0	0	0.01	0.68	0.08	0	45	18.5	0	0.48
L168	Rhubarb, stewed with sugar	100	360	18	84	0.3	trace	trace	8	50	0.01	0.03	0.40	0.02	0	4.0	7.0	0	0.20
L168	1 cup (250ml)	270	970	49	230	0.8	0.1	trace	23	135	0.03	0.08	1.1	0.05	0	11	18.9	0	0.54
L169	Rhubarb, stewed without sugar	100	400	19	93	0.4	trace	trace	9	55	0.01	0.03	0.40	0.02	0	4.0	8.0	0	0.20
L169	1 cup (250ml)	265	1100	50	250	1.1	0.1	trace	24	146	0.03	0.08	1.1	0.05	0	11	21.2	0	0.53
L1056	Salad, fruit, raw	100	190	17	13	0.2	0.1	trace	6	36	0.02	0.03	0.50	0.13	0	16	18.8	0	0.20
L1056	1 cup (250ml)	237	460	40	30	0.5	0.2	trace	14	86	0.05	0.07	1.2	0.31	0	38	44.6	0	0.47
L1016	Strawberries, New Zealand, raw	100	170	22	17	0.2	0.1	trace	1	6	0.01	0	0.74	0.05	0	20	45.6	0	0.41
L1016	1 medium	12	20	2.6	2.0	trace	trace	trace	trace	1	trace	0	0.09	0.01	0	2.4	5.5	0	0.05
L173	Sultanas	100	910	95	56	2.0	0.5	trace	4	23	0.18	0.05	0.72	0.25	0	27	0	0	0.70
L173	1 cup (250ml)	153	1400	150	86	3.1	0.8	trace	6	35	0.28	0.08	1.1	0.38	0	41	0	0	1.1
L174	Tamarillo, red, flesh & seeds, raw	100	320	39	11	0.6	0.2	trace	190	1140	0.04	0.02	0.57	0.20	0	4.0	29.8	0	1.9
L174	1 tamarillo	60	190	23	6.4	0.3	0.1	trace	114	684	0.02	0.01	0.34	0.12	0	2.4	17.9	0	1.2
L179	Tangelo, flesh, raw	100	140	10	22	0.3	0.3	trace	58	347	0.05	0.03	0.40	0.07	0	20	28.0	0	0.19
L179	1 tangelo	90	130	9.0	20	0.3	0.3	trace	52	312	0.05	0.03	0.36	0.06	0	18	25.2	0	0.17

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Food ID	Foods	Measure	Water	Energy	Energy (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
L176	Tangerine, flesh, raw	100	86.7	151	169	0.9	0.2	7.7	2.3	7.7	0	trace	0.1	0.1			0	2.0	trace
L176	1 tangerine	84	72.8	127	142	0.7	0.2	6.5	1.9	6.5	0	trace	trace	trace			0	1.7	trace
L176	1 cup, sectioned	259	225	390	438	2.3	0.5	19.9	6.0	19.9	0	0.1	0.2	0.2			0	5.2	trace
L177	Watermelon, flesh, raw	100	94.0	99	104	0.4	0.2	5.1	0.6	5.1	0	0	0	0	0	0	0	4.0	trace
L177	1 cup (250ml)	169	159	167	175	0.6	0.3	8.6	1.0	8.6	0	0	0	0	0	0	0	6.8	trace
L177	1 slice (2.5 x 25.5 x 12cm)	213	200	211	221	0.8	0.4	10.9	1.3	10.9	0	0	0	0	0	0	0	8.5	trace
M	MEAT																		
M188	Beef, blade steak, lean & fat, trimmed to 5mm fat, stewed, drained	100	56.4	1030	1030	30.7	14.1	0	0	0	0	6.2	6.2	0.4			92	51.0	trace
M188	1 cup (250ml)	190	107	1960	1960	58.3	26.8	0	0	0	0	11.8	11.7	0.7			175	96.9	trace
M542	Beef, composite cuts, separable lean, cooked	100	63.3	751	751	30.4	6.6	0	0	0	0	2.8	2.7	0.3			81	55.0	trace
M542	1 cup (250ml)	200	127	1500	1500	60.8	13.2	0	0	0	0	5.6	5.4	0.6			162	110	trace
M1034	Beef, corned, canned, Salisbury	100	63.7	842	842	22.5	12.6	0	0	0	0	5.3	5.4	0.2	0.1	0.1	69	560	trace
M1034	1 cup (250ml)	201	128	1690	1690	45.2	25.3	0	0	0	0	10.7	10.9	0.4	0.1	0.2	139	1130	trace
M1039	Beef, corned, silverside, raw, composite	100	75.7	453	453	14.5	5.7	0	0	0	0	2.0	2.8	0.1	trace	0.1	30	1330	trace
M1039	1 piece (3.1 x 3.3 x 2.8cm)	32	24.4	146	146	4.7	1.8	0	0	0	0	0.6	0.9	trace	trace	trace	10	428	trace
M397	Beef, fillet steak, lean & fat, grilled	100	61.1	824	824	27.2	10.0	0	0	0	0	4.4	4.1	0.3			86	58.0	trace
M397	1 steak	173	106	1430	1430	47.0	17.3	0	0	0	0	7.6	7.1	0.6			149	100	trace
M191	Beef, fillet steak, lean, grilled	100	62.9	739	739	27.9	7.4	0	0	0	0	3.1	3.0	0.3			87	59.1	trace
M191	1 cup, cooked, diced	142	89.3	1050	1050	39.6	10.5	0	0	0	0	4.5	4.3	0.4			123	83.9	trace
M191	1 steak	137	86.2	1010	1010	38.2	10.1	0	0	0	0	4.3	4.2	0.4			119	81.0	trace
M16	Beef, kidney, core removed, stewed	100	64.1	712	712	25.6	7.7	0	0	0	0	3.3	2.0	0.5			517	400	11
M16	1 cup diced	149	95.5	1060	1060	38.1	11.5	0	0	0	0	4.8	3.0	0.7			770	596	16

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Food ID	Foods	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
L176	Tangerine, flesh, raw	100	160	17	42	0.3	0.1	trace	17	100	0.07	0.02	0.30	0.07	0	21	30.0	0	0.19
L176	1 tangerine	84	130	14	35	0.3	0.1	trace	14	84	0.06	0.02	0.25	0.06	0	18	25.2	0	0.16
L176	1 cup, sectioned	259	410	44	110	0.8	0.3	trace	43	259	0.18	0.05	0.78	0.18	0	54	77.7	0	0.49
L177	Watermelon, flesh, raw	100	120	8.0	5.0	0.3	0.2	0	3	20	0.02	0.02	0.30	0.07	0	2.0	8.0	0	0.10
L177	1 cup (250ml)	169	200	14	8.5	0.5	0.3	0	6	34	0.03	0.03	0.51	0.12	0	3.4	13.5	0	0.17
L177	1 slice (2.5 x 25.5 x 12cm)	213	260	17	11	0.6	0.4	0	7	43	0.04	0.04	0.64	0.15	0	4.3	17.0	0	0.21
M MEAT																			
M188	Beef, blade steak, lean & fat, trimmed to 5mm fat, stewed, drained	100	240	160	5.0	4.0	9.3	14	5	18	0.15	0.24	11	0.39	3.1	15	0	0.2	0.88
M188	1 cup (250ml)	190	460	310	9.5	7.6	18	26	10	34	0.29	0.46	21	0.74	5.9	29	0	0.4	1.7
M542	Beef, composite cuts, separable lean, cooked	100	400	230	5.1	3.8	6.3	9	0	0	0.15	0.21	11	0.34	2.6	11	0	0.1	0.15
M542	1 cup (250ml)	200	800	450	10	7.6	13	17	0	0	0.30	0.42	22	0.68	5.2	22	0	0.3	0.30
M1034	Beef, corned, canned, Salisbury	100	150	110	8.0	1.9	4.8	7	18	49	0	0.11	9.5	0.15	3.8	5.0	0	0.2	0.64
M1034	1 cup (250ml)	201	300	220	16	3.7	9.6	13	36	98	0	0.22	19	0.30	7.6	10	0	0.4	1.3
M1039	Beef, corned, silverside, raw, composite	100	200	240	3.3	1.3	2.1	trace	11	33	0.08	0.07	5.5	0.31	1.2	5.0	0	0.3	0.42
M1039	1 piece (3.1 x 3.3 x 2.8cm)	32	64	77	1.1	0.4	0.7	trace	3	11	0.03	0.02	1.8	0.10	0.39	1.6	0	0.1	0.14
M397	Beef, fillet steak, lean & fat, grilled	100	460	250	5.0	4.2	4.0	12	3	8	0.13	0.14	11	0.44	1.4	14	0	0.2	0.70
M397	1 steak	173	800	430	8.7	7.3	6.9	21	6	14	0.23	0.24	18	0.76	2.4	24	0	0.3	1.2
M191	Beef, fillet steak, lean, grilled	100	480	260	5.4	4.3	4.2	13	0	0	0.19	0.24	11	0.32	2.4	10	0	0.1	0.70
M191	1 cup, cooked, diced	142	680	370	7.7	6.0	5.9	18	0	0	0.27	0.34	16	0.45	3.4	14	0	0.2	0.99
M191	1 steak	137	650	350	7.4	5.8	5.7	17	0	0	0.26	0.33	15	0.44	3.3	14	0	0.2	0.96
M16	Beef, kidney, core removed, stewed	100	180	300	16	8.0	3.0	70	323	439	0.25	2.1	10	0.30	31	81	10.0	0.8	0.42
M16	1 cup diced	149	270	450	24	12	4.5	100	482	654	0.37	3.1	16	0.45	46	120	14.9	1.2	0.63

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Food ID	Foods	Measure	Water	Energy	Energy (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
M328	Beef, mince, lean & fat 12%, stewed	100	63.6	882	882	22.3	13.8	0	0	0	0	6.0	5.7	0.6			68	39.0	trace
M328	1 cup (250ml)	260	165	2290	2290	57.9	35.9	0	0	0	0	15.6	14.9	1.5			177	101	trace
M544	Beef, mince, lean & fat 6%, fried	100	60.6	862	862	29.9	9.8	0	0	0	0	4.3	4.1	0.4			81	62.9	trace
M544	1 cup (250ml)	170	103	1460	1460	50.8	16.7	0	0	0	0	7.3	7.0	0.7			138	107	trace
M20	Beef, mince, lean, stewed	100	69.7	621	621	23.9	6.0	0	0	0	0	2.6	2.5	0.3			67	37.0	trace
M20	1 cup (250ml)	170	118	1060	1060	40.6	10.2	0	0	0	0	4.4	4.3	0.5			114	62.9	trace
M26	Beef, rump steak, lean & fat, trimmed, grilled	100	64.8	759	759	26.6	8.5	0	0	0	0	3.8	3.6	0.3			71	52.0	trace
M26	1 cup, cooked, diced	142	92.0	1080	1080	37.8	12.1	0	0	0	0	5.3	5.0	0.4			101	73.8	trace
M26	1 steak	172	111	1310	1310	45.8	14.6	0	0	0	0	6.5	6.1	0.5			122	89.4	trace
M27	Beef, rump steak, lean, grilled	100	67.1	660	660	27.3	5.5	0	0	0	0	2.3	2.3	0.2			71	52.3	trace
M27	1 cup, cooked, diced	142	95.3	937	937	38.8	7.8	0	0	0	0	3.3	3.2	0.3			100	74.3	trace
M27	1 steak	160	107	1060	1060	43.7	8.8	0	0	0	0	3.7	3.6	0.4			113	83.7	trace
M49	Beef, schnitzel, crumbed, lean & fat, fried	100	54.6	890	898	31.4	8.1	4.0	0.9	0.5	3.5	3.4	3.9	0.3			42	110	trace
M49	1 schnitzel (15 x 10 x 1cm)	145	79.2	1290	1300	45.5	11.7	5.8	1.3	0.7	5.1	4.9	5.6	0.5			61	160	trace
M206	Beef, scotch fillet, lean, grilled	100	61.5	809	809	28.5	9.0	0	0	0	0	3.8	3.7	0.4			87	57.0	trace
M206	1 cup, cooked, diced	142	87.3	1150	1150	40.5	12.8	0	0	0	0	5.4	5.2	0.6			124	80.9	trace
M206	1 steak	170	105	1380	1380	48.5	15.3	0	0	0	0	6.4	6.3	0.7			148	96.9	trace
M2	Beef, silverside, lean 77% & fat 23%, boiled, salt added	100	48.4	1340	1340	27.6	23.9	0	0	0	0	10.0	11.4	1.0			82	940	trace
M2	1 slice (12.5 x 2.5 x 0.5cm)	28	13.6	376	376	7.7	6.7	0	0	0	0	2.8	3.2	0.3			23	263	trace
M36	Beef, sirloin roast, lean, roasted	100	64.3	721	721	27.7	7.0	0	0	0	0	2.7	2.8	0.5			61	56.0	trace
M36	1 slice (9.7 x 8.2 x 0.5cm)	42	27.0	303	303	11.6	2.9	0	0	0	0	1.1	1.2	0.2			26	23.5	trace
M226	Beef, sirloin steak, separable lean, grilled	100	64.4	758	758	28.1	7.8	0	0	0	0	3.3	3.2	0.3			68	55.0	trace
M226	1 cup, cooked, diced	142	91.4	1080	1080	39.9	11.1	0	0	0	0	4.7	4.5	0.5			97	78.1	trace
M226	1 steak	145	93.4	1100	1100	40.8	11.3	0	0	0	0	4.8	4.6	0.5			99	79.8	trace

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Food ID	Foods	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
M328	Beef, mince, lean & fat 12%, stewed	100	240	150	5.0	2.8	4.3	trace	3	0	0.10	0.16	7.6	0.26	1.5	10	0	0.1	0.34
M328	1 cup (250ml)	260	630	400	13	7.3	11	9	8	0	0.26	0.42	20	0.68	3.9	26	0	0.3	0.88
M544	Beef, mince, lean & fat 6%, fried	100	460	240	5.5	3.4	5.9	8	3	8	0.17	0.34	10	0.30	2.7	14	0	0.1	0.28
M544	1 cup (250ml)	170	780	410	9.3	5.8	10	13	6	14	0.29	0.58	18	0.51	4.6	24	0	0.2	0.48
M20	Beef, mince, lean, stewed	100	250	150	5.0	2.7	4.7	trace	0	0	0.11	0.17	8.1	0.28	1.6	11	0	0.1	0.31
M20	1 cup (250ml)	170	430	260	8.5	4.6	8.0	6	0	0	0.19	0.29	14	0.48	2.8	19	0	0.2	0.53
M26	Beef, rump steak, lean & fat, trimmed, grilled	100	400	220	5.0	3.3	4.7	trace	3	8	0.11	0.13	9.6	0.40	1.3	12	0	0.1	0.63
M26	1 cup, cooked, diced	142	560	310	7.1	4.7	6.7	6	5	11	0.16	0.19	14	0.57	1.8	17	0	0.2	0.90
M26	1 steak	172	680	380	8.6	5.7	8.1	7	6	14	0.19	0.22	17	0.69	2.2	21	0	0.2	1.1
M27	Beef, rump steak, lean, grilled	100	410	230	4.4	3.4	5.0	trace	0	0	0.13	0.18	9.7	0.24	2.1	10	0	0.1	0.63
M27	1 cup, cooked, diced	142	580	320	6.2	4.8	7.1	6	0	0	0.19	0.26	14	0.34	3.0	14	0	0.2	0.90
M27	1 steak	160	660	360	7.0	5.5	8.0	7	0	0	0.21	0.29	15	0.38	3.4	16	0	0.2	1.0
M49	Beef, schnitzel, crumbed, lean & fat, fried	100	420	280	10	1.6	1.0	trace	6	0	0.06	0.27	14	0.32	1.0	4.0	0	0.3	0.20
M49	1 schnitzel (15 x 10 x 1cm)	145	610	410	15	2.3	1.5	6	9	0	0.09	0.39	20	0.46	1.5	5.8	0	0.5	0.29
M206	Beef, scotch fillet, lean, grilled	100	420	230	4.4	3.3	6.7	trace	0	0	0.06	0.07	10	0.55	1.6	12	0	0.2	0.29
M206	1 cup, cooked, diced	142	600	330	6.2	4.7	9.5	6	0	0	0.09	0.10	15	0.78	2.3	17	0	0.2	0.41
M206	1 steak	170	710	390	7.5	5.6	11	7	0	0	0.10	0.12	17	0.94	2.7	20	0	0.3	0.49
M2	Beef, silverside, lean 77% & fat 23%, boiled, salt added	100	200	150	12	2.8	6.3	trace	7	trace	0.04	0.30	10	0.25	2.0	13	0	0.1	0.35
M2	1 slice (12.5 x 2.5 x 0.5cm)	28	56	42	3.4	0.8	1.8	trace	2	trace	0.01	0.08	2.9	0.07	0.56	3.6	0	trace	0.10
M36	Beef, sirloin roast, lean, roasted	100	460	240	5.0	4.0	5.5	trace	0	0	0.09	0.14	9.6	0.18	1.5	11	0	0.2	0.29
M36	1 slice (9.7 x 8.2 x 0.5cm)	42	190	100	2.1	1.7	2.3	trace	0	0	0.04	0.06	4.0	0.08	0.63	4.6	0	0.1	0.12
M226	Beef, sirloin steak, separable lean, grilled	100	440	230	6.0	3.8	5.8	trace	0	0	0.19	0.24	9.4	0.32	2.4	12	0	0.1	0.29
M226	1 cup, cooked, diced	142	620	330	8.5	5.4	8.2	6	0	0	0.27	0.34	13	0.45	3.4	17	0	0.2	0.41
M226	1 steak	145	640	330	8.7	5.5	8.4	6	0	0	0.28	0.35	14	0.46	3.5	17	0	0.2	0.42

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Food ID	Foods	Measure	Water	Energy	Energy (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
M46	Beef, topside roast, lean, roasted	100	61.9	762	762	33.9	5.3	0	0	0	0	2.3	2.2	0.2			81	48.8	0
M46	1 slice (10.5 x 5.5 x 0.5cm)	42	26.0	320	320	14.2	2.2	0	0	0	0	0.9	0.9	0.1			34	20.5	0
M51	Beef, veal, fillet, separable lean, roasted	100	55.1	953	953	31.6	11.5	0	0	0	0	4.8	5.5	0.5			115	97.0	trace
M51	1 slice (9.4 x 8.0 x 0.5cm)	39	21.5	372	372	12.3	4.5	0	0	0	0	1.9	2.1	0.2			45	37.8	trace
M232	Chicken, breast, grilled	100	61.8	691	691	31.2	4.6	0	0	0	0	1.5	2.3	0.5			112	65.0	trace
M232	1 single breast	107	66.1	739	739	33.4	4.9	0	0	0	0	1.6	2.5	0.5			120	69.6	trace
M339	Chicken, breast, lean & fat, roasted	100	68.8	668	668	24.6	7.0	0	0	0	0	2.2	3.0	0.8	trace	0.7	79	75.7	trace
M339	1 cup, cooked, diced	143	98.4	956	956	35.2	9.9	0	0	0	0	3.2	4.4	1.1	0.1	1.0	113	108	trace
M339	1 single breast	161	111	1080	1080	39.7	11.2	0	0	0	0	3.6	4.9	1.2	0.1	1.1	127	122	trace
M239	Chicken, composite cuts, flesh, cooked	100	65.7	708	708	24.0	8.3	0	0	0	0	2.7	3.6	0.9	0.1	0.8	129	82.0	trace
M239	1 cup, cooked, diced	135	88.7	956	956	32.4	11.2	0	0	0	0	3.6	4.9	1.2	0.1	1.1	174	111	trace
M239	1/4 chicken	135	88.7	956	956	32.4	11.2	0	0	0	0	3.6	4.9	1.2	0.1	1.1	174	111	trace
M1012	Chicken, deli cooked, breast, composite	100	68.0	558	558	28.8	2.1	0	0	0	0	0.6	1.0	0.3	trace	0.3	93	325	trace
M1012	1 cup diced	143	97.0	795	795	41.0	3.0	0	0	0	0	0.9	1.4	0.4	trace	0.4	133	463	trace
M1016	Chicken, deli cooked, drumstick, composite	100	65.3	715	715	27.5	6.9	0	0	0	0	1.9	3.3	1.1	0.1	0.9	150	360	trace
M1016	1 leg	114	74.4	815	815	31.4	7.9	0	0	0	0	2.2	3.8	1.2	0.1	1.1	171	410	trace
M1015	Chicken, deli cooked, skin	100	48.3	1470	1470	18.1	31.6	0	0	0	0	9.5	15.2	4.6	0.4	4.1	142	340	19
M1015	1 cup diced	143	68.9	2100	2100	25.9	45.1	0	0	0	0	13.6	21.6	6.6	0.5	5.8	202	485	27
M1013	Chicken, deli cooked, thigh, composite	100	65.8	714	714	24.4	8.3	0	0	0	0	2.4	4.0	1.3	0.1	1.1	128	330	trace
M1013	1 cup diced	143	93.8	1020	1020	34.8	11.8	0	0	0	0	3.5	5.7	1.8	0.1	1.6	183	471	trace
M247	Chicken, drumstick, flesh, grilled	100	66.7	692	692	26.4	6.8	0	0	0	0	2.2	3.0	0.8	trace	0.7	149	109	trace
M247	1 cup, cooked, diced	143	95.4	990	990	37.7	9.7	0	0	0	0	3.1	4.2	1.1	0.1	1.0	213	156	trace
M247	1 drumstick	44	29.3	305	305	11.6	3.0	0	0	0	0	1.0	1.3	0.3	trace	0.3	66	48.0	trace

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Food ID	Foods	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
M46	Beef, topside roast, lean, roasted	100	430	250	4.8	3.6	4.6	8	0	0	0.13	0.18	14	0.24	2.1	11	0	0.3	0.67
M46	1 slice (10.5 x 5.5 x 0.5cm)	42	180	100	2.0	1.5	1.9	trace	0	0	0.06	0.08	5.8	0.10	0.88	4.6	0	0.1	0.28
M51	Beef, veal, fillet, separable lean, roasted	100	430	360	4.0	1.6	5.4	trace	0	0	0.06	0.27	14	0.32	1.0	4.0	0	0.1	0.16
M51	1 slice (9.4 x 8.0 x 0.5cm)	39	170	140	1.6	0.6	2.1	trace	0	0	0.02	0.11	5.4	0.13	0.39	1.6	0	trace	0.06
M232	Chicken, breast, grilled	100	390	260	14	1.9	1.0	15	15	0	0.10	0.11	15	0.59	0.60	10	0	0.2	0.55
M232	1 single breast	107	420	280	15	2.0	1.1	16	16	0	0.11	0.12	16	0.63	0.64	11	0	0.2	0.59
M339	Chicken, breast, lean & fat, roasted	100	180	240	14	0.7	1.2	14	17	0	0.06	0.11	9.9	0.25	0.25	10	0	0.3	0.57
M339	1 cup, cooked, diced	143	260	340	20	1.0	1.7	19	24	0	0.09	0.16	14	0.36	0.36	14	0	0.4	0.82
M339	1 single breast	161	290	380	22	1.1	1.9	22	27	0	0.10	0.18	16	0.40	0.40	16	0	0.5	0.92
M239	Chicken, composite cuts, flesh, cooked	100	300	200	14	2.0	1.8	16	20	0	0.07	0.16	9.5	0.65	0.52	17	0	0.2	0.78
M239	1 cup, cooked, diced	135	400	270	19	2.7	2.4	22	27	0	0.10	0.22	13	0.88	0.70	23	0	0.3	1.1
M239	1/4 chicken	135	400	270	19	2.7	2.4	22	27	0	0.10	0.22	13	0.88	0.70	23	0	0.3	1.1
M1012	Chicken, deli cooked, breast, composite	100	370	300	6.9	0.3	0.9	30	35	0	0.20	0.15	16	0.29	0.30	20	0	0.1	0.42
M1012	1 cup diced	143	530	430	9.8	0.5	1.2	43	50	0	0.29	0.21	23	0.41	0.43	29	0	0.1	0.60
M1016	Chicken, deli cooked, drumstick, composite	100	350	260	11	0.8	2.2	37	35	0	0.20	0.27	12	0.22	0.82	20	0	0.2	0.81
M1016	1 leg	114	400	300	13	0.9	2.5	43	40	0	0.23	0.31	13	0.25	0.94	23	0	0.2	0.92
M1015	Chicken, deli cooked, skin	100	280	280	21	0.9	1.0	23	35	0	0.20	0.16	11	0.29	0.64	20	0	1.9	0.74
M1015	1 cup diced	143	400	400	30	1.3	1.4	33	50	0	0.29	0.23	16	0.41	0.91	29	0	2.7	1.1
M1013	Chicken, deli cooked, thigh, composite	100	310	250	9.7	0.9	2.2	28	35	0	0.19	0.26	11	0.22	0.51	20	0	0.1	0.67
M1013	1 cup diced	143	440	360	14	1.2	3.1	40	50	0	0.27	0.37	16	0.31	0.73	29	0	0.1	0.96
M247	Chicken, drumstick, flesh, grilled	100	310	200	8.6	1.9	2.7	18	50	0	0.05	0.23	9.0	0.53	1.8	23	0	0.2	0.90
M247	1 cup, cooked, diced	143	440	290	12	2.7	3.9	26	72	0	0.07	0.33	13	0.76	2.6	33	0	0.3	1.3
M247	1 drumstick	44	140	88	3.8	0.8	1.2	8	22	0	0.02	0.10	3.9	0.23	0.79	10	0	0.1	0.40

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Food ID	Foods	Measure	Water	Energy	Energy (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
M255	Chicken, leg, flesh, grilled	100	63.1	815	815	24.2	11.1	0	0	0	0	3.6	4.8	1.2	0.1	1.1	148	93.0	trace
M255	1 cup, cooked, diced	143	90.2	1160	1160	34.6	15.9	0	0	0	0	5.1	6.9	1.8	0.1	1.6	212	133	trace
M255	1 leg	95	59.9	774	774	23.0	10.5	0	0	0	0	3.4	4.6	1.2	0.1	1.0	141	88.4	trace
M337	Chicken, thigh, flesh, roasted	100	66.5	758	758	22.9	10.1	0	0	0	0	3.3	4.4	1.1	0.1	1.0	120	95.1	trace
M337	1 cup, cooked, diced	143	95.1	1080	1080	32.8	14.5	0	0	0	0	4.7	6.3	1.6	0.1	1.4	172	136	trace
M337	1 thigh	86	57.2	651	651	19.7	8.7	0	0	0	0	2.8	3.8	1.0	0.1	0.9	103	81.8	trace
M354	Chicken, thigh, separable lean 63%, fat 15% & skin 22%, raw	100	63.5	980	980	15.5	19.5	0	0	0	0	6.1	8.4	2.2	0.1	2.0	94	76.3	trace
M354	1 thigh	161	102	1580	1580	25.0	31.4	0	0	0	0	9.8	13.6	3.5	0.2	3.1	151	123	trace
M350	Chicken, thigh, separable lean 72%, fat 9% & skin 19%, roasted in oven bag	100	60.2	1060	1060	19.8	19.8	0	0	0	0	6.3	10.3	1.6	0.1	1.5	120	84.4	trace
M350	1 cup, cooked, diced	143	86.1	1520	1520	28.2	28.3	0	0	0	0	9.0	14.7	2.3	0.2	2.1	172	121	trace
M350	1 thigh	119	71.6	1260	1260	23.5	23.5	0	0	0	0	7.5	12.3	1.9	0.1	1.7	143	100	trace
M264	Chicken, wing, flesh, grilled	100	62.2	773	773	26.8	8.8	0	0	0	0	2.8	3.8	1.0	0.1	0.9	156	88.0	trace
M264	1 wing	21	13.1	162	162	5.6	1.8	0	0	0	0	0.6	0.8	0.2	trace	0.2	33	18.5	trace
M351	Chicken, wing, separable lean 63%, fat 2% & skin 35%, roasted in oven bag	100	58.7	1090	1090	20.6	20.2	0	0	0	0	6.3	8.9	2.2	0.2	2.0	107	79.5	trace
M351	1 wing	49	28.8	535	535	10.1	9.9	0	0	0	0	3.1	4.4	1.1	0.1	1.0	52	39.0	trace
M75	Duck, composite cuts, separable lean, roasted	100	64.2	782	782	25.3	9.7	0	0	0	0	2.6	5.2	1.2			160	96.0	trace
M75	1 cup, cooked, diced	148	95.0	1160	1160	37.5	14.4	0	0	0	0	3.9	7.8	1.7			237	142	trace
M75	1/4 duck	110	70.6	860	860	27.8	10.7	0	0	0	0	2.9	5.8	1.3			176	106	trace
M124	Ham, separable lean 92% & fat 8%, cooked	100	68.1	602	602	16.8	8.7	0	0	0	0	2.9	4.2	0.5			55	1360	trace
M124	1 slice (8 x 4 x 0.5cm)	18	12.3	108	108	3.0	1.6	0	0	0	0	0.5	0.7	0.1			10	245	trace
M553	Lamb, composite cuts, lean & fat, trimmed, cooked	100	50.8	1320	1320	22.8	25.3	0	0	0	0	12.9	9.1	0.7			94	70.0	trace
M553	1 cup (250ml)	200	102	2630	2630	45.6	50.6	0	0	0	0	25.8	18.1	1.3			187	140	6
M301	Lamb, composite cuts, separable lean, cooked	100	60.5	848	848	27.5	10.5	0	0	0	0	5.4	3.9	0.3			94	78.0	trace
M301	1 cup diced	190	115	1610	1610	52.3	20.0	0	0	0	0	10.2	7.4	0.5			179	148	6

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Food ID	Foods	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
M255	Chicken, leg, flesh, grilled	100	270	200	25	2.6	2.5	18	50	0	0.11	0.17	8.5	0.37	1.3	23	0	0.2	0.90
M255	1 cup, cooked, diced	143	390	290	36	3.7	3.6	26	72	0	0.16	0.24	12	0.53	1.9	33	0	0.3	1.3
M255	1 leg	95	260	190	24	2.5	2.4	17	48	0	0.11	0.16	8.1	0.35	1.2	22	0	0.2	0.86
M337	Chicken, thigh, flesh, roasted	100	240	200	13	1.1	2.2	17	50	0	0.05	0.26	10	0.37	1.3	23	0	0.2	0.90
M337	1 cup, cooked, diced	143	340	280	19	1.5	3.2	25	72	0	0.07	0.37	15	0.53	1.9	33	0	0.3	1.3
M337	1 thigh	86	210	170	11	0.9	1.9	15	43	0	0.04	0.22	8.9	0.32	1.1	20	0	0.2	0.77
M354	Chicken, thigh, separable lean 63%, fat 15% & skin 22%, raw	100	280	170	8.6	1.1	1.4	12	52	0	0.07	0.13	9.0	0.28	0.60	14	1.9	0.2	0.78
M354	1 thigh	161	460	280	14	1.8	2.3	20	84	0	0.11	0.21	14	0.45	0.97	23	3.1	0.3	1.3
M350	Chicken, thigh, separable lean 72%, fat 9% & skin 19%, roasted in oven bag	100	230	180	12	1.1	1.9	16	53	0	0.05	0.22	9.5	0.33	1.2	19	0	0.2	0.99
M350	1 cup, cooked, diced	143	320	250	18	1.5	2.7	22	76	0	0.07	0.32	14	0.47	1.7	28	0	0.3	1.4
M350	1 thigh	119	270	210	15	1.3	2.2	18	63	0	0.06	0.26	11	0.39	1.4	23	0	0.2	1.2
M264	Chicken, wing, flesh, grilled	100	270	180	22	1.6	1.7	7	15	0	0.04	0.05	10	0.25	0.23	10	0	0.2	0.55
M264	1 wing	21	57	38	4.6	0.3	0.4	trace	3	0	0.01	0.01	2.2	0.05	0.05	2.1	0	trace	0.12
M351	Chicken, wing, separable lean 63%, fat 2% & skin 35%, roasted in oven bag	100	210	160	11	1.1	1.5	14	32	0	0.05	0.11	10	0.24	0.44	9.6	0	0.1	0.82
M351	1 wing	49	100	78	5.1	0.5	0.7	7	16	0	0.02	0.05	5.0	0.12	0.22	4.7	0	trace	0.40
M75	Duck, composite cuts, separable lean, roasted	100	270	200	13	2.7	2.6	trace	23	0	0.26	0.47	11	0.25	3.0	10	0	0.1	0.02
M75	1 cup, cooked, diced	148	400	300	19	4.0	3.8	trace	34	0	0.39	0.70	16	0.37	4.4	15	0	0.1	0.03
M75	1/4 duck	110	300	220	14	3.0	2.9	trace	25	0	0.29	0.52	12	0.28	3.3	11	0	0.1	0.02
M124	Ham, separable lean 92% & fat 8%, cooked	100	290	220	8.0	1.1	2.1	trace	1	0	0.60	0.24	7.4	0.31	0.75	3.0	2.0	0.9	0.08
M124	1 slice (8 x 4 x 0.5cm)	18	52	40	1.4	0.2	0.4	trace	trace	0	0.11	0.04	1.3	0.06	0.14	0.54	0.4	0.2	0.01
M553	Lamb, composite cuts, lean & fat, trimmed, cooked	100	240	170	20	2.2	3.7	6	10	0	0.16	0.43	11	0.29	2.3	9.0	0	trace	0.20
M553	1 cup (250ml)	200	480	330	40	4.4	7.3	11	20	0	0.32	0.86	21	0.58	4.6	18	0	0.1	0.40
M301	Lamb, composite cuts, separable lean, cooked	100	280	190	19	2.5	4.7	6	11	0	0.17	0.39	10	0.32	2.4	10	0	trace	0.15
M301	1 cup diced	190	530	360	36	4.7	9.0	11	21	0	0.32	0.74	20	0.61	4.6	19	0	0.1	0.29

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Food ID	Foods	Measure	Water	Energy	Energy (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
M298	Lamb, forequarter, lean, cooked	100	60.4	918	918	26.2	13.0	0	0	0	0	6.6	4.8	0.3			87	72.1	trace
M298	1 slice (6 x 8 x 0.5cm)	27	16.3	248	248	7.1	3.5	0	0	0	0	1.8	1.3	0.1			23	19.5	trace
M151	Lamb, kidney, core removed, fried	100	66.5	644	644	24.6	6.3	0	0	0	0	2.5	1.6	1.4			610	270	7
M151	1 cup, sliced	150	99.8	967	967	36.9	9.5	0	0	0	0	3.8	2.4	2.1			915	405	10
M151	1 whole	28	18.6	180	180	6.9	1.8	0	0	0	0	0.7	0.4	0.4			171	75.6	trace
M313	Lamb, leg steak, separable lean, grilled	100	65.0	722	722	25.9	7.8	0	0	0	0	3.9	2.8	0.2			90	81.0	trace
M313	1 cup, cooked, diced	142	92.3	1020	1020	36.8	11.1	0	0	0	0	5.5	4.0	0.3			128	115	trace
M313	1 steak	58	37.7	419	419	15.0	4.5	0	0	0	0	2.2	1.6	0.1			52	47.0	trace
M154	Lamb, leg, short cut, lean, roasted	100	63.9	670	670	24.6	7.0	0	0	0	0	3.5	2.5	0.2			90	61.0	trace
M154	1 slice (10 x 8.0 x 0.5cm)	42	26.8	282	282	10.3	2.9	0	0	0	0	1.5	1.1	0.1			38	25.6	trace
M155	Lamb, liver, coated in seasoned flour, fried	100	58.4	960	962	22.9	14.0	3.5	0.2	trace	1.7	5.4	4.0	2.8			400	190	6
M155	1 slice (9 x 5 x 1cm)	40	23.4	384	385	9.2	5.6	1.4	0.1	trace	0.7	2.2	1.6	1.1			160	76.0	trace
M157	Lamb, midloin chop, separable lean, grilled	100	58.3	863	863	31.4	9.2	0	0	0	0	4.5	3.3	0.2			110	91.0	trace
M157	1 cup, cooked, diced	148	86.3	1280	1280	46.4	13.5	0	0	0	0	6.7	4.9	0.3			163	135	7
M157	1 chop	32	18.7	276	276	10.0	2.9	0	0	0	0	1.4	1.1	0.1			35	29.1	trace
M330	Lamb, rump chop, separable lean, grilled	100	61.0	808	808	28.9	8.8	0	0	0	0	4.5	3.3	0.2			100	80.0	trace
M330	1 cup, cooked, diced	142	86.6	1150	1150	41.0	12.5	0	0	0	0	6.4	4.6	0.3			142	114	trace
M330	1 chop	56	34.2	452	452	16.2	4.9	0	0	0	0	2.5	1.8	0.1			56	44.8	trace
M319	Lamb, shoulder chop, separable lean, stewed	100	58.3	961	961	28.3	13.2	0	0	0	0	6.7	4.9	0.3			94	68.5	trace
M319	1 cup, cooked, diced	148	86.3	1420	1420	41.9	19.5	0	0	0	0	10.0	7.3	0.5			139	101	trace
M319	1 chop	40	23.3	384	384	11.3	5.3	0	0	0	0	2.7	2.0	0.1			38	27.4	trace
M166	Lamb, shoulder, lean, roasted	100	62.9	878	878	24.2	12.8	0	0	0	0	6.3	4.6	0.3			79	75.6	trace
M166	1 slice (6 x 8 x 0.5cm)	27	17.0	237	237	6.5	3.5	0	0	0	0	1.7	1.2	0.1			21	20.4	trace

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Food ID	Foods	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
M298	Lamb, forequarter, lean, cooked	100	240	170	22	2.1	6.0	6	10	0	0.13	0.36	8.4	0.31	2.7	11	0	trace	0.18
M298	1 slice (6 x 8 x 0.5cm)	27	64	45	5.9	0.6	1.6	trace	3	0	0.04	0.10	2.3	0.08	0.73	3.0	0	trace	0.05
M151	Lamb, kidney, core removed, fried	100	340	360	13	12	4.1	51	163	20	0.56	2.3	15	0.30	79	70	9.0	0.2	0.41
M151	1 cup, sliced	150	510	540	20	18	6.2	77	245	30	0.84	3.5	23	0.45	120	110	13.5	0.3	0.62
M151	1 whole	28	95	100	3.6	3.4	1.1	14	46	6	0.16	0.64	4.2	0.08	22	20	2.5	0.1	0.12
M313	Lamb, leg steak, separable lean, grilled	100	180	270	13	3.4	4.5	trace	0	0	0.17	0.50	9.9	0.14	3.2	9.0	0	trace	0.18
M313	1 cup, cooked, diced	142	260	380	18	4.8	6.4	6	0	0	0.24	0.71	14	0.20	4.5	13	0	0.1	0.26
M313	1 steak	58	110	160	7.5	2.0	2.6	trace	0	0	0.10	0.29	5.7	0.08	1.9	5.2	0	trace	0.10
M154	Lamb, leg, short cut, lean, roasted	100	240	180	6.0	2.2	4.5	6	10	0	0.10	0.50	12	0.14	2.6	10	0	trace	0.18
M154	1 slice (10 x 8.0 x 0.5cm)	42	100	76	2.5	0.9	1.9	trace	4	0	0.04	0.21	5.0	0.06	1.1	4.2	0	trace	0.08
M155	Lamb, liver, coated in seasoned flour, fried	100	300	400	12	10	4.4	10	20600	60	0.26	4.4	20	0.49	81	240	12.0	1.2	0.32
M155	1 slice (9 x 5 x 1cm)	40	120	160	4.8	4.0	1.8	trace	8240	24	0.10	1.8	8.1	0.20	32	96	4.8	0.5	0.13
M157	Lamb, midloin chop, separable lean, grilled	100	350	240	27	3.1	3.9	6	11	0	0.29	0.55	12	0.41	2.3	8.0	0	0.6	0.15
M157	1 cup, cooked, diced	148	510	360	40	4.5	5.8	9	16	0	0.43	0.81	17	0.61	3.4	12	0	0.9	0.22
M157	1 chop	32	110	77	8.7	1.0	1.2	trace	4	0	0.09	0.18	3.8	0.13	0.74	2.6	0	0.2	0.05
M330	Lamb, rump chop, separable lean, grilled	100	320	220	15	2.6	4.6	6	10	0	0.29	0.55	9.5	0.38	1.7	9.0	0	0.1	0.15
M330	1 cup, cooked, diced	142	450	310	21	3.7	6.5	9	14	0	0.41	0.78	13	0.54	2.4	13	0	0.2	0.21
M330	1 chop	56	180	120	8.4	1.5	2.6	trace	6	0	0.16	0.31	5.3	0.21	0.95	5.0	0	0.1	0.08
M319	Lamb, shoulder chop, separable lean, stewed	100	220	170	36	2.4	6.6	7	13	0	0.28	0.49	8.3	0.18	3.3	11	0	trace	0.18
M319	1 cup, cooked, diced	148	320	250	53	3.5	9.7	10	19	0	0.41	0.73	12	0.27	4.9	16	0	0.1	0.27
M319	1 chop	40	86	67	14	1.0	2.6	trace	5	0	0.11	0.20	3.3	0.07	1.3	4.4	0	trace	0.07
M166	Lamb, shoulder, lean, roasted	100	260	160	7.8	1.8	5.4	trace	10	0	0.22	0.45	7.2	0.14	1.6	10	0	0.1	0.19
M166	1 slice (6 x 8 x 0.5cm)	27	70	44	2.1	0.5	1.5	trace	3	0	0.06	0.12	2.0	0.04	0.43	2.7	0	trace	0.05

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Food ID	Foods	Measure	Water	Energy	Energy (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
M502	Mutton, flaps, separable lean 64% & fat 36%, fried	100	47.8	1390	1390	22.4	27.4	0	0	0	0	14.6	10.1	0.8			109	45.0	trace
M502	1 cup, diced	142	67.8	1970	1970	31.9	38.9	0	0	0	0	20.8	14.4	1.1			155	63.9	trace
M531	Muttonbird, separable lean 92% & fat 8%, steamed & grilled	100	60.4	863	863	21.1	13.8	0	0	0	0	4.2	7.7	0.8			97	2070	trace
M531	1 cup, diced	140	84.5	1210	1210	29.6	19.3	0	0	0	0	5.8	10.7	1.1			136	2900	trace
M531	1 thin slice (5 x 4 x 0.3cm)	7	4.2	60	60	1.5	1.0	0	0	0	0	0.3	0.5	0.1			7	145	trace
M54	Patty, beef, frozen, fried	100	53.0	1080	1080	20.4	17.3	6.2	0	0.5	5.7	7.3	8.2	0.7			71	880	trace
M54	1 patty (1.0 x 7.5cm diameter)	61	32.3	662	662	12.5	10.6	3.8	0	0.3	3.5	4.4	5.0	0.4			43	537	trace
M618	Pork, bacon, rashers, lean 73% & fat 27%, fried	100	46.5	1360	1360	20.6	27.3	0.5	0	0.5	0	13.7	15.1	2.5			70	1320	trace
M618	1 cup, cooked, diced	120	55.8	1630	1630	24.7	32.7	0.6	0	0.6	0	16.4	18.1	3.0			84	1580	trace
M619	Pork, bacon, rashers, lean 73% & fat 27%, grilled	100	47.4	1340	1340	20.6	26.6	0.5	0	0.5	0	13.7	15.2	2.5			70	1190	trace
M619	1 cup, cooked, diced	120	56.9	1600	1600	24.8	31.9	0.6	0	0.6	0	16.5	18.2	3.0			84	1420	trace
M533	Pork, leg roast, lean, roasted	100	63.3	721	721	31.8	5.2	0	0	0	0	2.2	2.0	0.4			106	85.0	trace
M533	1 cup, cooked, diced	142	89.9	1020	1020	45.1	7.3	0	0	0	0	3.1	2.8	0.5			151	121	trace
M533	1 leg roast	844	534	6080	6080	268	43.5	0	0	0	0	18.7	16.6	3.1			895	717	8
M94	Pork, leg shank, lean & fat, roasted	100	55.3	1080	1080	23.9	18.3	0	0	0	0	7.7	7.6	1.4			96	79.0	trace
M94	1 slice (12.5 x 9.0 x 0.5cm)	58	32.1	625	625	13.9	10.6	0	0	0	0	4.5	4.4	0.8			56	45.8	trace
M286	Pork, leg steak, lean & fat, grilled	100	70.8	587	587	23.0	5.5	0	0	0	0	2.2	2.3	0.5			89	76.4	trace
M286	1 cup, cooked, diced	142	101	834	834	32.7	7.8	0	0	0	0	3.1	3.2	0.7			127	108	trace
M286	1 leg steak	86	60.9	505	505	19.8	4.7	0	0	0	0	1.9	2.0	0.4			77	65.7	trace
M285	Pork, leg steak, separable lean, grilled	100	72.9	500	500	23.5	2.9	0	0	0	0	1.1	1.1	0.3			89	85.5	trace
M285	1 cup, cooked, diced	148	108	740	740	34.8	4.3	0	0	0	0	1.7	1.7	0.4			132	126	trace
M285	1 leg steak	82	59.8	410	410	19.3	2.4	0	0	0	0	0.9	0.9	0.2			73	70.1	trace

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Food ID	Foods	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
M502	Mutton, flaps, separable lean 64% & fat 36%, fried	100	150	210	18	2.0	3.2	trace	4	0	0.11	0.40	12	0.10	2.8	7.0	0	0.1	0.13
M502	1 cup, diced	142	220	290	26	2.8	4.5	trace	6	0	0.16	0.57	17	0.14	4.0	9.9	0	0.1	0.19
M531	Muttonbird, separable lean 92% & fat 8%, steamed & grilled	100	240	180	63	4.0	2.2	76	121	0	0.38	0.73	48	0.02	7.0	10	0	0.2	0.60
M531	1 cup, diced	140	330	250	88	5.6	3.1	110	169	0	0.53	1.0	67	0.03	9.8	14	0	0.3	0.84
M531	1 thin slice (5 x 4 x 0.3cm)	7	17	13	4.4	0.3	0.2	trace	8	0	0.03	0.05	3.4	trace	0.49	0.70	0	trace	0.04
M54	Patty, beef, frozen, fried	100	340	250	33	3.1	4.2	trace	3	15	0.02	0.23	8.1	0.20	2.0	15	0	0.1	0.58
M54	1 patty (1.0 x 7.5cm diameter)	61	210	150	20	1.9	2.6	trace	2	9	0.01	0.14	4.9	0.12	1.2	9.2	0	0.1	0.35
M618	Pork, bacon, rashers, lean 73% & fat 27%, fried	100	350	310	9.5	1.4	2.8	18	0	0	0.69	0.26	8.9	0.43	0.10	3.2	1.8	3.0	0.09
M618	1 cup, cooked, diced	120	430	370	11	1.6	3.4	22	0	0	0.83	0.31	11	0.52	0.12	3.8	2.1	3.6	0.11
M619	Pork, bacon, rashers, lean 73% & fat 27%, grilled	100	300	280	7.1	1.1	2.8	18	0	0	0.31	0.25	8.0	0.35	0.09	2.5	1.4	3.0	0.09
M619	1 cup, cooked, diced	120	360	340	8.5	1.3	3.4	22	0	0	0.37	0.30	9.6	0.42	0.11	3.0	1.7	3.6	0.11
M533	Pork, leg roast, lean, roasted	100	560	330	12	1.5	3.8	17	0	0	0.56	0.10	11	0.12	0.54	1.8	0.8	0.8	0.20
M533	1 cup, cooked, diced	142	800	470	17	2.1	5.4	24	0	0	0.80	0.14	16	0.17	0.77	2.6	1.1	1.1	0.28
M533	1 leg roast	844	4700	2800	100	13	32	140	0	0	4.7	0.84	96	1.0	4.6	15	6.8	6.8	1.7
M94	Pork, leg shank, lean & fat, roasted	100	370	220	11	2.0	3.0	15	0	0	0.57	0.09	8.4	0.37	0.45	2.0	0.6	1.0	0.20
M94	1 slice (12.5 x 9.0 x 0.5cm)	58	220	130	6.4	1.2	1.7	9	0	0	0.33	0.05	4.9	0.22	0.26	1.2	0.4	0.6	0.12
M286	Pork, leg steak, lean & fat, grilled	100	480	310	5.6	1.3	3.3	13	0	0	0.31	0.21	6.0	0.07	0.35	3.6	0.5	0.7	0.01
M286	1 cup, cooked, diced	142	690	440	7.9	1.8	4.6	18	0	0	0.44	0.30	8.5	0.10	0.50	5.0	0.7	1.1	0.01
M286	1 leg steak	86	420	270	4.8	1.1	2.8	11	0	0	0.27	0.18	5.2	0.06	0.30	3.1	0.4	0.6	0.01
M285	Pork, leg steak, separable lean, grilled	100	580	350	6.8	1.6	3.4	13	0	0	0.45	0.21	7.7	0.10	0.40	4.3	0.6	0.7	0
M285	1 cup, cooked, diced	148	860	520	10	2.4	5.0	19	0	0	0.67	0.31	11	0.15	0.59	6.4	0.9	1.0	0
M285	1 leg steak	82	480	290	5.6	1.3	2.8	11	0	0	0.37	0.17	6.3	0.08	0.33	3.5	0.5	0.6	0

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Food ID	Foods	Measure	Water	Energy	Energy (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, separable lean, stewed	100	62.1	729	729	35.1	3.9	0	0	0	0	1.7	1.5	0.3			139	55.0	trace
M411	1 cup, cooked, diced	148	91.9	1080	1080	52.0	5.7	0	0	0	0	2.4	2.2	0.4			206	81.4	trace
M411	1 leg steak	82	50.9	598	598	28.8	3.2	0	0	0	0	1.4	1.2	0.2			114	45.1	trace
M99	Pork, loin chops, lean, grilled	100	52.5	732	732	29.4	6.5	0	0	0	0	2.8	2.5	0.5			95	94.0	trace
M99	1 cup, cooked, diced	148	77.7	1080	1080	43.6	9.6	0	0	0	0	4.1	3.7	0.7			141	139	trace
M99	1 chop	68	35.7	498	498	20.0	4.4	0	0	0	0	1.9	1.7	0.3			65	63.9	trace
M434	Pork, loin, medallion, separable lean, grilled	100	60.9	760	760	32.4	5.9	0	0	0	0	2.5	2.2	0.4			109	85.0	trace
M434	1 cup, cooked, diced	148	90.1	1130	1130	48.0	8.7	0	0	0	0	3.8	3.3	0.6			161	126	trace
M434	1 medallion	74	45.1	563	563	24.0	4.4	0	0	0	0	1.9	1.6	0.3			81	62.9	trace
M98	Pork, midloin chops, lean & fat, grilled	100	50.7	857	857	28.1	10.5	0	0	0	0	4.5	4.3	0.8			94	82.7	trace
M98	1 cup diced	148	75.1	1270	1270	41.5	15.5	0	0	0	0	6.6	6.3	1.2			139	122	trace
M98	whole	85	43.1	728	728	23.8	8.9	0	0	0	0	3.8	3.6	0.7			80	70.3	trace
M409	Pork, schnitzel, lean, fried	100	64.6	669	669	31.5	3.9	0	0	0	0	1.7	1.5	0.3			100	71.0	trace
M409	1 piece	98	63.3	655	655	30.9	3.8	0	0	0	0	1.6	1.4	0.3			98	69.6	trace
M409	1 cup, cooked, diced	142	91.7	949	949	44.7	5.5	0	0	0	0	2.3	2.1	0.4			142	101	trace
M429	Pork, scotch fillet, forequarter, separable lean, grilled	100	59.9	860	860	30.2	9.6	0	0	0	0	4.1	3.6	0.7			106	98.0	trace
M429	1 cup, cooked, diced	148	88.7	1270	1270	44.7	14.2	0	0	0	0	6.1	5.4	1.0			157	145	trace
M429	1 fillet steak	74	44.3	636	636	22.3	7.1	0	0	0	0	3.1	2.7	0.5			78	72.5	trace
M465	Pork, shoulder roast, forequarter, separable lean 74%, skin 6% & fat 20%, roasted	100	55.2	1140	1140	27.3	18.5	0	0	0	0	7.8	7.7	1.4			96	69.8	trace
M465	1 cup, cooked, diced	142	78.4	1620	1620	38.8	26.3	0	0	0	0	11.1	10.9	2.0			136	99.0	trace
M465	1 shoulder roast	948	523	10810	10800	259	175	0	0	0	0	74.0	73.1	13.6			906	661	7
M278	Pork, shoulder, separable lean, roasted	100	57.3	946	946	29.2	12.4	0	0	0	0	4.5	5.6	1.2			110	72.0	trace
M278	1 slice (10 x 8.5 x 0.5cm)	45	25.8	426	426	13.1	5.6	0	0	0	0	2.0	2.5	0.5			50	32.4	trace

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		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
M411	Pork, leg steak, separable lean, stewed	100	460	310	8.0	2.3	4.7	7	0	0	0.38	0.09	11	0.11	0.38	1.3	0.7	0.6	0
M411	1 cup, cooked, diced	148	690	450	12	3.3	7.0	10	0	0	0.56	0.13	17	0.16	0.56	1.9	1.0	0.9	0
M411	1 leg steak	82	380	250	6.6	1.8	3.9	6	0	0	0.31	0.07	9.2	0.09	0.31	1.1	0.6	0.5	0
M99	Pork, loin chops, lean, grilled	100	590	380	27	1.7	3.5	10	0	0	0.40	0.04	10.0	0.09	0.51	1.7	0.3	0.8	0
M99	1 cup, cooked, diced	148	870	560	40	2.5	5.2	14	0	0	0.59	0.06	15	0.13	0.76	2.5	0.4	1.2	0
M99	1 chop	68	400	260	18	1.2	2.4	7	0	0	0.27	0.03	6.8	0.06	0.35	1.2	0.2	0.5	0
M434	Pork, loin, medallion, separable lean, grilled	100	650	370	10	1.9	3.6	17	0	0	0.58	0.05	11	0.12	0.52	1.4	0.8	0.8	0.20
M434	1 cup, cooked, diced	148	960	550	15	2.8	5.3	25	0	0	0.86	0.07	17	0.18	0.77	2.1	1.2	1.2	0.30
M434	1 medallion	74	480	280	7.4	1.4	2.7	12	0	0	0.43	0.04	8.3	0.09	0.39	1.0	0.6	0.6	0.15
M98	Pork, midloin chops, lean & fat, grilled	100	480	320	20	1.3	3.3	10	0	0	0.27	0.04	7.6	0.06	0.44	1.4	0.2	0.9	0.02
M98	1 cup diced	148	700	480	29	2.0	4.9	14	0	0	0.40	0.06	11	0.09	0.65	2.1	0.3	1.3	0.03
M98	whole	85	400	270	17	1.1	2.8	8	0	0	0.23	0.03	6.5	0.05	0.37	1.2	0.2	0.7	0.02
M409	Pork, schnitzel, lean, fried	100	570	350	7.0	2.0	3.4	7	0	0	0.81	0.07	11	0.16	0.51	1.3	0.8	0.6	0.20
M409	1 piece	98	560	340	6.9	1.9	3.3	6	0	0	0.79	0.07	11	0.16	0.50	1.3	0.8	0.6	0.20
M409	1 cup, cooked, diced	142	810	500	9.9	2.8	4.8	9	0	0	1.2	0.10	16	0.23	0.72	1.8	1.1	0.9	0.28
M429	Pork, scotch fillet, forequarter, separable lean, grilled	100	680	380	9.8	2.4	6.3	17	0	0	0.72	0.11	11	0.15	0.82	1.6	0.8	0.2	0.20
M429	1 cup, cooked, diced	148	1000	570	15	3.5	9.3	25	0	0	1.1	0.16	16	0.22	1.2	2.4	1.2	0.2	0.30
M429	1 fillet steak	74	500	280	7.3	1.7	4.7	12	0	0	0.53	0.08	7.9	0.11	0.61	1.2	0.6	0.1	0.15
M465	Pork, shoulder roast, forequarter, separable lean 74%, skin 6% & fat 20%, roasted	100	370	220	17	2.0	4.2	9	0	0	0.24	0.14	7.1	0.09	0.49	1.6	0.5	0.9	0.05
M465	1 cup, cooked, diced	142	520	310	24	2.9	5.9	13	0	0	0.34	0.20	10	0.13	0.70	2.3	0.6	1.2	0.07
M465	1 shoulder roast	948	3500	2100	160	19	40	89	0	0	2.3	1.3	67	0.85	4.6	15	4.3	8.2	0.47
M278	Pork, shoulder, separable lean, roasted	100	390	240	20	2.0	4.5	10	0	0	0.61	0.27	9.4	0.51	0.50	6.0	0.3	0.6	0.20
M278	1 slice (10 x 8.5 x 0.5cm)	45	180	110	9.0	0.9	2.0	trace	0	0	0.27	0.12	4.2	0.23	0.23	2.7	0.1	0.3	0.09

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Food ID	Foods	Measure	Water	Energy	Energy (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
M126	Rabbit, flesh, stewed	100	63.9	741	741	27.3	7.7	0	0	0	0	3.2	1.5	2.5			105	32.0	trace
M126	1 cup (250ml)	148	94.6	1100	1100	40.4	11.4	0	0	0	0	4.7	2.2	3.7			155	47.4	trace
M53	Tongue, beef & sheep, canned	100	63.9	878	878	16.0	16.5	0	0	0	0	6.4	8.2	1.0			110	1050	trace
M53	1 slice (7.5 x 5 x 0.5cm)	20	12.8	176	176	3.2	3.3	0	0	0	0	1.3	1.6	0.2			22	210	trace
M178	Turkey, composite cuts, separable lean 87%, fat 2% & skin 11%, roasted in oven bag	100	62.5	771	771	28.9	7.8	0	0	0	0	2.9	3.3	1.1	0.1	1.0	112	232	trace
M178	1 slice (7.5 x 5.3 x 1.9cm)	85	53.1	655	655	24.5	6.6	0	0	0	0	2.4	2.8	1.0	0.1	0.8	95	197	trace
M179	Turkey, flesh, roasted	100	64.8	668	668	30.6	4.2	0	0	0	0	1.6	1.5	0.7	trace	0.6	111	229	trace
M179	1 slice (7.5 x 5.3 x 1.9cm)	85	55.1	568	568	26.0	3.6	0	0	0	0	1.4	1.2	0.6	trace	0.5	94	195	trace
M1023	Venison, diced, cooked, Silver Fern	100	69.2	479	479	25.8	1.3	0	0	0	0	0.6	0.4	0.2	trace	0.1	74	68.0	trace
M1023	1 serving	75	51.9	359	359	19.4	1.0	0	0	0	0	0.4	0.3	0.1	trace	0.1	55	51.0	trace
M1021	Venison, leg medallion, cooked, Silver Fern	100	68.3	527	527	27.6	1.8	0	0	0	0	0.8	0.5	0.2	0.1	0.1	71	57.4	trace
M1021	1 serving	75	51.2	395	395	20.7	1.3	0	0	0	0	0.6	0.4	0.2	trace	0.1	54	43.0	trace
M1020	Venison, mince, raw, Silver Fern	100	75.8	459	459	21.0	2.9	0	0	0	0	1.6	0.8	0.2	trace	0.1	66	71.0	trace
M1020	1 serving	90	68.2	413	413	18.9	2.6	0	0	0	0	1.5	0.7	0.1	trace	0.1	59	63.9	trace
M185	Venison, red deer, leg, flesh, roasted	100	66.0	651	651	26.6	5.6	0	0	0	0	2.8	1.8	0.7			73	62.4	trace
M185	1 slice (10 x 8.5 x 0.5cm)	45	29.7	293	293	12.0	2.5	0	0	0	0	1.3	0.8	0.3			33	28.1	trace
M1022	Venison, stir fried, Silver Fern	100	70.2	508	508	27.7	1.2	0	0	0	0	0.5	0.4	0.2	trace	0.1	71	54.1	trace
M1022	1 serving	75	52.6	381	381	20.8	0.9	0	0	0	0	0.4	0.3	0.1	trace	trace	53	40.6	trace
N	MEAT PRODUCTS																		
N31	Beef, pastrami	100	46.7	1370	1370	17.3	29.2	0	0	0	0	10.4	14.5	1.0			93	1230	8
N31	1 slice	28	13.1	383	383	4.8	8.2	0	0	0	0	2.9	4.1	0.3			26	344	trace
N4	Cornish pastie	100	39.2	1360	1370	8.0	20.4	28.4	0.9	2.7	25.7	10.2	7.5	1.4			49	590	trace
N4	1 pastie	140	54.9	1910	1920	11.2	28.6	39.7	1.3	3.8	36.0	14.3	10.5	2.0			69	826	trace

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Food ID	Foods	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	
M126	Rabbit, flesh, stewed	100	210	200	11	1.9	2.0	0	6	0	0.07	0.28	14	0.50	12	4.0	0	0	0.41	
M126	1 cup (250ml)	148	310	300	16	2.8	2.9	0	9	0	0.10	0.41	20	0.74	18	5.9	0	0	0.61	
M53	Tongue, beef & sheep, canned	100	97	140	11	2.5	2.3	6	0	0	0.04	0.39	6.4	0.04	5.0	2.0	0	0	0.26	
M53	1 slice (7.5 x 5 x 0.5cm)	20	19	28	2.2	0.5	0.5	trace	0	0	0.01	0.08	1.3	0.01	1.0	0.40	0	0	0.05	
M178	Turkey, composite cuts, separable lean 87%, fat 2% & skin 11%, roasted in oven bag	100	230	220	14	1.4	2.5	18	32	0	0.03	0.15	14	0.20	3.1	8.7	0	0.1	0.41	
M178	1 slice (7.5 x 5.3 x 1.9cm)	85	200	190	12	1.2	2.1	15	27	0	0.03	0.13	12	0.17	2.6	7.4	0	0.1	0.35	
M179	Turkey, flesh, roasted	100	240	230	14	1.4	2.7	18	20	0	0.03	0.15	14	0.20	3.3	8.9	0	0.1	0.34	
M179	1 slice (7.5 x 5.3 x 1.9cm)	85	200	200	12	1.2	2.3	15	17	0	0.03	0.13	12	0.17	2.8	7.6	0	0.1	0.29	
M1023	Venison, diced, cooked, Silver Fern	100	450	280	3.8	3.6	5.2	8	0	0	0.25	0.54	15	0.42	1.9	4.7	0	0	0.53	
M1023	1 serving	75	330	210	2.8	2.7	3.9	6	0	0	0.19	0.41	11	0.32	1.4	3.5	0	0	0.40	
M1021	Venison, leg medallion, cooked, Silver Fern	100	440	300	3.3	4.8	4.2	18	0	0	0.33	0.66	15	0.27	2.2	4.7	0	0	0.53	
M1021	1 serving	75	330	230	2.5	3.6	3.2	13	0	0	0.25	0.50	11	0.20	1.7	3.5	0	0	0.40	
M1020	Venison, mince, raw, Silver Fern	100	350	200	4.1	2.9	5.5	7	0	0	0.14	0.22	10	0.25	2.3	4.0	0	0	0.45	
M1020	1 serving	90	320	180	3.7	2.6	5.0	6	0	0	0.13	0.20	9.3	0.23	2.0	3.6	0	0	0.41	
M185	Venison, red deer, leg, flesh, roasted	100	330	240	8.4	4.2	3.3	trace	0	0	0.21	0.41	13	0.37	3.0	6.0	0	0	0.62	
M185	1 slice (10 x 8.5 x 0.5cm)	45	150	110	3.8	1.9	1.5	trace	0	0	0.09	0.18	6.0	0.17	1.4	2.7	0	0	0.28	
M1022	Venison, stir fried, Silver Fern	100	470	280	3.4	4.2	3.8	8	0	0	0.28	0.56	14	0.45	1.9	4.7	0	0	0.53	
M1022	1 serving	75	350	210	2.6	3.2	2.8	6	0	0	0.21	0.42	10	0.34	1.4	3.5	0	0	0.40	
N	MEAT PRODUCTS																			
N31	Beef, pastrami	100	230	150	9.0	1.9	4.3	0	0	0	0.10	0.17	7.2	0.18	1.8	7.0	3.0	0	0.43	
N31	1 slice	28	64	42	2.5	0.5	1.2	0	0	0	0.03	0.05	2.0	0.05	0.49	2.0	0.8	0	0.12	
N4	Cornish pastie	100	190	110	60	1.5	1.0	trace	16	0	0.10	0.06	3.3	0.12	1.0	3.0	0	0	1.3	
N4	1 pastie	140	270	150	84	2.1	1.4	trace	22	0	0.14	0.08	4.6	0.17	1.4	4.2	0	0	1.8	

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Food ID	Foods	Measure	Water	Energy	Energy (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
N6	Frankfurters, precooked	100	59.5	1130	1150	9.5	25.0	2.7	2.4	0	2.7	9.9	11.2	1.9			46	980	8
N6	1 frankfurter (12.5 x 2.5cm diameter)	57	33.9	643	654	5.4	14.3	1.5	1.4	0	1.5	5.6	6.4	1.1			26	559	trace
N1007	Frozen meal, roast beef with mashed potato & vegetables	100	79.0	393	416	7.1	1.7	12.7	2.9	1.9	10.8	0.8	0.6	0.1			21	282	trace
N1007	1 single meal	411	325	1610	1710	29.0	7.1	52.0	11.9	7.6	44.4	3.1	2.3	0.6			85	1160	trace
N1003	Frozen meal, roast beef with roast potato & vegetables	100	79.0	369	393	7.1	1.1	12.7	2.9	1.9	10.8	0.5	0.4	0.1			14	282	trace
N1003	1 single meal	395	312	1460	1550	27.9	4.3	50.0	11.5	7.3	42.7	1.8	1.4	0.3			54	1110	trace
N1004	Frozen meal, roast lamb with roast potato & vegetables	100	78.5	368	391	7.0	2.8	8.8	2.9	1.9	7.0	1.2	1.0	0.2			17	317	0
N1004	1 single meal	383	301	1410	1500	26.8	10.7	33.9	11.1	7.1	26.8	4.7	3.7	0.8			64	1220	0
N1005	Frozen meal, roast pork with mashed potato & vegetables	100	79.4	357	380	6.4	1.1	10.8	2.9	1.9	9.0	0.4	0.4	0.2			14	346	trace
N1005	1 single meal	450	357	1610	1710	29.0	4.9	48.6	13.1	8.3	40.3	1.6	2.0	0.7			62	1560	trace
N65	Ham, sliced	100	70.7	435	435	13.0	5.1	1.8	0	0	1.8	1.9	2.1	0.5	trace	0.5	30	1500	trace
N65	1 slice (10 x 10 x 0.25cm)	29	20.5	126	126	3.8	1.5	0.5	0	0	0.5	0.5	0.6	0.1	trace	0.1	9	435	trace
N58	Nugget, chicken, crumbed, baked, composite	100	48.3	1060	1080	15.8	14.2	16.0	2.8	0.8	15.2	2.2	5.2	5.6	0.1	5.5	33	456	8
N58	1 piece	21	10.0	218	223	3.3	2.9	3.3	0.6	0.2	3.1	0.5	1.1	1.2	trace	1.1	7	94.0	trace
N57	Nugget, chicken, crumbed, deep fried, composite	100	48.1	1040	1050	15.8	14.4	14.5	0.9	0	14.5	1.8	7.7	3.9	0.7	3.1	22	590	8
N57	1 nugget (5.5 x 3.6 x 1.5cm)	18	8.4	182	183	2.8	2.5	2.5	0.2	0	2.5	0.3	1.3	0.7	0.1	0.5	4	103	trace
N22	Pate, chicken liver	100	50.6	1460	1470	13.1	32.7	1.6	1.3	1.0	0.6	9.4	11.8	2.9			155	854	trace
N22	1 tablespoon	14	7.1	204	205	1.8	4.6	0.2	0.2	0.1	0.1	1.3	1.6	0.4			22	120	trace
N23	Pate, pork liver	100	50.6	1300	1310	13.1	28.9	0.8	1.3	0.2	0.6	8.3	10.4	2.6			155	854	trace
N23	1 tablespoon	14	7.1	182	184	1.8	4.0	0.1	0.2	trace	0.1	1.2	1.5	0.4			22	120	trace
N12	Pie, pork	100	36.8	1540	1550	9.8	27.0	22.9	0.7	1.6	21.3	12.4	11.1	2.0			52	720	trace
N12	1 pie (3 x 10cm diameter)	190	69.9	2930	2940	18.5	51.3	43.5	1.3	3.0	40.5	23.6	21.1	3.8			99	1370	trace
N63	Sausage, assorted meats & flavours, dry fried, composite	100	54.8	912	916	12.7	15.6	7.3	0.5	0	7.3	7.2	5.1	0.6	0.1	0.4	30	880	8
N63	1 sausage (11.8 x 3.0cm)	78	42.7	711	714	9.9	12.2	5.7	0.4	0	5.7	5.6	4.0	0.4	0.1	0.3	24	686	6

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Food ID	Foods	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
N6	Frankfurters, precooked	100	98	130	34	1.5	1.4	trace	28	55	0.08	0.12	3.1	0.03	1.0	1.0	1.0	0	0.25
N6	1 frankfurter (12.5 x 2.5cm diameter)	57	56	74	19	0.9	0.8	trace	16	31	0.05	0.07	1.7	0.02	0.57	0.57	0.6	0	0.14
N1007	Frozen meal, roast beef with mashed potato & vegetables	100	200	84	15	0.9	1.3	trace	52	309	0.11	0.09	3.7	0.22	0.42	1.1	7.2	0	0.36
N1007	1 single meal	411	810	340	62	3.6	5.3	7	212	1270	0.45	0.37	15	0.90	1.7	4.5	29.6	0	1.5
N1003	Frozen meal, roast beef with roast potato & vegetables	100	200	84	15	0.9	1.3	trace	52	309	0.11	0.09	3.7	0.22	0.42	1.1	7.2	0	0.36
N1003	1 single meal	395	780	330	60	3.5	5.1	7	204	1220	0.44	0.36	15	0.87	1.7	4.3	28.4	0	1.4
N1004	Frozen meal, roast lamb with roast potato & vegetables	100	210	83	14	0.9	1.1	trace	78	468	0.15	0.08	2.3	0.28	0.38	1.1	7.2	0	0.25
N1004	1 single meal	383	820	320	54	3.3	4.2	7	299	1790	0.58	0.31	8.8	1.1	1.5	4.2	27.6	0	0.96
N1005	Frozen meal, roast pork with mashed potato & vegetables	100	230	110	16	0.6	0.8	8	78	468	0.08	0.09	0.83	0.21	0.10	1.1	7.2	0	0.25
N1005	1 single meal	450	1000	470	71	2.8	3.5	35	351	2100	0.36	0.41	3.7	0.95	0.45	5.0	32.4	0	1.1
N65	Ham, sliced	100	250	240	8.1	0.9	1.5	16	0	0	0.12	0.13	5.8	0.13	0.30	2.0	0	0.7	0.17
N65	1 slice (10 x 10 x 0.25cm)	29	73	70	2.3	0.3	0.4	trace	0	0	0.04	0.04	1.7	0.04	0.09	0.58	0	0.2	0.05
N58	Nugget, chicken, crumbed, baked, composite	100	230	200	59	1.7	1.1	13	14	0	0.07	0.07	6.1	0.25	0	15	0	0.4	3.6
N58	1 piece	21	48	40	12	0.3	0.2	trace	3	0	0.01	0.01	1.3	0.05	0	3.0	0	0.1	0.74
N57	Nugget, chicken, crumbed, deep fried, composite	100	270	220	52	1.5	0.9	11	16	0	0.09	0.07	6.3	0.13	0.10	24	0	0.3	3.2
N57	1 nugget (5.5 x 3.6 x 1.5cm)	18	47	39	9.1	0.3	0.2	trace	3	0	0.02	0.01	1.1	0.02	0.02	4.1	0	trace	0.55
N22	Pate, chicken liver	100	130	230	10	9.2	3.6	7	10800	8	0.05	1.4	11	0.25	7.2	99	22.0	0	0.80
N22	1 tablespoon	14	19	32	1.4	1.3	0.5	trace	1510	1	0.01	0.20	1.5	0.04	1.0	14	3.1	0	0.11
N23	Pate, pork liver	100	130	230	35	7.1	3.6	7	10800	8	0.03	0.80	7.0	0.25	7.2	99	15.0	0	0.80
N23	1 tablespoon	14	19	32	4.9	1.0	0.5	trace	1510	1	trace	0.11	0.98	0.04	1.0	14	2.1	0	0.11
N12	Pie, pork	100	150	120	47	1.4	1.0	13	17	0	0.16	0.09	4.0	0.06	1.0	3.0	0	0	0.43
N12	1 pie (3 x 10cm diameter)	190	290	230	89	2.7	1.9	25	32	0	0.30	0.17	7.6	0.11	1.9	5.7	0	0	0.82
N63	Sausage, assorted meats & flavours, dry fried, composite	100	200	220	14	1.6	1.9	trace	7	40	0	0.13	5.0	0.11	1.1	11	1.0	0.6	0.44
N63	1 sausage (11.8 x 3.0cm)	78	160	170	11	1.2	1.5	trace	5	31	0	0.10	3.9	0.09	0.82	8.2	0.8	0.5	0.34

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Food ID	Foods	Measure	Water	Energy	Energy (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
N64	Sausage, assorted meats & flavours, grilled, composite	100	51.8	1160	1180	14.3	20.9	9.0	2.6	0	9.0	10.4	7.1	0.6	0.2	0.4	30	706	11
N64	1 sausage	78	40.4	906	922	11.1	16.3	7.0	2.0	0	7.0	8.1	5.5	0.5	0.1	0.3	24	550	8
N61	Sausage, assorted meats & flavours, precooked, grilled, composite	100	51.3	974	974	12.9	16.3	9.3	0	1.3	8.0	7.0	6.0	0.9	0.1	0.8	41	815	8
N61	1 sausage	70	35.9	682	682	9.0	11.4	6.5	0	0.9	5.6	4.9	4.2	0.6	0.1	0.6	29	570	trace
N2	Sausage, black pudding, fried	100	44.0	1250	1270	12.9	21.9	13.7	1.9	0.8	12.9	8.5	10.1	2.2			68	1210	8
N2	1 slice (4 x 2cm diameter)	30	13.2	376	381	3.9	6.6	4.1	0.6	0.2	3.9	2.5	3.0	0.7			20	363	trace
N44	Sausage, deep fried	100	51.7	1300	1320	15.3	25.2	6.9	2.2	2.7	4.2	11.3	10.8	1.0			48	860	8
N44	1 sausage	79	40.8	1030	1040	12.1	19.9	5.5	1.7	2.1	3.3	8.9	8.5	0.8			38	679	6
N10	Sausage, ham & chicken luncheon, composite	100	64.2	914	927	12.2	16.5	5.9	1.6	0	5.9	7.1	6.2	0.8		0.7	116	1220	32
N10	1 cup, shaved	123	79.0	1120	1140	15.0	20.3	7.3	2.0	0	7.3	8.8	7.6	1.0		0.8	143	1500	39
N10	1 slice	25	16.1	229	232	3.0	4.1	1.5	0.4	0	1.5	1.8	1.6	0.2		0.2	29	305	8
N16	Sausage, pork, dry fried	100	44.9	1300	1320	13.8	24.5	10.1	1.7	1.4	8.7	10.8	10.4	1.2			53	1050	8
N16	1 sausage	71	31.9	926	936	9.8	17.4	7.2	1.2	1.0	6.2	7.7	7.4	0.8			38	746	6
N17	Sausage, pork, grilled	100	45.1	1310	1320	13.3	24.6	10.6	1.7	1.1	9.5	9.6	11.4	1.9			53	1000	8
N17	1 sausage	71	32.0	930	939	9.5	17.5	7.5	1.2	0.8	6.7	6.8	8.1	1.4			38	710	6
N15	Sausage, salami, uncooked	100	28.0	2030	2030	19.3	45.2	1.9	0	0.9	1.0	18.2	20.5	3.5			79	1850	trace
N15	1 slice (0.2 x 5.5cm diameter)	5	1.4	101	101	1.0	2.3	0.1	0	trace	trace	0.9	1.0	0.2			4	92.5	trace
N43	Saveloy, boiled, composite	100	62.2	894	911	14.5	15.4	5.0	2.2	0	5.0	6.4	5.6	0.8			61	640	8
N43	1 saveloy	85	52.9	759	774	12.3	13.1	4.2	1.9	0	4.2	5.4	4.7	0.7			51	544	7
P	MISCELLANEOUS																		
P68	Coffee whitener, powder	100	2.2	2310	2310	4.8	35.5	54.9	0	54.9	0	32.5	1.0	0	0	0	0	181	0
P68	1 tablespoon	8	0.2	187	187	0.4	2.9	4.4	0	4.4	0	2.6	0.1	0	0	0	0	14.7	0

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		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg	
N64	Sausage, assorted meats & flavours, grilled, composite	100	180	190	13	1.1	1.6	trace	4	26	0	0.10	3.7	0.08	0.30	4.2	0.6	0.6	0.55	
N64	1 sausage	78	140	140	10	0.8	1.2	trace	3	20	0	0.08	2.9	0.06	0.23	3.3	0.5	0.5	0.43	
N61	Sausage, assorted meats & flavours, precooked, grilled, composite	100	130	190	47	1.0	1.1	9	4	26	0	0.08	3.4	0.05	0.39	5.5	0.6	0.7	0.40	
N61	1 sausage	70	91	130	33	0.7	0.7	6	3	18	0	0.06	2.4	0.04	0.27	3.8	0.4	0.5	0.28	
N2	Sausage, black pudding, fried	100	140	110	35	20	1.3	17	0	0	0.09	0.07	3.9	0.04	1.0	5.0	1.0	0	0.24	
N2	1 slice (4 x 2cm diameter)	30	42	33	11	6.0	0.4	trace	0	0	0.03	0.02	1.2	0.01	0.30	1.5	0.3	0	0.07	
N44	Sausage, deep fried	100	110	180	13	2.3	4.3	trace	10	0	0.10	0.14	5.1	0.18	1.2	1.9	0.6	0.5	0.26	
N44	1 sausage	79	87	140	10	1.8	3.4	trace	8	0	0.08	0.11	4.0	0.14	0.95	1.5	0.5	0.4	0.21	
N10	Sausage, ham & chicken luncheon, composite	100	130	300	25	1.0	1.7	11	2	10	0.66	0.07	3.0	0.03	0.67	1.0	2.0	0	0.11	
N10	1 cup, shaved	123	160	370	30	1.2	2.0	14	2	12	0.81	0.09	3.7	0.04	0.82	1.2	2.5	0	0.14	
N10	1 slice	25	33	75	6.1	0.2	0.4	trace	trace	3	0.17	0.02	0.76	0.01	0.17	0.25	0.5	0	0.03	
N16	Sausage, pork, dry fried	100	200	210	55	1.5	1.7	trace	22	11	0.01	0.16	7.5	0.07	1.0	2.0	1.0	1.0	0.28	
N16	1 sausage	71	140	150	39	1.1	1.2	trace	16	8	0.01	0.11	5.3	0.05	0.71	1.4	0.7	0.7	0.20	
N17	Sausage, pork, grilled	100	200	220	53	1.5	1.6	trace	24	11	0.02	0.15	6.9	0.06	1.0	3.0	1.0	1.0	0.22	
N17	1 sausage	71	140	160	38	1.1	1.1	trace	17	8	0.01	0.11	4.9	0.04	0.71	2.1	0.7	0.7	0.16	
N15	Sausage, salami, uncooked	100	160	160	10	1.0	1.7	6	24	57	0.21	0.23	8.3	0.15	1.0	3.0	1.0	1.2	0.28	
N15	1 slice (0.2 x 5.5cm diameter)	5	8.0	8.0	0.5	trace	0.1	trace	1	3	0.01	0.01	0.42	0.01	0.05	0.15	trace	0.1	0.01	
N43	Saveloy, boiled, composite	100	140	220	36	1.6	1.9	0	0	0	0.35	0.08	3.3	0	0.54	8.0	0	0	0.42	
N43	1 saveloy	85	120	190	31	1.4	1.6	0	0	0	0.30	0.07	2.8	0	0.46	6.8	0	0	0.36	
P	MISCELLANEOUS																			
P68	Coffee whitener, powder	100	810	420	22	1.1	0.5	0	0	0	0	0	0.71	0	0	0	0	0	0	
P68	1 tablespoon	8	66	34	1.8	0.1	trace	0	0	0	0	0	0.06	0	0	0	0	0	0	

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		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
P81	Salt, iodised, table	100	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0	38400	4900
P81	1 teaspoon	5	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2000	260
P81	1 dash	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	276	35
P81	1 pinch	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	138	18
P10	Salt, table	100	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	38100	39
P10	1 teaspoon	5	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2060	trace
P10	1 dash	1	trace	0	0	0	0	0	0	0	0	0	0	0	0	0	0	274	trace
P10	1 pinch	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	137	trace
P1003	Seeds, poppy, composite	100	8.4	1930	2080	20.2	41.6	3.2	19.3	3.0	0.2	3.9	5.0	21.0	0.2	20.8	0	26.0	0
P1003	1 cup (250ml)	148	12.4	2860	3090	29.9	61.6	4.7	28.6	4.4	0.3	5.8	7.5	31.1	0.3	30.8	0	38.5	0
P1003	1 tablespoon	9	0.7	171	185	1.8	3.7	0.3	1.7	0.3	trace	0.3	0.4	1.9	trace	1.8	0	2.3	0
P1003	1 teaspoon	3	0.2	57	62	0.6	1.2	0.1	0.6	0.1	trace	0.1	0.1	0.6	trace	0.6	0	0.8	0
P1004	Spread, yeast extract, marmite, Sanitarium	100	31.1	578	667	17.4	1.2	14.5	11.1	11.6	2.9	0.2	0.4	trace	trace	trace	0	3100	trace
P1004	1 serving	5	1.6	29	33	0.9	0.1	0.7	0.6	0.6	0.1	trace	trace	trace	0	trace	0	155	trace
P1005	Spread, yeast extract, vegemite, Kraft	100	35.5	519	593	25.3	1.2	3.1	9.3	0	3.1	0.2	0.3	0.1	trace	0.1	0	3300	trace
P1005	1 serving	5	1.8	26	30	1.3	0.1	0.2	0.5	0	0.2	trace	trace	trace	0	trace	0	165	trace
P16	Stock, oxo cubes	100	9.1	968	968	39.3	3.4	11.1	0	2.2	8.9	0.8	0.6	1.9			0	10300	44
P16	1 cube	5	0.5	48	48	2.0	0.2	0.6	0	0.1	0.4	trace	trace	0.1			0	515	trace
P11	Vinegar	100	95.5	17	17	0.4	0	0.6	0	0.6	0	0	0	0	0	0	0	20.0	trace
P11	1 tablespoon	15	14.6	3	3	0.1	0	0.1	0	0.1	0	0	0	0	0	0	0	3.1	trace
P59	Vinegar, cider	100	95.5	10	10	0	0	0.6	0	0.6	0	0	0	0	0	0	0	1.0	trace
P59	1 tablespoon	15	14.3	2	2	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0.2	trace

The Concise New Zealand Food Composition Tables, 9th Edition 2012

Food ID	Foods	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
P81	Salt, iodised, table	100	84	0.2	29	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
P81	1 teaspoon	5	4.4	trace	1.5	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
P81	1 dash	1	0.6	trace	0.2	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
P81	1 pinch	0	0.3	trace	0.1	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
P10	Salt, table	100	130	2.7	30	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
P10	1 teaspoon	5	7.1	0.1	1.6	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
P10	1 dash	1	0.9	trace	0.2	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
P10	1 pinch	0	0.5	trace	0.1	trace	0	0	0	0	0	0	0	0	0	0	0	0	0
P1003	Seeds, poppy, composite	100	720	870	1400	9.8	7.9	14	0	0	0.85	0.10	4.0	0.25	0	82	1.0	0	6.0
P1003	1 cup (250ml)	148	1100	1300	2100	14	12	20	0	0	1.3	0.15	6.0	0.37	0	120	1.5	0	8.8
P1003	1 tablespoon	9	64	77	130	0.9	0.7	trace	0	0	0.08	0.01	0.36	0.02	0	7.3	0.1	0	0.53
P1003	1 teaspoon	3	21	26	43	0.3	0.2	trace	0	0	0.03	trace	0.12	0.01	0	2.4	trace	0	0.18
P1004	Spread, yeast extract, marmite, Sanitarium	100	2600	480	61	42	6.8	trace	0	0	8.1	11	73	10	13	2600	0	0	0.02
P1004	1 serving	5	130	24	3.1	2.1	0.3	trace	0	0	0.41	0.56	3.7	0.52	0.64	130	0	0	trace
P1005	Spread, yeast extract, vegemite, Kraft	100	2200	800	73	140	5.2	17	0	0	18	14	85	9.7	0	3300	0	0.1	0.13
P1005	1 serving	5	110	40	3.7	6.8	0.3	trace	0	0	0.88	0.69	4.3	0.49	0	170	0	trace	0.01
P16	Stock, oxo cubes	100	730	360	180	25	0.4	trace	4	23	0.12	0.13	9.5	0.10	0	130	0	0	0
P16	1 cube	5	37	18	9.0	1.2	trace	trace	trace	1	0.01	0.01	0.48	trace	0	6.4	0	0	0
P11	Vinegar	100	89	32	15	0.5	0	trace	0	0	0	0	0	0	0	0	0	0	0
P11	1 tablespoon	15	14	4.9	2.3	0.1	0	trace	0	0	0	0	0	0	0	0	0	0	0
P59	Vinegar, cider	100	100	9.0	6.0	0.6	0	trace	0	0	0	0	0	0	0	0	0	0	0
P59	1 tablespoon	15	15	1.4	0.9	0.1	0	trace	0	0	0	0	0	0	0	0	0	0	0

The Concise New Zealand Food Composition Tables, 9th Edition 2012

Food ID	Foods	Measure	Water	Energy	Energy (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
P13	Yeast, baker's, dried	100	5.0	769	937	39.5	1.5	3.2	21.0	0	3.2	0.2	0.8	trace	0	0	0	50.0	6
P13	1 tablespoon	9	0.5	69	84	3.6	0.1	0.3	1.9	0	0.3	trace	0.1	0	0	0	0	4.5	trace
P13	1 teaspoon	5	0.2	37	44	1.9	0.1	0.2	1.0	0	0.2	trace	trace	0	0	0	0	2.4	trace
Q	NUTS & SEEDS																		
Q1014	Coconut, cream, premium, composite	100	68.8	1070	1090	3.6	26.7	1.5	2.0	1.5	0	16.8	1.9	0.4	0	0.4	0	17.0	trace
Q1014	1 cup (250ml)	231	159	2470	2510	8.2	61.6	3.3	4.7	3.3	0	38.8	4.4	1.0	0	1.0	0	39.2	trace
Q9	Coconut, desiccated	100	2.3	2490	2610	5.6	62.0	6.1	14.7	5.7	0.4	53.3	4.1	1.1			0	28.0	trace
Q9	1 tablespoon	6	0.1	149	156	0.3	3.7	0.4	0.9	0.3	trace	3.2	0.2	0.1			0	1.7	trace
Q8	Coconut, flesh, raw	100	45.0	1440	1510	3.2	36.0	3.5	7.6	3.2	0.3	30.9	2.4	0.6			0	16.0	trace
Q8	1 cup (250ml)	94	42.3	1360	1410	3.0	33.8	3.3	7.1	3.0	0.3	29.1	2.2	0.6			0	15.0	trace
Q8	1 piece (5 x 5 x 1.3cm)	45	20.3	650	677	1.5	16.2	1.6	3.4	1.4	0.1	13.9	1.1	0.3			0	7.2	trace
Q1	Nuts, almond, raw	100	4.7	2510	2580	21.0	55.6	6.4	8.8	3.9	2.5	4.4	38.0	10.4			0	6.0	trace
Q1	1 cup (250ml)	155	7.3	3900	4010	32.5	86.2	9.9	13.6	6.0	3.9	6.8	58.9	16.1			0	9.3	trace
Q1	10 almonds	12	0.6	302	310	2.5	6.7	0.8	1.1	0.5	0.3	0.5	4.6	1.2			0	0.7	trace
Q4	Nuts, brazil, raw	100	8.5	2790	2850	12.0	68.2	3.8	8.0	1.6	2.2	17.4	22.4	25.4			0	2.0	20
Q4	1 cup (250ml)	152	12.9	4240	4330	18.2	104	5.8	12.2	2.4	3.3	26.5	34.0	38.7			0	3.0	30
Q4	10 brazil nuts	38	3.2	1060	1080	4.5	25.9	1.4	3.0	0.6	0.8	6.6	8.5	9.7			0	0.8	8
Q1016	Nuts, cashew, raw	100	3.5	2390	2430	17.0	49.2	16.8	5.9	5.5	11.3	8.4	0.1	7.5	0	7.5	0	11.0	11
Q1016	1 cup, halves & whole	137	4.8	3270	3330	23.3	67.4	23.0	8.1	7.5	15.5	11.5	0.2	10.2	0	10.2	0	15.1	15
Q1017	Nuts, cashew, roasted, unsalted	100	2.1	2620	2650	16.8	51.3	26.3	4.3	6.0	20.3	8.7	0.1	7.8	0	7.8	0	16.0	11
Q1017	1 cup, halves & whole	137	2.9	3590	3630	22.9	70.3	36.0	5.9	8.2	27.8	12.0	0.2	10.7	0	10.7	0	21.9	15
Q1018	Nuts, cashew, roasted, salted	100	2.1	2620	2650	16.8	51.3	26.3	4.3	6.0	20.3	8.7	0.1	7.8	0	7.8	0	290	10
Q1018	1 cup, halves & whole	137	2.9	3590	3630	22.9	70.3	36.0	5.9	8.2	27.8	12.0	0.2	10.7	0	10.7	0	397	14

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Food ID	Foods	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
P13	Yeast, baker's, dried	100	2000	1300	80	20	8.0	24	0	0	2.3	4.0	44	2.0	0	4000	0	0	0
P13	1 tablespoon	9	180	120	7.2	1.8	0.7	trace	0	0	0.21	0.36	3.9	0.18	0	360	0	0	0
P13	1 teaspoon	5	95	61	3.8	1.0	0.4	trace	0	0	0.11	0.19	2.1	0.10	0	190	0	0	0
Q	NUTS & SEEDS																		
Q1014	Coconut, cream, premium, composite	100	150	38	4.9	0.7	0.3	trace	0	0	0.02	0.01	0.40	0.04	0	14	2.2	0	0.54
Q1014	1 cup (250ml)	231	340	87	11	1.5	0.7	trace	0	0	0.05	0.02	0.92	0.09	0	32	5.2	0	1.2
Q9	Coconut, desiccated	100	750	160	22	3.6	1.7	trace	0	0	0.06	0.04	1.9	0.30	0	9.1	0	0	1.3
Q9	1 tablespoon	6	45	9.6	1.3	0.2	0.1	trace	0	0	trace	trace	0.11	0.02	0	0.55	0	0	0.08
Q8	Coconut, flesh, raw	100	420	89	12	2.0	0.5	trace	0	0	0.03	0.02	1.0	0.04	0	25	2.0	0	0.73
Q8	1 cup (250ml)	94	390	84	11	1.9	0.4	trace	0	0	0.03	0.02	0.95	0.04	0	24	1.9	0	0.69
Q8	1 piece (5 x 5 x 1.3cm)	45	190	40	5.4	0.9	0.2	trace	0	0	0.01	0.01	0.45	0.02	0	11	0.9	0	0.33
Q1	Nuts, almond, raw	100	860	440	250	4.2	3.1	trace	2	9	0.24	0.92	5.4	0.10	0	50	0.6	0	26
Q1	1 cup (250ml)	155	1300	680	390	6.5	4.8	trace	2	14	0.37	1.4	8.3	0.16	0	78	0.9	0	41
Q1	10 almonds	12	100	53	30	0.5	0.4	trace	trace	1	0.03	0.11	0.64	0.01	0	6.0	0.1	0	3.1
Q4	Nuts, brazil, raw	100	760	590	180	2.8	4.2	1300	2	9	1.0	0.12	4.3	0.17	0	22	0.7	0	7.2
Q4	1 cup (250ml)	152	1200	900	270	4.3	6.4	1900	2	14	1.5	0.18	6.6	0.26	0	33	1.1	0	11
Q4	10 brazil nuts	38	290	220	68	1.1	1.6	480	1	3	0.38	0.05	1.6	0.07	0	8.4	0.3	0	2.7
Q1016	Nuts, cashew, raw	100	550	530	34	5.0	5.5	33	1	6	0.64	0.19	7.3	0.35	0	25	0	0	0.73
Q1016	1 cup, halves & whole	137	750	730	47	6.9	7.5	45	1	8	0.88	0.26	10	0.48	0	34	0	0	1.0
Q1017	Nuts, cashew, roasted, unsalted	100	660	520	32	6.3	5.3	40	1	6	0.49	0.22	7.4	0.32	0	64	0	0	1.5
Q1017	1 cup, halves & whole	137	900	710	44	8.6	7.3	55	1	8	0.67	0.30	10	0.44	0	88	0	0	2.1
Q1018	Nuts, cashew, roasted, salted	100	660	520	32	6.3	5.3	40	1	6	0.49	0.22	7.4	0.32	0	64	0	0	1.5
Q1018	1 cup, halves & whole	137	900	710	44	8.6	7.3	55	1	8	0.67	0.30	10	0.44	0	88	0	0	2.1

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Food ID	Foods	Measure	Water	Energy	Energy (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
Q7	Nuts, hazelnuts, raw	100	4.7	2770	2850	28.1	59.8	5.2	10.4	4.2	1.0	5.7	42.4	8.7			0	0	17
Q7	1 cup, chopped	137	6.5	3790	3910	38.5	82.0	7.1	14.2	5.7	1.4	7.9	58.1	11.9			0	0	23
Q19	Nuts, macadamia, roasted with oil, salted	100	1.7	3130	3150	7.3	76.5	10.6	2.9	8.9	1.7	11.5	60.4	1.3			0	260	9
Q19	1 cup (250ml)	144	2.4	4510	4540	10.5	110	15.3	4.2	12.8	2.4	16.5	86.9	1.9			0	374	13
Q38	Nuts, macadamia, unroasted	100	2.9	2970	3040	9.8	73.7	4.5	9.3	3.8	0.7	11.0	58.2	1.3			0	5.0	9
Q38	1 cup, chopped	140	4.0	4150	4260	13.7	103	6.3	13.0	5.3	1.0	15.5	81.4	1.8			0	7.0	13
Q11	Nuts, mixed, salted	100	2.5	2490	2540	22.6	52.5	10.1	7.0	4.0	6.1	7.5	23.5	19.5			0	346	12
Q11	1 cup (250ml)	150	3.8	3730	3810	33.9	78.7	15.1	10.5	5.9	9.2	11.3	35.3	29.3			0	519	18
Q14	Nuts, peanuts, raw	100	4.5	2350	2420	24.4	49.0	8.0	8.2	3.0	5.0	9.2	23.3	13.9			0	6.0	trace
Q14	1 cup (250ml)	156	7.0	3670	3770	38.0	76.4	12.5	12.8	4.7	7.8	14.3	36.4	21.7			0	9.4	trace
Q15	Nuts, peanuts, roasted	100	2.0	2570	2620	25.0	53.0	11.5	6.2	3.9	7.6	8.1	23.2	18.6			0	5.0	trace
Q15	1 cup (250ml)	150	3.0	3860	3930	37.5	79.5	17.3	9.3	5.9	11.4	12.1	34.8	28.0			0	7.5	trace
Q15	10 peanuts	18	0.4	463	472	4.5	9.5	2.1	1.1	0.7	1.4	1.5	4.2	3.4			0	0.9	trace
Q16	Nuts, peanuts, roasted with oil, salted	100	2.0	2470	2540	26.4	49.3	12.6	8.8	4.3	8.3	9.2	23.5	14.0			0	433	trace
Q16	10 peanuts	18	0.4	445	458	4.7	8.9	2.3	1.6	0.8	1.5	1.7	4.2	2.5			0	77.9	trace
Q16	1 cup (250ml)	150	2.9	3710	3820	39.6	74.0	18.8	13.2	6.4	12.4	13.9	35.2	21.0			0	650	trace
Q94	Nuts, pecan, dried, raw	100	4.8	2860	2920	7.7	67.6	13.8	7.6	12.0	1.8	5.4	42.2	16.7			0	1.0	trace
Q94	1 cup (100ml)	42	2.0	1200	1220	3.2	28.3	5.8	3.2	5.0	0.8	2.3	17.6	7.0			0	0.4	trace
Q21	Nuts, pine, raw	100	6.7	2490	2530	24.0	50.7	12.6	4.9	9.5	3.1	7.8	19.2	21.5			0	4.0	12
Q21	1 tablespoon	10	0.7	249	253	2.4	5.1	1.3	0.5	1.0	0.3	0.8	1.9	2.1			0	0.4	trace
Q22	Nuts, pistachio, raw	100	3.9	2580	2660	20.6	54.4	13.2	10.8	11.4	1.8	6.9	36.8	8.3			0	6.0	12
Q22	1 cup (250ml)	130	5.0	3350	3460	26.7	70.7	17.2	14.0	14.8	2.3	9.0	47.9	10.7			0	7.8	16
Q22	15 pistachio nuts	23	0.9	593	613	4.7	12.5	3.0	2.5	2.6	0.4	1.6	8.5	1.9			0	1.4	trace

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Food ID	Foods	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
Q7	Nuts, hazelnuts, raw	100	900	280	180	2.0	2.1	76	3	16	0.48	0.08	11	0.16	0	110	1.0	0	17
Q7	1 cup, chopped	137	1200	380	250	2.7	2.9	100	4	22	0.66	0.11	14	0.22	0	150	1.4	0	24
Q19	Nuts, macadamia, roasted with oil, salted	100	330	200	45	1.8	1.1	7	0	0	0.21	0.11	5.8	0.28	0	10	0	0	1.5
Q19	1 cup (250ml)	144	470	290	65	2.6	1.6	10	0	0	0.30	0.16	8.4	0.40	0	14	0	0	2.1
Q38	Nuts, macadamia, unroasted	100	370	140	70	2.4	1.7	7	0	0	0.35	0.11	3.8	0.20	0	11	0	0	0.41
Q38	1 cup, chopped	140	520	190	98	3.4	2.4	10	0	0	0.49	0.15	5.4	0.28	0	15	0	0	0.57
Q11	Nuts, mixed, salted	100	510	420	37	1.2	2.2	trace	1	7	0.38	0.30	14	0.30	0	50	0.5	0	11
Q11	1 cup (250ml)	150	770	630	55	1.8	3.3	8	2	11	0.57	0.45	21	0.45	0	76	0.8	0	16
Q14	Nuts, peanuts, raw	100	680	370	61	2.0	3.0	11	1	4	0.90	0.10	21	0.36	0	240	0	0	10
Q14	1 cup (250ml)	156	1100	580	95	3.1	4.6	16	1	6	1.4	0.16	33	0.56	0	370	0	0	16
Q15	Nuts, peanuts, roasted	100	540	390	31	1.2	2.4	trace	1	4	0.35	0.15	23	0.30	0	150	0	0	6.9
Q15	1 cup (250ml)	150	810	580	47	1.8	3.6	7	1	6	0.53	0.23	34	0.45	0	220	0	0	10
Q15	10 peanuts	18	97	70	5.6	0.2	0.4	trace	trace	1	0.06	0.03	4.1	0.05	0	26	0	0	1.2
Q16	Nuts, peanuts, roasted with oil, salted	100	680	520	88	1.8	6.6	trace	0	0	0.25	0.11	20	0.26	0	130	0	0	6.9
Q16	10 peanuts	18	120	93	16	0.3	1.2	trace	0	0	0.05	0.02	3.6	0.05	0	23	0	0	1.2
Q16	1 cup (250ml)	150	1000	780	130	2.7	9.9	7	0	0	0.38	0.17	30	0.39	0	190	0	0	10
Q94	Nuts, pecan, dried, raw	100	390	290	36	2.1	5.5	trace	4	25	0.85	0.13	1.8	0.19	0	22	2.0	0	6.6
Q94	1 cup (100ml)	42	160	120	15	0.9	2.3	trace	2	10	0.36	0.05	0.74	0.08	0	9.2	0.8	0	2.8
Q21	Nuts, pine, raw	100	600	510	26	9.2	4.3	trace	2	10	0.81	0.19	8.7	0.34	0	58	2.0	0	14
Q21	1 tablespoon	10	60	51	2.6	0.9	0.4	trace	trace	1	0.08	0.02	0.87	0.03	0	5.8	0.2	0	1.4
Q22	Nuts, pistachio, raw	100	1100	500	140	6.8	1.4	trace	22	130	0.82	0.17	5.8	0.34	0	51	7.0	0	2.7
Q22	1 cup (250ml)	130	1400	650	180	8.8	1.8	7	28	169	1.1	0.22	7.5	0.44	0	66	9.1	0	3.5
Q22	15 pistachio nuts	23	250	120	31	1.6	0.3	trace	5	30	0.19	0.04	1.3	0.08	0	12	1.6	0	0.62

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Food ID	Foods	Measure	Water	Energy	Energy (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	
Q17	Nuts, walnuts, raw	100	3.7	2880	2930	25.7	64.5	4.0	6.4	2.8	1.2	6.5	12.4	42.5			0	0.6	9	
Q17	1 cup (250ml)	114	4.2	3290	3340	29.3	73.5	4.6	7.3	3.2	1.4	7.5	14.1	48.5			0	0.7	10	
Q17	1 walnut	5	0.2	144	147	1.3	3.2	0.2	0.3	0.1	0.1	0.3	0.6	2.1			0	trace	trace	
Q48	Peanut butter, smooth & crunchy, no sugar or salt added, Sanitarium	100	1.8	2360	2410	28.8	47.9	6.3	6.2	3.3	3.0	8.0	24.0	12.8		12.1	0	5.0	trace	
Q48	1 tablespoon	13	0.2	295	301	3.6	6.0	0.8	0.8	0.4	0.4	1.0	3.0	1.6		1.5	0	0.6	trace	
Q46	Peanut butter, smooth & crunchy, salt & sugar added, composite	100	1.8	2410	2500	28.8	47.9	9.4	10.9	5.4	4.0	8.0	24.0	12.8		12.1	0	482	trace	
Q46	1 tablespoon	13	0.2	311	322	3.7	6.2	1.2	1.4	0.7	0.5	1.0	3.1	1.6		1.6	0	62.1	trace	
Q42	Seeds, pumpkin & squash, kernel, dried	100	6.9	2340	2450	24.6	45.9	13.9	13.8	1.1	12.8	8.7	14.1	20.9			0	18.0	trace	
Q42	1 cup (250ml)	138	9.6	3230	3380	33.9	63.3	19.1	19.0	1.4	17.7	12.0	19.5	28.8			0	24.8	6	
Q95	Seeds, sesame, dried, raw	100	4.7	2280	2370	17.7	49.7	8.5	11.8	5.5	3.0	7.0	18.8	21.8			0	11.0	trace	
Q95	1 cup (60ml)	37	1.7	831	866	6.5	18.1	3.1	4.3	2.0	1.1	2.5	6.9	8.0			0	4.0	trace	
Q95	1 cup (100ml)	61	2.9	1390	1440	10.8	30.3	5.2	7.2	3.4	1.9	4.2	11.4	13.3			0	6.7	trace	
Q41	Seeds, sunflower, kernel, dried	100	5.4	2490	2570	22.8	49.6	16.4	10.5	1.6	14.8	5.2	9.4	32.7			0	3.0	trace	
Q41	1 cup (250ml)	144	7.7	3580	3700	32.8	71.4	23.6	15.1	2.3	21.3	7.5	13.5	47.1			0	4.3	6	
Q27	Tahini	100	3.1	2610	2720	20.4	60.7	1.4	13.5	1.1	0.3	7.5	22.5	28.0			0	79.0	trace	
Q27	1 tablespoon	16	0.5	418	435	3.3	9.7	0.2	2.2	0.2	trace	1.2	3.6	4.5			0	12.6	trace	
R	RECIPES																			
R5462	Beef, satay, barbecued	100	58.9	816	830	18.8	12.6	2.1	1.8	1.4	0.7	4.4	4.7	1.8	0.1	1.7	32	847	trace	
R5462	1 cup (250ml)	197	116	1610	1640	37.0	24.9	4.1	3.5	2.8	1.3	8.7	9.2	3.6	0.2	3.3	63	1670	trace	
R5423	Bread roll, ham, cheese & salad, filled	100	61.4	868	883	7.2	13.6	14.8	1.9	3.3	11.5	4.5	3.5	3.2	0.2	2.6	18	427	trace	
R159	Cake, banana, baked	100	34.1	1310	1320	4.6	12.6	45.8	1.4	23.8	22.0	7.6	3.1	0.6	trace	0.3	71	273	trace	
R159	1 slice	85	29.0	1110	1120	3.9	10.7	38.9	1.2	20.2	18.7	6.5	2.6	0.5	trace	0.3	60	232	trace	

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Food ID	Foods	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	
Q17	Nuts, walnuts, raw	100	580	320	130	3.3	2.3	58	4	21	0.32	0.07	5.9	0.92	0	66	3.1	0	15	
Q17	1 cup (250ml)	114	660	360	150	3.8	2.6	66	4	24	0.37	0.08	6.7	1.0	0	75	3.5	0	17	
Q17	1 walnut	5	29	16	6.5	0.2	0.1	trace	trace	1	0.02	trace	0.29	0.05	0	3.3	0.2	0	0.75	
Q48	Peanut butter, smooth & crunchy, no sugar or salt added, Sanitarium	100	480	320	32	1.4	1.8	11	1	5	0	0.14	21	0.05	0	81	0	0	3.9	
Q48	1 tablespoon	13	60	40	4.0	0.2	0.2	trace	trace	1	0	0.02	2.7	0.01	0	10	0	0	0.48	
Q46	Peanut butter, smooth & crunchy, salt & sugar added, composite	100	480	320	32	1.4	1.8	11	1	5	0	0.14	21	0.05	0	81	0	0	3.9	
Q46	1 tablespoon	13	62	41	4.1	0.2	0.2	trace	trace	1	0	0.02	2.7	0.01	0	10	0	0	0.50	
Q42	Seeds, pumpkin & squash, kernel, dried	100	810	1200	43	15	7.5	6	38	228	0.21	0.32	8.9	0.22	0	58	1.9	0	2.0	
Q42	1 cup (250ml)	138	1100	1600	59	21	10	8	53	315	0.29	0.44	12	0.30	0	79	2.6	0	2.8	
Q95	Seeds, sesame, dried, raw	100	470	630	980	15	7.8	11	1	5	0.79	0.25	11	0.79	0	97	0	0	2.6	
Q95	1 cup (60ml)	37	170	230	360	5.3	2.8	trace	trace	2	0.29	0.09	3.9	0.29	0	35	0	0	0.95	
Q95	1 cup (100ml)	61	290	380	590	8.9	4.7	7	trace	3	0.48	0.15	6.5	0.48	0	59	0	0	1.6	
Q41	Seeds, sunflower, kernel, dried	100	690	710	120	6.8	5.1	49	5	30	2.3	0.25	9.5	0.77	0	230	1.4	0	38	
Q41	1 cup (250ml)	144	990	1000	170	9.7	7.3	71	7	43	3.3	0.36	14	1.1	0	330	2.0	0	54	
Q27	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	
Q27	1 tablespoon	16	30	120	53	0.8	0.8	trace	trace	1	0.15	0.04	1.6	0.12	0	16	0	0	0.41	
R	RECIPES																			
R5462	Beef, satay, barbecued	100	290	190	13	2.4	2.8	trace	3	16	0.07	0.15	9.7	0.32	2.3	23	1.3	0.1	1.1	
R5462	1 cup (250ml)	197	570	380	25	4.8	5.5	9	5	32	0.14	0.30	19	0.63	4.5	46	2.5	0.2	2.1	
R5423	Bread roll, ham, cheese & salad, filled	100	170	110	110	0.6	0.9	trace	196	579	0.11	0.11	2.6	0.10	0.18	53	4.3	1.0	2.1	
R159	Cake, banana, baked	100	150	99	25	0.9	0.4	trace	151	95	0.06	0.09	1.2	0.15	0.23	15	1.6	0.9	0.70	
R159	1 slice	85	130	84	21	0.8	0.4	trace	128	81	0.05	0.08	1.0	0.13	0.20	13	1.4	0.8	0.60	

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Food ID	Foods	Measure	Water	Energy	Energy (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
R13	Cake, cheesecake	100	40.7	1600	1610	3.7	31.2	22.9	0.8	14.5	8.5	18.9	8.3	1.2	trace	0.4	108	267	11
R13	1 slice	190	77.2	3040	3050	7.0	59.3	43.5	1.5	27.5	16.1	35.8	15.9	2.3	trace	0.8	206	507	21
R5435	Cake, chocolate, butter icing, baked	100	24.9	1510	1520	3.9	14.4	54.3	1.3	42.0	12.3	8.9	3.6	0.6	trace	0.4	69	155	trace
R5435	1 slice	88	21.9	1320	1330	3.4	12.7	47.8	1.2	36.9	10.9	7.9	3.1	0.5	trace	0.3	60	136	trace
R16	Cake, fruitcake, rich, baked	100	23.3	1400	1430	4.0	10.6	56.4	3.5	45.3	11.1	6.4	2.6	0.5	trace	0.3	67	122	6
R16	1 slice	45	10.5	632	644	1.8	4.8	25.4	1.6	20.4	5.0	2.9	1.2	0.2	trace	0.1	30	54.8	trace
R25	Casserole, cauliflower cheese, grilled	100	80.6	404	415	4.9	6.1	5.9	1.4	3.6	2.2	3.7	1.5	0.3	trace	0.1	17	257	trace
R25	1 serving	110	88.7	444	456	5.4	6.7	6.4	1.5	4.0	2.4	4.1	1.6	0.3	trace	0.1	19	283	trace
R5399	Casserole, chicken & vegetables, baked	100	80.6	374	380	8.6	4.6	3.6	0.8	2.0	1.6	0.8	1.1	1.5	trace	1.2	32	307	trace
R5399	1 cup (250ml)	265	214	990	1010	22.8	12.1	9.6	2.1	5.4	4.3	2.0	2.8	3.9	trace	3.3	86	813	trace
R29	Casserole, hot pot, boiled	100	74.2	440	451	8.4	4.4	8.1	1.4	2.4	5.8	2.0	1.8	0.2			22	706	trace
R29	1 cup (250ml)	253	188	1110	1140	21.3	11.2	20.5	3.5	6.0	14.6	5.1	4.6	0.4			56	1790	trace
R389	Chicken, with vegetables, stir fried	100	71.7	590	602	12.8	8.5	3.4	1.5	2.5	1.0	1.5	3.9	2.5	0.1	1.9	35	334	trace
R389	1 cup (250ml)	170	122	1000	1020	21.8	14.5	5.8	2.5	4.2	1.6	2.6	6.6	4.3	0.1	3.3	59	567	trace
R5432	Chili con carne, cooked	100	74.7	404	427	9.5	3.4	7.1	2.9	4.0	3.2	1.1	1.0	0.5	0.4	0.3	21	336	trace
R5432	1 cup (250ml)	240	179	970	1030	22.7	8.3	17.0	7.0	9.5	7.6	2.6	2.4	1.1	1.0	0.8	51	807	trace
R435	Chop suey, Tongan, stir fried	100	78.4	461	475	8.4	6.0	5.9	1.7	1.9	4.0	2.2	2.5	0.7	trace	0.4	24	61.4	trace
R435	1 cup (250ml)	253	198	1170	1200	21.3	15.2	14.9	4.3	4.8	10.1	5.6	6.4	1.8	trace	1.0	62	155	trace
R434	Chow mein, Island, stir fried	100	75.0	571	584	11.5	8.7	3.3	1.7	2.8	0.6	3.2	3.7	1.0	trace	0.6	34	88.2	trace
R434	1 cup (250ml)	253	190	1440	1480	29.1	22.1	8.4	4.3	7.0	1.4	8.2	9.4	2.5	trace	1.6	85	223	trace
R5436	Chutney, tomato, cooked	100	66.5	477	499	1.4	0.4	26.3	2.7	25.9	0.4	trace	trace	0.1			0	70.3	trace
R5436	1 tablespoon	25	16.6	119	125	0.3	0.1	6.6	0.7	6.5	0.1	trace	trace	trace			0	17.6	trace
R36	Coleslaw	100	83.0	393	416	1.3	6.4	8.1	2.9	8.1	trace	0.8	1.3	4.0			9	212	trace
R36	1 cup (250ml)	200	166	785	831	2.6	12.7	16.3	5.8	16.2	0.1	1.6	2.5	7.9			17	424	trace

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Food ID	Foods	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
R13	Cake, cheesecake	100	120	120	58	0.4	0.4	trace	329	283	0.04	0.17	0.99	0.03	0.34	19	2.1	0.6	1.1
R13	1 slice	190	220	220	110	0.8	0.7	7	625	537	0.08	0.32	1.9	0.06	0.65	35	4.0	1.2	2.1
R5435	Cake, chocolate, butter icing, baked	100	130	110	40	0.8	0.5	trace	165	92	0.04	0.10	0.95	0.06	0.26	13	trace	1.0	0.65
R5435	1 slice	88	110	94	35	0.7	0.4	trace	145	81	0.04	0.09	0.84	0.05	0.23	12	trace	0.9	0.57
R16	Cake, fruitcake, rich, baked	100	420	61	80	1.6	0.5	trace	130	78	0.04	0.10	1.2	0.16	0.21	15	trace	0.8	2.3
R16	1 slice	45	190	27	36	0.7	0.2	trace	58	35	0.02	0.05	0.53	0.07	0.09	6.9	trace	0.3	1.0
R25	Casserole, cauliflower cheese, grilled	100	290	120	110	0.4	0.6	trace	60	59	0.05	0.17	1.4	0.15	0.11	39	36.9	0.3	0.44
R25	1 serving	110	320	130	130	0.4	0.6	trace	66	64	0.06	0.19	1.5	0.17	0.12	43	40.6	0.3	0.48
R5399	Casserole, chicken & vegetables, baked	100	240	100	18	0.9	0.6	trace	144	817	0.06	0.06	4.5	0.19	0.15	12	3.7	trace	0.85
R5399	1 cup (250ml)	265	640	260	46	2.3	1.6	13	381	2160	0.16	0.16	12	0.50	0.40	31	9.8	0.1	2.3
R29	Casserole, hot pot, boiled	100	370	91	14	1.5	2.4	trace	139	826	0.08	0.06	4.3	0.09	0.77	13	5.4	trace	0.24
R29	1 cup (250ml)	253	940	230	35	3.7	6.0	8	350	2090	0.20	0.15	11	0.23	1.9	32	13.7	0.1	0.61
R389	Chicken, with vegetables, stir fried	100	270	130	26	1.0	0.6	7	141	809	0.06	0.09	5.7	0.30	0.07	18	13.7	0.1	1.3
R389	1 cup (250ml)	170	460	220	45	1.6	1.0	12	240	1370	0.10	0.15	9.7	0.51	0.12	31	23.2	0.2	2.2
R5432	Chili con carne, cooked	100	370	110	22	1.7	1.7	trace	45	272	0.07	0.08	4.2	0.20	0.33	18	4.8	trace	1.2
R5432	1 cup (250ml)	240	890	260	52	4.1	4.2	trace	109	652	0.17	0.19	10	0.48	0.79	44	11.5	0.1	2.9
R435	Chop suey, Tongan, stir fried	100	190	77	18	1.2	2.4	trace	56	327	0.06	0.06	3.4	0.10	0.87	9.4	4.8	trace	0.64
R435	1 cup (250ml)	253	470	200	46	3.1	6.1	8	141	827	0.15	0.15	8.5	0.25	2.2	24	12.2	0.1	1.6
R434	Chow mein, Island, stir fried	100	280	100	25	1.8	3.4	trace	82	489	0.08	0.09	4.9	0.15	1.3	14	7.2	0.1	0.63
R434	1 cup (250ml)	253	700	260	64	4.5	8.7	11	209	1240	0.20	0.23	12	0.38	3.2	35	18.2	0.2	1.6
R5436	Chutney, tomato, cooked	100	340	38	55	0.7	0.2	trace	53	318	0.05	0.02	0.66	0.06	0	5.6	31.3	0	0.55
R5436	1 tablespoon	25	85	9.5	14	0.2	trace	trace	13	80	0.01	trace	0.17	0.02	0	1.4	7.8	0	0.14
R36	Coleslaw	100	180	41	36	0.4	0.2	trace	4	12	0.04	0.03	0.31	0.09	0.10	13	16.8	0	2.1
R36	1 cup (250ml)	200	360	82	73	0.8	0.3	trace	8	24	0.08	0.06	0.62	0.18	0.20	27	33.6	0	4.3

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Food ID	Foods	Measure	Water	Energy	Energy (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
R38	Crumpet, fried	100	54.4	708	721	5.1	0.7	35.8	1.7	0.3	35.6	0.1	0.1	0.3			0	500	trace
R38	whole	40	21.8	283	288	2.0	0.3	14.3	0.7	0.1	14.2	trace	trace	0.1			0	200	trace
R5428	Custard square, baked	100	64.8	829	831	3.8	13.3	16.4	0.3	5.8	10.6	8.3	3.2	0.5	0.1	0.3	57	135	6
R5428	1 serving	125	81.0	1040	1040	4.7	16.6	20.5	0.4	7.3	13.2	10.4	4.0	0.6	0.1	0.4	71	168	8
R5507	Dip, guacamole	100	59.4	1290	1310	2.2	33.2	1.5	2.5	1.4	0.1	8.6	19.3	3.1	0.1	2.7	18	29.6	trace
R5507	1 cup (250ml)	339	201	4360	4430	7.3	112	5.0	8.5	4.7	0.3	29.2	65.4	10.6	0.4	9.1	59	100	7
R5507	1 tablespoon	20	12.1	262	266	0.4	6.7	0.3	0.5	0.3	trace	1.8	3.9	0.6	trace	0.5	4	6.0	trace
R42	Eclairs, with chocolate icing & cream filling	100	43.6	1340	1340	3.6	20.4	31.2	0.3	24.2	6.9	12.4	5.4	0.8	trace	0.2	97	103	9
R42	whole	42	18.3	561	562	1.5	8.6	13.1	0.1	10.2	2.9	5.2	2.3	0.3	trace	0.1	41	43.1	trace
R376	Falafel, vegetarian, baked	100	64.6	405	463	7.8	0.7	15.0	7.3	2.7	12.3	0.2	0.1	0.3			0	537	trace
R376	1 patty	17	11.0	69	79	1.3	0.1	2.6	1.2	0.5	2.1	trace	trace	trace			0	91.2	trace
R372	Hummus	100	56.7	1110	1160	4.6	24.2	8.4	5.5	0.6	7.8	3.9	14.9	3.9	trace	2.4	0	268	trace
R372	1 tablespoon	14	8.1	158	164	0.6	3.4	1.2	0.8	0.1	1.1	0.6	2.1	0.6	trace	0.3	0	38.0	trace
R394	Kebab, lamb, grilled with Mediterranean marinade	100	65.5	883	883	19.1	15.3	trace	trace	trace	0	7.2	6.7	0.7	trace	0.3	65	53.1	trace
R387	Lamb, with vegetables, stir fried	100	73.9	521	532	11.8	7.0	3.6	1.4	2.5	1.1	1.9	2.9	1.6	trace	1.1	34	367	trace
R387	1 cup (250ml)	187	138	973	994	22.0	13.2	6.7	2.6	4.7	2.0	3.5	5.4	2.9	trace	2.1	63	687	trace
R402	Laplap, cabbage, cassava & coconut, steamed	100	66.8	616	636	1.3	5.3	23.8	2.5	3.5	20.2	4.6	0.3	0.1			0	8.0	trace
R402	1 cup (250ml)	145	96.9	894	923	1.9	7.7	34.5	3.6	5.1	29.3	6.7	0.4	0.2			0	11.6	trace
R58	Loaf, meat, baked	100	54.8	911	919	19.7	10.0	12.8	1.0	1.6	11.2	3.9	3.9	0.6	trace	0.1	85	516	trace
R58	1 serving	250	137	2280	2300	49.2	24.9	32.0	2.6	4.0	28.0	9.7	9.8	1.5	0.1	0.4	213	1290	13
R55	Macaroni cheese, boiled then grilled	100	71.6	598	602	6.0	8.4	11.2	0.5	2.4	8.8	5.2	2.1	0.4	trace	0.1	24	340	trace
R55	1 cup (250ml)	240	172	1440	1440	14.3	20.2	26.9	1.2	5.8	21.1	12.4	5.0	0.9	0.1	0.2	58	816	9

The Concise New Zealand Food Composition Tables, 9th Edition 2012

Food ID	Foods	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
R38	Crumpet, fried	100	110	99	17	1.2	0.6	trace	0	0	0.11	0.09	1.7	0.06	0	68	0	0	0.26
R38	whole	40	45	40	7.0	0.5	0.2	trace	0	0	0.04	0.04	0.68	0.02	0	27	0	0	0.10
R5428	Custard square, baked	100	120	82	81	0.4	0.4	trace	145	86	0.03	0.20	0.96	0.02	0.27	13	0.1	1.1	0.48
R5428	1 serving	125	150	100	100	0.5	0.5	trace	181	108	0.04	0.25	1.2	0.03	0.34	16	0.2	1.3	0.60
R5507	Dip, guacamole	100	330	52	38	0.5	0.5	trace	109	146	0.03	0.14	1.1	0.47	0.10	45	5.7	0.1	1.8
R5507	1 cup (250ml)	339	1100	180	130	1.7	1.6	trace	368	494	0.10	0.47	3.6	1.6	0.34	150	19.4	0.2	5.9
R5507	1 tablespoon	20	67	11	7.8	0.1	0.1	trace	22	30	0.01	0.03	0.22	0.10	0.02	9.2	1.2	trace	0.36
R42	Eclairs, with chocolate icing & cream filling	100	89	64	30	0.7	0.3	trace	186	116	0.04	0.11	0.92	0.02	0.28	16	0.3	0.6	0.80
R42	whole	42	38	27	13	0.3	0.1	trace	78	49	0.02	0.05	0.39	0.01	0.12	6.9	0.1	0.3	0.34
R376	Falafel, vegetarian, baked	100	490	120	110	3.5	1.0	trace	153	913	0.11	0.08	1.7	0.16	0	82	21.3	0	0.32
R376	1 patty	17	84	20	19	0.6	0.2	trace	26	155	0.02	0.01	0.29	0.03	0	14	3.6	0	0.05
R372	Hummus	100	190	100	51	1.7	0.8	trace	trace	1	0.09	0.04	1.5	0.13	0	80	2.5	0	1.3
R372	1 tablespoon	14	27	14	7.2	0.2	0.1	trace	trace	trace	0.01	0.01	0.21	0.02	0	11	0.4	0	0.18
R394	Kebab, lamb, grilled with Mediterranean marinade	100	200	140	7.8	1.8	3.4	trace	11	20	0.11	0.34	7.4	0.21	1.6	19	0.4	trace	0.37
R387	Lamb, with vegetables, stir fried	100	290	120	26	1.3	1.9	trace	141	819	0.07	0.20	5.5	0.21	0.95	23	13.3	trace	0.87
R387	1 cup (250ml)	187	540	220	48	2.5	3.6	6	264	1530	0.13	0.37	10	0.39	1.8	43	24.9	trace	1.6
R402	Laplap, cabbage, cassava & coconut, steamed	100	300	52	26	0.5	0.5	trace	trace	3	0.05	0.02	0.60	0.24	0	15	11.5	0	0.24
R402	1 cup (250ml)	145	430	75	38	0.8	0.7	trace	1	4	0.07	0.03	0.87	0.35	0	22	16.7	0	0.35
R58	Loaf, meat, baked	100	190	140	21	2.2	3.7	trace	20	3	0.07	0.13	5.5	0.16	0.77	17	1.5	0.3	0.40
R58	1 serving	250	470	360	53	5.4	9.2	13	49	6	0.18	0.33	14	0.40	1.9	42	3.7	0.8	1.0
R55	Macaroni cheese, boiled then grilled	100	88	130	150	0.2	0.7	trace	83	73	0.02	0.19	1.2	0.02	0.17	6.5	0.1	0.4	0.20
R55	1 cup (250ml)	240	210	310	350	0.5	1.8	trace	198	175	0.05	0.46	2.9	0.05	0.41	16	0.2	1.1	0.48

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Food ID	Foods	Measure	Water	Energy	Energy (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
R59	Meringue, baked	100	25.3	1250	1250	4.9	0.1	69.7	0	69.7	0	0	0	0	0	0	trace	81.1	trace
R59	1 cup (250ml)	20	5.1	250	250	1.0	trace	13.9	0	13.9	0	0	0	0	0	0	trace	16.2	trace
R59	whole	30	7.6	374	374	1.5	trace	20.9	0	20.9	0	0	0	0	0	0	trace	24.3	trace
R5438	Nachos, with beans, cheese & sour cream	100	61.4	853	884	6.1	15.3	11.1	4.0	3.5	7.6	4.7	4.2	3.3	1.5	2.7	10	297	trace
R5438	1 cup (250ml)	210	129	1790	1860	12.8	32.1	23.3	8.4	7.4	15.9	10.0	8.9	7.0	3.2	5.7	20	625	trace
R62	Omelette, cheese, cooked	100	58.1	1080	1080	15.7	21.9	0.4	0	0.4	0	12.5	5.9	1.0	0.1	0.6	258	968	26
R62	1 cup (250ml)	256	149	2760	2760	40.2	56.0	1.0	0	1.0	0	31.9	15.1	2.5	0.3	1.6	661	2480	67
R62	whole	78	45.3	841	841	12.3	17.1	0.3	0	0.3	0	9.7	4.6	0.8	0.1	0.5	201	755	20
R63	Omelette, plain, uncooked	100	70.8	712	712	11.1	13.9	0.6	0	0.6	0	6.4	4.9	0.8	trace	0.7	352	1090	39
R63	1 cup (250ml)	232	164	1650	1650	25.8	32.3	1.4	0	1.4	0	14.7	11.3	1.9	0.1	1.6	817	2520	91
R63	whole	64	45.3	455	455	7.1	8.9	0.4	0	0.4	0	4.1	3.1	0.5	trace	0.5	225	695	25
R163	Pancake, plain, fried	100	53.8	811	820	7.5	3.9	32.3	1.1	2.8	29.5	1.8	1.2	0.4	trace	0.1	64	124	11
R163	whole	36	19.4	292	295	2.7	1.4	11.6	0.4	1.0	10.6	0.6	0.4	0.1	trace	trace	23	44.5	trace
R70	Pastry, Danish, baked	100	30.3	1570	1580	6.5	23.0	36.5	1.5	6.4	30.2	14.2	5.5	1.0	trace	0.6	96	406	8
R70	whole	52	15.8	815	822	3.4	11.9	19.0	0.8	3.3	15.7	7.4	2.9	0.5	trace	0.3	50	211	trace
R207	Pastry, puff, cooked	100	32.7	1520	1530	4.8	21.8	37.6	1.4	0.4	37.2	13.8	5.0	1.0	trace	0.5	53	367	trace
R207	sheet	125	40.8	1900	1910	6.0	27.3	47.0	1.8	0.5	46.5	17.3	6.3	1.2	trace	0.6	67	459	trace
R5421	Pie, beef mince & vegetable, two crust, baked	100	74.6	547	558	3.6	8.1	11.1	1.4	2.0	9.2	4.5	2.2	0.5	trace	0.2	29	118	trace
R5421	1 pie	190	142	1040	1060	6.8	15.5	21.1	2.6	3.7	17.4	8.6	4.2	0.9	trace	0.4	55	224	trace
R5422	Pie, chicken & mushroom, two crust, baked	100	63.3	764	774	8.4	9.4	16.5	1.2	0.9	15.6	5.7	2.3	0.5	trace	0.2	45	190	trace
R5422	1 pie	190	120	1450	1470	15.9	17.9	31.3	2.2	1.6	29.7	10.8	4.5	1.0	trace	0.5	85	360	trace
R5442	Pie, lemon meringue, baked	100	50.7	947	951	3.4	7.8	36.0	0.5	23.3	12.7	4.4	2.1	0.4	trace	0.2	77	92.9	7
R5442	1 piece	105	53.3	994	998	3.6	8.2	37.8	0.5	24.5	13.3	4.7	2.2	0.4	trace	0.3	81	97.5	7

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Food ID	Foods	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
R59	Meringue, baked	100	66	5.8	3.6	0.2	trace	trace	0	0	0	0.20	1.1	0	0	6.1	0	0	0
R59	1 cup (250ml)	20	13	1.2	0.7	trace	trace	trace	0	0	0	0.04	0.23	0	0	1.2	0	0	0
R59	whole	30	20	1.7	1.1	0.1	trace	trace	0	0	0	0.06	0.34	0	0	1.8	0	0	0
R5438	Nachos, with beans, cheese & sour cream	100	300	130	110	1.1	0.9	trace	107	379	0.07	0.09	2.0	0.13	0.09	45	9.8	trace	1.6
R5438	1 cup (250ml)	210	640	270	240	2.4	1.8	trace	224	796	0.15	0.19	4.1	0.27	0.19	94	20.5	0.1	3.4
R62	Omelette, cheese, cooked	100	110	280	290	1.0	1.7	16	303	122	0.05	0.42	4.0	0.05	0.91	56	0	1.2	1.1
R62	1 cup (250ml)	256	270	720	750	2.5	4.2	40	775	312	0.13	1.1	10	0.13	2.3	140	0	3.2	2.7
R62	whole	78	83	220	230	0.8	1.3	12	236	95	0.04	0.33	3.1	0.04	0.71	44	0	1.0	0.82
R63	Omelette, plain, uncooked	100	120	160	46	1.5	0.8	20	266	49	0.06	0.40	3.0	0.03	1.4	110	0	1.7	1.6
R63	1 cup (250ml)	232	290	380	110	3.4	1.9	45	617	114	0.14	0.93	6.9	0.07	3.2	250	0	4.0	3.7
R63	whole	64	79	100	29	0.9	0.5	13	170	31	0.04	0.26	1.9	0.02	0.87	68	0	1.1	1.0
R163	Pancake, plain, fried	100	170	120	83	1.1	0.7	trace	48	13	0.12	0.21	1.9	0.04	0.35	21	0.7	0.5	0.51
R163	whole	36	62	45	30	0.4	0.2	trace	17	5	0.04	0.08	0.67	0.01	0.13	7.6	0.3	0.2	0.18
R70	Pastry, Danish, baked	100	150	110	42	1.3	0.8	trace	261	152	0.12	0.19	2.1	0.07	0.35	81	0.2	1.5	0.99
R70	whole	52	77	57	22	0.7	0.4	trace	136	79	0.06	0.10	1.1	0.04	0.18	42	0.1	0.8	0.52
R207	Pastry, puff, cooked	100	90	67	19	1.1	0.4	trace	235	147	0.08	0.02	1.2	0.03	0.18	6.4	trace	1.3	0.86
R207	sheet	125	110	83	23	1.3	0.6	trace	293	184	0.10	0.03	1.4	0.04	0.23	8.0	trace	1.7	1.1
R5421	Pie, beef mince & vegetable, two crust, baked	100	210	57	15	0.7	0.6	trace	115	300	0.04	0.05	1.6	0.11	0.19	8.5	10.7	0.4	0.82
R5421	1 pie	190	390	110	28	1.3	1.1	trace	218	569	0.08	0.10	3.0	0.21	0.36	16	20.3	0.8	1.6
R5422	Pie, chicken & mushroom, two crust, baked	100	200	120	23	1.0	0.6	6	95	60	0.06	0.10	3.9	0.18	0.15	12	0.7	0.6	0.57
R5422	1 pie	190	370	220	44	1.9	1.1	11	181	115	0.11	0.19	7.3	0.34	0.29	23	1.3	1.1	1.1
R5442	Pie, lemon meringue, baked	100	70	50	17	0.7	0.3	trace	99	42	0.03	0.08	0.83	0.02	0.24	19	8.6	0.6	0.54
R5442	1 piece	105	74	53	18	0.7	0.3	trace	104	44	0.03	0.08	0.87	0.02	0.25	20	9.1	0.7	0.57

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Food ID	Foods	Measure	Water	Energy	Energy (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
R164	Pikelet, plain, fried	100	42.7	982	990	6.9	3.6	44.0	1.0	17.0	27.0	1.6	1.1	0.4	trace	0.1	58	294	10
R164	whole	40	17.1	393	396	2.8	1.4	17.6	0.4	6.8	10.8	0.6	0.4	0.1	0	trace	23	118	trace
R373	Pork, Chinese, simmered	100	46.5	1580	1580	15.5	35.1	0.4	0.2	0.2	0.2	13.9	15.6	2.7			56	431	trace
R373	1 cup (250ml)	275	128	4350	4360	42.5	96.4	1.0	0.4	0.5	0.5	38.2	43.0	7.5			155	1190	trace
R5439	Pork, with vegetables & cashew nuts, stir fried	100	73.7	533	543	12.4	6.7	4.2	1.3	2.3	1.9	1.2	0.9	1.6	trace	1.3	30	272	trace
R5439	1 cup (250ml)	187	138	997	1020	23.2	12.6	7.9	2.4	4.2	3.6	2.3	1.8	3.0	trace	2.5	56	508	trace
R97	Pork, with vegetables, lean & fat, stewed	100	73.6	702	710	6.7	15.0	2.2	0.9	2.1	0.1	5.9	6.6	1.2			24	199	trace
R97	1 cup (250ml)	260	191	1830	1840	17.4	38.9	5.7	2.3	5.4	0.3	15.3	17.3	3.1			62	517	trace
R100	Pudding, apple crumble, baked	100	54.0	851	864	1.7	7.0	33.8	1.6	22.0	11.8	4.3	1.6	0.4	trace	0.1	17	46.2	trace
R100	1 cup (250ml)	235	127	2000	2030	4.0	16.4	79.4	3.7	51.7	27.7	10.2	3.7	0.9	trace	0.4	39	109	trace
R101	Pudding, bread & butter, baked	100	70.1	592	596	5.9	6.2	15.8	0.5	11.0	4.8	3.3	1.8	0.3	0.1	0.2	79	121	12
R101	1 serving	125	87.6	740	744	7.4	7.7	19.8	0.6	13.8	6.0	4.2	2.2	0.4	0.1	0.3	99	151	15
R102	Pudding, Christmas, steamed	100	26.2	1370	1390	5.8	10.7	52.2	2.8	31.1	21.1	5.1	4.2	0.6	trace	0.1	43	248	trace
R102	1 cup (250ml)	264	69.2	3610	3670	15.4	28.2	138	7.4	82.1	55.7	13.5	11.1	1.6	trace	0.2	114	656	14
R104	Pudding, custard egg, prepared with milk	100	78.1	430	430	5.6	4.5	10.2	0	10.2	0	2.2	1.4	0.2	trace	0.2	85	62.6	13
R104	1 cup (250ml)	257	201	1110	1110	14.5	11.5	26.2	0	26.2	0	5.8	3.7	0.6	0.1	0.4	217	161	34
R103	Pudding, custard, prepared with milk	100	76.3	470	470	3.6	4.4	14.8	trace	10.3	4.6	2.7	1.2	0.2			13	58.6	9
R103	1 cup (250ml)	242	185	1140	1140	8.7	10.6	35.9	0.1	24.9	11.1	6.5	2.8	0.4			31	142	23
R106	Pudding, rice, cooked	100	73.3	515	517	4.0	4.1	17.7	0.2	9.6	8.1	2.5	1.1	0.2			12	39.0	10
R106	1 serving	125	91.7	644	646	5.0	5.2	22.1	0.3	12.0	10.1	3.1	1.4	0.2			15	48.8	12
R109	Pudding, sponge, fruit, steamed	100	29.1	1440	1450	5.7	15.0	47.0	1.4	23.7	23.4	9.0	3.8	0.7	trace	0.4	95	243	8
R109	1 serving	90	26.2	1290	1300	5.1	13.5	42.3	1.2	21.3	21.0	8.1	3.4	0.7	trace	0.4	86	219	7
R109	whole	540	157	7750	7810	30.6	81.1	254	7.5	128	126	48.6	20.3	3.9	0.2	2.2	515	1310	43

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Food ID	Foods	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
R164	Pikelet, plain, fried	100	160	190	86	1.0	0.6	trace	44	12	0.11	0.19	1.7	0.04	0.32	19	0.6	0.5	0.47
R164	whole	40	63	76	34	0.4	0.2	trace	18	5	0.04	0.08	0.68	0.02	0.13	7.6	0.3	0.2	0.19
R373	Pork, Chinese, simmered	100	240	130	9.6	1.0	1.8	8	2	0	0.25	0.14	5.9	0.17	0.74	3.0	0.6	0.8	0.04
R373	1 cup (250ml)	275	650	350	26	2.6	5.0	21	7	0	0.69	0.39	16	0.47	2.0	8.2	1.7	2.2	0.11
R5439	Pork, with vegetables & cashew nuts, stir fried	100	390	190	20	1.4	1.4	8	98	584	0.30	0.13	5.0	0.19	0.16	18	10.0	0.4	0.56
R5439	1 cup (250ml)	187	730	350	38	2.6	2.7	14	182	1090	0.56	0.24	9.3	0.36	0.30	33	18.8	0.8	1.0
R97	Pork, with vegetables, lean & fat, stewed	100	150	43	14	0.5	0.8	trace	157	937	0.09	0.06	2.4	0.09	0.25	6.2	2.7	0.3	0.06
R97	1 cup (250ml)	260	390	110	37	1.2	2.1	8	409	2440	0.23	0.16	6.1	0.23	0.65	16	7.1	0.9	0.16
R100	Pudding, apple crumble, baked	100	97	31	8.3	0.6	0.2	trace	77	70	0.05	0.02	0.44	0.03	0.05	3.9	7.7	0.4	0.39
R100	1 cup (250ml)	235	230	73	19	1.3	0.5	trace	181	164	0.12	0.05	1.0	0.07	0.12	9.2	18.1	1.0	0.92
R101	Pudding, bread & butter, baked	100	190	120	120	0.5	0.6	trace	87	37	0.03	0.31	1.5	0.04	0.35	23	0.2	0.8	0.52
R101	1 serving	125	230	150	150	0.6	0.7	6	108	46	0.04	0.39	1.9	0.05	0.44	29	0.2	1.0	0.65
R102	Pudding, Christmas, steamed	100	350	87	63	1.5	0.5	trace	28	10	0.11	0.09	1.6	0.08	0.13	17	trace	0.2	1.3
R102	1 cup (250ml)	264	930	230	170	4.1	1.3	9	73	27	0.29	0.24	4.2	0.21	0.34	46	trace	0.4	3.4
R104	Pudding, custard egg, prepared with milk	100	170	120	120	0.4	0.5	trace	72	24	0.02	0.34	1.4	0.03	0.38	24	0.2	0.8	0.36
R104	1 cup (250ml)	257	430	320	320	0.9	1.3	14	186	63	0.05	0.87	3.6	0.08	0.98	63	0.5	1.9	0.93
R103	Pudding, custard, prepared with milk	100	170	92	130	0.1	0.4	trace	30	25	0.11	0.27	1.0	0.03	0.38	5.8	1.6	0.6	0.12
R103	1 cup (250ml)	242	400	220	300	0.3	0.8	trace	74	61	0.27	0.65	2.4	0.07	0.92	14	3.8	1.5	0.29
R106	Pudding, rice, cooked	100	160	94	120	0.1	0.3	trace	28	23	0.07	0.25	1.2	0.04	0.11	5.0	0.7	0.6	0.12
R106	1 serving	125	200	120	150	0.1	0.4	trace	36	29	0.09	0.31	1.5	0.05	0.14	6.3	0.8	0.7	0.15
R109	Pudding, sponge, fruit, steamed	100	160	180	49	1.1	0.5	trace	182	95	0.07	0.11	1.3	0.04	0.31	20	trace	1.1	0.94
R109	1 serving	90	150	160	44	1.0	0.5	trace	164	86	0.06	0.10	1.2	0.04	0.28	18	trace	1.0	0.85
R109	whole	540	880	960	270	6.1	2.8	28	983	513	0.38	0.59	7.1	0.22	1.7	110	0.1	5.9	5.1

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Food ID	Foods	Measure	Water	Energy	Energy (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
R110	Pudding, sponge, treacle, steamed	100	29.5	1430	1440	5.5	15.0	47.2	0.9	24.0	23.2	9.0	3.7	0.7	trace	0.4	95	256	8
R110	1 serving	55	16.2	788	792	3.0	8.2	26.0	0.5	13.2	12.8	4.9	2.1	0.4	trace	0.2	52	141	trace
R5410	Pudding, steak & kidney, steamed	100	53.0	977	983	12.5	14.0	15.2	0.7	1.2	14.0	11.9	0.9	0.2	trace	0.1	48	231	trace
R5410	1 serving	125	66.2	1220	1230	15.6	17.4	19.0	0.9	1.5	17.5	14.9	1.2	0.3	0.1	0.1	60	289	trace
R5408	Quiche, basic, baked	100	54.7	1060	1070	8.5	17.6	16.0	0.7	2.6	13.4	9.4	5.6	1.0	0.1	0.3	81	356	8
R5408	1 serving	140	76.6	1490	1490	11.9	24.7	22.4	1.0	3.6	18.8	13.1	7.9	1.4	0.1	0.4	113	498	11
R5441	Quiche, spinach, baked	100	59.6	913	925	7.4	15.1	13.9	1.5	0.6	13.4	9.1	3.7	0.7	3.0	0.3	71	297	11
R5441	1 slice	140	83.4	1280	1300	10.4	21.1	19.5	2.1	0.8	18.7	12.7	5.2	1.0	4.2	0.4	99	416	16
R5431	Ratatouille, vegetable, cooked	100	88.7	216	231	1.2	3.9	3.2	1.8	2.9	0.3	0.6	2.3	0.5	trace	0.4	0	64.6	trace
R5431	1 cup (250ml)	226	200	488	521	2.7	8.7	7.2	4.1	6.6	0.7	1.4	5.3	1.1	0.1	0.9	0	146	trace
R99	Salad, potato	100	71.8	608	616	1.6	9.4	14.0	1.0	5.1	9.0	1.2	1.9	5.9			13	318	trace
R99	1 cup (250ml)	238	171	1450	1470	3.8	22.3	33.4	2.3	12.0	21.3	2.8	4.4	14.0			31	757	trace
R377	Samosa, vegetable, cooked	100	54.6	816	843	4.4	8.8	24.9	3.3	1.6	23.3	1.0	3.9	3.3	trace	2.5	trace	507	trace
R377	whole	63	34.4	514	531	2.8	5.6	15.7	2.1	1.0	14.7	0.6	2.4	2.1	trace	1.5	trace	319	trace
R433	Sandwich, cheese, toasted	100	31.1	1540	1550	7.0	21.1	38.4	1.8	1.4	37.0	5.0	7.3	7.0	1.1	6.0	1	564	trace
R433	whole	115	35.7	1770	1790	8.1	24.2	44.1	2.1	1.6	42.5	5.7	8.3	8.1	1.3	6.9	1	648	trace
R5409	Sauce, bolognese, meat based	100	65.5	841	850	12.6	15.4	3.7	1.1	3.5	0.2	5.8	5.3	1.8	trace	1.2	37	343	trace
R5409	1 serving	125	81.9	1050	1060	15.8	19.2	4.6	1.4	4.4	0.3	7.3	6.6	2.2	trace	1.5	46	429	trace
R116	Sauce, cheese, prepared with milk	100	67.6	798	799	7.5	14.6	7.9	0.2	3.7	4.2	9.3	3.4	0.5	trace	0.2	34	440	8
R116	1 tablespoon	16	10.8	128	128	1.2	2.3	1.3	trace	0.6	0.7	1.5	0.5	0.1	trace	trace	6	70.6	trace
R119	Sauce, white, prepared with milk	100	74.7	593	594	4.0	9.9	9.6	0.2	4.5	5.1	6.2	2.4	0.4	trace	0.1	26	381	9
R119	1 tablespoon	18	13.4	107	107	0.7	1.8	1.7	trace	0.8	0.9	1.1	0.4	0.1	trace	trace	5	68.6	trace
R123	Scone, cheese, baked	100	33.0	1360	1370	8.9	16.3	36.6	1.3	1.6	35.0	10.3	3.6	0.8	0.1	0.3	38	656	trace
R123	whole	50	16.5	682	687	4.5	8.2	18.3	0.6	0.8	17.5	5.1	1.8	0.4	trace	0.1	19	328	trace

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Food ID	Foods	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
R110	Pudding, sponge, treacle, steamed	100	190	170	80	1.6	0.5	trace	182	93	0.06	0.11	1.3	0.03	0.31	19	trace	1.1	0.79
R110	1 serving	55	100	95	44	0.9	0.3	trace	100	51	0.03	0.06	0.71	0.02	0.17	11	trace	0.6	0.44
R5410	Pudding, steak & kidney, steamed	100	240	170	17	2.0	2.4	11	29	65	0.15	0.32	5.9	0.26	5.2	14	2.9	0.1	0.54
R5410	1 serving	125	300	220	22	2.5	3.1	14	36	82	0.19	0.40	7.4	0.33	6.5	18	3.6	0.1	0.68
R5408	Quiche, basic, baked	100	160	150	110	0.8	1.0	7	132	71	0.09	0.21	2.4	0.08	0.28	18	1.0	1.3	0.51
R5408	1 serving	140	220	210	160	1.1	1.3	10	185	99	0.13	0.29	3.4	0.11	0.39	26	1.4	1.8	0.71
R5441	Quiche, spinach, baked	100	390	140	160	2.5	1.0	trace	342	1170	0.04	0.25	2.0	0.11	0.35	110	1.4	0.6	0.51
R5441	1 slice	140	540	190	220	3.5	1.3	6	479	1630	0.06	0.35	2.8	0.15	0.49	150	2.0	0.9	0.71
R5431	Ratatouille, vegetable, cooked	100	260	34	16	0.3	0.2	trace	57	342	0.04	0.04	0.82	0.08	0	10	13.2	0	0.54
R5431	1 cup (250ml)	226	580	78	37	0.7	0.5	trace	129	774	0.09	0.09	1.9	0.18	0	23	29.9	0	1.2
R99	Salad, potato	100	180	36	10	0.5	0.2	trace	4	9	0.03	0.02	0.48	0.04	0.15	7.2	3.4	0	3.2
R99	1 cup (250ml)	238	430	86	25	1.2	0.5	trace	10	20	0.07	0.05	1.1	0.10	0.36	17	8.0	0	7.7
R377	Samosa, vegetable, cooked	100	330	91	21	2.0	0.7	trace	6	33	0.12	0.01	1.8	0.05	0	15	6.9	0	1.6
R377	whole	63	210	57	13	1.2	0.5	trace	3	21	0.08	0.01	1.1	0.03	0	9.7	4.3	0	1.0
R433	Sandwich, cheese, toasted	100	93	75	89	0.8	0.7	trace	302	65	0.13	0.05	2.1	0.04	0.01	15	0	3.9	7.4
R433	whole	115	110	87	100	0.9	0.8	trace	347	74	0.15	0.06	2.4	0.05	0.01	17	0	4.5	8.5
R5409	Sauce, bolognese, meat based	100	410	130	28	2.5	2.4	trace	40	235	0.10	0.10	4.9	0.09	0.82	12	7.8	0.1	1.6
R5409	1 serving	125	510	160	35	3.2	3.0	trace	50	294	0.13	0.13	6.1	0.11	1.0	15	9.8	0.1	2.1
R116	Sauce, cheese, prepared with milk	100	150	160	230	0.2	0.9	trace	141	98	0.10	0.29	2.0	0.05	0.46	7.6	1.2	0.8	0.25
R116	1 tablespoon	16	24	26	37	trace	0.1	trace	23	16	0.02	0.05	0.32	0.01	0.07	1.2	0.2	0.1	0.04
R119	Sauce, white, prepared with milk	100	160	92	120	0.2	0.4	trace	93	64	0.11	0.25	1.1	0.04	0.40	6.6	1.4	0.9	0.31
R119	1 tablespoon	18	30	17	21	trace	0.1	trace	17	11	0.02	0.05	0.19	0.01	0.07	1.2	0.3	0.2	0.06
R123	Scone, cheese, baked	100	130	430	190	1.0	1.0	trace	168	111	0.08	0.16	2.2	0.05	0.18	9.3	0.1	0.8	0.53
R123	whole	50	67	220	97	0.5	0.5	trace	84	56	0.04	0.08	1.1	0.03	0.09	4.7	trace	0.4	0.27

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Food ID	Foods	Measure	Water	Energy	Energy (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
R165	Scone, plain, baked	100	38.1	1120	1140	6.7	7.9	43.1	1.5	2.2	40.9	4.7	1.8	0.5	trace	0.1	19	451	trace
R165	whole	50	19.0	562	568	3.3	3.9	21.6	0.8	1.1	20.4	2.4	0.9	0.3	trace	0.1	10	226	trace
R125	Scone, wholemeal, baked	100	32.0	1220	1270	7.7	12.7	37.4	5.9	4.7	32.7	7.7	2.9	0.8	trace	0.3	31	621	trace
R125	whole	50	16.0	611	635	3.9	6.3	18.7	2.9	2.3	16.4	3.9	1.4	0.4	trace	0.1	15	310	trace
R5434	Seafood, with vegetables, stir fried	100	76.9	420	423	16.0	3.4	1.7	0.4	1.2	0.6	0.6	0.6	1.0	trace	0.5	92	232	30
R5434	1 cup (250ml)	190	146	799	805	30.5	6.4	3.2	0.7	2.2	1.1	1.1	1.2	2.0	trace	1.0	176	440	56
R166	Shortbread, homemade, baked	100	10.5	2000	2010	3.5	26.9	56.9	1.1	18.1	38.8	17.1	6.2	1.1	0.1	0.6	66	184	trace
R166	1 piece	13	1.4	260	261	0.4	3.5	7.4	0.1	2.3	5.0	2.2	0.8	0.1	trace	0.1	9	24.0	trace
R5443	Soup, corned beef & vegetables, cooked	100	85.6	254	266	3.6	2.1	6.3	1.6	2.9	3.4	0.5	1.1	0.2	trace	0.1	6	295	trace
R5443	1 cup (250ml)	255	218	647	679	9.2	5.3	16.0	4.0	7.3	8.8	1.4	2.7	0.5	trace	0.3	14	753	trace
R130	Soup, lentil, simmered, cooked	100	78.6	364	381	4.9	3.1	10.1	2.1	1.9	8.2	0.9	1.0	1.0	trace	0.6	2	290	trace
R130	1 cup (250ml)	258	203	940	984	12.7	7.9	26.0	5.5	4.8	21.2	2.2	2.5	2.5	trace	1.7	4	748	6
R134	Stew, beef, stewed	100	77.7	495	497	9.6	7.5	3.4	0.3	1.6	1.8	3.1	3.5	0.4			30	400	trace
R134	1 cup (250ml)	254	197	1260	1260	24.5	19.1	8.6	0.8	4.1	4.6	7.9	9.0	1.0			76	1020	trace
R391	Sushi	100	78.9	381	387	4.1	0.8	16.0	0.8	3.3	12.7	0.2	0.3	0.2			6	274	trace
R391	1 piece	42	33.1	160	163	1.7	0.3	6.7	0.3	1.4	5.3	0.1	0.1	0.1			2	115	trace
R5437	Tacos, filled, vegetarian	100	49.1	1140	1170	7.1	19.7	17.3	4.0	1.8	15.5	5.1	4.0	3.1	2.1	2.6	12	336	trace
R5433	Tortilla, wholegrain, cooked	100	34.3	1340	1370	5.8	16.1	38.8	3.4	0.4	38.4	1.7	2.6	6.2	0.1	5.3	0	224	trace
R5433	1 tortilla	39	13.4	524	535	2.3	6.3	15.2	1.3	0.1	15.0	0.7	1.0	2.4	trace	2.1	0	87.5	trace
R146	Trifle	100	65.0	724	728	3.1	7.8	21.8	0.5	16.9	4.8	4.3	2.2	0.6	trace	trace	33	52.2	7
R146	1 cup (250ml)	180	117	1300	1310	5.7	14.1	39.2	0.9	30.5	8.7	7.7	4.0	1.1	trace	0.1	59	93.9	12
R5440	Vegetables, stir fried	100	87.9	229	243	1.5	3.4	3.0	1.8	2.4	0.7	0.4	0.6	1.2	trace	1.1	0	210	trace
R5440	1 cup (250ml)	160	141	367	389	2.4	5.4	4.9	2.8	3.8	1.1	0.6	0.9	1.9	0.1	1.8	0	336	trace

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Food ID	Foods	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
R165	Scone, plain, baked	100	160	340	95	1.1	0.6	trace	73	48	0.12	0.12	1.6	0.04	0.17	8.8	0.5	0.6	0.49
R165	whole	50	79	170	48	0.6	0.3	trace	37	24	0.06	0.06	0.81	0.02	0.09	4.4	0.3	0.3	0.25
R125	Scone, wholemeal, baked	100	250	520	110	2.2	1.8	trace	130	86	0.12	0.13	2.2	0.06	0.14	17	0.1	0.8	0.64
R125	whole	50	120	260	53	1.1	0.9	trace	65	43	0.06	0.07	1.1	0.03	0.07	8.6	trace	0.4	0.32
R5434	Seafood, with vegetables, stir fried	100	320	180	44	0.7	0.8	51	59	291	0.05	0.05	4.8	0.13	0.84	11	5.5	3.1	1.4
R5434	1 cup (250ml)	190	610	340	84	1.3	1.5	97	113	553	0.10	0.10	9.1	0.25	1.6	21	10.5	5.9	2.7
R166	Shortbread, homemade, baked	100	74	54	18	1.0	0.4	trace	291	183	0.06	0.04	0.88	0.02	0.22	4.4	trace	1.7	0.91
R166	1 piece	13	9.6	7.1	2.3	0.1	trace	trace	38	24	0.01	trace	0.11	trace	0.03	0.57	trace	0.2	0.12
R5443	Soup, corned beef & vegetables, cooked	100	190	69	19	0.5	0.5	trace	87	516	0.04	0.03	1.5	0.12	0.22	7.7	8.9	trace	0.31
R5443	1 cup (250ml)	255	480	170	49	1.3	1.3	trace	222	1320	0.10	0.08	3.8	0.31	0.56	20	22.6	0.1	0.79
R130	Soup, lentil, simmered, cooked	100	150	59	36	1.5	0.5	trace	68	187	0.06	0.07	1.1	0.07	0.01	36	2.1	0.5	0.93
R130	1 cup (250ml)	258	370	150	94	3.9	1.2	trace	175	484	0.16	0.18	2.8	0.18	0.03	93	5.5	1.3	2.4
R134	Stew, beef, stewed	100	200	73	19	1.2	1.8	trace	267	1600	0.04	0.10	3.7	0.13	1.0	5.0	0	0	0.15
R134	1 cup (250ml)	254	510	190	48	3.0	4.6	trace	679	4060	0.10	0.25	9.5	0.33	2.5	13	0	0	0.38
R391	Sushi	100	98	28	17	0.3	0.7	trace	122	669	0.02	0.05	2.0	0.06	0.08	13	5.1	1.3	0.12
R391	1 piece	42	41	12	7.3	0.1	0.3	trace	51	281	0.01	0.02	0.86	0.03	0.03	5.6	2.1	0.5	0.05
R5437	Tacos, filled, vegetarian	100	240	160	140	1.5	1.1	trace	97	248	0.09	0.11	2.2	0.15	0.10	68	3.2	trace	1.2
R5433	Tortilla, wholegrain, cooked	100	140	110	18	1.6	1.0	trace	trace	1	0.13	0.02	1.7	0.05	0	15	0	0	2.1
R5433	1 tortilla	39	54	45	7.1	0.6	0.4	trace	trace	trace	0.05	0.01	0.67	0.02	0	5.9	0	0	0.81
R146	Trifle	100	140	70	67	0.4	0.3	trace	73	100	0.08	0.16	1.1	0.03	0.25	9.6	4.6	0.4	0.47
R146	1 cup (250ml)	180	260	130	120	0.8	0.6	trace	131	179	0.14	0.29	2.0	0.05	0.45	17	8.2	0.7	0.85
R5440	Vegetables, stir fried	100	220	41	24	0.4	0.2	trace	20	120	0.04	0.08	0.72	0.13	0	25	18.9	0	0.60
R5440	1 cup (250ml)	160	340	66	38	0.6	0.4	trace	32	192	0.06	0.13	1.2	0.21	0	40	30.2	0	0.96

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Food ID	Foods	Measure	Water	Energy	Energy (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
S	SAUCES & CONDIMENTS																		
S77	Dip, sour cream, assorted flavours, 30% fat, La Bonne	100	59.3	1150	1150	3.1	27.0	5.8	0	5.0	0.8	7.4	12.9	4.6			44	281	trace
S77	1 cup (250ml)	236	140	2710	2710	7.2	63.8	13.6	0	11.8	1.8	17.4	30.4	10.9			103	663	9
S79	Dip, sour cream, lite, assorted flavours, 7% fat, composite	100	74.4	488	488	6.4	7.0	7.3	0	6.7	0.7	4.1	2.1	0.1			27	404	11
S79	1 cup (250ml)	264	197	1290	1290	17.0	18.5	19.3	0	17.6	1.7	10.8	5.4	0.4			71	1070	29
S29	Dressing, coleslaw, lite, Eta	100	73.6	435	440	0	2.6	20.4	0.6	8.2	12.2	0.3	0.8	2.3			0	931	trace
S29	1 tablespoon	15	11.2	66	67	0	0.4	3.1	0.1	1.3	1.9	trace	0.1	0.4			0	142	trace
S28	Dressing, French, Kraft	100	75.8	428	428	0	8.0	8.0	0	5.9	2.2	0.6	4.7	2.0		1.4	0	1150	trace
S28	1 tablespoon	15	11.4	64	64	0	1.2	1.2	0	0.9	0.3	0.1	0.7	0.3		0.2	0	173	trace
S31	Dressing, Italian, Kraft	100	79.1	587	593	0.9	12.8	5.9	0.7	5.9	0	1.0	7.3	3.5			0	884	trace
S31	1 tablespoon	15	11.6	86	87	0.1	1.9	0.9	0.1	0.9	0	0.1	1.1	0.5			0	130	trace
S45	Dressing, mayonnaise, composite	100	52.2	1340	1350	0.6	27.6	18.6	0.8	14.8	3.8	3.1	11.1	11.6		9.5	5	607	trace
S45	1 tablespoon	15	7.7	197	198	0.1	4.1	2.7	0.1	2.2	0.6	0.5	1.6	1.7		1.4	1	89.2	trace
S64	Dressing, mayonnaise, reduced fat	100	53.3	1180	1180	0.5	21.2	23.2	0	18.6	4.6	2.3	5.5	12.3			24	800	trace
S64	1 tablespoon	14	7.4	163	163	0.1	2.9	3.2	0	2.6	0.6	0.3	0.8	1.7			3	110	trace
S50	Dressing, thousand island, Eta	100	50.4	1480	1490	0.9	32.7	15.4	1.4	15.4	0	4.9	8.1	17.5		15.5	12	977	trace
S50	1 tablespoon	16	7.9	231	233	0.1	5.1	2.4	0.2	2.4	0	0.8	1.3	2.7		2.4	2	152	trace
S7	Dressing, vinaigrette	100	38.4	1970	1970	0.7	48.3	10.0	0.3	9.5	0.5	7.0	11.1	28.1			0	787	trace
S7	1 tablespoon	16	6.1	315	315	0.1	7.7	1.6	trace	1.5	0.1	1.1	1.8	4.5			0	126	trace
S73	Hummus, original, 6.5% fat, composite	100	68.2	535	583	6.9	6.2	11.3	6.0	0	11.3	0.8	2.4	2.7		2.7	0	300	trace
S73	1 cup (250ml)	260	177	1390	1510	18.0	16.1	29.3	15.6	0	29.3	2.1	6.3	6.9		6.9	0	779	trace
S73	1 tablespoon	12	8.3	65	71	0.8	0.8	1.4	0.7	0	1.4	0.1	0.3	0.3		0.3	0	36.6	trace

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Food ID	Foods	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
S	SAUCES & CONDIMENTS																		
S77	Dip, sour cream, assorted flavours, 30% fat, La Bonne	100	120	56	57	0.3	0.3	trace	115	66	0	0.28	0.70	0.06	0.37	0	0	0.3	1.6
S77	1 cup (250ml)	236	270	130	130	0.6	0.6	6	271	155	0	0.66	1.7	0.14	0.87	0	0	0.7	3.8
S79	Dip, sour cream, lite, assorted flavours, 7% fat, composite	100	290	110	130	0.1	0.5	trace	67	66	0	0.28	1.5	0.06	0.78	0	0	0.2	1.6
S79	1 cup (250ml)	264	760	300	340	0.2	1.3	7	177	173	0	0.74	4.0	0.16	2.1	0	0	0.5	4.2
S29	Dressing, coleslaw, lite, Eta	100	5.4	3.0	3.7	0.2	0.1	0	10	22	0.06	0.03	0.40	0	0.41	1.0	0.6	0	3.9
S29	1 tablespoon	15	0.8	0.5	0.6	trace	trace	0	1	3	0.01	trace	0.06	0	0.06	0.15	0.1	0	0.59
S28	Dressing, French, Kraft	100	14	6.2	8.0	0.5	0.3	0	0	0	0.04	0.01	0	0	0	0	0.8	0	3.6
S28	1 tablespoon	15	2.0	0.9	1.2	0.1	trace	0	0	0	0.01	trace	0	0	0	0	0.1	0	0.54
S31	Dressing, Italian, Kraft	100	33	79	7.7	0.2	0.2	0	0	0	0	0	0	0	0	0	0.1	0	0.38
S31	1 tablespoon	15	4.9	12	1.1	trace	trace	0	0	0	0	0	0	0	0	0	trace	0	0.06
S45	Dressing, mayonnaise, composite	100	11	12	7.8	0.6	0.3	0	6	1	0.06	0.03	0.10	0	0.41	6.3	0.6	0.1	3.9
S45	1 tablespoon	15	1.6	1.8	1.1	0.1	trace	0	1	trace	0.01	trace	0.02	0	0.06	0.92	0.1	trace	0.57
S64	Dressing, mayonnaise, reduced fat	100	15	19	8.0	0.2	0	trace	2	8	0.02	0.24	0.10	0.04	0	16	0	0	8.3
S64	1 tablespoon	14	2.1	2.6	1.1	trace	0	trace	trace	1	trace	0.03	0.01	0.01	0	2.2	0	0	1.2
S50	Dressing, thousand island, Eta	100	150	31	16	1.0	0.5	0	18	70	0.06	0.03	0.20	0	0.41	6.3	0.6	0	3.9
S50	1 tablespoon	16	24	4.8	2.4	0.2	0.1	0	3	11	0.01	trace	0.03	0	0.06	0.98	0.1	0	0.60
S7	Dressing, vinaigrette	100	15	5.0	10	0.2	0.1	trace	2	11	0	0	0	0.03	0.50	3.0	0	0	11
S7	1 tablespoon	16	2.4	0.8	1.6	trace	trace	trace	trace	2	0	0	0	trace	0.08	0.48	0	0	1.7
S73	Hummus, original, 6.5% fat, composite	100	200	130	29	1.6	1.2	6	3	20	0.21	0.05	5.3	0.04	0	0.10	2.2	0	1.8
S73	1 cup (250ml)	260	510	320	76	4.1	3.2	14	9	52	0.55	0.13	14	0.10	0	0.26	5.6	0	4.7
S73	1 tablespoon	12	24	15	3.6	0.2	0.1	trace	trace	2	0.03	0.01	0.64	trace	0	0.01	0.3	0	0.22

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Food ID	Foods	Measure	Water	Energy	Energy (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
S1008	Ketchup, tomato, composite	100	66.1	447	460	1.3	0.5	24.4	1.6	24.2	0.2	0.2	0.1	0.1	trace	0.1	0	1080	trace
S1008	1 cup (250ml)	286	189	1280	1310	3.6	1.4	69.8	4.6	69.2	0.6	0.5	0.2	0.3	trace	0.2	0	3090	6
S1008	1 tablespoon	17	11.3	76	79	0.2	0.1	4.2	0.3	4.1	trace	trace	trace	trace	trace	trace	0	185	trace
S1008	1 teaspoon	6	3.8	25	26	0.1	trace	1.4	0.1	1.4	trace	trace	trace	trace	trace	trace	0	61.6	trace
S2	Pickle, sweet	100	58.9	588	597	0.6	0.3	34.0	1.1	32.4	1.6	0.1	trace	0.1			0	1700	trace
S2	1 tablespoon	17	10.0	100	102	0.1	trace	5.8	0.2	5.5	0.3	trace	trace	trace			0	289	trace
S6	Puree, tomato	100	74.9	332	348	5.0	0.3	14.2	1.9	14.1	0.1	trace	trace	0.2			0	240	trace
S6	1 cup (250ml)	268	200	889	930	13.4	0.9	38.0	5.1	37.7	0.3	0.1	0.1	0.4			0	642	trace
S6	1 tablespoon	16	12.0	53	56	0.8	trace	2.3	0.3	2.3	trace	trace	trace	trace			0	38.4	trace
S6	100ml	107	80.1	356	372	5.4	0.3	15.2	2.0	15.1	0.1	0.1	0.1	0.2			0	257	trace
S22	Sauce, chilli	100	71.7	347	382	1.3	0.8	17.7	4.4	17.3	0.4	0	0	0	0	0	0	2620	trace
S22	1 tablespoon	17	12.2	59	65	0.2	0.1	3.0	0.7	2.9	0.1	0	0	0	0	0	0	445	trace
S1007	Sauce, fish	100	71.1	90	90	0.9	trace	4.4	0	4.4	0	trace	0	0	0	0	0	7720	31
S1007	1 tablespoon	18	12.9	16	16	0.2	trace	0.8	0	0.8	0	trace	0	0	0	0	0	1410	6
S68	Sauce, pasta, chunky vegetable, tomato based, heated, composite	100	82.9	231	251	1.8	0.7	10.6	2.4	9.1	1.5	0.1	0.2	0.4			0	496	trace
S68	1 cup (250ml)	273	227	633	685	4.9	1.9	28.8	6.6	24.9	4.0	0.2	0.5	1.0			0	1360	14
S70	Sauce, simmer, butter chicken, heated, composite	100	73.2	583	598	2.4	10.2	9.8	1.9	5.8	4.0	3.7	3.7	2.0			18	598	trace
S70	1 cup (250ml)	268	196	1560	1600	6.5	27.4	26.2	5.1	15.5	10.7	9.9	9.9	5.4			47	1600	8
S71	Sauce, simmer, satay, heated	100	72.6	564	589	4.1	8.0	12.0	3.1	8.7	3.3	2.0	3.7	1.7			0	497	trace
S71	1 cup (250ml)	271	197	1530	1600	11.2	21.6	32.5	8.4	23.6	9.0	5.3	9.9	4.6			0	1350	trace
S69	Sauce, simmer, sweet & sour, heated, composite	100	70.9	469	474	0.6	0.2	27.0	0.6	23.6	3.5	0.1	0.1	0.1			0	445	0
S69	1 cup (250ml)	283	200	1330	1340	1.6	0.6	76.4	1.7	66.6	9.9	0.2	0.2	0.2			0	1260	0
S11	Sauce, soy	100	72.0	144	144	5.9	0	2.7	0	1.7	1.0	0	0	0	0	0	0	6310	trace
S11	1 tablespoon	18	13.0	26	26	1.1	0	0.5	0	0.3	0.2	0	0	0	0	0	0	1140	trace

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Food ID	Foods	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
S1008	Ketchup, tomato, composite	100	330	32	14	0.7	0.2	0	202	1210	0.12	0.06	1.1	0.27	0	53	1.7	0	1.6
S1008	1 cup (250ml)	286	940	91	41	1.9	0.5	0	578	3460	0.34	0.17	3.3	0.77	0	150	4.7	0	4.5
S1008	1 tablespoon	17	56	5.5	2.5	0.1	trace	0	35	207	0.02	0.01	0.20	0.05	0	9.1	0.3	0	0.27
S1008	1 teaspoon	6	19	1.8	0.8	trace	trace	0	12	69	0.01	trace	0.07	0.02	0	3.0	0.1	0	0.09
S2	Pickle, sweet	100	110	11	19	2.0	1.4	trace	10	59	0.03	0.01	0.30	0.07	0	0	0	0	0
S2	1 tablespoon	17	19	1.9	3.2	0.3	0.2	trace	2	10	trace	trace	0.05	0.01	0	0	0	0	0
S6	Puree, tomato	100	1200	94	35	1.4	0.5	trace	106	634	0.40	0.19	4.7	0.11	0	22	38.0	0	5.4
S6	1 cup (250ml)	268	3200	250	94	3.7	1.3	trace	283	1700	1.1	0.51	13	0.29	0	59	102	0	14
S6	1 tablespoon	16	190	15	5.6	0.2	0.1	trace	17	101	0.06	0.03	0.75	0.02	0	3.5	6.1	0	0.86
S6	100ml	107	1300	100	37	1.5	0.5	trace	113	678	0.43	0.20	5.0	0.12	0	24	40.7	0	5.7
S22	Sauce, chilli	100	140	28	17	2.8	0.1	0	95	570	0.01	0.09	0.90	0.10	0	12	8.0	0	2.0
S22	1 tablespoon	17	24	4.8	2.9	0.5	trace	0	16	97	trace	0.02	0.15	0.02	0	2.0	1.4	0	0.34
S1007	Sauce, fish	100	290	7.0	43	0.8	0.2	9	6	14	0.01	0.06	2.9	0.40	0.48	51	0	0	0
S1007	1 tablespoon	18	52	1.3	7.8	0.1	trace	trace	1	3	trace	0.01	0.53	0.07	0.09	9.3	0	0	0
S68	Sauce, pasta, chunky vegetable, tomato based, heated, composite	100	480	49	35	0.8	0.3	trace	167	1000	0.12	0.09	1.2	0.30	0	2.9	2.7	0	2.4
S68	1 cup (250ml)	273	1300	130	97	2.1	0.8	trace	457	2730	0.33	0.25	3.4	0.82	0	7.9	7.4	0	6.6
S70	Sauce, simmer, butter chicken, heated, composite	100	260	44	43	0.8	0.3	trace	54	214	0.13	0.12	1.3	0.01	0.10	15	0	0	2.0
S70	1 cup (250ml)	268	710	120	120	2.1	0.7	trace	146	573	0.35	0.32	3.4	0.03	0.27	40	0	0	5.3
S71	Sauce, simmer, satay, heated	100	180	58	18	0.5	0.4	trace	58	315	0.11	0.06	3.2	0.03	0	15	0	0	0.74
S71	1 cup (250ml)	271	480	160	49	1.3	1.1	trace	156	854	0.30	0.16	8.8	0.08	0	41	0	0	2.0
S69	Sauce, simmer, sweet & sour, heated, composite	100	71	9.4	10	0	0.1	0	685	4100	0.09	0.03	0.18	0.04	0	2.0	0	0	0
S69	1 cup (250ml)	283	200	27	28	0	0.2	0	1940	11600	0.25	0.09	0.51	0.11	0	5.7	0	0	0
S11	Sauce, soy	100	180	89	17	2.3	0.3	trace	0	0	0.05	0.13	1.4	0.17	0	15	0	0	0.56
S11	1 tablespoon	18	32	16	3.1	0.4	trace	trace	0	0	0.01	0.02	0.25	0.03	0	2.7	0	0	0.10

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Food ID	Foods	Measure	Water	Energy	Energy (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
S46	Sauce, tartar, Eta	100	26.0	2530	2540	0.9	64.8	7.0	1.9	7.0	0	10.1	14.5	36.2		31.7	21	914	trace
S46	1 cup (250ml)	243	63.2	6140	6180	2.1	157	16.9	4.6	16.9	0	24.6	35.2	88.1		77.1	51	2220	trace
S44	Sauce, tomato, composite	100	69.5	439	450	1.2	0.1	24.9	1.4	24.4	0.5	0	0	0	0	0	0	615	trace
S44	1 tablespoon	17	11.5	72	74	0.2	trace	4.1	0.2	4.0	0.1	0	0	0	0	0	0	101	trace
S14	Sauce, Worcestershire	100	73.3	323	329	1.3	0.2	17.6	0.7	16.9	0.7	0	0	0	0	0	2	1060	trace
S14	1 tablespoon	18	13.2	58	59	0.2	trace	3.2	0.1	3.0	0.1	0	0	0	0	0	trace	191	trace
T	SHELLFISH																		
T31	Cockles, boiled	100	84.6	160	160	8.5	0.5	0	0	0	0	0.1	trace	0.2			47	350	170
T31	1 cup (250ml)	250	212	401	401	21.3	1.3	0	0	0	0	0.3	0.1	0.5			118	875	430
T40	Crab, meat stick, surimi	100	73.7	349	349	12.0	1.3	6.0	0	0	6.0	0.2	0.2	0.5			20	841	7
T40	1 stick	41	30.2	143	143	4.9	0.5	2.5	0	0	2.5	0.1	0.1	0.2			8	345	trace
T40	1 cup, chunks or flakes	133	98.0	464	464	16.0	1.7	8.0	0	0	8.0	0.3	0.2	0.7			27	1120	9
T25	Fritter, paua, deep fried	100	47.7	1080	1090	8.1	13.2	27.5	0.9	13.3	14.2	7.1	4.0	0.6			50	471	170
T25	1 cup (250ml)	113	53.9	1220	1230	9.1	14.9	31.1	1.0	15.0	16.0	8.1	4.5	0.7			57	532	190
T25	1 paua fritter	184	87.8	1990	2010	14.9	24.3	50.6	1.7	24.5	26.1	13.1	7.3	1.1			92	867	320
T26	Kina, roe, raw	100	80.9	390	390	10.8	5.4	0.6	0	0.6	0	1.8	2.1	0.3			348	823	250
T26	1 tablespoon	14	11.3	55	55	1.5	0.8	0.1	0	0.1	0	0.3	0.3	trace			49	115	34
T1026	Mussels, green, flesh, boiled	100	73.5	440	440	15.3	2.6	5.3	0	1.0	0	0.6	0.3	0.9	trace	trace	53	572	150
T1026	1 serving	40	29.4	176	176	6.1	1.0	2.1	0	0.4	0	0.2	0.1	0.4	trace	trace	21	229	60
T1024	Mussels, green, flesh, raw	100	81.3	307	307	10.7	1.8	3.7	0	0.7	0	0.4	0.2	0.6	trace	trace	37	470	110
T1024	1 mussel	25	20.0	76	76	2.6	0.4	0.9	0	0.2	0	0.1	0.1	0.2	trace	trace	9	116	26

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Food ID	Foods	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
S46	Sauce, tartar, Eta	100	17	29	12	1.0	0.4	0	46	239	0.06	0.03	0.50	0	0.41	6.0	0.6	0	3.9
S46	1 cup (250ml)	243	42	70	30	2.3	1.0	0	112	581	0.15	0.07	1.2	0	1.00	15	1.5	0	9.4
S44	Sauce, tomato, composite	100	400	24	21	1.4	0.1	trace	32	104	0.02	0.03	1.5	0.13	0	12	7.9	0	5.5
S44	1 tablespoon	17	66	3.9	3.4	0.2	trace	trace	5	17	trace	trace	0.24	0.02	0	1.9	1.3	0	0.91
S14	Sauce, Worcestershire	100	890	23	160	3.7	0.4	trace	2	8	0.02	0.07	0.60	0.03	0	8.0	0	0	0
S14	1 tablespoon	18	160	4.1	29	0.7	0.1	trace	trace	1	trace	0.01	0.11	trace	0	1.4	0	0	0
T	SHELLFISH																		
T31	Cockles, boiled	100	130	120	49	7.9	1.9	38	87	0	0.02	0.10	3.9	0.04	41	62	0	0	1.8
T31	1 cup (250ml)	250	330	310	120	20	4.8	95	218	0	0.05	0.25	9.8	0.10	100	160	0	0	4.5
T40	Crab, meat stick, surimi	100	90	280	13	0.4	0.3	0	20	0	0.03	0.03	2.1	0.03	1.6	1.6	0	0	0
T40	1 stick	41	37	120	5.3	0.2	0.1	0	8	0	0.01	0.01	0.85	0.01	0.66	0.66	0	0	0
T40	1 cup, chunks or flakes	133	120	380	17	0.5	0.4	0	27	0	0.04	0.04	2.8	0.04	2.1	2.1	0	0	0
T25	Fritter, paua, deep fried	100	160	160	51	6.1	0.8	20	5	7	0.05	0.22	5.8	0.04	3.8	35	2.0	0	0
T25	1 cup (250ml)	113	180	180	58	6.9	0.9	23	6	8	0.06	0.25	6.5	0.05	4.3	39	2.3	0	0
T25	1 paua fritter	184	290	300	94	11	1.5	37	10	13	0.09	0.41	11	0.07	7.0	64	3.7	0	0
T26	Kina, roe, raw	100	210	200	35	1.1	2.5	30	57	0	0.06	0.17	1.9	0.40	1.0	80	1.0	0	1.8
T26	1 tablespoon	14	29	29	4.9	0.2	0.4	trace	8	0	0.01	0.02	0.27	0.06	0.14	11	0.1	0	0.25
T1026	Mussels, green, flesh, boiled	100	210	150	95	4.3	1.6	73	94	134	0	0.37	3.8	0.26	6.3	110	0	1.6	1.4
T1026	1 serving	40	84	59	38	1.7	0.6	29	37	54	0	0.15	1.5	0.10	2.5	43	0	0.6	0.56
T1024	Mussels, green, flesh, raw	100	210	150	66	3.3	1.1	51	73	104	0	0.34	3.5	0.20	7.3	100	0	1.1	0.97
T1024	1 mussel	25	52	36	16	0.8	0.3	13	18	26	0	0.08	0.86	0.05	1.8	25	0	0.3	0.24

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Food ID	Foods	Measure	Water	Energy	Energy (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	Mussels, green, marinated, assorted flavours, drained, Sealord	100	71.0	447	447	13.2	2.3	8.5	0	6.6	0	0.5	0.3	0.9	trace	trace	57	280	95
T1015	1 cup (250ml)	254	180	1140	1140	33.6	5.8	21.6	0	16.8	0	1.2	0.7	2.3	0.1	0.1	145	712	240
T1015	1 mussel	16	11.4	71	71	2.1	0.4	1.4	0	1.1	0	0.1	trace	0.1	trace	trace	9	44.8	15
T1005	Mussels, green, marinated, drained, Talley's	100	68.2	492	492	16.9	2.7	6.7	0	4.8	0	0.6	0.4	0.9	trace	0.1	64	480	110
T1005	1 mussel	11	7.5	54	54	1.9	0.3	0.7	0	0.5	0	0.1	trace	0.1	trace	trace	7	52.7	12
T1005	1 cup (250ml)	226	154	1110	1110	38.1	6.0	15.1	0	10.8	0	1.4	1.0	2.1	0.1	0.2	145	1080	240
T1022	Mussels, green, smoked, garlic, Aqua Fresh	100	57.7	894	894	19.0	14.5	2.5	0	0	0	1.4	8.1	4.0	0.9	2.4	57	1030	130
T1022	1 mussel	10	5.6	86	86	1.8	1.4	0.2	0	0	0	0.1	0.8	0.4	0.1	0.2	5	99.3	13
T1022	1 cup (250ml)	252	146	2260	2260	48.0	36.5	6.3	0	0	0	3.5	20.3	10.1	2.3	6.0	144	2600	340
T1023	Mussels, green, smoked, natural, Aqua Fresh	100	57.7	894	894	19.0	14.5	2.5	0	0	0	1.4	8.1	4.0	0.9	2.4	57	1030	130
T1023	1 cup (250ml)	258	149	2300	2300	49.0	37.2	6.4	0	0	0	3.5	20.8	10.3	2.4	6.1	147	2650	350
T1023	1 mussel	10	5.7	88	88	1.9	1.4	0.2	0	0	0	0.1	0.8	0.4	0.1	0.2	6	101	13
T17	Oyster, battered, deep fried in peanut oil	100	55.4	944	945	12.4	15.6	9.5	0.1	2.8	6.7	3.0	5.7	4.5			78	487	120
T17	1 oyster	23	12.7	217	217	2.9	3.6	2.2	trace	0.6	1.5	0.7	1.3	1.0			18	112	27
T6	Oyster, dredge, raw	100	78.3	387	387	13.6	3.8	1.2	0	0.2	0	1.3	0.8	0.9			35	347	97
T6	1 oyster	15	11.7	58	58	2.0	0.6	0.2	0	trace	0	0.2	0.1	0.1			5	52.1	15
T19	Pipi, flesh, raw	100	87.0	169	169	8.1	0.7	0.5	0	0.1	0	0.2	0.1	0.1			30	700	250
T19	1 pipi	5	4.4	8	8	0.4	trace	trace	0	trace	0	trace	trace	trace			2	35.0	12
T1027	Prawn, king, flesh, cooked	100	73.4	429	429	23.7	0.9	0	0	0	0	0.2	0.1	0.2	trace	trace	188	552	25
T1027	1 prawn	16	11.7	69	69	3.8	0.1	0	0	0	0	trace	trace	trace	trace	trace	30	88.3	trace
T1028	Prawn, king, flesh, raw	100	76.4	366	366	20.6	0.6	0	0	0	0	0.1	trace	0.1	trace	trace	149	350	30
T1028	1 prawn	19	14.5	69	69	3.9	0.1	0	0	0	0	trace	trace	trace	trace	trace	28	66.5	6

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Food ID	Foods	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
T1015	Mussels, green, marinated, assorted flavours, drained, Sealord	100	59	160	21	6.0	0.8	35	51	182	0	0.23	4.6	0.13	5.9	97	0	1.1	1.1
T1015	1 cup (250ml)	254	150	400	53	15	1.9	89	131	463	0	0.59	12	0.33	15	250	0	2.8	2.7
T1015	1 mussel	16	9.4	25	3.4	1.0	0.1	6	8	29	0	0.04	0.73	0.02	0.94	16	0	0.2	0.17
T1005	Mussels, green, marinated, drained, Talley's	100	55	260	32	6.9	1.3	53	51	182	0	0.23	6.3	0.13	5.9	110	0	1.1	1.1
T1005	1 mussel	11	6.0	29	3.5	0.8	0.1	6	6	20	0	0.03	0.69	0.01	0.65	12	0	0.1	0.12
T1005	1 cup (250ml)	226	120	590	72	16	2.8	120	116	411	0	0.52	14	0.29	13	250	0	2.5	2.4
T1022	Mussels, green, smoked, garlic, Aqua Fresh	100	170	240	49	5.8	1.6	51	58	166	0	0.35	10.0	0.29	2.4	140	0	1.1	3.4
T1022	1 mussel	10	17	23	4.7	0.6	0.2	trace	6	16	0	0.03	0.96	0.03	0.23	13	0	0.1	0.33
T1022	1 cup (250ml)	252	440	610	120	15	4.0	130	147	420	0	0.88	25	0.73	6.1	350	0	2.8	8.6
T1023	Mussels, green, smoked, natural, Aqua Fresh	100	170	240	49	5.8	1.6	51	58	166	0	0.35	10.0	0.29	2.4	140	0	1.1	3.4
T1023	1 cup (250ml)	258	450	620	130	15	4.1	130	150	428	0	0.90	26	0.75	6.2	370	0	2.8	8.8
T1023	1 mussel	10	17	24	4.8	0.6	0.2	trace	6	16	0	0.03	0.98	0.03	0.24	14	0	0.1	0.34
T17	Oyster, battered, deep fried in peanut oil	100	130	140	20	3.2	11	42	25	0	0.22	0.25	5.6	0.02	0.73	31	3.0	0	0.85
T17	1 oyster	23	30	32	4.6	0.7	2.6	10	6	0	0.05	0.06	1.3	trace	0.17	7.1	0.7	0	0.20
T6	Oyster, dredge, raw	100	300	180	44	9.4	10	140	24	14	0.08	0.27	4.3	0.04	17	9.9	12.0	1.0	0.85
T6	1 oyster	15	44	27	6.6	1.4	1.5	21	4	2	0.01	0.04	0.65	0.01	2.6	1.5	1.8	0.2	0.13
T19	Pipi, flesh, raw	100	150	100	48	6.0	0.8	25	90	0	0.10	0.20	3.4	0	19	49	0	0	0.90
T19	1 pipi	5	7.4	5.2	2.4	0.3	trace	trace	5	0	trace	0.01	0.17	0	0.95	2.5	0	0	0.05
T1027	Prawn, king, flesh, cooked	100	130	160	80	0.4	1.6	47	2	14	0.05	0.06	4.7	0.29	0.70	13	4.0	0.1	0.90
T1027	1 prawn	16	20	26	13	0.1	0.3	7	trace	2	0.01	0.01	0.76	0.05	0.11	2.1	0.6	trace	0.14
T1028	Prawn, king, flesh, raw	100	280	160	130	0.7	1.5	53	1	5	0	0.06	5.8	0.34	0.90	16	0	0.1	2.3
T1028	1 prawn	19	54	31	24	0.1	0.3	10	trace	1	0	0.01	1.1	0.07	0.17	3.0	0	trace	0.44

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Food ID	Foods	Measure	Water	Energy	Energy (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
T20	Scallops, battered, deep fried	100	58.4	867	869	18.2	10.9	9.5	0.3	2.8	6.7	2.7	4.4	2.9			61	464	120
T20	1 cup (250ml)	142	83.0	1230	1230	25.8	15.5	13.5	0.4	4.0	9.5	3.8	6.3	4.1			87	659	170
T20	1 scallop	24	14.0	208	209	4.4	2.6	2.3	0.1	0.7	1.6	0.6	1.1	0.7			15	111	29
T11	Scallops, sea, raw	100	80.6	335	335	14.9	1.3	2.3	0	0.4	0	0.3	0.1	0.4			27	102	250
T11	1 scallop	14	11.3	47	47	2.1	0.2	0.3	0	0.1	0	trace	trace	0.1			4	14.3	34
T12	Shrimp, canned, drained	100	74.9	392	392	20.8	1.2	0	0	0	0	0.2	0.3	0.4			158	980	29
T12	1 cup (250ml)	135	101	529	529	28.1	1.6	0	0	0	0	0.2	0.3	0.5			213	1320	40
T12	1 shrimp	7	5.2	27	27	1.5	0.1	0	0	0	0	trace	trace	trace			11	68.6	trace
T23	Squid, in flour, fried	100	64.0	768	770	20.7	8.4	6.7	0.2	1.0	5.7	1.4	3.5	2.8			230	313	22
T23	1 cup (250ml)	158	101	1210	1220	32.7	13.3	10.6	0.3	1.6	9.0	2.3	5.6	4.4			363	495	34
T23	1 squid ring	20	12.8	154	154	4.1	1.7	1.3	trace	0.2	1.1	0.3	0.7	0.6			46	62.6	trace
U	SNACK FOODS																		
U17	Chips, corn, cheese flavoured, composite	100	2.6	1990	2070	6.4	23.3	61.4	10.1	9.4	52.0	7.8	9.6	4.2		3.7	2	535	trace
U17	1 cup (250ml)	16	0.4	319	332	1.0	3.7	9.8	1.6	1.5	8.3	1.3	1.5	0.7		0.6	trace	85.6	trace
U17	1 small packet	50	1.3	997	1040	3.2	11.6	30.7	5.1	4.7	26.0	3.9	4.8	2.1		1.8	1	268	trace
U57	Chips, multigrain, grainwaves, assorted flavours, Bluebird	100	3.0	1890	1930	7.8	18.8	63.9	4.9	7.7	56.2	9.1	7.1	1.4			0	787	trace
U57	1 cup (250ml)	35	1.1	662	676	2.7	6.6	22.3	1.7	2.7	19.7	3.2	2.5	0.5			0	275	trace
U6	Chips, potato, assorted flavours, composite	100	2.2	2160	2190	5.6	36.8	42.0	3.8	1.2	40.8	16.4	14.4	3.6		3.6	1	670	trace
U6	1 small packet	50	1.1	1080	1090	2.8	18.4	21.0	1.9	0.6	20.4	8.2	7.2	1.8		1.8	trace	335	trace
U14	Chips, potato, lites, Bluebird	100	1.6	1970	2020	6.5	30.0	45.0	5.9	0.6	44.4	14.3	10.7	2.8		2.8	0	670	trace
U14	1 small packet	50	0.8	985	1010	3.3	15.0	22.5	3.0	0.3	22.2	7.1	5.4	1.4		1.4	0	335	trace
U13	Chips, potato, low salt	100	2.5	2160	2250	7.1	33.4	48.0	11.9	2.2	45.8	14.3	13.8	3.8			1	229	trace
U13	1 small packet	50	1.3	1080	1130	3.5	16.7	24.0	6.0	1.1	22.9	7.2	6.9	1.9			trace	115	trace

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Food ID	Foods	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	
T20	Scallops, battered, deep fried	100	330	240	42	0.8	1.1	20	10	0	0.04	0.11	5.0	0.28	1.3	37	0.8	0	0.80	
T20	1 cup (250ml)	142	470	340	60	1.2	1.5	29	14	0	0.06	0.16	7.1	0.40	1.9	53	1.1	0	1.1	
T20	1 scallop	24	80	57	10	0.2	0.3	trace	2	0	0.01	0.03	1.2	0.07	0.32	8.9	0.2	0	0.19	
T11	Scallops, sea, raw	100	260	190	21	0.3	1.9	23	39	0	0.06	0.13	4.5	0.36	1.3	37	1.2	0	0.84	
T11	1 scallop	14	36	27	3.0	trace	0.3	trace	5	0	0.01	0.02	0.62	0.05	0.19	5.2	0.2	0	0.12	
T12	Shrimp, canned, drained	100	100	150	110	5.1	2.4	75	0	0	0.01	0.02	4.7	0.03	2.0	15	2.0	0.1	1.2	
T12	1 cup (250ml)	135	140	200	150	6.9	3.2	100	0	0	0.01	0.03	6.4	0.04	2.7	20	2.7	0.1	1.6	
T12	1 shrimp	7	7.0	11	7.7	0.4	0.2	trace	0	0	trace	trace	0.33	trace	0.14	1.1	0.1	trace	0.09	
T23	Squid, in flour, fried	100	230	260	27	1.2	1.6	35	0	0	0.07	0.06	5.8	0.06	1.3	14	4.0	0	1.2	
T23	1 cup (250ml)	158	360	400	43	1.9	2.5	55	0	0	0.11	0.10	9.2	0.10	2.0	22	6.3	0	1.9	
T23	1 squid ring	20	45	51	5.4	0.2	0.3	7	0	0	0.01	0.01	1.2	0.01	0.25	2.8	0.8	0	0.24	
U	SNACK FOODS																			
U17	Chips, corn, cheese flavoured, composite	100	250	200	120	1.0	1.4	trace	6	35	0.07	0.03	1.2	0.31	0	34	1.0	0	1.9	
U17	1 cup (250ml)	16	41	31	19	0.2	0.2	trace	1	6	0.01	trace	0.19	0.05	0	5.4	0.2	0	0.31	
U17	1 small packet	50	130	98	60	0.5	0.7	trace	3	18	0.04	0.02	0.60	0.16	0	17	0.5	0	0.97	
U57	Chips, multigrain, grainwaves, assorted flavours, Bluebird	100	180	150	28	1.1	1.2	0	2	10	0.76	0.08	1.7	0.15	0	39	1.7	0	2.5	
U57	1 cup (250ml)	35	62	52	9.7	0.4	0.4	0	1	4	0.27	0.03	0.58	0.05	0	14	0.6	0	0.87	
U6	Chips, potato, assorted flavours, composite	100	190	120	16	1.6	1.0	trace	1	6	0.42	0.04	3.3	0.70	0	30	18.5	0	5.5	
U6	1 small packet	50	95	59	8.0	0.8	0.5	trace	trace	3	0.21	0.02	1.7	0.35	0	15	9.3	0	2.7	
U14	Chips, potato, lites, Bluebird	100	490	170	13	0.9	1.2	trace	1	6	0.23	0.03	3.6	0.70	0	30	21.5	0	3.5	
U14	1 small packet	50	250	86	6.6	0.4	0.6	trace	trace	3	0.12	0.02	1.8	0.35	0	15	10.8	0	1.7	
U13	Chips, potato, low salt	100	1200	140	37	2.7	1.3	trace	1	6	0.11	0.08	4.9	0.70	0	30	51.0	0	5.5	
U13	1 small packet	50	590	71	19	1.4	0.7	trace	trace	3	0.06	0.04	2.4	0.35	0	15	25.5	0	2.7	

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Food ID	Foods	Measure	Water	Energy	Energy (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
U45	Chips, potato, salt & vinegar, Pringles	100	5.8	2150	2180	4.9	32.4	52.1	4.4	0.7	51.4	7.4	6.3	16.3			0	760	trace
U45	1 cup, thick cut	41	2.4	881	895	2.0	13.3	21.3	1.8	0.3	21.1	3.0	2.6	6.7			0	312	trace
U38	Chips, potato, slims, Eta	100	2.0	2180	2210	5.5	37.5	42.0	4.5	0.6	41.4	17.2	14.1	3.6		3.6	0	703	trace
U38	1 small packet	50	1.0	1090	1110	2.7	18.7	21.0	2.3	0.3	20.7	8.6	7.1	1.8		1.8	0	352	trace
U21	Fruit bar, wholemeal, assorted flavours, Mother Earth	100	14.6	1440	1490	5.7	7.2	64.8	5.6	47.0	17.8	4.5	1.7	0.5			16	49.1	trace
U21	1 bar	50	7.3	721	744	2.8	3.6	32.4	2.8	23.5	8.9	2.3	0.9	0.2			8	24.6	trace
U34	Fruit leather, apricot	100	27.0	1060	1070	4.8	0.2	58.1	1.6	57.3	0.8	trace	trace	0.1			0	28.6	trace
U34	1 leather	40	10.8	423	428	1.9	0.1	23.2	0.6	22.9	0.3	trace	trace	trace			0	11.4	trace
U23	Fruit roll, strawberry, Uncle Tobys	100	15.3	1270	1300	0.8	0.3	74.8	3.5	41.8	33.0	trace	0.1	0.2			0	313	trace
U23	1 roll	21	3.2	267	273	0.2	0.1	15.7	0.7	8.8	6.9	trace	trace	trace			0	65.7	trace
U30	Muesli bar, chocolate chip, composite	100	9.4	1590	1640	6.9	10.1	66.0	6.1	19.0	47.0	4.7	3.1	1.7			1	105	trace
U30	1 bar	32	3.0	510	525	2.2	3.2	21.1	2.0	6.1	15.0	1.5	1.0	0.5			trace	33.6	trace
U27	Muesli bar, chocolate coated, Snacker	100	8.1	1820	1850	4.1	17.9	65.2	4.5	32.9	32.3	15.5	0.9	0.5			4	107	trace
U27	1 bar	33	2.7	600	612	1.4	5.9	21.5	1.5	10.8	10.7	5.1	0.3	0.2			1	35.3	trace
U28	Muesli bar, fruit & nut, composite	100	15.2	1580	1630	8.4	14.8	53.5	5.6	46.9	6.6	6.8	3.9	2.6			2	21.6	trace
U28	1 bar	45	6.8	711	732	3.8	6.7	24.1	2.5	21.1	3.0	3.1	1.7	1.2			1	9.7	trace
U67	Muesli bar, fruit filled, twisted, assorted flavours, composite	100	17.2	1310	1370	4.5	2.4	69.0	7.4	25.4	43.6	1.0	0.7	0.4	trace	0.4	0	310	trace
U67	1 bar (9.3 x 3.5 x 1.8cm)	40	6.9	525	549	1.8	0.9	27.6	3.0	10.1	17.4	0.4	0.3	0.2	trace	0.2	0	124	trace
U70	Muesli bar, fruit filled, wholemeal, assorted flavours	100	16.9	1370	1430	5.2	4.0	68.1	7.4	29.7	38.5	1.8	1.3	0.4	trace	0.4	2	130	trace
U70	1 bar	50	8.4	687	716	2.6	2.0	34.1	3.7	14.8	19.2	0.9	0.6	0.2	trace	0.2	1	65.0	trace
U24	Muesli bar, yoghurt coated, composite	100	9.3	1770	1800	4.3	15.8	67.0	3.4	31.0	36.0	14.0	0.7	0.3			3	121	9
U24	1 bar	33	3.1	585	594	1.4	5.2	22.1	1.1	10.2	11.9	4.6	0.2	0.1			1	39.9	trace
U1010	Nut bar, chocolate, Nice & Natural	100	5.2	1930	1980	14.4	28.9	37.3	6.2	32.4	4.9	6.3	18.6	2.6	0.1	2.5	0	26.0	trace
U1010	1 bar	33	1.7	629	645	4.7	9.4	12.1	2.0	10.6	1.6	2.1	6.0	0.8	trace	0.8	0	8.5	trace

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Food ID	Foods	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
U45	Chips, potato, salt & vinegar, Pringles	100	700	130	54	1.3	0.6	0	1	6	0.18	0.06	4.0	0.70	0	30	9.6	0	5.5
U45	1 cup, thick cut	41	290	51	22	0.5	0.3	0	trace	2	0.07	0.03	1.7	0.29	0	12	3.9	0	2.2
U38	Chips, potato, slims, Eta	100	470	130	14	1.6	1.0	trace	2	2	0.17	0.04	3.4	0.81	0	30	6.0	0	5.8
U38	1 small packet	50	240	66	6.8	0.8	0.5	trace	1	1	0.09	0.02	1.7	0.41	0	15	3.0	0	2.9
U21	Fruit bar, wholemeal, assorted flavours, Mother Earth	100	390	91	48	1.3	0.6	0	17	74	0.05	0	1.1	0.02	0.05	66	1.8	0	0
U21	1 bar	50	200	46	24	0.7	0.3	0	9	37	0.03	0	0.54	0.01	0.03	33	0.9	0	0
U34	Fruit leather, apricot	100	1100	97	44	2.6	0.6	0	322	1930	0.02	0.08	0.81	0	0	2.0	0.8	0	0
U34	1 leather	40	450	39	18	1.1	0.3	0	129	772	0.01	0.03	0.32	0	0	0.80	0.3	0	0
U23	Fruit roll, strawberry, Uncle Tobys	100	150	16	17	0.5	0.3	0	5	32	0.01	0	0.17	0.02	0	2.0	0.5	0	0
U23	1 roll	21	32	3.4	3.6	0.1	0.1	0	1	7	trace	0	0.04	trace	0	0.42	0.1	0	0
U30	Muesli bar, chocolate chip, composite	100	330	250	64	2.2	1.9	0	1	7	0.14	0.08	5.1	0.02	0.14	20	21.5	0	3.2
U30	1 bar	32	110	78	20	0.7	0.6	0	trace	2	0.05	0.03	1.6	0.01	0.05	6.4	6.9	0	1.0
U27	Muesli bar, chocolate coated, Snacker	100	170	120	55	1.0	1.2	0	2	13	0	0.08	1.8	0.02	0	20	13.0	0	0
U27	1 bar	33	57	39	18	0.3	0.4	0	1	4	0	0.03	0.59	0.01	0	6.6	4.3	0	0
U28	Muesli bar, fruit & nut, composite	100	660	140	55	1.1	1.0	0	28	167	0.01	0.05	6.2	0.02	0	27	43.5	0	0
U28	1 bar	45	300	63	25	0.5	0.5	0	13	75	trace	0.02	2.8	0.01	0	12	19.6	0	0
U67	Muesli bar, fruit filled, twisted, assorted flavours, composite	100	230	170	68	1.0	0.6	trace	20	15	0.12	0.11	1.9	0.07	0	7.5	4.6	0	0.44
U67	1 bar (9.3 x 3.5 x 1.8cm)	40	92	68	27	0.4	0.2	trace	8	6	0.05	0.04	0.75	0.03	0	3.0	1.8	0	0.18
U70	Muesli bar, fruit filled, wholemeal, assorted flavours	100	250	120	29	1.8	0.9	7	19	12	0.12	0.11	1.9	0.07	0	16	1.8	0	0.44
U70	1 bar	50	120	58	14	0.9	0.5	trace	10	6	0.06	0.06	0.94	0.04	0	7.8	0.9	0	0.22
U24	Muesli bar, yoghurt coated, composite	100	150	110	82	0.6	1.0	0	2	11	0	0.01	0.77	0.02	0.01	20	7.2	0	0
U24	1 bar	33	51	37	27	0.2	0.3	0	1	4	0	trace	0.25	0.01	trace	6.6	2.4	0	0
U1010	Nut bar, chocolate, Nice & Natural	100	530	250	67	1.6	2.0	trace	4	21	0	0.20	8.7	0.50	0	76	0	0	2.8
U1010	1 bar	33	170	81	22	0.5	0.7	trace	1	7	0	0.07	2.8	0.16	0	25	0	0	0.90

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Food ID	Foods	Measure	Water	Energy	Energy (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
U1009	Popcorn, air popped	100	3.3	1310	1420	13.1	4.5	55.3	14.5	0.9	54.4	0.6	1.1	1.9			0	8.0	trace
U1009	1 cup (250ml)	8	0.3	111	120	1.1	0.4	4.7	1.2	0.1	4.6	trace	0.1	0.2			0	0.7	trace
U40	Popcorn, buttered, salted, Pop N Good	100	2.0	1840	1910	7.4	23.5	50.6	8.5	0.4	50.2	9.0	9.0	3.9	trace		23	535	trace
U40	1 cup (250ml)	10	0.2	184	191	0.7	2.4	5.1	0.9	trace	5.0	0.9	0.9	0.4	trace		2	53.5	trace
U18	Popcorn, candied, composite	100	3.2	1650	1660	2.8	7.5	79.3	2.1	44.8	34.5	3.3	1.9	1.4		1.3	18	86.3	trace
U18	1 cup (250ml)	8	0.3	132	133	0.2	0.6	6.3	0.2	3.6	2.8	0.3	0.1	0.1		0.1	1	6.9	trace
U41	Pretzels	100	4.8	1540	1570	11.7	7.2	64.7	3.3	0.4	64.3	1.3	2.3	3.0			0	1980	trace
U41	1 cup, rings	42	2.0	647	659	4.9	3.0	27.2	1.4	0.2	27.0	0.5	1.0	1.3			0	832	trace
U41	1 cup, thin sticks	48	2.3	740	753	5.6	3.5	31.1	1.6	0.2	30.9	0.6	1.1	1.4			0	950	trace
U16	Snacks, corn, cheese flavoured, composite	100	2.7	2150	2160	8.5	33.3	46.6	1.0	4.2	42.4	13.3	10.9	6.1		5.6	8	975	trace
U16	1 cup (250ml)	16	0.4	345	346	1.4	5.3	7.5	0.2	0.7	6.8	2.1	1.7	1.0		0.9	1	156	trace
U16	1 small packet	50	1.4	1080	1080	4.3	16.7	23.3	0.5	2.1	21.2	6.6	5.5	3.1		2.8	4	488	trace
V	SOUPS																		
V57	Soup, beef, dried, prepared with water, Continental	100	88.1	169	170	1.3	0.4	8.0	0.1	0.1	7.9	0.3	0.1	0	0	0	1	351	trace
V57	1 cup (250ml)	250	220	424	426	3.3	1.0	20.0	0.3	0.3	19.7	0.7	0.2	0	0	0	3	877	7
V1	Soup, bone & vegetable broth	100	90.3	250	269	3.7	4.6	1.1	2.3	1.0	0.1	1.0	1.3	1.9			1	74.0	trace
V1	1 cup (250ml)	254	229	635	682	9.4	11.7	2.8	5.8	2.5	0.3	2.7	3.4	4.9			3	188	trace
V1002	Soup, chicken & corn, heated	100	88.8	162	169	2.9	1.3	3.9	0.9	0.9	3.0	0.5	0.2	0.4			8	320	trace
V1002	1 cup (250ml)	254	225	410	428	7.5	3.3	9.8	2.3	2.3	7.5	1.3	0.5	1.1			19	812	trace
V1008	Soup, chicken & corn, heated, Wattie's	100	91.6	98	108	1.3	0.4	3.8	1.2	0.6	3.2	0.1	0.2	0.1			8	350	trace
V1008	1 cup (250ml)	252	231	247	272	3.1	1.0	9.4	3.0	1.5	7.9	0.3	0.5	0.2			19	881	trace
V1003	Soup, chicken & vegetable, heated, Wattie's	100	89.2	108	118	2.1	0.3	3.9	1.2	0.9	3.0	0.1	0.1	trace			5	400	trace
V1003	1 cup (250ml)	271	242	293	319	5.6	0.7	10.5	3.3	2.4	8.0	0.2	0.3	0.1			14	1080	trace

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Food ID	Foods	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	
U1009	Popcorn, air popped	100	330	360	7.0	3.2	3.1	0	0	0	0.10	0.08	3.7	0.16	0	31	0	0	0	
U1009	1 cup (250ml)	8	28	30	0.6	0.3	0.3	0	0	0	0.01	0.01	0.32	0.01	0	2.6	0	0	0	
U40	Popcorn, buttered, salted, Pop N Good	100	240	270	3.0	2.2	2.3	trace	0	0	0.07	0.09	3.6	0.36	0	15	0	0	3.4	
U40	1 cup (250ml)	10	24	27	0.3	0.2	0.2	trace	0	0	0.01	0.01	0.36	0.04	0	1.5	0	0	0.34	
U18	Popcorn, candied, composite	100	140	140	11	1.0	1.4	trace	145	870	0.24	0.07	0.80	0.07	0	4.0	0	0	3.7	
U18	1 cup (250ml)	8	11	11	0.8	0.1	0.1	trace	12	70	0.02	0.01	0.06	0.01	0	0.32	0	0	0.30	
U41	Pretzels	100	170	140	25	3.4	0.7	0	10	6	0.11	0.09	2.6	0.12	0	83	0	0	0.21	
U41	1 cup, rings	42	71	59	11	1.4	0.3	0	4	3	0.05	0.04	1.1	0.05	0	35	0	0	0.09	
U41	1 cup, thin sticks	48	82	67	12	1.6	0.3	0	5	3	0.05	0.04	1.2	0.06	0	40	0	0	0.10	
U16	Snacks, corn, cheese flavoured, composite	100	280	140	97	0.4	0.5	trace	30	180	0.08	0.28	4.2	0.13	0.14	34	0.5	0	6.1	
U16	1 cup (250ml)	16	45	22	16	0.1	0.1	trace	5	29	0.01	0.05	0.67	0.02	0.02	5.4	0.1	0	0.98	
U16	1 small packet	50	140	70	49	0.2	0.3	trace	15	90	0.04	0.14	2.1	0.07	0.07	17	0.2	0	3.1	
V	SOUPS																			
V57	Soup, beef, dried, prepared with water, Continental	100	36	17	8.3	trace	0.1	trace	0	0	0.06	0	0.23	0.01	0	1.7	0	0	0	
V57	1 cup (250ml)	250	90	43	21	0.1	0.2	trace	0	0	0.15	0	0.58	0.03	0	4.1	0	0	0	
V1	Soup, bone & vegetable broth	100	64	10	17	0.3	0.6	trace	79	400	0.03	0.02	1.3	0.03	0	10	4.0	0	0.25	
V1	1 cup (250ml)	254	160	25	43	0.8	1.5	trace	200	1020	0.08	0.05	3.3	0.08	0	25	10.2	0	0.64	
V1002	Soup, chicken & corn, heated	100	130	39	11	0.2	0.2	trace	17	92	0.11	0.08	0.85	0.10	0.12	13	3.0	0	0	
V1002	1 cup (250ml)	254	330	99	28	0.5	0.5	trace	43	233	0.28	0.20	2.2	0.25	0.30	33	7.6	0	0	
V1008	Soup, chicken & corn, heated, Wattie's	100	57	20	2.7	0.1	0.2	trace	15	92	0.13	0.08	0.66	0.11	0.12	13	5.0	0	0.30	
V1008	1 cup (250ml)	252	140	50	6.8	0.4	0.4	trace	39	232	0.33	0.20	1.7	0.28	0.30	33	12.6	0	0.76	
V1003	Soup, chicken & vegetable, heated, Wattie's	100	89	29	5.9	0.2	0.1	trace	9	55	0.13	0.08	0.85	0.11	0.02	13	4.0	0	0.07	
V1003	1 cup (250ml)	271	240	79	16	0.5	0.3	trace	25	149	0.35	0.22	2.3	0.30	0.05	35	10.8	0	0.19	

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Food ID	Foods	Measure	Water	Energy	Energy (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
V59	Soup, chicken noodle, dried, prepared with water, Continental	100	85.9	206	207	1.5	0.5	9.8	0.1	0.1	9.7	0.2	0.2	0.1			0	251	trace
V59	1 cup (250ml)	275	236	566	569	4.1	1.2	27.0	0.4	0.4	26.7	0.6	0.5	0.2			0	690	9
V68	Soup, chicken noodle, dried, prepared with water, Maggi	100	94.3	74	75	0.3	0.1	4.0	trace	trace	3.9	trace	trace	trace			1	215	trace
V68	1 cup (250ml)	275	259	204	206	0.7	0.3	10.9	0.1	0.1	10.8	0.1	0.1	0.1			3	590	trace
V4	Soup, cream of chicken, canned	100	87.9	239	240	1.7	3.8	4.2	0.1	1.1	3.1	1.2	1.4	0.9			4	460	trace
V4	1 cup (250ml)	259	228	619	621	4.4	9.8	10.9	0.3	2.8	8.0	3.0	3.7	2.4			10	1190	trace
V9	Soup, cream of mushroom, canned	100	89.2	218	222	1.1	3.8	3.6	0.4	0.8	2.8	1.0	0.7	1.8			1	470	trace
V9	1 cup (250ml)	261	233	570	579	2.8	9.9	9.4	1.0	2.1	7.3	2.7	1.9	4.7			3	1230	9
V15	Soup, cream of tomato, canned	100	84.2	228	230	0.8	3.3	5.5	0.3	2.5	3.0	0.6	0.7	1.6			10	460	trace
V15	1 cup (250ml)	260	219	592	599	2.1	8.6	14.3	0.9	6.5	7.8	1.6	1.9	4.3			26	1200	trace
V69	Soup, creme of chicken, dried, prepared with water, Maggi	100	92.7	102	113	1.0	0.5	4.0	1.5	0.1	3.9	0	0	0	0	0	6	287	trace
V69	1 cup (250ml)	265	246	270	301	2.5	1.3	10.7	3.9	0.2	10.4	0	0	0	0	0	15	760	trace
V65	Soup, creme of vegetable, dried, prepared with water, Maggi	100	92.5	108	121	1.0	0.5	4.4	1.5	0.2	4.2	0.4	0.1	trace			1	233	trace
V65	1 cup (250ml)	250	231	271	302	2.5	1.3	11.0	3.8	0.4	10.6	0.9	0.3	0.1			3	584	trace
V75	Soup, lamb flap, Tongan, cooked	100	73.2	565	584	8.2	8.1	7.7	2.4	4.5	3.2	4.2	2.9	0.3			31	76.5	trace
V75	1 cup (250ml)	255	187	1440	1490	20.9	20.7	19.6	6.2	11.5	8.1	10.8	7.5	0.9			79	195	trace
V1004	Soup, lentil & vegetables, heated, Wattie's	100	90.6	140	178	1.4	0.5	5.9	4.8	1.4	4.5	0.1	0.3	0.1			0	350	trace
V1004	1 cup (250ml)	270	245	378	481	3.7	1.4	15.9	13.0	3.8	12.1	0.2	0.9	0.2			0	946	trace
V8	Soup, minestrone, dried, prepared with water	100	91.6	97	114	0.8	0.7	3.5	2.1	1.2	2.3	0.3	0.3	trace			1	430	trace
V8	1 cup (250ml)	268	245	260	305	2.0	1.9	9.4	5.6	3.2	6.2	0.9	0.8	0.1			3	1150	trace
V66	Soup, mushroom, dried, prepared with water, Maggi	100	92.9	93	96	0.9	0.4	3.7	0.3	0.1	3.6	0.1	0.2	0.1			trace	203	trace
V66	1 cup (250ml)	250	232	234	240	2.3	1.1	9.3	0.8	0.3	9.1	0.2	0.5	0.3			trace	507	trace
V33	Soup, pea, homemade, cooked	100	82.1	367	378	3.5	5.7	5.9	1.4	1.2	4.7	2.8	2.0	0.3	trace	trace	11	220	trace
V33	1 cup (250ml)	260	214	955	984	9.2	14.7	15.4	3.6	3.1	12.2	7.4	5.2	0.9	trace	0.1	29	571	trace

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Food ID	Foods	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
V59	Soup, chicken noodle, dried, prepared with water, Continental	100	35	14	5.9	0.1	0.1	trace	0	0	0.17	0	0.49	0	0	4.8	0	0	0.02
V59	1 cup (250ml)	275	97	39	16	0.2	0.3	trace	0	0	0.47	0	1.3	0	0	13	0	0	0.06
V68	Soup, chicken noodle, dried, prepared with water, Maggi	100	14	5.8	6.7	trace	trace	trace	0	0	0	0	0.19	0	0	0.55	0	0	0
V68	1 cup (250ml)	275	38	16	18	0.1	0.1	trace	0	0	0	0	0.52	0	0	1.5	0	0	0
V4	Soup, cream of chicken, canned	100	41	27	27	0.4	0.3	trace	19	70	0.01	0.03	0.50	0.01	0	2.0	0	0	0.55
V4	1 cup (250ml)	259	110	70	70	1.0	0.8	trace	48	181	0.03	0.08	1.3	0.03	0	5.2	0	0	1.4
V9	Soup, cream of mushroom, canned	100	55	30	30	0.3	0.3	trace	40	0	0.02	0.05	0.50	0.01	0	2.0	0	0	0.54
V9	1 cup (250ml)	261	140	78	78	0.8	0.8	trace	104	0	0.05	0.13	1.3	0.03	0	5.2	0	0	1.4
V15	Soup, cream of tomato, canned	100	190	20	17	0.4	0.2	trace	75	210	0.03	0.02	0.60	0.06	0	12	1.0	0	1.4
V15	1 cup (250ml)	260	490	52	44	1.0	0.5	trace	195	546	0.08	0.05	1.6	0.16	0	31	2.6	0	3.6
V69	Soup, creme of chicken, dried, prepared with water, Maggi	100	21	21	28	trace	0.1	trace	0	0	0.02	0	0.26	0	0	0.75	0	0	0
V69	1 cup (250ml)	265	56	54	74	0.1	0.2	13	0	0	0.05	0	0.69	0	0	2.0	0	0	0
V65	Soup, creme of vegetable, dried, prepared with water, Maggi	100	41	15	18	0.1	0.1	trace	1	6	0	0	0.17	0	0	2.4	0	0	0
V65	1 cup (250ml)	250	100	37	45	0.2	0.2	trace	3	16	0	0	0.43	0	0	6.1	0	0	0
V75	Soup, lamb flap, Tongan, cooked	100	200	74	30	1.2	1.1	trace	164	979	0.07	0.08	2.8	0.06	0.48	15	11.3	trace	0.52
V75	1 cup (250ml)	255	510	190	76	3.1	2.9	trace	419	2500	0.18	0.20	7.1	0.15	1.2	39	28.7	0.1	1.3
V1004	Soup, lentil & vegetables, heated, Wattie's	100	110	18	7.8	0.4	0.2	trace	41	247	0	0.05	1.1	0.06	0	7.0	2.0	0	1.4
V1004	1 cup (250ml)	270	300	49	21	1.1	0.5	trace	112	668	0	0.14	3.0	0.16	0	19	5.4	0	3.7
V8	Soup, minestrone, dried, prepared with water	100	62	12	9.0	0.2	0.1	trace	14	84	0.02	0.01	0.30	0.07	0	13	0	0	0.40
V8	1 cup (250ml)	268	170	32	24	0.5	0.3	trace	38	225	0.05	0.03	0.80	0.19	0	35	0	0	1.1
V66	Soup, mushroom, dried, prepared with water, Maggi	100	69	22	15	0.1	0.1	trace	0	0	0	0.01	0.19	0	0	1.1	0	0	0
V66	1 cup (250ml)	250	170	54	36	0.2	0.2	trace	0	0	0	0.03	0.48	0	0	2.6	0	0	0
V33	Soup, pea, homemade, cooked	100	130	50	12	0.6	0.5	trace	92	414	0.06	0.04	1.1	0.04	0.02	13	1.3	0.4	0.31
V33	1 cup (250ml)	260	340	130	32	1.5	1.4	trace	240	1080	0.16	0.10	2.7	0.10	0.05	33	3.3	1.1	0.81

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Food ID	Foods	Measure	Water	Energy	Energy (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
V1001	Soup, pumpkin, heated	100	84.5	227	235	1.7	0.9	9.9	1.0	6.1	3.8	0.6	0.2	trace			4	220	trace
V1001	1 cup (250ml)	250	211	568	588	4.3	2.3	24.7	2.5	15.3	9.5	1.5	0.6	0.1			10	550	trace
V1007	Soup, pumpkin, heated, Wattie's	100	93.7	93	101	0.6	0.9	3.1	1.0	1.9	1.2	0.5	0.2	trace			6	260	trace
V1007	1 cup (250ml)	249	233	231	251	1.6	2.1	7.6	2.5	4.7	2.9	1.3	0.5	0.1			15	647	trace
V34	Soup, pumpkin, homemade, cooked	100	87.3	195	202	2.0	1.3	6.8	0.9	5.5	1.3	0.8	0.3	trace	trace	trace	4	16.0	trace
V34	1 cup (250ml)	260	227	508	526	5.1	3.5	17.6	2.3	14.3	3.3	2.1	0.8	0.1	trace	trace	11	41.5	7
V1005	Soup, seafood chowder, heated	100	89.4	243	248	3.7	2.9	4.4	0.6	1.5	2.9	1.3	0.5	0.1	trace	trace	14	230	trace
V1005	1 cup (250ml)	264	235	641	654	9.8	7.6	11.7	1.6	4.0	7.7	3.3	1.4	0.4	trace	0.1	37	606	10
V55	Soup, tomato, dried, prepared with water, Continental	100	91.6	118	118	0.3	0.3	6.1	0.1	0.4	5.7	0.1	0.1	trace			0	235	trace
V55	1 cup (250ml)	257	235	302	304	0.9	0.7	15.6	0.2	1.0	14.6	0.3	0.3	0.1			0	605	trace
V1006	Soup, tuscan tomato, heated, Wattie's	100	92.1	109	115	0.9	0.4	4.8	0.8	4.8	0	0.1	0.1	0.2			0	360	trace
V1006	1 cup (250ml)	260	240	283	300	2.4	0.9	12.5	2.1	12.5	0	0.1	0.2	0.4			0	936	trace
V18	Soup, vegetable, canned	100	86.4	154	169	1.5	0.7	6.2	1.8	2.4	3.8	0.1	0.3	0.3			0	500	trace
V18	1 cup (250ml)	257	222	397	434	3.9	1.8	15.9	4.6	6.2	9.8	0.3	0.8	0.7			0	1290	trace
W	SUGAR, CONFECTIONARY & SWEET SPREADS																		
W5	Chocolate bar, bounty, Cadbury	100	7.6	1970	2030	4.8	26.1	55.5	7.4	51.3	4.2	20.3	4.1	0.6			8	180	trace
W5	1 bar	50	3.8	986	1020	2.4	13.1	27.8	3.7	25.7	2.1	10.1	2.0	0.3			4	90.0	trace
W34	Chocolate bar, Crunchie, Cadbury	100	3.7	1830	1840	3.8	17.1	67.7	1.6	58.1	9.6	5.0	0.1	11.1			5	243	trace
W34	1 bar	53	1.9	968	975	2.0	9.1	35.9	0.8	30.8	5.1	2.7	trace	5.9			3	129	trace
W39	Chocolate bar, Kit Kat, Nestle	100	3.3	2030	2050	8.7	24.0	59.4	2.8	43.0	16.4	5.3	0.9	9.8			16	71.7	trace
W39	1 finger	12	0.4	243	246	1.0	2.9	7.1	0.3	5.2	2.0	0.6	0.1	1.2			2	8.6	trace
W6	Chocolate bar, Mars	100	6.9	1840	1860	5.3	18.9	63.3	1.6	55.9	7.4	11.1	6.3	0.7			15	150	11
W6	1 bar	60	4.1	1110	1110	3.2	11.3	38.0	1.0	33.5	4.4	6.7	3.8	0.4			9	90.0	6

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Food ID	Foods	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
V1001	Soup, pumpkin, heated	100	230	31	23	0.5	0.2	trace	347	2080	0.03	0.12	0.62	0.19	0.13	6.0	6.0	0	0.92
V1001	1 cup (250ml)	250	580	78	58	1.2	0.6	trace	868	5200	0.08	0.30	1.6	0.48	0.33	15	15.0	0	2.3
V1007	Soup, pumpkin, heated, Wattie's	100	110	11	6.7	0.1	0.1	0	116	590	0.09	0.07	0.62	0.11	0.01	6.0	0	0	0.70
V1007	1 cup (250ml)	249	270	27	17	0.3	0.2	0	287	1470	0.22	0.17	1.5	0.27	0.03	15	0	0	1.7
V34	Soup, pumpkin, homemade, cooked	100	260	52	60	0.2	0.2	trace	341	1980	0.02	0.10	0.65	0.04	0.06	12	9.8	0.2	0.64
V34	1 cup (250ml)	260	680	140	160	0.6	0.6	trace	885	5140	0.05	0.26	1.7	0.10	0.16	32	25.4	0.5	1.7
V1005	Soup, seafood chowder, heated	100	140	52	31	0.2	0.2	8	16	21	0	0.12	0.70	0.08	0.17	4.0	0	0	0.60
V1005	1 cup (250ml)	264	370	140	82	0.4	0.4	21	43	55	0	0.32	1.8	0.21	0.45	11	0	0	1.6
V55	Soup, tomato, dried, prepared with water, Continental	100	59	6.2	3.8	0.1	trace	trace	0	0	0	0	0.07	0	0	5.5	0	0	0.06
V55	1 cup (250ml)	257	150	16	9.7	0.2	0.1	trace	0	0	0	0	0.18	0	0	14	0	0	0.15
V1006	Soup, tuscan tomato, heated, Wattie's	100	240	18	8.8	0.4	0.1	trace	11	68	0.14	0.01	0.80	0.07	0	6.0	2.4	0	0.83
V1006	1 cup (250ml)	260	620	47	23	0.9	0.2	trace	30	177	0.36	0.03	2.1	0.18	0	16	6.2	0	2.2
V18	Soup, vegetable, canned	100	140	27	17	0.6	0.3	trace	30	180	0.03	0.02	0.60	0.05	0	9.0	2.7	0	0.25
V18	1 cup (250ml)	257	360	69	44	1.5	0.8	trace	77	463	0.08	0.05	1.5	0.13	0	23	6.9	0	0.64
W	SUGAR, CONFECTIONARY & SWEET SPREADS																		
W5	Chocolate bar, bounty, Cadbury	100	320	140	110	1.3	0.9	trace	39	10	0.04	0.10	1.1	0.02	0	6.0	0	0	0.95
W5	1 bar	50	160	70	55	0.7	0.5	trace	19	5	0.02	0.05	0.55	0.01	0	3.0	0	0	0.48
W34	Chocolate bar, Crunchie, Cadbury	100	230	120	110	1.1	0.6	trace	23	20	0.04	0.17	0.67	0.01	0	0	0	0	0.12
W34	1 bar	53	120	64	57	0.6	0.3	trace	12	11	0.02	0.09	0.36	trace	0	0	0	0	0.06
W39	Chocolate bar, Kit Kat, Nestle	100	360	180	160	1.2	0.9	trace	47	46	0.12	0.30	0.89	0.03	0	8.0	0	0	0.97
W39	1 finger	12	43	21	19	0.1	0.1	trace	6	6	0.01	0.04	0.11	trace	0	0.96	0	0	0.12
W6	Chocolate bar, Mars	100	250	150	160	1.1	0.8	trace	66	19	0.05	0.20	1.2	0.02	0	0	0	0	2.4
W6	1 bar	60	150	90	96	0.7	0.5	trace	40	11	0.03	0.12	0.72	0.01	0	0	0	0	1.4

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Food ID	Foods	Measure	Water	Energy	Energy (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
W3	Chocolate bar, milk	100	2.2	2210	2210	8.4	30.3	56.5	0.8	53.9	2.6	17.7	9.7	1.1			18	120	11
W3	1 small bar	50	1.1	1100	1110	4.2	15.2	28.3	0.4	27.0	1.3	8.8	4.9	0.5			9	60.0	trace
W3	1 large bar	120	2.6	2650	2650	10.1	36.4	67.8	1.0	64.7	3.1	21.2	11.6	1.3			22	144	13
W1014	Chocolate bar, Moro Gold Totally Nuts, Cadbury	100	3.6	1960	1980	9.7	29.0	43.4	2.9	40.3	3.1	14.4	11.8	1.1	0.1	1.0	7	166	10
W1014	1 bar (10.9 x 2.7 x 2.2cm)	63	2.3	1230	1240	6.1	18.2	27.2	1.8	25.3	1.9	9.1	7.4	0.7	trace	0.6	5	104	7
W1009	Chocolate bar, Moro, Cadbury	100	6.1	1580	1590	4.4	14.6	58.1	1.2	56.1	2.0	8.3	4.9	0.4	trace	0.3	8	260	9
W1009	1 treat size bar (4.5 x 2.2 x 1.6cm)	18	1.1	287	289	0.8	2.6	10.5	0.2	10.2	0.4	1.5	0.9	0.1	trace	0.1	1	47.1	trace
W1009	1 bar (11.4 x 3.1 x 1.9cm)	65	4.0	1030	1040	2.9	9.5	37.8	0.8	36.5	1.3	5.4	3.2	0.2	trace	0.2	5	169	6
W33	Chocolate bar, Pinky, Cadbury	100	10.4	1700	1700	3.6	12.4	70.8	0	52.9	17.9	3.6	0.3	7.5			5	52.4	trace
W33	1 bar	45	4.7	766	766	1.6	5.6	31.9	0	23.8	8.1	1.6	0.1	3.4			2	23.6	trace
W35	Chocolate, candy coated, composite	100	2.9	1780	1800	5.6	16.0	65.3	2.5	61.5	3.8	4.6	0.5	9.7			10	60.1	7
W35	10 pieces	9	0.3	160	162	0.5	1.4	5.9	0.2	5.5	0.3	0.4	trace	0.9			1	5.4	trace
W1015	Chocolate, compound, composite	100	0.5	2160	2170	2.9	27.5	65.5	1.7	64.7	0.8	17.8	0.4	0.1	0	0.1	0	12.0	trace
W1015	1 cup (250ml)	195	1.0	4210	4230	5.6	53.6	128	3.3	126	1.6	34.7	0.8	0.1	0	0.1	0	23.4	trace
W1013	Chocolate, crunchie, Cadbury	100	1.4	1990	2000	6.8	23.8	59.7	1.3	58.9	0.8	14.6	7.1	0.7	0.1	0.6	16	131	16
W1013	1 block (20.1 x 16.2 x 1.0cm)	355	5.0	7060	7100	24.2	84.4	212	4.6	209	2.8	51.8	25.1	2.5	0.3	2.2	57	465	55
W1013	1 block (20.4 x 9.5 x 0.9cm)	198	2.8	3940	3960	13.5	47.1	118	2.6	117	1.6	28.9	14.0	1.4	0.2	1.2	32	259	31
W56	Chocolate, dark	100	0.3	2190	2200	5.1	28.5	62.8	1.2	52.2	10.6	17.0	9.1	0.9			0	55.0	11
W56	1 cup, grated	88	0.3	1930	1930	4.5	25.1	55.3	1.1	45.9	9.3	15.0	8.0	0.8			0	48.4	10
W1012	Chocolate, energy, Cadbury	100	0.7	2070	2110	6.7	28.6	53.7	5.3	51.5	2.2	17.6	8.6	0.8	0.1	0.8	9	27.0	8
W1012	1 bar (12.5 x 3.1 x 1.1cm)	51	0.3	1060	1080	3.4	14.7	27.5	2.7	26.4	1.1	9.0	4.4	0.4	trace	0.4	5	13.8	trace
W1012	1 block (20.3 x 9.4 x 0.9cm)	205	1.4	4230	4320	13.8	58.6	110	10.9	105	4.5	36.1	17.7	1.7	0.2	1.6	18	55.3	16
W7	Chocolate, fancy & filled	100	5.7	1930	1940	4.1	18.8	69.8	1.5	63.0	6.8	11.6	5.6	0.7			15	60.0	trace
W7	1 chocolate	5	0.3	97	97	0.2	0.9	3.5	0.1	3.2	0.3	0.6	0.3	trace			1	3.0	trace

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Food ID	Foods	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
W3	Chocolate bar, milk	100	420	240	220	1.6	1.3	trace	96	20	0.10	0.23	2.9	0.02	0	11	0	0	0
W3	1 small bar	50	210	120	110	0.8	0.6	trace	48	10	0.05	0.12	1.5	0.01	0	5.5	0	0	0
W3	1 large bar	120	500	290	260	1.9	1.5	trace	116	24	0.12	0.28	3.5	0.02	0	13	0	0	0
W1014	Chocolate bar, Moro Gold Totally Nuts, Cadbury	100	350	200	120	1.2	1.3	trace	11	17	0.10	0.39	7.4	0.38	1.7	43	0	0	2.7
W1014	1 bar (10.9 x 2.7 x 2.2cm)	63	220	130	73	0.7	0.8	trace	7	11	0.06	0.25	4.6	0.24	1.0	27	0	0	1.7
W1009	Chocolate bar, Moro, Cadbury	100	240	120	110	0.8	0.7	0	9	3	0.01	0.26	0.90	0.21	0.08	0	0	0	1.4
W1009	1 treat size bar (4.5 x 2.2 x 1.6cm)	18	43	21	20	0.2	0.1	0	2	trace	trace	0.05	0.16	0.04	0.01	0	0	0	0.26
W1009	1 bar (11.4 x 3.1 x 1.9cm)	65	160	76	73	0.5	0.4	0	6	2	0.01	0.17	0.59	0.14	0.05	0	0	0	0.93
W33	Chocolate bar, Pinky, Cadbury	100	120	62	57	0.7	0.4	trace	23	20	0.02	0.08	0.63	0.04	0	1.0	0	0	0.86
W33	1 bar	45	55	28	26	0.3	0.2	trace	11	9	0.01	0.04	0.28	0.02	0	0.45	0	0	0.39
W35	Chocolate, candy coated, composite	100	310	160	150	1.2	0.9	trace	58	28	0.07	0.23	1.7	0.01	0.40	6.0	0	0	0.54
W35	10 pieces	9	28	15	13	0.1	0.1	trace	5	2	0.01	0.02	0.16	trace	0.04	0.54	0	0	0.05
W1015	Chocolate, compound, composite	100	520	100	41	5.0	1.0	0	16	13	0	0.13	1.5	0.36	0.34	0	0	0.3	0.31
W1015	1 cup (250ml)	195	1000	200	80	9.7	1.9	0	31	25	0	0.25	2.9	0.70	0.66	0	0	0.6	0.60
W1013	Chocolate, crunchie, Cadbury	100	330	190	190	1.4	1.0	0	36	3	0.01	0.26	1.0	0.21	1.1	0	0	0	2.5
W1013	1 block (20.1 x 16.2 x 1.0cm)	355	1200	680	680	5.0	3.7	0	126	11	0.04	0.92	3.5	0.75	4.0	0	0	0	9.0
W1013	1 block (20.4 x 9.5 x 0.9cm)	198	650	380	380	2.8	2.0	0	71	6	0.02	0.52	2.0	0.42	2.2	0	0	0	5.0
W56	Chocolate, dark	100	440	200	52	4.4	2.0	trace	21	11	0.05	0.13	2.0	0.03	0	13	0	0	1.4
W56	1 cup, grated	88	390	180	46	3.9	1.8	trace	18	10	0.04	0.11	1.8	0.03	0	11	0	0	1.3
W1012	Chocolate, energy, Cadbury	100	520	210	110	3.5	1.7	0	21	17	0.12	0.20	1.2	0.34	2.8	16	0	0	4.1
W1012	1 bar (12.5 x 3.1 x 1.1cm)	51	270	110	57	1.8	0.9	0	11	9	0.06	0.10	0.64	0.17	1.4	8.2	0	0	2.1
W1012	1 block (20.3 x 9.4 x 0.9cm)	205	1100	430	230	7.2	3.4	0	44	35	0.25	0.41	2.5	0.70	5.7	33	0	0	8.4
W7	Chocolate, fancy & filled	100	240	120	92	1.8	0.9	trace	80	18	0.10	0.10	1.0	0.02	0	17	0	0	1.7
W7	1 chocolate	5	12	6.0	4.6	0.1	trace	trace	4	1	trace	trace	0.05	trace	0	0.85	0	0	0.08

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Food ID	Foods	Measure	Water	Energy	Energy (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
W1010	Chocolate, fruit & nut, Cadbury	100	3.3	1950	1960	8.5	25.2	52.2	2.1	51.7	0.5	14.5	8.0	1.2	0.1	1.1	14	60.0	18
W1010	1 bar (12.8 x 3.4 x 1.2cm)	52	1.7	1000	1010	4.4	13.0	26.9	1.1	26.6	0.3	7.4	4.1	0.6	trace	0.6	7	30.9	9
W1010	1 block (20.5 x 9.5 x 1.0cm)	206	6.7	4000	4040	17.4	51.8	107	4.3	106	1.0	29.7	16.6	2.4	0.1	2.3	28	123	36
W1011	Chocolate, peanut, Whittaker's	100	1.2	2230	2260	14.8	32.9	45.6	4.1	43.7	1.9	14.2	11.7	5.5	0.1	5.4	3	47.0	7
W1011	1 block (19.9 x 10.6 x 1.1cm)	259	3.2	5770	5860	38.5	85.3	118	10.6	113	4.9	36.9	30.4	14.3	0.2	14.1	7	122	18
W1011	1 slab (7.4 x 3.6 x 1.7cm)	52	0.6	1160	1170	7.7	17.1	23.7	2.1	22.7	1.0	7.4	6.1	2.9	trace	2.8	1	24.4	trace
W55	Chocolate, white	100	0.6	2200	2200	8.0	30.9	55.5	0	55.5	0	18.4	10.0	1.1			6	110	27
W55	1 cup, grated	88	0.5	1940	1940	7.0	27.2	48.8	0	48.8	0	16.2	8.8	1.0			5	96.8	24
W8	Fruit gums	100	14.0	1080	1080	6.5	0	57.9	0	56.2	1.7	0	0	0	0	0	0	30.0	trace
W8	1 fruit gum	2	0.3	22	22	0.1	0	1.2	0	1.1	trace	0	0	0	0	0	0	0.6	trace
W11	Honey	100	17.2	1340	1340	0.4	0	79.6	0	78.1	1.5	0	0	0	0	0	0	12.0	0
W11	1 tablespoon	21	3.6	280	280	0.1	0	16.7	0	16.4	0.3	0	0	0	0	0	0	2.5	0
W31	Ice block, frozen	100	80.2	294	294	0.3	0.1	17.1	0	17.1	0	0	0	0	0	0	0	6.0	0
W31	1 cup (250ml)	193	155	568	568	0.6	0.2	33.0	0	33.0	0	0	0	0	0	0	0	11.6	0
W31	1 ice-block	80	64.2	236	236	0.2	0.1	13.7	0	13.7	0	0	0	0	0	0	0	4.8	0
W14	Jam, berry fruit, composite	100	29.6	1190	1190	0.4	0.4	69.7	1.1	67.8	2.0	0	0	0	0	0	0	13.0	trace
W14	1 tablespoon	16	4.6	185	186	0.1	0.1	10.9	0.2	10.6	0.3	0	0	0	0	0	0	2.0	trace
W15	Jam, stone fruit, composite	100	30.0	1140	1150	0.3	0.7	66.5	1.3	64.5	2.0	0	0	0	0	0	0	13.0	trace
W15	1 tablespoon	16	4.9	186	187	trace	0.1	10.8	0.2	10.5	0.3	0	0	0	0	0	0	2.1	trace
W45	Jellybeans, jaybees, Pascall	100	5.7	1550	1550	0.6	0.1	91.8	0	71.5	20.3	0	0	0	0	0	0	26.3	trace
W45	1 jellybean	2	0.1	31	31	trace	trace	1.8	0	1.4	0.4	0	0	0	0	0	0	0.5	trace
W29	Liquorice, allsorts	100	8.4	1490	1510	3.9	5.2	73.5	3.3	65.0	8.5	3.8	0.5	0.7			0	75.0	trace
W29	1 stick (1.5 x 1.6cm diameter)	4	0.3	56	57	0.2	0.2	2.8	0.1	2.5	0.3	0.1	trace	trace			0	2.9	trace

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Food ID	Foods	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
W1010	Chocolate, fruit & nut, Cadbury	100	510	240	230	1.5	1.2	0	36	17	0.10	0.39	4.8	0.38	0.18	43	0	0	3.9
W1010	1 bar (12.8 x 3.4 x 1.2cm)	52	260	120	120	0.8	0.6	0	19	9	0.05	0.20	2.5	0.20	0.09	22	0	0	2.0
W1010	1 block (20.5 x 9.5 x 1.0cm)	206	1000	490	470	3.0	2.5	0	75	35	0.21	0.80	9.8	0.78	0.37	88	0	0	8.0
W1011	Chocolate, peanut, Whittakers	100	530	300	160	1.7	2.0	trace	3	17	0.10	0.39	7.4	0.38	2.4	43	0	0	3.2
W1011	1 block (19.9 x 10.6 x 1.1cm)	259	1400	780	420	4.3	5.2	8	7	44	0.26	1.0	19	0.99	6.2	110	0	0	8.3
W1011	1 slab (7.4 x 3.6 x 1.7cm)	52	280	160	83	0.9	1.0	trace	1	9	0.05	0.20	3.8	0.20	1.2	22	0	0	1.7
W55	Chocolate, white	100	350	230	270	0.2	0.9	trace	26	75	0.08	0.49	2.8	0.07	0	7.0	0	0	1.1
W55	1 cup, grated	88	310	200	240	0.2	0.8	trace	22	66	0.07	0.43	2.5	0.06	0	6.2	0	0	1.0
W8	Fruit gums	100	8.0	4.0	5.0	0.1	0	0	0	0	0	0	0.20	0	0	0	0	0	0
W8	1 fruit gum	2	0.2	0.1	0.1	trace	0	0	0	0	0	0	trace	0	0	0	0	0	0
W11	Honey	100	55	18	5.0	0.4	0.1	trace	0	0	0	0.05	0.22	0	0	2.0	0	0	0
W11	1 tablespoon	21	12	3.8	1.1	0.1	trace	trace	0	0	0	0.01	0.05	0	0	0.42	0	0	0
W31	Ice block, frozen	100	3.0	1.0	3.0	0.1	0	trace	0	0	0	0	0	0	0	0	0	0	0
W31	1 cup (250ml)	193	5.8	1.9	5.8	0.2	0	trace	0	0	0	0	0	0	0	0	0	0	0
W31	1 ice-block	80	2.4	0.8	2.4	0.1	0	trace	0	0	0	0	0	0	0	0	0	0	0
W14	Jam, berry fruit, composite	100	55	10	8.8	0.2	0.1	trace	trace	3	0	0.01	0.16	0.02	0	7.0	3.5	0	0
W14	1 tablespoon	16	8.6	1.6	1.4	trace	trace	trace	trace	trace	0	trace	0.03	trace	0	1.1	0.5	0	0
W15	Jam, stone fruit, composite	100	78	8.2	5.1	0.2	trace	0	1	3	0	0.01	0.16	0.02	0	7.0	3.5	0	0
W15	1 tablespoon	16	13	1.3	0.8	trace	trace	0	trace	1	0	trace	0.03	trace	0	1.1	0.6	0	0
W45	Jellybeans, jaybees, Pascall	100	2.8	1.7	1.8	0.3	0.2	0	0	0	0	0	0	0	0	0	0	0	0
W45	1 jellybean	2	0.1	trace	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
W29	Liquorice, allsorts	100	220	29	63	8.1	0.7	trace	0	0	0	0	3.0	0	0	0	0	0	0
W29	1 stick (1.5 x 1.6cm diameter)	4	8.4	1.1	2.4	0.3	trace	trace	0	0	0	0	0.11	0	0	0	0	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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, composite	100	15.1	1390	1410	4.1	1.5	75.7	3.0	44.6	31.1	0.3	0.5	0.6			0	106	trace
W43	1 piece	2	0.3	28	28	0.1	trace	1.5	0.1	0.9	0.6	trace	trace	trace			0	2.1	trace
W44	Lollies, minties, Pascall	100	5.8	1510	1510	1.3	1.0	86.9	0	54.6	32.3	0	0	0	0	0	0	44.6	trace
W44	1 mintie	7	0.4	106	106	0.1	0.1	6.1	0	3.8	2.3	0	0	0	0	0	0	3.1	trace
W57	Lollipop, assorted flavours, Chupa Chup	100	3.0	1430	1430	0.7	0.4	84.4	0	81.2	3.2	0	0	0	0	0	0	5.6	trace
W57	1 lollipop	13	0.4	188	188	0.1	trace	11.1	0	10.6	0.4	0	0	0	0	0	0	0.7	trace
W17	Marmalade	100	28.0	1130	1140	0.1	0	67.6	0.8	67.5	0.1	0	0	0	0	0	0	18.0	trace
W17	1 tablespoon	20	5.6	226	227	trace	0	13.5	0.2	13.5	trace	0	0	0	0	0	0	3.6	trace
W40	Marshmallows, pink & white, composite	100	16.0	1360	1360	2.8	0.1	78.1	0	71.3	6.8	0	0	0	0	0	0	27.3	0
W40	1 cup, chopped	82	13.1	1110	1110	2.3	0.1	64.1	0	58.5	5.6	0	0	0	0	0	0	22.4	0
W40	1 marshmallow	4	0.6	54	54	0.1	trace	3.1	0	2.9	0.3	0	0	0	0	0	0	1.1	0
W18	Peppermints	100	0.2	1650	1650	0.5	0.7	97.0	0	91.9	5.1	0	0	0	0	0	0	9.0	trace
W18	1 peppermint	2	trace	33	33	trace	trace	1.9	0	1.8	0.1	0	0	0	0	0	0	0.2	trace
W46	Sauce, chocolate, composite	100	43.4	903	908	1.4	0.1	52.5	0.6	50.5	2.0	0	0	0	0	0	0	62.8	trace
W46	1 tablespoon	15	6.5	136	136	0.2	trace	7.9	0.1	7.6	0.3	0	0	0	0	0	0	9.4	trace
W1016	Spread, Nutella, Ferrero	100	1.0	2100	2100	7.3	27.8	56.6	3.1	55.8	0.8	3.4	14.2	6.7			0	46.6	13
W1016	1 tablespoon	14	0.1	293	293	1.0	3.9	7.9	0.4	7.8	0.1	0.5	2.0	0.9			0	6.5	trace
W19	Sugar, brown	100	2.3	1590	1590	0.2	0	95.1	0	95.1	0	0	0	0	0	0	0	20.0	0
W19	1 cup (250ml)	146	3.4	2330	2330	0.3	0	139	0	139	0	0	0	0	0	0	0	29.2	0
W19	1 tablespoon	12	0.3	187	187	trace	0	11.2	0	11.2	0	0	0	0	0	0	0	2.4	0
W19	1 teaspoon	4	0.1	64	64	trace	0	3.8	0	3.8	0	0	0	0	0	0	0	0.8	0

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Food ID	Foods	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
W43	Liquorice, black, composite	100	520	31	140	1.1	0.4	0	0	0	0.01	0.15	0.15	0.27	0	9.0	0	0	0
W43	1 piece	2	10	0.6	2.8	trace	trace	0	0	0	0	trace	trace	trace	0	0.18	0	0	0
W44	Lollies, minties, Pascall	100	2.0	3.2	22	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0
W44	1 mintie	7	0.1	0.2	1.5	trace	trace	0	0	0	0	0	0	0	0	0	0	0	0
W57	Lollipop, assorted flavours, Chupa Chup	100	15	4.6	3.8	0.8	0.1	0	0	0	0	0.17	0.40	0	0	0	0	0	0
W57	1 lollipop	13	2.0	0.6	0.5	0.1	trace	0	0	0	0	0.02	0.05	0	0	0	0	0	0
W17	Marmalade	100	44	13	35	0.6	0.1	trace	8	50	0	0	0	0	0	9.0	10.0	0	0
W17	1 tablespoon	20	8.8	2.6	7.0	0.1	trace	trace	2	10	0	0	0	0	0	1.8	2.0	0	0
W40	Marshmallows, pink & white, composite	100	2.0	3.2	6.6	0.4	trace	0	0	0	0	0	0	0	0	1.0	0	0	0
W40	1 cup, chopped	82	1.6	2.6	5.4	0.3	trace	0	0	0	0	0	0	0	0	0.82	0	0	0
W40	1 marshmallow	4	0.1	0.1	0.3	trace	trace	0	0	0	0	0	0	0	0	0.04	0	0	0
W18	Peppermints	100	3.0	3.0	7.0	0.2	0.3	trace	0	0	0	0	0	0	0	0	0	0	0
W18	1 peppermint	2	0.1	0.1	0.1	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W46	Sauce, chocolate, composite	100	190	61	11	1.2	0.6	trace	43	0	0.01	0.03	0.10	0	0	0	0	0	0.80
W46	1 tablespoon	15	29	9.1	1.6	0.2	0.1	trace	6	0	trace	trace	0.02	0	0	0	0	0	0.12
W1016	Spread, Nutella, Ferrero	100	470	220	150	2.7	1.3	0	trace	1	0	0.29	1.5	0.06	0.27	14	0	0	0
W1016	1 tablespoon	14	65	31	21	0.4	0.2	0	trace	trace	0	0.04	0.21	0.01	0.04	2.0	0	0	0
W19	Sugar, brown	100	300	0	150	1.2	0.2	trace	0	0	0	0	0	0	0	0	0	0	0
W19	1 cup (250ml)	146	440	0	220	1.8	0.3	trace	0	0	0	0	0	0	0	0	0	0	0
W19	1 tablespoon	12	35	0	18	0.1	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W19	1 teaspoon	4	12	0	6.0	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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	
W23	Sugar, raw	100	0.3	1660	1660	0	0	99.2	0	99.2	0	0	0	0	0	0	0	1.0	0	
W23	1 cup (250ml)	175	0.5	2900	2900	0	0	173	0	173	0	0	0	0	0	0	0	1.7	0	
W23	1 tablespoon	13	trace	218	218	0	0	13.1	0	13.1	0	0	0	0	0	0	0	0.1	0	
W23	1 teaspoon	5	trace	75	75	0	0	4.5	0	4.5	0	0	0	0	0	0	0	trace	0	
W24	Sugar, white	100	trace	1670	1670	0	0	100.0	0	100.0	0	0	0	0	0	0	0	5.0	0	
W24	1 cup (250ml)	232	trace	3870	3870	0	0	232	0	232	0	0	0	0	0	0	0	11.6	0	
W24	1 tablespoon	14	trace	238	238	0	0	14.3	0	14.3	0	0	0	0	0	0	0	0.7	0	
W24	1 teaspoon	4	trace	74	74	0	0	4.4	0	4.4	0	0	0	0	0	0	0	0.2	0	
W1	Sweets, hard, boiled	100	0.6	1400	1400	0	0	83.7	0	83.3	0.4	0	0	0	0	0	0	250	0	
W1	1 boiled sweet	5	trace	70	70	0	0	4.2	0	4.2	trace	0	0	0	0	0	0	12.5	0	
W25	Syrup, golden	100	18.2	1280	1280	0.3	0	76.6	0	76.6	0	0	0	0	0	0	0	203	0	
W25	1 tablespoon	20	3.6	257	257	0.1	0	15.3	0	15.3	0	0	0	0	0	0	0	40.6	0	
W26	Toffees, mixed	100	4.8	1840	1860	2.1	18.6	67.1	1.5	49.2	17.9	14.2	3.1	0.5			14	320	trace	
W26	1 toffee	5	0.2	92	93	0.1	0.9	3.4	0.1	2.5	0.9	0.7	0.2	trace			1	16.0	trace	
X	VEGETABLES																			
X2	Artichoke, Globe, boiled, drained	100	84.4	86	123	3.5	0.2	1.2	4.6	1.2	0	trace	trace	0.1			0	15.0	trace	
X2	1 artichoke	120	101	103	147	4.2	0.2	1.4	5.5	1.4	0	0.1	trace	0.1			0	18.0	trace	
X134	Asparagus, canned, drained	100	91.3	104	140	3.1	0.4	2.2	4.4	2.2	trace	0.1	trace	0.2			0	336	trace	
X134	1 cup spears	256	234	267	357	8.0	1.0	5.7	11.3	5.6	0.1	0.3	trace	0.5			0	860	trace	
X180	Asparagus, combined cultivars, steamed, drained	100	92.6	97	109	3.6	0.3	1.6	1.5	1.6	trace	0.1	trace	0.1			0	2.0	trace	
X180	1 cup (250ml)	190	176	185	208	6.8	0.6	3.1	2.9	3.0	trace	0.1	trace	0.2			0	3.8	trace	
X180	5 spears	78	72.2	76	85	2.8	0.2	1.3	1.2	1.2	trace	trace	trace	0.1			0	1.6	trace	

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		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
W23	Sugar, raw	100	21	0	7.0	0.3	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W23	1 cup (250ml)	175	37	0	12	0.5	0.1	trace	0	0	0	0	0	0	0	0	0	0	0
W23	1 tablespoon	13	2.8	0	0.9	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W23	1 teaspoon	5	0.9	0	0.3	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W24	Sugar, white	100	2.0	0.3	2.0	0.3	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W24	1 cup (250ml)	232	4.6	0.7	4.6	0.7	0.1	trace	0	0	0	0	0	0	0	0	0	0	0
W24	1 tablespoon	14	0.3	trace	0.3	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W24	1 teaspoon	4	0.1	trace	0.1	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W1	Sweets, hard, boiled	100	8.0	12	5.0	0.4	0.3	trace	0	0	0	0	0	0	0	0	0	0	0
W1	1 boiled sweet	5	0.4	0.6	0.3	trace	trace	trace	0	0	0	0	0	0	0	0	0	0	0
W25	Syrup, golden	100	420	21	230	2.4	0	0	0	0	0	0	0	0	0	0	0	0	0
W25	1 tablespoon	20	85	4.1	45	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
W26	Toffees, mixed	100	170	64	95	1.5	0.4	trace	77	23	0	0.11	0.40	0	0	0	0	0	0
W26	1 toffee	5	8.3	3.2	4.8	0.1	trace	trace	4	1	0	0.01	0.02	0	0	0	0	0	0
X	VEGETABLES																		
X2	Artichoke, Globe, boiled, drained	100	330	40	44	0.5	0.6	0	15	90	0.07	0.03	1.4	0.07	0	89	8.0	0	0.20
X2	1 artichoke	120	400	48	53	0.6	0.7	0	18	108	0.08	0.04	1.7	0.08	0	110	9.6	0	0.24
X134	Asparagus, canned, drained	100	200	70	20	1.4	0.6	trace	63	378	0.05	0.22	1.7	0.01	0	87	11.0	0	1.4
X134	1 cup spears	256	510	180	51	3.6	1.6	7	162	968	0.13	0.56	4.4	0.03	0	220	28.2	0	3.6
X180	Asparagus, combined cultivars, steamed, drained	100	270	70	19	0.6	0.6	trace	68	406	0.10	0.22	0.88	0.01	0	87	5.0	0	1.1
X180	1 cup (250ml)	190	500	130	36	1.1	1.1	trace	129	771	0.19	0.42	1.7	0.02	0	170	9.5	0	2.1
X180	5 spears	78	210	55	15	0.5	0.5	trace	53	317	0.08	0.17	0.69	0.01	0	68	3.9	0	0.84

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Food ID	Foods	Measure	Water	Energy	Energy (NIP)	Protein	Fat	Carbohydrate, available	Dietary fibre	Sugars	Starch	SFA	MUFA	PUFA	Alpha-linolenic acid	Linoleic acid	Cholesterol	Sodium Na	Iodine I
		g	g	kJ	kJ	g	g	g	g	g	g	g	g	g	g	g	mg	mg	µg
X1004	Baked beans, in tomato sauce, composite	100	69.7	305	347	5.0	0.6	12.0	5.2	3.7	8.3	0.1	0	0.3			0	462	trace
X1004	1 cup (250ml)	268	187	819	931	13.4	1.6	32.1	14.0	9.9	22.1	0.3	0	0.8			0	1240	8
X137	Beans, black, cooked	100	65.7	414	483	8.9	0.5	14.7	8.7	1.2	13.5	0.1	trace	0.2			0	1.0	trace
X137	1 cup (250ml)	182	120	753	880	16.2	1.0	26.8	15.8	2.2	24.6	0.3	0.1	0.4			0	1.8	trace
X138	Beans, broad, boiled	100	78.8	244	277	5.3	0.3	8.6	4.2	2.4	6.2	trace	0.1	0.1			0	6.0	trace
X138	1 cup (250ml)	170	134	414	472	9.0	0.5	14.7	7.1	4.1	10.6	0.1	0.1	0.2			0	10.2	trace
X139	Beans, butter, boiled	100	91.6	81	106	2.3	0.2	2.1	3.1	1.8	0.3	trace	trace	0.1			0	3.0	trace
X139	1 cup (250ml)	136	125	110	144	3.1	0.3	2.9	4.2	2.4	0.4	0.1	trace	0.1			0	4.1	trace
X140	Beans, green, boiled	100	91.0	80	103	0.9	0.2	3.4	2.9	3.0	0.4	trace	trace	0.1			0	3.0	trace
X140	1 cup, chopped	136	124	109	140	1.3	0.3	4.6	3.9	4.1	0.5	0.1	trace	0.1			0	4.1	trace
X10	Beans, Haricot, boiled, drained	100	69.6	383	453	6.6	0.5	15.2	8.8	0.8	14.4	0.1	trace	0.2			0	15.0	trace
X10	1 cup (250ml)	180	125	689	816	11.9	0.9	27.4	15.8	1.4	25.9	0.2	0.1	0.4			0	27.0	trace
X135	Beans, mung, sprouts, raw	100	93.2	95	109	2.9	0.8	1.1	1.8	0.5	0.6	0.2	0.1	0.3			0	3.0	trace
X135	1 cup (250ml)	104	96.9	99	114	3.0	0.8	1.1	1.9	0.5	0.6	0.2	0.1	0.3			0	3.1	trace
X1059	Beans, red, kidney, canned, drained	100	68.6	347	399	6.6	0.6	12.8	6.5	2.0	10.8	0.1	0	0.3	0.2	0.1	0	320	0
X1059	1 cup (250ml)	185	127	641	737	12.3	1.1	23.7	12.0	3.7	20.0	0.2	0	0.6	0.4	0.2	0	592	0
X1060	Beans, red, kidney, dried, boiled, drained	100	71.1	302	360	7.9	0.5	9.1	7.2	0.6	8.5	0.1	0	0.3	0.2	0.1	0	8.0	trace
X1060	1 cup (250ml)	180	128	544	647	14.2	0.9	16.4	13.0	1.1	15.3	0.1	0	0.5	0.3	0.2	0	14.4	trace
X16	Beetroot, canned, drained	100	86.1	209	229	1.0	0.2	11.1	2.5	11.0	0.1	trace	trace	0.1			0	219	trace
X16	1 slice	30	25.8	63	69	0.3	0.1	3.3	0.8	3.3	trace	trace	trace	trace			0	65.7	trace
X17	Beetroot, flesh, boiled	100	82.7	198	218	1.8	0.1	9.8	2.5	9.8	0	trace	trace	trace			0	64.0	trace
X17	1 cup, sliced	180	149	356	392	3.3	0.2	17.6	4.5	17.6	0	trace	trace	0.1			0	115	trace
X17	2 slices (0.5 x 7.5cm)	60	49.6	119	131	1.1	0.1	5.9	1.5	5.9	0	trace	trace	trace			0	38.4	trace

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Food ID	Foods	Measure	Potassium K	Phosphorus P	Calcium Ca	Iron Fe	Zinc Zn	Selenium Se	Vitamin A	Beta- carotene	Thiamin	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Dietary folate	Vitamin C	Vitamin D	Vitamin E
		g	mg	mg	mg	mg	mg	µg	µg	µg	mg	mg	mg	mg	µg	µg	mg	µg	mg
X1004	Baked beans, in tomato sauce, composite	100	260	87	37	1.2	0.5	trace	13	80	0.01	0	1.2	0.12	0	38	0	0	0
X1004	1 cup (250ml)	268	710	230	100	3.2	1.4	6	36	215	0.03	0	3.2	0.32	0	100	0	0	0
X137	Beans, black, cooked	100	360	140	27	2.1	1.1	trace	1	6	0.24	0.06	2.3	0.07	0	150	0	0	0.17
X137	1 cup (250ml)	182	650	250	49	3.8	2.0	trace	2	11	0.44	0.11	4.2	0.13	0	270	0	0	0.31
X138	Beans, broad, boiled	100	230	96	27	1.6	0.7	trace	29	176	0.10	0.03	2.7	0.02	0	100	19.0	0	0.11
X138	1 cup (250ml)	170	380	160	46	2.7	1.2	trace	50	299	0.17	0.05	4.6	0.03	0	180	32.3	0	0.19
X139	Beans, butter, boiled	100	210	27	15	0.4	1.4	trace	14	81	0.05	0.09	1.4	0.02	0	33	11.0	0	0.11
X139	1 cup (250ml)	136	280	37	20	0.5	1.9	trace	18	110	0.07	0.12	1.9	0.03	0	45	15.0	0	0.15
X140	Beans, green, boiled	100	70	25	37	0.4	0.4	trace	57	344	0.03	0.02	0.60	0.02	0	33	7.0	0	0.11
X140	1 cup, chopped	136	95	34	50	0.5	0.6	trace	78	468	0.04	0.03	0.82	0.03	0	45	9.5	0	0.15
X10	Beans, Haricot, boiled, drained	100	320	120	65	2.5	1.0	trace	0	0	0.09	0.06	1.9	0.16	0	140	0	0	0.07
X10	1 cup (250ml)	180	580	220	120	4.5	1.8	trace	0	0	0.16	0.11	3.4	0.29	0	250	0	0	0.13
X135	Beans, mung, sprouts, raw	100	140	51	19	0.4	0.3	trace	2	12	0.11	0.12	1.1	0.08	0	61	0	0	0.06
X135	1 cup (250ml)	104	150	53	19	0.4	0.3	trace	2	12	0.11	0.13	1.1	0.08	0	63	0	0	0.06
X1059	Beans, red, kidney, canned, drained	100	270	100	36	2.1	0.6	trace	0	0	0.10	0.06	2.0	0.10	0	40	0	0	0.13
X1059	1 cup (250ml)	185	500	190	67	3.9	1.1	trace	0	0	0.19	0.11	3.6	0.19	0	74	0	0	0.24
X1060	Beans, red, kidney, dried, boiled, drained	100	290	130	34	1.7	1.0	0	0	0	0.07	0	2.0	0.07	0	130	0	0	0.10
X1060	1 cup (250ml)	180	520	230	61	3.1	1.8	0	0	0	0.13	0	3.6	0.13	0	230	0	0	0.18
X16	Beetroot, canned, drained	100	220	18	17	0.8	0.2	trace	0	0	0.01	0.06	0.58	0.06	0	22	0	0	0.07
X16	1 slice	30	65	5.4	5.1	0.2	0.1	trace	0	0	trace	0.02	0.17	0.02	0	6.6	0	0	0.02
X17	Beetroot, flesh, boiled	100	350	36	30	0.4	0.4	trace	1	9	0.02	0.04	0.39	0.03	0	84	5.0	0	0.07
X17	1 cup, sliced	180	630	65	54	0.7	0.7	trace	3	15	0.04	0.07	0.70	0.05	0	150	9.0	0	0.13
X17	2 slices (0.5 x 7.5cm)	60	210	22	18	0.2	0.2	trace	1	5	0.01	0.02	0.23	0.02	0	50	3.0	0	0.04

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Food ID	Foods	Measure	Water	Energy	Energy (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
X1019	Broccoflower, frozen, boiled, drained	100	91.8	99	121	2.6	0.4	2.5	2.8	2.5	0	0.1	trace	0.1			0	4.2	trace
X1019	1 cup (250ml)	164	151	162	199	4.2	0.7	4.1	4.6	4.1	0	0.2	trace	0.2			0	6.9	trace
X1016	Broccoflower, frozen, raw	100	90.2	111	134	3.5	0.4	2.3	2.8	2.3	0	0.1	trace	0.1	0.1	trace	0	6.1	trace
X1016	1 cup (250ml)	95	85.6	106	127	3.3	0.4	2.2	2.7	2.2	0	0.1	trace	0.1	0.1	trace	0	5.8	trace
X1022	Broccoli, boiled, drained	100	91.9	98	125	3.0	0.5	1.8	3.4	1.8	0	0.1	trace	0.2			0	4.9	trace
X1022	1 cup (250ml)	164	151	161	206	5.0	0.8	2.9	5.6	2.9	0	0.2	0.1	0.3			0	8.0	trace
X1020	Broccoli, raw	100	89.4	111	138	3.8	0.5	1.8	3.4	1.8	0	trace	trace	0	0	0	0	7.4	trace
X1020	1 cup (250ml)	83	74.2	92	115	3.1	0.4	1.5	2.8	1.5	0	trace	trace	0	0	0	0	6.1	trace
X21	Brussel sprouts, boiled, drained	100	91.5	88	116	2.8	0.3	1.8	3.5	1.7	0.1	0.1	trace	0.2			0	2.0	trace
X21	1 cup (250ml)	164	150	145	190	4.6	0.5	3.0	5.7	2.8	0.2	0.1	trace	0.3			0	3.3	trace
X21	5 medium	103	94.2	91	120	2.9	0.3	1.9	3.6	1.8	0.1	0.1	trace	0.2			0	2.1	trace
X1038	Cabbage, bok choy, raw	100	93.2	68	83	2.0	0.2	1.7	1.8	1.7	0	trace	trace	0	0	0	0	15.2	trace
X1038	1 cup (250ml)	70	65.2	48	58	1.4	0.1	1.2	1.3	1.2	0	trace	trace	0	0	0	0	10.6	trace
X250	Cabbage, Chinese, cooked	100	96.0	62	71	2.3	0.1	1.2	1.1	1.2	0	trace	trace	trace			0	3.0	trace
X250	1 cup (250ml)	145	139	90	103	3.4	0.1	1.7	1.6	1.7	0	trace	trace	0.1			0	4.4	trace
X1040	Cabbage, choy sum	100	94.4	42	54	2.0	0.2	0.1	1.6	0	0.1	trace	trace	0	0	0	0	12.6	trace
X1040	1 cup (250ml)	65	61.4	27	35	1.3	0.1	0.1	1.0	0	0.1	trace	trace	0	0	0	0	8.2	trace
X23	Cabbage, red, raw	100	89.7	96	119	1.7	0.3	3.4	2.9	3.4	0	trace	trace	0.2			0	32.0	trace
X23	1 cup, chopped	90	80.7	86	107	1.5	0.3	3.1	2.6	3.1	0	trace	trace	0.2			0	28.8	trace
X23	1 cabbage (15cm diameter)	950	852	913	1130	16.1	2.9	32.3	27.6	32.3	0	0.4	0.2	1.6			0	304	trace
X1039	Cabbage, tat soi, raw	100	93.1	55	71	2.6	0.3	0	2.1	0	0	0.1	trace	0	0	0	0	5.8	trace
X1039	1 cup (250ml)	76	70.8	41	54	2.0	0.2	0	1.6	0	0	trace	trace	0	0	0	0	4.4	trace

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Food ID	Foods	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
X1019	Broccoflower, frozen, boiled, drained	100	220	42	22	0.7	0.2	trace	7	40	0.08	0.15	1.1	0.23	0	120	0.2	0	0.23
X1019	1 cup (250ml)	164	360	69	36	1.2	0.3	trace	11	66	0.13	0.25	1.9	0.38	0	190	0.3	0	0.38
X1016	Broccoflower, frozen, raw	100	370	63	22	0.7	0.3	trace	5	30	0.07	0.14	1.1	0.23	0	190	0.4	0	0.14
X1016	1 cup (250ml)	95	350	60	21	0.6	0.3	trace	5	29	0.07	0.13	1.0	0.22	0	180	0.4	0	0.13
X1022	Broccoli, boiled, drained	100	180	59	32	0.6	0.3	trace	110	660	0.06	0.17	1.1	0.28	0	31	57.0	0	1.6
X1022	1 cup (250ml)	164	300	97	52	0.9	0.5	7	181	1080	0.10	0.28	1.8	0.46	0	51	93.5	0	2.7
X1020	Broccoli, raw	100	350	78	33	0.6	0.5	trace	105	630	0.08	0.19	1.2	0.33	0	49	99.0	0	0.98
X1020	1 cup (250ml)	83	290	65	27	0.5	0.4	trace	87	523	0.07	0.16	1.00	0.27	0	41	82.2	0	0.81
X21	Brussel sprouts, boiled, drained	100	240	51	25	0.5	0.4	trace	67	400	0.06	0.10	0.94	0.17	0	60	40.0	0	0.90
X21	1 cup (250ml)	164	390	84	41	0.8	0.7	trace	110	656	0.10	0.16	1.5	0.28	0	98	65.6	0	1.5
X21	5 medium	103	250	53	26	0.5	0.4	trace	69	412	0.06	0.10	0.97	0.18	0	62	41.2	0	0.93
X1038	Cabbage, bok choy, raw	100	320	32	76	0.7	0.3	trace	177	1060	0.11	0.13	0.80	0.40	0	110	8.0	0	0.10
X1038	1 cup (250ml)	70	220	22	53	0.5	0.2	trace	124	741	0.08	0.09	0.56	0.28	0	77	5.6	0	0.07
X250	Cabbage, Chinese, cooked	100	90	23	88	1.9	0.2	trace	290	1740	0.05	0.04	0.57	0.08	0	41	19.0	0	0.20
X250	1 cup (250ml)	145	130	33	130	2.8	0.2	trace	421	2520	0.07	0.06	0.83	0.12	0	59	27.6	0	0.29
X1040	Cabbage, choy sum	100	290	34	95	0.7	0.3	0	194	1160	0.01	0.10	1.0	0.40	0	130	8.0	0	0.10
X1040	1 cup (250ml)	65	190	22	62	0.4	0.2	0	126	755	0.01	0.07	0.65	0.26	0	85	5.2	0	0.07
X23	Cabbage, red, raw	100	300	32	53	0.6	0.3	trace	112	670	0.06	0.05	0.57	0.21	0	18	55.0	0	0.20
X23	1 cup, chopped	90	270	29	48	0.5	0.3	trace	101	603	0.05	0.05	0.51	0.19	0	16	49.5	0	0.18
X23	1 cabbage (15cm diameter)	950	2900	300	500	5.7	2.9	trace	1060	6370	0.57	0.48	5.4	2.0	0	170	523	0	1.9
X1039	Cabbage, tat soi, raw	100	370	52	160	2.0	0.6	0	467	2800	0.04	0.05	0.60	0.19	0	160	10.0	0	0.10
X1039	1 cup (250ml)	76	280	40	120	1.5	0.4	0	355	2120	0.03	0.04	0.46	0.14	0	120	7.6	0	0.08

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Food ID	Foods	Measure	Water	Energy	Energy (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
X1049	Capsicum, green, stalk & seeds removed, raw	100	93.6	71	83	0.9	0.2	2.9	1.5	2.8	0.1	trace	trace	0.1	trace	0.1	0	0	trace
X1049	1 cup, chopped	114	107	81	95	1.1	0.2	3.3	1.7	3.2	0.1	trace	trace	0.1	trace	0.1	0	0	trace
X1049	1 capsicum	132	123	94	110	1.2	0.3	3.8	2.0	3.7	0.1	0.1	trace	0.1	trace	0.1	0	0	trace
X1048	Capsicum, red, stalk & seeds removed, raw	100	92.6	107	119	0.9	0.2	5.0	1.5	4.9	0.1	trace	trace	0.1	trace	0.1	0	0	6
X1048	1 cup, chopped	118	109	126	140	1.1	0.2	5.9	1.8	5.8	0.1	trace	trace	0.1	trace	0.1	0	0	7
X1048	1 capsicum	167	155	178	198	1.6	0.3	8.3	2.5	8.2	0.2	0.1	trace	0.2	trace	0.1	0	0	10
X33	Carrot, flesh, boiled, drained	100	89.7	114	138	0.6	0.3	5.5	3.1	5.3	0.2	trace	trace	0.1			0	24.0	trace
X33	1 cup, sliced	157	141	178	217	1.0	0.5	8.7	4.9	8.3	0.3	0.1	trace	0.2			0	37.7	trace
X33	1 carrot	49	44.0	56	68	0.3	0.1	2.7	1.5	2.6	0.1	trace	trace	0.1			0	11.8	trace
X1007	Carrot, flesh, raw	100	89.6	83	105	0.6	0.4	3.5	2.7	3.3	0.2	0.1	trace	0.2			0	34.0	trace
X1007	1 carrot	76	68.1	63	80	0.5	0.3	2.7	2.1	2.5	0.2	trace	trace	0.1			0	25.8	trace
X237	Cassava, baked in traditional Papua New Guinea oven	100	58.9	629	645	0.7	0.2	36.5	2.0	1.5	35.0	0.1	0.1	trace			0	7.1	trace
X237	1 cup (250ml)	227	134	1430	1460	1.6	0.5	82.9	4.5	3.5	79.5	0.1	0.1	0.1			0	16.1	trace
X238	Cassava, boiled	100	64.6	574	590	0.5	0.2	33.5	2.0	1.5	32.0	trace	trace	trace			0	7.0	trace
X238	1 cup diced	139	89.8	798	820	0.7	0.2	46.5	2.8	2.1	44.5	0.1	0.1	trace			0	9.7	trace
X35	Cauliflower, boiled, drained	100	93.4	83	97	1.9	0.2	2.7	1.8	2.6	trace	trace	trace	0.1			0	7.0	trace
X35	1 cup, chopped	138	129	114	134	2.6	0.3	3.7	2.5	3.6	0.1	trace	trace	0.2			0	9.7	trace
X35	1 stem and flower	90	84.1	75	88	1.7	0.2	2.4	1.6	2.3	trace	trace	trace	0.1			0	6.3	trace
X36	Cauliflower, raw	100	92.2	111	125	2.2	0.3	3.8	1.8	3.3	0.5	trace	trace	0.1			0	7.8	trace
X36	1 cup, chopped	114	105	127	143	2.5	0.3	4.3	2.1	3.8	0.6	0.1	trace	0.2			0	8.9	trace
X36	1 stem and flower	70	64.5	78	88	1.5	0.2	2.7	1.3	2.3	0.4	trace	trace	0.1			0	5.5	trace
X39	Celery, stem, raw	100	93.0	47	62	1.0	0.2	1.4	1.8	1.3	0.1	trace	trace	0.1			0	151	trace
X39	1 cup, sliced	108	100	51	67	1.1	0.2	1.5	1.9	1.4	0.1	trace	trace	0.1			0	163	trace
X39	1 stem (10 x 2cm)	20	18.6	9	12	0.2	trace	0.3	0.4	0.3	trace	trace	trace	trace			0	30.2	trace

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Food ID	Foods	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
X1049	Capsicum, green, stalk & seeds removed, raw	100	170	20	8.2	0.3	0.2	0	20	117	0.06	0.14	0.95	0.26	0	25	24.1	0	0
X1049	1 cup, chopped	114	190	23	9.3	0.4	0.2	0	22	133	0.07	0.16	1.1	0.30	0	28	27.5	0	0
X1049	1 capsicum	132	220	26	11	0.4	0.2	0	26	154	0.08	0.18	1.2	0.34	0	33	31.7	0	0
X1048	Capsicum, red, stalk & seeds removed, raw	100	210	24	6.3	0.3	0.2	0	155	930	0	0.14	1.1	0.56	0	85	144	0	0.01
X1048	1 cup, chopped	118	250	28	7.4	0.4	0.2	0	183	1100	0	0.17	1.2	0.66	0	100	170	0	0.01
X1048	1 capsicum	167	350	40	11	0.6	0.3	0	259	1550	0	0.23	1.8	0.94	0	140	240	0	0.02
X33	Carrot, flesh, boiled, drained	100	290	24	30	0.3	0.3	trace	1450	8710	0.03	0.01	0.66	0.01	0	2.0	6.0	0	0.97
X33	1 cup, sliced	157	450	38	47	0.5	0.4	trace	2280	13700	0.05	0.02	1.0	0.02	0	3.1	9.4	0	1.5
X33	1 carrot	49	140	12	15	0.1	0.1	trace	712	4270	0.02	trace	0.32	trace	0	0.98	2.9	0	0.48
X1007	Carrot, flesh, raw	100	230	21	25	0.2	0.2	trace	1030	6160	0.07	0.06	0.94	0.14	0	17	5.9	0	0.14
X1007	1 carrot	76	170	16	19	0.2	0.1	trace	782	4680	0.05	0.05	0.71	0.11	0	13	4.5	0	0.11
X237	Cassava, baked in traditional Papua New Guinea oven	100	370	38	32	2.0	0.7	trace	trace	2	0.09	0.04	0.71	0.40	0	12	47.0	0	0.24
X237	1 cup (250ml)	227	830	86	73	4.5	1.6	trace	1	5	0.20	0.09	1.6	0.91	0	27	107	0	0.55
X238	Cassava, boiled	100	290	43	20	0.2	0.5	trace	trace	2	0.04	0.02	0.41	0.34	0	12	18.6	0	0.21
X238	1 cup diced	139	400	60	28	0.3	0.7	trace	trace	3	0.06	0.03	0.57	0.47	0	17	25.9	0	0.29
X35	Cauliflower, boiled, drained	100	250	46	21	0.4	0.2	trace	1	8	0.06	0.09	0.96	0.20	0	44	55.0	0	0.15
X35	1 cup, chopped	138	340	63	29	0.6	0.3	trace	2	11	0.08	0.12	1.3	0.28	0	61	75.9	0	0.21
X35	1 stem and flower	90	220	41	19	0.4	0.2	trace	1	7	0.05	0.08	0.86	0.18	0	40	49.5	0	0.14
X36	Cauliflower, raw	100	340	53	25	0.4	0.3	trace	2	9	0.07	0.09	1.0	0.21	0	57	60.0	0	0.41
X36	1 cup, chopped	114	390	60	29	0.5	0.3	trace	2	10	0.08	0.10	1.2	0.24	0	65	68.4	0	0.47
X36	1 stem and flower	70	240	37	18	0.3	0.2	trace	1	6	0.05	0.06	0.73	0.15	0	40	42.0	0	0.29
X39	Celery, stem, raw	100	300	35	56	0.7	0.1	trace	13	80	0.03	0.03	0.51	0.11	0	36	7.5	0	0.22
X39	1 cup, sliced	108	330	38	60	0.7	0.1	trace	14	86	0.03	0.03	0.55	0.12	0	39	8.1	0	0.24
X39	1 stem (10 x 2cm)	20	60	7.0	11	0.1	trace	trace	3	16	0.01	0.01	0.10	0.02	0	7.2	1.5	0	0.04

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Food ID	Foods	Measure	Water	Energy	Energy (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
X76	Chickpeas, cooked	100	74.2	414	475	5.3	4.5	9.5	7.6	1.4	8.1	1.7	1.4	0.5			0	480	trace
X76	1 cup (250ml)	173	128	716	821	9.2	7.8	16.4	13.1	2.4	14.0	2.9	2.5	0.9			0	830	trace
X142	Choko, flesh, cooked	100	93.6	86	96	0.6	0.2	4.1	1.2	3.5	0.6	0.1	trace	trace			0	8.0	trace
X142	1 cup, sliced	140	131	121	134	0.9	0.3	5.7	1.7	4.9	0.8	0.2	trace	trace			0	11.2	trace
X259	Corn, sweet, baby, canned, drained	100	92.5	95	119	2.9	0.4	1.9	3.1	1.4	0.5	0.1	0.1	0.2			0	1140	trace
X259	1 can	225	208	213	269	6.5	0.9	4.3	7.0	3.2	1.1	0.2	0.2	0.4			0	2570	trace
X41	Corn, sweet, canned, drained, composite	100	73.4	325	341	2.9	0.7	15.0	2.0	8.5	6.5	0.1	0.2	0.3			0	310	trace
X41	1 cup (250ml)	176	129	573	601	5.2	1.2	26.4	3.5	15.0	11.4	0.2	0.3	0.5			0	546	trace
X301	Corn, sweet, creamed, composite	100	77.1	312	339	2.0	0.8	14.9	3.4	4.3	10.6	0.1	0.2	0.3			0	173	trace
X301	1 cup (250ml)	281	217	877	954	5.6	2.2	41.9	9.6	12.1	29.8	0.2	0.7	0.9			0	486	trace
X288	Corn, sweet, kernels on cob, boiled	100	71.9	389	413	3.3	1.3	17.1	3.1	4.4	12.7	0.1	0.1	0.2			0	2.5	trace
X288	1 cup (250ml)	173	124	672	715	5.6	2.2	29.7	5.4	7.6	22.0	0.1	0.2	0.4			0	4.3	trace
X261	Courgette, raw	100	93.1	70	83	2.0	0.2	1.8	1.6	1.8	0	0	0	0	0	0	0	1.0	trace
X261	1 medium (16 x 11cm diameter)	101	94.1	71	84	2.0	0.2	1.8	1.6	1.8	0	0	0	0	0	0	0	1.0	trace
X261	1 cup, sliced	119	111	83	99	2.3	0.3	2.1	1.9	2.1	0	0	0	0	0	0	0	1.2	trace
X1043	Cucumber, raw, 'Lebanese'	100	95.6	43	51	0.4	0.1	1.9	1.0	1.9	0	0	0	0	0	0	0	19.0	trace
X1043	1 serving	85	81.3	36	43	0.4	0.1	1.6	0.9	1.6	0	0	0	0	0	0	0	16.2	trace
X1052	Cucumber, unpeeled, raw, 'Telegraph'	100	96.6	44	51	0.8	0	1.9	0.8	1.8	0.1	0	0	0	0	0	0	1.9	0
X260	Garlic, cloves, raw, peeled	100	64.3	404	539	7.9	0.6	14.9	16.9	1.6	13.4	0.1	trace	0.3			0	4.0	trace
X260	1 cup (250ml)	144	92.6	582	777	11.4	0.9	21.5	24.3	2.3	19.2	0.2	trace	0.5			0	5.8	trace
X260	1 clove	3	1.9	12	16	0.2	trace	0.4	0.5	trace	0.4	trace	0	trace			0	0.1	trace
X143	Gherkin, in sweetened brine, drained	100	73.4	443	461	0.4	0.3	25.5	2.2	24.7	0.8	0.1	trace	0.1			0	520	trace
X143	1 gherkin (2 x 6cm)	19	13.9	84	88	0.1	0.1	4.8	0.4	4.7	0.2	trace	trace	trace			0	98.8	trace

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Food ID	Foods	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
X76	Chickpeas, cooked	100	260	92	30	1.8	0.8	trace	8	50	0.08	0.03	1.1	0.11	0	170	0	0	0.65
X76	1 cup (250ml)	173	450	160	52	3.1	1.4	trace	14	87	0.14	0.05	2.0	0.19	0	300	0	0	1.1
X142	Choko, flesh, cooked	100	79	30	16	0.3	0.2	trace	8	45	0.02	0.02	0.50	0.03	0	18	11.0	0	1.0
X142	1 cup,sliced	140	110	42	22	0.4	0.3	trace	11	63	0.03	0.03	0.70	0.04	0	25	15.4	0	1.5
X259	Corn, sweet, baby, canned, drained	100	180	57	8.0	1.2	0.6	trace	11	64	0.02	0.04	0.40	0.21	0	31	14.0	0	0.46
X259	1 can	225	410	130	18	2.7	1.4	trace	24	143	0.05	0.09	0.90	0.47	0	70	31.5	0	1.0
X41	Corn, sweet, canned, drained, composite	100	200	67	3.0	0.6	0.6	trace	26	158	0.05	0.08	1.5	0.16	0	31	5.0	0	0.07
X41	1 cup (250ml)	176	350	120	5.3	1.1	1.1	trace	46	278	0.09	0.14	2.7	0.28	0	55	8.8	0	0.12
X301	Corn, sweet, creamed, composite	100	170	56	3.2	0.3	0.3	trace	18	110	0	0	1.4	0.07	0	31	1.0	0	0.46
X301	1 cup (250ml)	281	470	160	8.9	0.8	0.9	12	52	309	0	0	3.9	0.20	0	87	2.8	0	1.3
X288	Corn, sweet, kernels on cob, boiled	100	260	96	5.0	0.6	0.8	7	20	120	0.05	0.05	2.6	0.15	0	31	3.4	0	0.88
X288	1 cup (250ml)	173	450	170	8.6	1.1	1.4	12	35	208	0.09	0.09	4.5	0.26	0	54	5.8	0	1.5
X261	Courgette, raw	100	440	65	21	0.6	0.6	0	102	610	0.06	0.09	0.85	0.04	0	18	0	0	0
X261	1 medium (16 x 11cm diameter)	101	440	66	22	0.6	0.6	0	103	616	0.06	0.09	0.86	0.04	0	18	0	0	0
X261	1 cup,sliced	119	520	77	25	0.7	0.7	0	121	726	0.07	0.11	1.0	0.05	0	21	0	0	0
X1043	Cucumber, lebanese, raw	100	87	44	57	trace	0.2	0	14	83	0.02	0.02	0.36	0	0	0	13.0	0	0
X1043	1 serving	85	74	37	48	trace	0.2	0	12	70	0.02	0.02	0.31	0	0	0	11.1	0	0
X1052	Cucumber, telegraph, unpeeled, raw	100	170	26	16	0.2	0.1	0	10	59	0.04	0.12	0.26	0.06	0	2.8	0.6	0	0.11
X260	Garlic, cloves, raw, peeled	100	620	170	19	1.9	1.0	trace	0	0	0.13	0.04	1.5	0.38	0	5.0	17.0	0	0
X260	1 cup (250ml)	144	890	240	27	2.7	1.4	trace	0	0	0.19	0.06	2.2	0.55	0	7.2	24.5	0	0
X260	1 clove	3	19	5.1	0.6	0.1	trace	trace	0	0	trace	trace	0.05	0.01	0	0.15	0.5	0	0
X143	Gherkin, in sweetened brine, drained	100	11	10	22	0.5	0	trace	6	38	0	0	0.30	0.04	0	1.0	1.0	0	0.31
X143	1 gherkin (2 x 6cm)	19	2.1	1.9	4.2	0.1	0	trace	1	7	0	0	0.06	0.01	0	0.19	0.2	0	0.06

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Food ID	Foods	Measure	Water	Energy	Energy (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
X1030	Ginger, preserved	100	73.8	350	367	0	0	21.0	2.1	19.1	1.9	0	0	0	0	0	0	207	trace
X1030	1 cup (250ml)	101	74.8	355	372	0	0	21.2	2.2	19.3	1.9	0	0	0	0	0	0	210	trace
X1010	Kumara, assorted varieties, flesh, boiled	100	77.4	252	269	1.4	0.3	13.1	2.1	4.6	8.5	0.1	0	0.1			0	18.0	trace
X1010	1 medium	151	117	381	406	2.1	0.5	19.7	3.2	6.9	12.8	0.1	0	0.2			0	27.2	trace
X1057	Kumara, red, peeled, raw, 'Owairaka Red'	100	74.7	320	335	1.3	0.2	17.5	1.8	3.9	13.6	0.1	0	0.1	trace	0.1	0	28.0	0
X1057	1 kumara	217	162	695	727	2.7	0.5	37.9	3.9	8.4	29.5	0.1	0	0.2	trace	0.2	0	60.8	0
X1065	Kumara, red, peeled, roasted in beef dripping, no salt added 'Owairaka Red'	100	72.3	429	443	1.2	3.4	16.9	1.7	3.7	13.2	1.7	1.1	0.1	0.2	0.1	1	27.1	0
X1065	1 serving (1/2 kumara)	73	52.8	313	323	0.9	2.5	12.3	1.3	2.7	9.6	1.3	0.8	0.1	0.1	0.1	1	19.8	0
X50	Leeks, boiled, drained	100	90.8	117	140	1.8	0.3	4.6	2.9	4.6	0	trace	trace	0.2			0	6.0	trace
X50	1 cup, sliced	137	124	160	192	2.4	0.4	6.3	4.0	6.3	0	0.1	trace	0.3			0	8.2	trace
X50	1 leek	124	113	145	174	2.2	0.4	5.7	3.6	5.7	0	0.1	trace	0.2			0	7.4	trace
X54	Lentils, split, boiled, drained	100	72.1	405	434	7.6	0.5	15.5	3.7	0.8	14.7	0.1	0.1	0.2			0	12.0	trace
X54	1 cup (250ml)	200	144	809	869	15.3	1.0	31.0	7.4	1.6	29.4	0.1	0.2	0.5			0	24.0	trace
X1009	Lettuce, assorted varieties, heart, raw	100	96.6	61	74	1.1	0.3	1.9	1.6	1.1	0.8	0.1	0	0	0	0	0	2.2	trace
X1009	1 medium head (15cm diameter)	539	520	331	398	6.1	1.6	10.2	8.4	5.9	4.3	0.5	0	0	0	0	0	11.9	trace
X305	Lettuce, hydroponic varieties	100	94.8	74	87	1.9	0.3	1.8	1.7	1.7	0.1	0.1	0	0.2			0	13.0	trace
X305	1 cup, torn leaves	36	34.1	27	31	0.7	0.1	0.6	0.6	0.6	trace	trace	0	0.1			0	4.7	trace
X57	Marrow, flesh, boiled, drained	100	97.8	31	36	0.4	trace	1.4	0.6	1.3	0.1	trace	trace	trace			0	1.0	trace
X57	1 cup diced	220	215	68	78	0.8	0.1	3.1	1.3	2.9	0.2	trace	trace	trace			0	2.2	trace
X298	Mushrooms, fried in butter	100	85.0	252	276	3.5	5.1	0.4	3.0	0	0.4	3.2	1.2	0.3		0.2	37	41.0	trace
X298	1 cup (250ml)	150	127	378	414	5.3	7.6	0.6	4.5	0	0.6	4.7	1.7	0.4		0.3	56	61.5	trace
X297	Mushrooms, fried in oil	100	86.9	239	264	3.3	4.8	0.4	3.1	0	0.4	0.9	1.1	2.5			0	7.1	trace
X297	1 cup (250ml)	141	123	337	372	4.7	6.8	0.6	4.4	0	0.6	1.3	1.5	3.5			0	10.0	trace

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Food ID	Foods	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
X1030	Ginger, preserved	100	0	0	45	0.3	0.1	66	1	7	0	0	1.0	0.16	0	11	0	0	0
X1030	1 cup (250ml)	101	0	0	46	0.3	0.1	67	1	7	0	0	1.0	0.16	0	11	0	0	0
X1010	Kumara, assorted varieties, flesh, boiled	100	350	35	22	0.5	0.3	trace	3	16	0.03	0.02	2.2	0.25	0	32	19.0	0	0.47
X1010	1 medium	151	530	53	33	0.7	0.4	trace	4	25	0.05	0.03	3.3	0.38	0	49	28.7	0	0.71
X1057	Kumara, red, peeled, raw, 'Owairaka Red'	100	510	44	16	0.5	0.2	trace	20	118	0.10	0.07	2.7	0.11	0	2.8	32.2	0	0.20
X1057	1 kumara	217	1100	96	35	1.2	0.5	trace	43	255	0.22	0.15	5.8	0.24	0	6.1	69.9	0	0.43
X1065	Kumara, red, peeled, roasted in beef dripping, no salt added 'Owairaka Red'	100	490	43	16	0.5	0.2	trace	53	115	0.10	0.07	2.6	0.11	0.01	2.7	31.2	trace	0.20
X1065	1 serving (1/2 kumara)	73	360	31	11	0.4	0.1	trace	39	84	0.07	0.05	1.9	0.08	0.01	2.0	22.7	trace	0.15
X50	Leeks, boiled, drained	100	280	28	61	2.0	0.3	0	81	487	0.07	0.03	0.70	0.15	0	24	15.0	0	0.78
X50	1 cup,sliced	137	380	38	84	2.7	0.4	0	111	667	0.10	0.04	0.96	0.21	0	33	20.6	0	1.1
X50	1 leek	124	350	35	76	2.5	0.4	0	101	604	0.09	0.04	0.87	0.19	0	30	18.6	0	0.97
X54	Lentils, split, boiled, drained	100	210	77	13	2.4	1.0	trace	3	20	0.11	0.04	1.6	0.11	0	180	0	0	0.11
X54	1 cup (250ml)	200	420	150	26	4.8	2.0	trace	7	40	0.22	0.08	3.3	0.22	0	360	0	0	0.22
X1009	Lettuce, assorted varieties, heart, raw	100	170	19	9.2	0.2	0.1	trace	45	268	0.02	0.03	1.9	0.21	0	45	10.0	0	0.08
X1009	1 medium head (15cm diameter)	539	920	100	50	0.9	0.4	trace	241	1450	0.11	0.16	10	1.1	0	240	53.9	0	0.43
X305	Lettuce, hydroponic varieties	100	280	33	61	1.0	0.2	0	89	530	0.07	0.08	0.46	0.04	0	55	0	0	0.57
X305	1 cup, torn leaves	36	100	12	22	0.3	0.1	0	32	191	0.03	0.03	0.17	0.01	0	20	0	0	0.21
X57	Marrow, flesh, boiled, drained	100	84	13	14	0.2	0.1	trace	5	30	0.01	0.01	0.30	0.03	0	20	2.0	0	0
X57	1 cup diced	220	180	29	31	0.4	0.2	trace	11	66	0.02	0.02	0.66	0.07	0	44	4.4	0	0
X298	Mushrooms, fried in butter	100	430	120	8.1	0.5	0.8	53	174	85	0	0.28	2.8	0.14	0	27	0.7	0	0.40
X298	1 cup (250ml)	150	650	180	12	0.8	1.3	80	261	128	0	0.42	4.2	0.21	0	41	1.1	0	0.60
X297	Mushrooms, fried in oil	100	370	98	3.6	0.4	0.6	33	0	0	0.03	0.29	1.9	0.07	0	27	0.7	0	2.8
X297	1 cup (250ml)	141	520	140	5.1	0.5	0.8	47	0	0	0.04	0.41	2.7	0.10	0	38	0.9	0	4.0

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Food ID	Foods	Measure	Water	Energy	Energy (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
X60	Mushrooms, raw	100	93.3	50	70	2.3	0.2	0.2	2.5	0.2	trace	trace	0	0.1			0	6.1	trace
X60	1 cup, chopped	68	63.4	34	47	1.6	0.1	0.1	1.7	0.1	trace	trace	0	0.1			0	4.1	trace
X60	1 mushroom	16	14.9	8	11	0.4	trace	trace	0.4	trace	trace	trace	0	trace			0	1.0	trace
X64	Onion, flesh, boiled, drained	100	96.6	56	67	0.6	trace	2.7	1.4	2.7	0	trace	trace	trace			0	7.0	trace
X64	1 cup, chopped	221	213	124	148	1.2	0.1	6.0	3.1	6.0	0	trace	trace	trace			0	15.5	trace
X64	1 onion	50	48.3	28	34	0.3	trace	1.4	0.7	1.4	0	trace	trace	trace			0	3.5	trace
X66	Onion, flesh, raw	100	87.9	168	181	1.3	0.1	8.5	1.6	8.0	0.5	trace	trace	trace			0	2.2	trace
X66	1 cup, chopped	175	154	294	316	2.2	0.2	14.9	2.9	14.0	0.9	trace	trace	0.1			0	3.9	trace
X66	1 onion	97	85.3	163	175	1.2	0.1	8.3	1.6	7.8	0.5	trace	trace	trace			0	2.1	trace
X146	Onion, pickled	100	82.1	233	245	0.5	0.2	13.0	1.5	12.3	0.7	trace	trace	0.1			0	790	trace
X146	1 cup (250ml)	195	160	454	477	1.0	0.4	25.4	2.9	24.0	1.4	0.1	0.1	0.2			0	1540	trace
X146	1 onion	25	20.5	58	61	0.1	trace	3.3	0.4	3.1	0.2	trace	trace	trace			0	198	trace
X67	Onion, spring, raw	100	86.8	169	186	0.9	0.3	8.5	2.2	8.3	0.2	0.1	trace	0.1			0	13.0	trace
X67	1 cup (250ml)	106	92.0	179	197	1.0	0.3	9.0	2.3	8.8	0.2	0.1	trace	0.1			0	13.8	trace
X67	1 spring onion	18	15.6	30	34	0.2	trace	1.5	0.4	1.5	trace	trace	trace	trace			0	2.3	trace
X68	Parsley, leaves, raw	100	78.7	118	156	5.2	0.5	0.8	4.7	0.8	0	trace	0.2	0.1			0	33.0	trace
X68	1 cup, chopped	64	50.4	76	100	3.3	0.3	0.5	3.0	0.5	0	trace	0.1	0.1			0	21.1	trace
X68	1 tablespoon	4	2.9	4	6	0.2	trace	trace	0.2	trace	0	trace	trace	trace			0	1.2	trace
X69	Parsnip, flesh, boiled, drained	100	83.2	234	254	1.3	0.2	12.3	2.5	2.5	9.8	trace	0.1	trace			0	4.0	trace
X69	1 parsnip (22.5 x 5.6cm diameter)	160	133	374	406	2.0	0.3	19.7	4.0	4.0	15.7	0.1	0.1	0.1			0	6.4	trace
X80	Peas, green, frozen, boiled, drained, composite	100	80.7	172	219	5.4	0.4	4.0	5.8	1.0	3.0	0.1	0.1	trace			0	2.0	trace
X80	1 cup (250ml)	164	132	283	359	8.9	0.7	6.6	9.5	1.6	4.9	0.2	0.2	0.1			0	3.3	trace
X73	Peas, split, boiled	100	63.7	538	569	9.3	0.3	22.2	3.9	1.0	21.2	0.1	0.1	trace			0	15.6	trace
X73	1 cup (250ml)	194	123	1040	1100	17.9	0.6	43.1	7.6	1.9	41.2	0.2	0.2	0.1			0	30.3	trace

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Food ID	Foods	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
X60	Mushrooms, raw	100	380	110	3.9	0.3	0.6	8	2	10	0.02	0.26	1.7	0.24	0	18	0.4	0	0.29
X60	1 cup, chopped	68	260	73	2.7	0.2	0.4	trace	1	7	0.01	0.18	1.1	0.16	0	12	0.3	0	0.20
X60	1 mushroom	16	61	17	0.6	trace	0.1	trace	trace	2	trace	0.04	0.27	0.04	0	2.9	0.1	0	0.05
X64	Onion, flesh, boiled, drained	100	78	16	24	0.3	0.1	trace	0	0	0.02	0.04	0.24	0.06	0	15	6.0	0	0.02
X64	1 cup, chopped	221	170	35	53	0.7	0.2	trace	0	0	0.04	0.09	0.53	0.13	0	33	13.3	0	0.04
X64	1 onion	50	39	8.0	12	0.2	trace	trace	0	0	0.01	0.02	0.12	0.03	0	7.5	3.0	0	0.01
X66	Onion, flesh, raw	100	180	40	21	0.2	0.3	trace	2	10	0.04	0.02	1.0	0.04	0	17	7.1	0	0.02
X66	1 cup, chopped	175	320	69	37	0.4	0.4	trace	3	18	0.07	0.04	1.8	0.07	0	30	12.4	0	0.04
X66	1 onion	97	180	38	21	0.2	0.2	trace	2	10	0.04	0.02	1.0	0.04	0	16	6.9	0	0.02
X146	Onion, pickled	100	63	17	26	0.1	0	trace	0	0	0.02	0.06	0.10	0.09	0	12	0	0	0.30
X146	1 cup (250ml)	195	120	33	51	0.2	0	trace	0	0	0.04	0.12	0.20	0.18	0	23	0	0	0.59
X146	1 onion	25	16	4.3	6.5	trace	0	trace	0	0	trace	0.02	0.03	0.02	0	3.0	0	0	0.08
X67	Onion, spring, raw	100	230	24	140	1.2	0.1	trace	98	586	0.05	0.09	1.2	0.10	0	64	25.0	0	0.30
X67	1 cup (250ml)	106	240	25	150	1.3	0.1	trace	104	621	0.05	0.10	1.3	0.11	0	68	26.5	0	0.32
X67	1 spring onion	18	41	4.3	25	0.2	trace	trace	18	105	0.01	0.02	0.22	0.02	0	12	4.5	0	0.05
X68	Parsley, leaves, raw	100	1100	130	330	8.0	0.9	trace	1170	7000	0.15	0.30	1.8	0.20	0	150	150	0	0.75
X68	1 cup, chopped	64	690	83	210	5.1	0.6	trace	748	4480	0.10	0.19	1.2	0.13	0	97	96.0	0	0.48
X68	1 tablespoon	4	40	4.8	12	0.3	trace	trace	43	259	0.01	0.01	0.07	0.01	0	5.6	5.6	0	0.03
X69	Parsnip, flesh, boiled, drained	100	290	32	36	0.5	0.1	trace	5	27	0.07	0.06	0.90	0.06	0	58	10.0	0	1.0
X69	1 parsnip (22.5 x 5.6cm diameter)	160	460	51	58	0.8	0.2	trace	7	43	0.11	0.10	1.4	0.10	0	93	16.0	0	1.6
X80	Peas, green, frozen, boiled, drained, composite	100	130	84	31	1.4	0.7	trace	47	280	0.24	0.07	2.4	0.07	0	59	13.0	0	0.03
X80	1 cup (250ml)	164	210	140	51	2.3	1.1	trace	77	459	0.39	0.12	3.9	0.12	0	97	21.3	0	0.05
X73	Peas, split, boiled	100	300	130	12	1.9	3.5	trace	8	50	0.12	0.07	2.6	0.06	0	65	0.5	0	0.65
X73	1 cup (250ml)	194	580	260	24	3.7	6.7	trace	16	97	0.23	0.14	5.1	0.12	0	130	1.0	0	1.3

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Food ID	Foods	Measure	Water	Energy	Energy (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
X1008	Potato, assorted varieties, flesh & skin, baked	100	76.0	332	349	2.5	0.4	16.6	2.2	1.4	15.2	0.1	trace	0.2			0	1.1	trace
X1008	1 cup, sliced	130	98.8	431	454	3.3	0.5	21.5	2.9	1.8	19.7	0.1	trace	0.2			0	1.4	trace
X1011	Potato, assorted varieties, flesh, boiled	100	83.7	262	274	1.4	0.3	13.7	1.5	1.2	12.6	0.1	trace	0.1			0	0.5	trace
X1011	1 medium	167	140	437	457	2.4	0.4	22.9	2.5	1.9	21.0	0.1	trace	0.2			0	0.8	trace
X1032	Potato, fries, beer batter, baked, composite	100	59.9	704	724	3.7	6.3	24.5	2.6	0.5	24.0	0.5	3.9	1.5	0.4	1.1	0	280	0
X1032	1 cup (250ml)	141	84.5	993	1020	5.2	8.9	34.6	3.7	0.7	33.9	0.8	5.5	2.1	0.6	1.5	0	395	0
X327	Potato, fries, frozen, chunky cut, precooked in canola oil, baked	100	55.7	781	818	3.6	4.8	32.7	4.6	0	32.7	0.5	2.7	0.9			0	67.0	trace
X327	10 chips	83	46.0	645	675	2.9	3.9	27.0	3.8	0	27.0	0.4	2.2	0.7			0	55.3	trace
X324	Potato, fries, frozen, chunky cut, precooked in polyunsaturated oil, baked	100	61.3	627	643	3.6	3.7	25.8	2.0	0	25.8	0.6	1.0	1.5			0	67.0	trace
X324	10 chips	80	49.0	502	515	2.8	3.0	20.6	1.6	0	20.6	0.5	0.8	1.2			0	53.6	trace
X321	Potato, fries, frozen, shoestring cut, precooked in polyunsaturated oil, baked	100	52.4	900	916	3.6	7.8	33.0	2.0	0	33.0	1.3	2.1	3.2			0	67.0	trace
X321	10 chips	21	11.0	189	192	0.7	1.6	6.9	0.4	0	6.9	0.3	0.5	0.7			0	14.1	trace
X322	Potato, fries, frozen, straight cut, precooked in polyunsaturated oil, baked	100	60.2	701	717	3.6	5.5	26.2	2.0	0	26.2	0.9	1.5	2.3			0	67.0	trace
X322	10 chips	59	35.4	412	422	2.1	3.2	15.4	1.2	0	15.4	0.6	0.9	1.3			0	39.4	trace
X1033	Potato, fries, steak, tempura, baked, Wattie's	100	58.6	758	776	3.1	8.2	24.1	2.2	0.5	23.6	0.7	5.1	1.8	0.5	1.4	0	410	0
X1033	1 cup (250ml)	156	91.1	1180	1210	4.9	12.8	37.5	3.4	0.8	36.7	1.1	8.0	2.8	0.7	2.1	0	638	0
X93	Potato, baked, salt added 'Rua'	100	75.4	370	382	2.6	0.2	19.2	1.5	0.4	18.8	trace	trace	0.1			0	104	trace
X93	1 cup (250ml)	128	96.5	473	489	3.3	0.2	24.6	1.9	0.5	24.1	trace	trace	0.1			0	133	trace
X93	1 potato	90	67.8	333	343	2.3	0.1	17.3	1.4	0.4	16.9	trace	trace	0.1			0	93.6	trace
X96	Potato, boiled, mashed with milk, butter & salt 'Rua'	100	79.3	394	406	1.8	3.3	14.5	1.4	0.7	13.8	1.3	1.0	0.8			3	130	trace
X96	1 cup (250ml)	209	166	824	848	3.8	6.9	30.3	2.9	1.4	28.9	2.8	2.0	1.7			6	272	trace
X94	Potato, flesh, boiled, drained 'Rua'	100	77.1	345	360	2.1	0.2	18.2	1.9	0.2	17.9	trace	trace	0.1			0	4.0	trace
X94	1 cup (250ml)	164	126	566	591	3.5	0.3	29.8	3.1	0.3	29.4	0.1	trace	0.2			0	6.6	trace
X94	1 potato	114	87.8	393	410	2.4	0.2	20.7	2.2	0.2	20.5	trace	trace	0.1			0	4.6	trace

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Food ID	Foods	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
X1008	Potato, assorted varieties, flesh & skin, baked	100	470	45	7.2	0.7	0.4	trace	trace	2	0.03	0.02	1.8	0.36	0	22	15.0	0	0.04
X1008	1 cup, sliced	130	610	59	9.4	0.9	0.5	trace	trace	3	0.04	0.03	2.3	0.47	0	29	19.5	0	0.05
X1011	Potato, assorted varieties, flesh, boiled	100	260	28	2.7	0.3	0.2	trace	1	7	0.02	0.02	1.5	0.16	0	14	9.0	0	0.06
X1011	1 medium	167	430	47	4.5	0.6	0.4	trace	2	12	0.03	0.03	2.5	0.27	0	24	15.0	0	0.10
X1032	Potato, fries, beer batter, baked, composite	100	510	150	14	0.6	0.4	trace	0	0	0	0.03	1.4	0.19	0	41	2.0	0	0.56
X1032	1 cup (250ml)	141	720	210	19	0.8	0.5	7	0	0	0	0.04	2.0	0.27	0	58	2.8	0	0.79
X327	Potato, fries, frozen, chunky cut, precooked in canola oil, baked	100	490	140	11	0.8	0.5	trace	0	0	0.11	0.02	2.4	0.64	0	24	6.2	0	0.76
X327	10 chips	83	400	110	8.9	0.6	0.4	trace	0	0	0.09	0.02	2.0	0.53	0	20	5.1	0	0.63
X324	Potato, fries, frozen, chunky cut, precooked in polyunsaturated oil, baked	100	490	140	11	0.8	0.5	trace	0	0	0.11	0.02	2.4	0.64	0	24	6.2	0	0.76
X324	10 chips	80	390	110	8.6	0.6	0.4	trace	0	0	0.09	0.02	1.9	0.51	0	19	5.0	0	0.61
X321	Potato, fries, frozen, shoestring cut, precooked in polyunsaturated oil, baked	100	490	140	11	0.8	0.5	trace	0	0	0.11	0.02	2.4	0.64	0	24	6.2	0	0.76
X321	10 chips	21	100	29	2.3	0.2	0.1	trace	0	0	0.02	trace	0.51	0.13	0	5.0	1.3	0	0.16
X322	Potato, fries, frozen, straight cut, precooked in polyunsaturated oil, baked	100	490	140	11	0.8	0.5	trace	0	0	0.11	0.02	2.4	0.64	0	24	6.2	0	0.76
X322	10 chips	59	290	80	6.4	0.4	0.3	trace	0	0	0.07	0.01	1.4	0.38	0	14	3.6	0	0.45
X1033	Potato, fries, steak, tempura, baked, Wattie's	100	320	120	9.4	0.6	0.3	0	0	0	0	0.03	1.4	0.19	0	41	2.0	0	0.56
X1033	1 cup (250ml)	156	500	190	15	0.9	0.5	0	0	0	0	0.05	2.2	0.30	0	64	3.1	0	0.87
X93	Potato, Rua, baked, salt added	100	540	41	4.0	0.3	0.3	trace	1	7	0.09	0.04	1.1	0.09	0	14	10.0	0	0.08
X93	1 cup (250ml)	128	700	52	5.1	0.4	0.4	trace	1	9	0.12	0.05	1.4	0.12	0	18	12.8	0	0.10
X93	1 potato	90	490	37	3.6	0.3	0.3	trace	1	6	0.08	0.04	1.0	0.08	0	13	9.0	0	0.07
X96	Potato, Rua, boiled, mashed with milk, butter & salt	100	280	39	21	0.3	0.3	trace	12	39	0.05	0.05	0.95	0.07	0.01	14	8.0	0	0.10
X96	1 cup (250ml)	209	590	82	44	0.6	0.6	trace	24	82	0.10	0.10	2.0	0.15	0.02	29	16.7	0	0.21
X94	Potato, Rua, flesh, boiled, drained	100	330	32	4.0	0.5	0.2	trace	1	7	0.07	0.04	0.83	0.07	0	14	9.0	0	0.08
X94	1 cup (250ml)	164	540	52	6.6	0.8	0.3	trace	2	11	0.12	0.07	1.4	0.12	0	23	14.8	0	0.13
X94	1 potato	114	380	36	4.6	0.6	0.2	trace	1	8	0.08	0.05	0.95	0.08	0	16	10.3	0	0.09

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Food ID	Foods	Measure	Water	Energy	Energy (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
X154	Potato, flesh, microwaved, salt added 'Rua'	100	72.4	399	414	2.5	0.1	21.1	1.9	0.5	20.6	trace	trace	0.1			0	119	trace
X154	1 cup (250ml)	128	92.7	511	530	3.2	0.2	27.0	2.4	0.6	26.4	trace	trace	0.1			0	152	trace
X154	1 potato	90	65.2	359	373	2.3	0.1	19.0	1.7	0.5	18.5	trace	trace	0.1			0	107	trace
X98	Potato, roasted in beef dripping, salt added 'Rua'	100	71.8	436	453	2.4	0.6	22.3	2.2	0.5	21.8	0.3	0.3	0.1			1	124	trace
X98	1 cup (250ml)	130	93.4	567	589	3.2	0.8	28.9	2.8	0.6	28.3	0.3	0.4	0.1			1	161	trace
X98	1 potato	95	68.2	414	431	2.3	0.6	21.1	2.0	0.5	20.7	0.2	0.3	0.1			1	118	trace
X1037	Potato, wedges, crunchy, baked, Pams	100	60.5	610	637	3.4	3.9	24.5	3.3	0.6	23.9	0.3	2.3	1.0	0.3	0.7	0	33.0	0
X1037	1 cup (250ml)	136	82.5	832	868	4.7	5.3	33.4	4.5	0.8	32.6	0.4	3.2	1.3	0.4	0.9	0	45.0	0
X314	Potato, wedges, frozen, precooked in polyunsaturated oil, baked	100	56.8	772	788	3.9	6.2	28.5	2.0	0	28.5	1.1	1.7	2.6			0	375	trace
X314	10 chips	95	53.7	731	746	3.7	5.9	27.0	1.9	0	27.0	1.0	1.6	2.4			0	355	trace
X292	Pumpkin, flesh & skin, roasted	100	85.2	213	225	1.7	2.7	5.0	1.5	1.2	3.8	1.2	0.8	0.1		trace	0	29.0	trace
X292	1 cup (250ml)	215	183	458	483	3.6	5.9	10.8	3.2	2.6	8.1	2.5	1.7	0.2		0.1	0	62.4	trace
X148	Pumpkin, flesh, baked	100	84.5	190	208	1.4	0.4	9.1	2.2	6.1	3.0	0.2	0.1	trace			0	3.0	trace
X148	1 cup (250ml)	217	183	412	451	3.1	0.8	19.7	4.8	13.2	6.5	0.5	0.1	trace			0	6.5	trace
X147	Pumpkin, flesh, boiled, drained	100	91.5	87	104	0.8	0.2	4.0	2.2	2.6	1.4	0.1	trace	trace			0	2.0	trace
X147	1 cup (250ml)	220	201	191	230	1.7	0.4	8.8	4.8	5.7	3.1	0.3	0.1	trace			0	4.4	trace
X1012	Puwaha, prickly sow thistle, leaves, raw	100	90.8	79	104	2.4	0.9	0.4	3.2	0.2	0.2	0.1	trace	0.3			0	110	trace
X1012	1 serving	30	27.2	24	31	0.7	0.3	0.1	1.0	0.1	0.1	trace	trace	0.1			0	33.0	trace
X181	Puwaha, sow thistle, boiled	100	93.5	68	110	2.3	0.7	0.2	5.2	0.2	trace	0.1	trace	0.4			0	26.0	trace
X181	1 cup, chopped	146	137	100	161	3.4	1.0	0.3	7.6	0.3	trace	0.2	0.1	0.6			0	38.0	trace
X112	Radishes, flesh & skin, raw	100	93.6	78	86	0.9	0.5	2.6	1.1	2.6	0	0.1	0.1	0.2			0	56.4	trace
X112	1 cup, sliced	124	116	96	107	1.2	0.6	3.2	1.4	3.2	0	0.2	0.1	0.2			0	69.9	trace
X112	1 radish	15	14.0	12	13	0.1	0.1	0.4	0.2	0.4	0	trace	trace	trace			0	8.5	trace

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Food ID	Foods	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
X154	Potato, rua, flesh, microwaved, salt added	100	610	47	4.0	0.5	0.4	trace	2	13	0.09	0.05	0.90	0.10	0	14	10.0	0	0.08
X154	1 cup (250ml)	128	780	60	5.1	0.6	0.5	trace	3	17	0.12	0.06	1.2	0.13	0	18	12.8	0	0.10
X154	1 potato	90	550	42	3.6	0.5	0.4	trace	2	12	0.08	0.05	0.81	0.09	0	13	9.0	0	0.07
X98	Potato, Rua, roasted in beef dripping, salt added	100	590	44	6.0	0.6	0.3	trace	2	10	0.11	0.04	1.4	0.11	0	24	10.0	0	0.08
X98	1 cup (250ml)	130	770	57	7.8	0.8	0.4	trace	2	13	0.14	0.05	1.8	0.14	0	31	13.0	0	0.10
X98	1 potato	95	560	42	5.7	0.6	0.3	trace	2	10	0.11	0.04	1.3	0.11	0	23	9.5	0	0.08
X1037	Potato, wedges, crunchy, baked, Pams	100	570	110	16	0.7	0.5	0	1	6	0	0.03	2.1	0.47	0	30	2.0	0	0.56
X1037	1 cup (250ml)	136	780	150	22	1.0	0.7	0	1	8	0	0.04	2.8	0.64	0	41	2.7	0	0.76
X314	Potato, wedges, frozen, precooked in polyunsaturated oil, baked	100	460	130	12	0.8	0.5	trace	0	0	0.12	0.03	2.7	0.52	0	30	6.2	0	0.76
X314	10 chips	95	440	120	12	0.7	0.5	trace	0	0	0.11	0.03	2.6	0.49	0	28	5.9	0	0.72
X292	Pumpkin, flesh & skin, roasted	100	430	73	16	0.5	0.3	0	159	955	0.02	0.08	0.50	0.04	0	9.0	3.0	0	2.4
X292	1 cup (250ml)	215	920	160	34	1.0	0.7	0	343	2050	0.04	0.17	1.1	0.09	0	19	6.3	0	5.1
X148	Pumpkin, flesh, baked	100	420	30	29	0.4	0.3	trace	529	3170	0.04	0.01	0.47	0.08	0	9.0	19.0	0	1.1
X148	1 cup (250ml)	217	900	65	63	0.9	0.7	trace	1150	6880	0.09	0.02	1.0	0.17	0	20	41.2	0	2.3
X147	Pumpkin, flesh, boiled, drained	100	230	17	16	0.2	0.2	trace	590	3530	0.02	0	0.25	0.03	0	9.0	10.0	0	1.1
X147	1 cup (250ml)	220	500	37	35	0.5	0.4	trace	1300	7770	0.04	0	0.55	0.07	0	20	22.0	0	2.3
X1012	Puwaha, prickly sow thistle, leaves, raw	100	450	29	100	0.9	0.9	trace	692	4140	0.02	0.18	2.6	0.36	0	96	1.0	0	0.52
X1012	1 serving	30	140	8.7	30	0.3	0.3	trace	207	1240	0.01	0.05	0.78	0.11	0	29	0.3	0	0.16
X181	Puwaha, sow thistle, boiled	100	160	37	100	1.1	0.5	trace	1370	8230	0.02	0.03	0.71	0.05	0	74	22.0	0	0.70
X181	1 cup, chopped	146	230	54	150	1.6	0.7	trace	2010	12000	0.03	0.04	1.0	0.07	0	110	32.1	0	1.0
X112	Radishes, flesh & skin, raw	100	230	26	42	1.8	0.4	trace	2	13	0.04	0.02	0.29	0.10	0	23	23.9	0	0
X112	1 cup, sliced	124	280	32	52	2.2	0.5	trace	3	16	0.05	0.03	0.36	0.12	0	28	29.6	0	0
X112	1 radish	15	34	3.9	6.3	0.3	0.1	trace	trace	2	0.01	trace	0.04	0.02	0	3.4	3.6	0	0

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Food ID	Foods	Measure	Water	Energy	Energy (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
X1018	Rocket, raw	100	92.8	75	94	3.2	0.5	0.2	2.3	0.2	0	0.1	trace	0.3			0	13.0	0
X1018	1 bag	130	121	98	122	4.2	0.7	0.2	3.0	0.2	0	0.1	0.1	0.4			0	16.9	0
X1047	Salad, mesclun mix, raw	100	93.0	53	70	2.5	0.3	0	2.2	0	0	trace	trace	0.1	0.1	trace	0	24.0	8
X1047	1 cup (250ml)	33	30.6	17	23	0.8	0.1	0	0.7	0	0	trace	trace	trace	trace	trace	0	7.9	trace
X1013	Seaweed, nori sheet, toasted	100	2.4	954	1260	38.8	7.2	2.4	38.2	0.4	2.0	1.0	1.4	3.2	trace	2.2	0	690	3000
X1013	5 sheets	11	0.3	108	142	4.4	0.8	0.3	4.3	trace	0.2	0.1	0.2	0.4	trace	0.2	0	78.0	340
X177	Silver beet, boiled for 10 minutes, no salt added	100	89.7	105	132	2.8	0.3	2.9	3.3	2.6	0.3	trace	0.1	0.1			0	144	trace
X177	1 cup, chopped	168	151	177	221	4.7	0.5	4.8	5.5	4.4	0.4	0.1	0.1	0.2			0	242	trace
X1046	Spinach, English, boiled, drained	100	93.9	62	80	2.8	0.4	0	2.3	0	0	trace	trace	0.2	0.2	trace	0	4.9	trace
X1046	1 cup (250ml)	136	127	84	109	3.8	0.5	0	3.1	0	0	0.1	trace	0.3	0.2	trace	0	6.6	6
X1045	Spinach, English, raw	100	93.0	57	74	2.5	0.4	0	2.2	0	0	trace	trace	0.2	0.2	trace	0	10.6	11
X1045	1 cup, chopped	39	36.1	22	29	1.0	0.2	0	0.9	0	0	trace	trace	0.1	0.1	trace	0	4.1	trace
X266	Sprouts, alfalfa, raw	100	92.3	88	105	3.7	0.7	0	2.2	0	0	0.1	0.1	0.4			0	6.1	trace
X266	1 cup (250ml)	35	32.3	31	37	1.3	0.2	0	0.8	0	0	trace	trace	0.1			0	2.1	trace
X225	Squash, buttercup, flesh, steamed	100	78.1	348	369	1.8	0.3	18.4	2.6	3.6	14.8	0.1	trace	0.1			0	2.0	trace
X225	1 cup diced	222	173	773	819	4.0	0.6	40.8	5.8	8.0	32.9	0.2	0.1	0.3			0	4.4	trace
X123	Swede, flesh, boiled, drained	100	91.6	79	102	0.9	0.1	3.7	2.8	3.5	0.2	trace	trace	trace			0	12.0	trace
X123	1 cup, chopped	150	137	119	153	1.3	0.1	5.6	4.2	5.3	0.3	trace	trace	0.1			0	18.0	trace
X1062	Taro, root, peeled, baked	100	64.5	480	504	1.3	1.3	24.7	3.1	2.2	22.5	0.2	0.6	0.2	0.1	0.2	0	0	trace
X1062	1 serving (2/5 cup sliced)	59	38.0	283	298	0.8	0.7	14.5	1.8	1.3	13.3	0.1	0.4	0.1	trace	0.1	0	0	trace
X1062	1 cup, sliced	148	95.1	708	744	1.9	1.8	36.4	4.5	3.2	33.2	0.4	0.9	0.3	0.1	0.3	0	0	trace
X1063	Taro, root, peeled, boiled	100	65.1	449	474	1.3	0.3	24.9	3.1	2.2	22.7	0.1	trace	0.1	trace	0.1	0	0	trace
X1063	1 cup sliced	132	85.9	592	625	1.7	0.4	32.9	4.1	2.9	30.0	0.1	trace	0.2	trace	0.1	0	0	trace
X1063	1 serving	66	43.0	296	313	0.9	0.2	16.4	2.0	1.5	15.0	0.1	trace	0.1	trace	0.1	0	0	trace

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Food ID	Foods	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
X1018	Rocket, raw	100	350	41	200	0.9	0.4	trace	444	2660	0.09	0.24	1.2	0.23	0	2.3	5.0	0	0.88
X1018	1 bag	130	460	53	260	1.1	0.5	trace	577	3460	0.12	0.31	1.5	0.30	0	3.0	6.4	0	1.1
X1047	Salad, mesclun mix, raw	100	400	37	150	1.1	0.4	0	482	2880	0	0.25	0.73	0.31	0	160	4.4	0	0
X1047	1 cup (250ml)	33	130	12	49	0.4	0.1	0	159	950	0	0.08	0.24	0.10	0	52	1.4	0	0
X1013	Seaweed, nori sheet, toasted	100	2800	610	240	20	4.4	20	1440	8640	0.17	2.4	17	1.4	67	12	134	0	2.0
X1013	5 sheets	11	320	69	27	2.3	0.5	trace	163	976	0.02	0.27	1.9	0.16	7.6	1.3	15.1	0	0.22
X177	Silverbeet, boiled for 10 minutes, no salt added	100	420	39	68	1.2	0.7	trace	553	3310	0.02	0.04	0.85	0.25	0	42	16.0	0	2.4
X177	1 cup, chopped	168	710	66	110	2.1	1.2	trace	929	5560	0.03	0.07	1.4	0.42	0	71	26.9	0	4.0
X1046	Spinach, English, boiled, drained	100	340	31	88	1.8	0.4	0	398	2390	0	0.14	0.66	0.13	0	130	1.2	0	0
X1046	1 cup (250ml)	136	460	42	120	2.5	0.6	0	540	3230	0	0.19	0.89	0.18	0	180	1.6	0	0
X1045	Spinach, English, raw	100	710	47	69	4.4	0.6	0	403	2410	0	0.24	1.0	0.16	0	200	2.9	0	0
X1045	1 cup, chopped	39	280	18	27	1.7	0.2	0	156	937	0	0.09	0.39	0.06	0	77	1.1	0	0
X266	Sprouts, alfalfa, raw	100	83	68	13	0.5	trace	trace	16	96	0.15	0.14	1.1	0.13	0	36	0	0	0.02
X266	1 cup (250ml)	35	29	24	4.4	0.2	trace	trace	6	34	0.05	0.05	0.39	0.05	0	13	0	0	0.01
X225	Squash, buttercup, flesh, steamed	100	380	22	16	0.4	0.2	trace	433	2590	0.10	0.11	1.3	0.06	0	46	0.6	0	1.9
X225	1 cup diced	222	830	49	36	0.9	0.5	trace	960	5750	0.22	0.24	2.9	0.13	0	100	1.3	0	4.2
X123	Swede, flesh, boiled, drained	100	180	18	30	0.4	0.1	trace	0	0	0.04	0.03	1.0	0.12	0	15	17.0	0	0
X123	1 cup, chopped	150	260	27	45	0.6	0.2	trace	0	0	0.06	0.05	1.5	0.18	0	23	25.5	0	0
X1062	Taro, root, peeled, baked	100	400	40	17	0.6	2.4	0	2	11	0.08	0.12	1.4	0.21	0	55	3.1	0	1.6
X1062	1 serving (2/5 cup sliced)	59	230	23	9.9	0.3	1.4	0	1	6	0.05	0.07	0.80	0.12	0	33	1.8	0	0.97
X1062	1 cup, sliced	148	580	58	25	0.8	3.5	0	3	16	0.12	0.18	2.0	0.31	0	82	4.6	0	2.4
X1063	Taro, root, peeled, boiled	100	400	40	17	0.6	2.4	0	2	11	0.10	0.13	1.4	0.22	0	62	3.9	0	1.6
X1063	1 cup sliced	132	530	53	22	0.8	3.2	0	2	15	0.13	0.17	1.9	0.29	0	82	5.1	0	2.1
X1063	1 serving	66	260	26	11	0.4	1.6	0	1	7	0.07	0.09	0.95	0.15	0	41	2.6	0	1.1

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Food ID	Foods	Measure	Water	Energy	Energy (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
X1053	Taro, root, peeled, raw	100	65.1	449	474	1.3	0.3	24.9	3.1	2.2	22.7	0.1	trace	0.1	trace	0.1	0	0	trace
X1053	1 taro, peeled	465	303	2090	2200	6.1	1.4	116	14.4	10.2	106	0.4	0.1	0.6	0.1	0.5	0	0	trace
X1006	Tomatoes, assorted varieties, flesh, skin & seeds, raw	100	94.2	72	82	0.8	0.4	2.7	1.2	2.7	trace	trace	0.1	0.2			0	1.0	trace
X1006	1 medium whole (6.6cm diameter)	123	116	89	101	0.9	0.5	3.3	1.5	3.3	trace	trace	0.1	0.2			0	1.2	trace
X125	Tomatoes, canned, drained	100	94.0	106	119	1.3	0.2	4.6	1.7	4.6	trace	trace	trace	0.1			0	138	trace
X125	1 cup (250ml)	254	239	268	303	3.2	0.5	11.8	4.3	11.7	0.1	0.1	0.1	0.2			0	351	trace
X275	Tomatoes, canned, in tomato juice	100	93.6	70	80	0.9	0.2	2.9	1.2	2.7	0.2	0	0	0	0	0	0	62.0	trace
X275	1 cup (250ml)	261	244	184	209	2.3	0.5	7.6	3.1	7.0	0.5	0	0	0	0	0	0	162	trace
X295	Tomatoes, sun-dried	100	14.6	1090	1190	15.2	3.0	43.5	12.3	23.0	20.5	0.5	0.5	1.3			0	2100	trace
X295	1 cup (250ml)	54	7.9	588	641	8.2	1.6	23.5	6.6	12.4	11.0	0.3	0.3	0.7			0	1130	trace
X129	Turnip, flesh, boiled, drained	100	94.5	61	86	0.7	0.3	2.3	3.1	2.2	0.1	trace	trace	0.2			0	28.0	trace
X129	1 cup, mashed	122	115	74	105	0.8	0.4	2.8	3.8	2.7	0.1	trace	trace	0.2			0	34.2	trace
X157	Vegetables, carrots, corn & peas, frozen, boiled, drained	100	81.2	243	279	3.2	0.5	10.4	4.6	4.5	5.9	0.1	0.1	0.2			0	20.2	trace
X157	1 cup (250ml)	145	118	352	405	4.6	0.7	15.0	6.6	6.5	8.5	0.2	0.1	0.2			0	29.3	trace
X131	Watercress, raw	100	93.0	65	92	2.8	0.4	0.2	3.3	0.1	0.1	0.1	trace	0.2			0	16.6	trace
X131	1 cup, chopped	35	32.6	23	32	1.0	0.1	0.1	1.2	trace	trace	trace	trace	0.1			0	5.8	trace
X131	1 stem and leaves	3	2.3	2	2	0.1	trace	trace	0.1	trace	trace	trace	trace	trace	0	0	0	0.4	trace
X132	Yam, flesh, boiled, drained	100	65.8	482	514	1.6	0.1	27.1	3.9	0.2	26.9	trace	trace	trace			0	17.0	trace
X132	1 cup, cubed	144	94.8	695	740	2.2	0.1	39.0	5.6	0.3	38.7	trace	trace	0.1			0	24.5	trace
X309	Yam, South Island, flesh, roasted	100	81.7	263	294	1.7	0.2	13.5	3.9	4.4	9.1	trace	0.1	trace			0	2.7	trace
X309	1 cup diced	144	118	379	423	2.4	0.3	19.5	5.6	6.3	13.1	trace	0.2	trace			0	3.9	trace

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Food ID	Foods	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
X1053	Taro, root, peeled, raw	100	400	40	17	0.6	2.4	0	2	11	0.10	0.13	1.4	0.22	0	62	3.9	0	1.6
X1053	1 taro, peeled	465	1900	190	79	2.7	11	0	9	51	0.47	0.61	6.7	1.0	0	290	18.1	0	7.5
X1006	Tomatoes, assorted varieties, flesh,skin & seeds, raw	100	240	22	6.6	0.2	0.1	trace	92	549	0.02	0.01	0.64	0.07	0	0	23.7	0	0.77
X1006	1 medium whole (6.6cm diameter)	123	300	27	8.1	0.2	0.1	trace	113	675	0.03	0.01	0.79	0.09	0	0	29.2	0	0.95
X125	Tomatoes, canned, drained	100	270	19	32	0.2	0.2	trace	35	209	0.01	0	0.58	0.01	0	8.0	8.0	0	0.25
X125	1 cup (250ml)	254	690	48	81	0.5	0.4	trace	89	531	0.03	0	1.5	0.03	0	20	20.3	0	0.64
X275	Tomatoes, canned, in tomato juice	100	180	19	24	0.6	0.1	0	62	370	0.02	0	0.70	0.11	0	8.0	11.0	0	1.2
X275	1 cup (250ml)	261	480	50	63	1.6	0.2	0	161	966	0.05	0	1.8	0.29	0	21	28.7	0	3.2
X295	Tomatoes, sun-dried	100	3400	360	110	9.1	2.0	0	87	522	0.53	0.49	9.1	0.33	0	68	39.2	0	0.01
X295	1 cup (250ml)	54	1900	190	59	4.9	1.1	0	47	282	0.29	0.27	4.9	0.18	0	37	21.2	0	trace
X129	Turnip, flesh, boiled, drained	100	160	19	55	0.4	0.1	trace	3	16	0.03	0.04	0.55	0.06	0	9.0	17.0	0	0
X129	1 cup, mashed	122	200	23	67	0.5	0.1	trace	3	20	0.04	0.05	0.67	0.07	0	11	20.7	0	0
X157	Vegetables, carrots, corn & peas, frozen, boiled, drained	100	150	48	19	0.8	0.5	trace	479	2870	0.13	0.03	1.8	0.07	0	19	7.0	0	0.32
X157	1 cup (250ml)	145	220	70	27	1.1	0.8	trace	695	4160	0.19	0.04	2.5	0.10	0	28	10.2	0	0.46
X131	Watercress, raw	100	180	33	53	2.2	0.3	trace	826	4950	0.12	0.04	0.77	0.19	0	280	75.0	0	1.3
X131	1 cup, chopped	35	63	12	18	0.8	0.1	trace	289	1730	0.04	0.01	0.27	0.07	0	98	26.3	0	0.46
X131	1 stem and leaves	3	4.5	0.8	1.3	0.1	trace	trace	21	124	trace	trace	0.02	trace	0	7.0	1.9	0	0.03
X132	Yam, flesh, boiled, drained	100	300	33	9.0	0.3	0.4	trace	152	912	0.05	0.01	0.84	0.23	0	16	2.0	0	4.6
X132	1 cup, cubed	144	430	48	13	0.4	0.6	trace	219	1310	0.07	0.01	1.2	0.33	0	23	2.9	0	6.6
X309	Yam, South Island, flesh, roasted	100	320	34	9.0	0	0.2	0	99	595	0	0.04	1.2	0.64	0	16	0	0	0
X309	1 cup diced	144	460	49	13	0	0.3	0	143	857	0	0.06	1.7	0.92	0	22	0	0	0

Appendix I – Alcohol Values

Food ID	Food Name	Measure g	Alcohol g
BEVERAGES, ALCOHOLIC			
B1001	Beer, 4% alcohol, composite	100	4.4
	1 can	440	19.4
	1 standard drink (330ml)	330	14.5
B35	Beer, low alcohol, composite	100	1.0
	1 can (355ml)	339	3.4
B2	Beer, standard, composite	100	3.9
	1 jug (1000ml)	1004	39.2
	1 bottle (745ml)	747	29.1
B9	Beer, stout	100	2.9
	1 large bottle (745ml)	755	21.9
B10	Beer, strong ale	100	6.6
	1 large bottle (745ml)	758	50.0
B12	Cider, sweet	100	3.7
	1 glass (177ml)	179	6.6
B17	Port, wine, fortified	100	15.9
	1 glass (55ml)	56	8.9
B18	Sherry, dry	100	15.7
	1 glass (59ml)	59	9.3
B20	Sherry, sweet	100	15.6
	1 glass (59ml)	60	9.4
B1010	Spirit, gin, 90 proof	100	37.9
	1 shot (30ml)	28	10.7
B1012	Spirit, rum, 80 proof	100	33.4
	1 shot (30ml)	28	9.4
B1011	Spirit, vodka, 80 proof	100	33.4
	1 shot (30ml)	28	9.4
B1009	Spirit, whiskey, 86 proof	100	36.0
	1 shot (30ml)	28	10.2
B21	Spirits, 70 proof	100	31.7
	1 nip (20ml)	19	6.0
B24	Wine, red, dry, composite	100	11.9

Food ID	Food Name	Measure	Alcohol
		g	g
	glass (104ml)	103	12.3
B26	Wine, white, dry, composite	100	11.9
	glass (104ml)	103	12.3
B27	Wine, white, medium, composite	100	10.3
	glass (104ml)	104	10.7
B28	Wine, white, sparkling, composite	100	10.6
	glass (104ml)	104	11.0
FAST FOODS			
H125	Pork, ribs with barbecue sauce, baked	100	0.5
	1 small rib without bone	25	0.1
MEAT PRODUCTS			
N1005	Frozen meal, roast pork with mashed potato & vegetables	100	1.0
	1 single meal	450	4.5
RECIPES			
R389	Chicken, with vegetables, stir fried	100	0.1
	1 cup (250ml)	170	0.2
R387	Lamb, with vegetables, stir fried	100	0.1
	1 cup (250ml)	187	0.2
R373	Pork, Chinese, simmered	100	0.7
	1 cup (250ml)	275	2.0
R5439	Pork, with vegetables & cashew nuts, stir fried	100	0.2
R102	Pudding, Christmas, steamed	100	0.1
	1 cup (250ml)	264	0.2
R5443	Soup, corned beef & vegetables	100	0.4
	1 cup (250ml)	255	1.0
R391	Sushi	100	0.5
	1 cup (250ml)	175	0.9
R146	Trifle	100	0.7
	1 cup (250ml)	180	1.2
R5440	Vegetables, stir fried	100	1.0

Appendix II – Caffeine Values

Food ID	Food Name	Measure g	Caffeine mg
BAKERY PRODUCTS			
A148	Biscuit, afghan, composite	100	4
	1 biscuit	17	1
A71	Biscuit, mallowpuff, Griffin's	100	8
	1 biscuit (2.7 x 4.5cm diameter)	22	2
A66	Biscuit, peanut brownie, composite	100	4
	1 biscuit (1.15 x 5.4cm diameter)	12	1
	1 biscuit (1.63 x 5.5cm diameter)	22	1
A72	Biscuit, toffee pop, composite	100	8
	1 biscuit (original)	17	1
	1 biscuit (extreme)	20	2
A108	Cake, chocolate, standard, baked	100	3
	1/8 cake	64	2
A128	Muffin, chocolate	100	3
	1 muffin (6cm top diameter x 4cm height)	60	2
BEVERAGES, NON-ALCOHOLIC			
C1036	Cocoa, powder, Cadbury	100	106
	1 cup (250ml)	76	80
	1 tablespoon	5	5
	1 teaspoon	2	2
C1045	Coffee, cafe variety, espresso, composite	100	387
	1 cup (250ml)	235	911
	1 shot (30ml)	28	109
C1044	Coffee, instant, cappuccino, powder, Nescafe	100	476
	1 tablespoon	7	33
	1 teaspoon	2	11
C1042	Coffee, instant, powder, composite	100	4590
	1 tablespoon	5	210
	1 teaspoon	2	70
C1043	Coffee, instant, decaffeinated, powder, composite	100	112

Food ID	Food Name	Measure g	Caffeine mg
	1 tablespoon	4	5
	1 teaspoon	1	2
C1035	Milo, powder, Nestle	100	16
	1 tablespoon	7	1
	1 teaspoon	2	0
C74	Drinking chocolate, Nesquik, powder, Nestle	100	10
	1 teaspoon	3	0
C1037	Drinking chocolate, powder, Cadbury	100	30
	1 tablespoon	9	3
	1 teaspoon	3	1
C1030	Energy drink, assorted flavours, V	100	28
	1 cup (250ml)	252	71
C2	Soft drink, coca cola	100	9
	1 can (355ml)	365	33
	1 bottle (500ml)	514	46
C25	Soft drink, cola, diet	100	14
	1 can (350ml)	350	49
C1040	Tea, black, brewed, composite	100	23
	1 cup (250ml)	233	52
C1041	Tea, black, decaffeinated, brewed, composite	100	2
	1 cup (250ml)	231	4
C1039	Tea, green, brewed, composite	100	12
	1 cup (250ml)	228	28
C24	Tea, Indian, brewed	100	22
	1 cup (250ml)	251	55
BREAKFAST CEREALS			
D35	Coco Pops, Kellogg's	100	5
	1 cup (250ml)	40	2
DAIRY			
F70	Dessert, dairy food, chocolate flavoured, composite	100	2
	1 cup (250ml)	246	5
F1070	Ice cream, chocolate, standard, composite	100	6

Food ID	Food Name	Measure g	Caffeine mg
	1 cup (250ml)	138	8
F110	Ice cream, jelly tip	100	2
	1 cup (250ml)	201	4
F113	Paddle pop, chocolate	100	4
	1 ice-block	91	4
FAST FOODS			
H55	Sundae, chocolate, McDonald's	100	1
	1 sundae	198	2
RECIPES			
R5435	Cake, chocolate, butter icing, baked	100	2
	1 slice	88	2
R42	Eclairs, with chocolate icing & cream filling	100	2
	whole	42	1
R5424	Pudding, rice, cocoa & coconut, cooked	100	2
	1 serving	125	3
SNACK FOODS			
U30	Muesli bar, chocolate chip, composite	100	2
	1 bar	32	1
U27	Muesli bar, chocolate coated, Snacker	100	2
	1 bar	33	1
U1010	Nut bar, chocolate, Nice & Natural	100	5
	1 bar	33	1
SUGAR, CONFECTIONARY & SWEET SPREADS			
W5	Chocolate bar, bounty, Cadbury	100	16
	1 bar	50	8
W34	Chocolate bar, Crunchie, Cadbury	100	16
	1 bar	53	8
W39	Chocolate bar, Kit Kat, Nestle	100	16

Food ID	Food Name	Measure	Caffeine
		g	mg
	1 finger	12	2
W6	Chocolate bar, Mars	100	16
	1 bar	60	10
W3	Chocolate bar, milk	100	20
	1 small bar	50	10
	1 large bar	120	24
W1014	Chocolate bar, Moro Gold Totally Nuts, Cadbury	100	10
	1 bar (10.9 x 2.7 x 2.2cm)	63	6
W33	Chocolate bar, Pinky, Cadbury	100	16
	1 bar	45	7
W35	Chocolate, candy coated, composite	100	16
	10 pieces	9	1
W1015	Chocolate, compound, composite	100	19
	1 cup (250ml)	195	37
W1013	Chocolate, crunchie, Cadbury	100	16
	1 block (20.1 x 16.2 x 1.0cm)	355	57
	1 block (20.4 x 9.5 x 0.9cm)	198	32
W56	Chocolate, dark	100	59
	1 cup, grated	88	52
W1012	Chocolate, energy, Cadbury	100	39
	1 bar (12.5 x 3.1 x 1.1cm)	51	20
	1 block (20.3 x 9.4 x 0.9cm)	205	80
W7	Chocolate, fancy & filled	100	16
	1 chocolate	5	1
W1010	Chocolate, fruit & nut, Cadbury	100	16
	1 bar (12.8 x 3.4 x 1.2cm)	52	8
	1 block (20.5 x 9.5 x 1.0cm)	206	33
W1011	Chocolate, peanut, Whittaker's	100	14
	1 block (19.9 x 10.6 x 1.1cm)	259	36
	1 slab (7.4 x 3.6 x 1.7cm)	52	7
W55	Chocolate, white	100	5
	1 cup, grated	88	4
W46	Sauce, chocolate, composite	100	10
	1 tablespoon	15	1
W1016	Spread, Nutella, Ferrero	100	11
	1 tablespoon	14	2

Appendix III – Food Message

Food ID	Food Name
BAKERY PRODUCTS	
A54	Bagel, plain Food record was derived from a recipe.
A148	Biscuit, afghan, composite Composite of Griffin's Milk Chocolate Afghans 200g, First Choice Milk Chocolate Afghans 200g & Budget Chocolate Afghans 200g.
A81	Biscuit, Anzac, homemade, baked Food record was derived from a recipe.
A146	Biscuit, arrowroot, composite Composite of Griffin's Milk Arrowroot 250g, Foodtown Milk Arrowroot 250g, Budget Milk Arrowroot 250g, No Frills Milk Arrowroot 250g, Arnott's Milk Arrowroot 250g & Arnott's Head & Tails 150g.
A1072	Biscuit, chit chat, Griffin's Ingredients: Sugar, wheat flour, vegetable fats [antioxidant (306)], milk solids, cocoa butter, cocoa mass, cocoa powder, invert syrup, emulsifiers (soy lecithin, 476), salt, natural colours [caramel, carmine], raising agents [baking soda, 450], natural flavours. Analysed January - June 2010. Product of New Zealand.
A1060	Biscuit, choc chip fudge, Arnott's Ingredients: Wheat flour, sugar, vegetable oil, condensed milk [milk solids, sugar], chocolate (8%) [sugar, cocoa mass, milk solids, vegetable oil, emulsifier (E322 (from soy), E476) flavour, salt, cocoa butter], cocoa, colour (E150c), salt, raising agents (E500, E450), emulsifier [E322 (from soy)]. Analysed January - June 2010. Product of Australia.
A1069	Biscuit, dark chocolate digestive, Arnott's Ingredients: Wheat flour, sugar, cocoa mass, vegetable oil, wheat bran, condensed milk, milk solids, honey, cocoa butter, salt emulsifiers (E322(from soy), E476), raising agent (E500), flavour, contains chocolate 33%. Analysed January - June 2010. Product of Australia.
A1070	Biscuit, dark chocolate wheaten, Griffin's Ingredients: Wheat (36%) [wheat flour, flaked wheat, wholemeal], sugar, vegetable fat [antioxidant (306)], cocoa mass, cocoa butter, malt extract (from barley), milk solids, salt, colours (150c, 110, 155, 160b), raising agents (500, 450), emulsifiers (soy lecithin, 476). Analysed January - June 2010. Product of New Zealand.
A4	Biscuit, digestive, composite Composite of Griffin's Digestives (62.5% Market Share) and Arnott's Digestive (37.5% Market Share).
A1067	Biscuit, double chocolate, Ernest Adams Ingredients: Wheat flour, sugar, chocolate chips (17%) [sugar, vegetable fat, cocoa mass, cocoa butter, milk solids, cocoa powder, emulsifiers (soy lecithin, 476, 492), flavour], vegetable fat, water, egg, glucose, cocoa powder (2%), golden syrup, skim milk powder, salt, raising agents (450,500,541), flavour, emulsifier (soy lecithin), antioxidant (307). Analysed January - June 2010. Product of New Zealand.
A5	Biscuit, gingernut, composite Composite sample made up from Griffin's Gingernuts (87.7% Market Share), Arnott's Gingernuts (10.5% Market Share) & Budget Gingernuts (1.75% Market Share) purchased from various retailers in Auckland, Hamilton, Palmerston North, Wellington, Christchurch & Dunedin in 2001.
A62	Biscuit, Krispie
A71	Biscuit, mallowpuff, Griffin's Composite of Griffin's Double Chocolate Mallowpuffs, Caramel Mallowpuffs and Chocolate Mallowpuffs. Samples purchased from various retailers in Auckland, Hamilton, Palmerston North, Wellington, Christchurch & Dunedin in 2001.

Food ID	Food Name
A64	Biscuit, malt, composite Composite of Griffin's Malt Biscuits (94.1% Market Share) & Budget Malt Biscuit (5.9% Market Share).
A1074	Biscuit, milk chocolate digestives, Arnott's Ingredients: Wheat flour, sugar, vegetable oil, milk solids, cocoa butter, wheat bran, condensed milk, cocoa mass, honey, salt, emulsifiers (E322 (from soy), E476), Raising agent [E500], flavour, contains milk chocolate 34%. Analysed January - June 2010. Product of Australia.
A1075	Biscuit, milk chocolate wheaten, Griffin's Ingredients: Wheat (36%) [wheat flour, flaked wheat, wholemeal], sugar, vegetable fat [antioxidant (306)], cocoa mass, cocoa butter, malt extract (from barley), milk solids, salt, colours (150c, 110, 155, 160b), raising agents (500, 450), emulsifiers (soy lecithin, 476), flavour. Analysed January - June 2010. Product of New Zealand.
A66	Biscuit, peanut brownie, composite Composite of Arnott's Farmbake Cookies Peanut Brownies (64% Market Share), Ernest Adams Butter Cookies Peanut Brownies (25.4% Market Share), Signature Range Peanut Brownies (5.3% Market Share) and No Frills Peanut Brownies (5.3% Market Share).
A9	Biscuit, plain, cream, composite Composite of Griffin's Swiss Creme Biscuits and Aulsebrooks Custard Creams Biscuits.
A63	Biscuit, shortbread, composite Composite sample made up from Arnott's Farmbake Cookies Butter Shortbread (64.0% Market Share), Ernest Adams Butter Cookies Shortbread (25.3% Market Share), Signature Range Shortbread Cookies (5.3% Market Share) & No Frills Shortbread Cookies (5.3% Market Share).
A1076	Biscuit, tim tam classic dark, Arnott's Ingredients: Sugar, wheat flour, vegetable oil, cocoa mass, emulsifiers (E322 (from soy), E476), golden syrup, cocoa powder, milk solids, colour (E150c), cocoa butter, flavours, salt, raising agent (E500), antioxidants (E306 from soy), contains dark chocolate 38%. Analysed January - June 2010. Product of Australia.
A1064	Biscuit, tim tam double coat, Arnott's Ingredients: Sugar, wheat flour, vegetable oil, milk solids, cocoa butter, cocoa mass, golden syrup, colours (E102, E110, E129, E133, E150), raising agent (E500), emulsifiers (E322: soy, E476), cocoa, salt, flavouring, milk chocolate. Analysed January - June 2010. Product of Australia.
A1071	Biscuit, tim tam original, Arnott's Ingredients: Sugar, wheat flour, vegetable oil, milk solids, cocoa butter, cocoa mass, golden syrup, colours (E102, E110, E129, E133, E150), raising agent (E500), emulsifiers (E322: soy, E476), salt, flavouring, milk chocolate 38%. Analysed January - June 2010. Product of Australia.
A72	Biscuit, toffee pop, composite Composite of Griffin's Toffee Pops Original & Extreme (93.8% Market Share) and Budget Toffee Pops (6.2% Market Share).
A12	Biscuit, wafer, cream filled, raspberry, composite Composite sample made up from JJ's Gizza Cream Wafers (59.3% Market Share), JJ Cream Wafers (32.0% Market Share), Budget Creme Wafers (4.3% Market Share) & No Frills Creme Wafers (4.3% Market Share) purchased from various supermarkets in Auckland, Hamilton, Palmerston North, Christchurch & Dunedin in 2001.
A1066	Biscuit, white & dark chocolate, Arnott's Ingredients: Wheat flour, sugar, vegetable oil, chocolate (8%) [Sugar, cocoa mass, cocoa butter, milk solids, emulsifier (E22: Soy, E476), flavouring] Compound white chocolate (8%) [Sucrose, vegetable oil, milk solids, Emulsifiers (E322: Soy, E493)], Milk solids, golden syrup, colour (E150), egg, raising agent (E500), cocoa, salt, flavouring. May contain traces of peanut, other nut or seed. Analysed January - June 2010. Product of Australia.
A53	Bread roll, mixed grain, supermarket
A40	Bread roll, white, supermarket
A52	Bread roll, wholemeal, supermarket
A1024	Bread, ancient grains, Vogel's Composite of 4 batches Vogels Ancient Grains. Samples purchased from various supermarkets in Palmerston North. Analysed January - June 2009.

Food ID	Food Name
A58	Bread, chapati, homemade Food record was derived from a recipe based on The Cook's Book by Mary Brown, Helean Leach & Nancy Tichborne 1989.
A206	Bread, currant, supermarket Food record was derived from a recipe.
A1017	Bread, garlic, butter, retail Composite of La Famiglia and Signature Range. Analysed January - June 2006.
A1019	Bread, garlic, margarine, retail Composite of Mamma Fiorelli's and Pam's. Analysed January - June 2006
A1045	Bread, mixed grain & toasted sesame, Vogel's Analysed January - June 2010 Samples purchased from North and South Island.
A1049	Bread, mixed grain, Freya's Ingredients: Wheat flour, water, grains and seeds (17%) [red wheat, purple wheat, rye, corn], yeast, wheat gluten, iodised salt, canola oil, soy flour, emulsifiers (471, 481), acidity regulator (263). Analysed January - June 2010 Samples purchased from North and South Island.
A1021	Bread, multigrain, 9 grains, Tip Top Composite of three batches Tip Top 9 Grains. Samples purchased from various supermarkets in Palmerston North. Analysed July - December 2008.
A1020	Bread, multigrain, Burgen Composite of three batches Burgen Multi Grain. Samples purchased from various supermarkets in Palmerston North. Analysed July - December 2008.
A1015	Bread, multigrain, gluten free, prepacked, composite Composite of New World, Organic Living and Kiwi Green Venerdi, Purebread and Dovedale.
A1010	Bread, multigrain, heavy, sliced, prepacked, composite Composite of Vogels Sandwich and Toast purchased from Auckland, Christchurch and Palmerston North.
A1009	Bread, multigrain, light, sliced, prepacked, composite Composite of Quality Bakers Molenberg, Tip Top Family Fresh Multigrain and Honey Grain purchased from Auckland, Christchurch and Palmerston North.
A234	Bread, panini, plain, composite Composite of Quality Bakers and Giannis Bakeries.
A1097	Bread, pita, white, composite Composite of Quality Bakers, Pita Bread Co and Giannis Bakeries.
A45	Bread, pita, wholemeal, composite Composite of Quality Bakers, Pita Bread Co and Giannis Bakeries.
A1052	Bread, salba traditional European rye, Yarrows Ingredients: Flour [wheat, rye (13%)], soy, malt (wheat), water, grains (11%) [kibbled wheat, kibbled rye (3.5%), rolled oats (2%), maize grits], salba (4.5%), wheat gluten, bakers yeast, wheat fibre, canola oil, iodised salt, colour (150c), malted barley, milk solids, emulsifiers (481, 472e, 471), white vinegar, vitamin (thiamin). Analysed January - June 2010 Samples purchased from North and South Island
A211	Bread, soy & linseed, sliced, prepacked
A1008	Bread, wheatmeal, sliced, prepacked, composite Composite of Quality Bakers Natures Fresh and Tip Top Family Fresh purchased from Auckland, Christchurch, Palmerston North.
A1014	Bread, white, gluten free, prepacked, composite Composite of Woolworths Fresh Zone, New World Pavilion, Organic Living Venerdi and Kiwi Green Liberte and Venerdi.

Food ID	Food Name
A1007	Bread, white, sliced, prepacked, composite Composite of Quality Bakers Natures Fresh and Tip Top Family Fresh.
A25	Bun, currant, composite Composite sample made up from Woolworths and Home-style Currant Buns.
A130	Bun, iced Samples purchased from supermarkets in Palmerston North.
A108	Cake, chocolate, standard, baked
A26	Cake, fruitcake, composite Composite of Ernest Adams Sultana Cake and Mother Earth Rich Fruit Cake.
A77	Cake, sponge, plain Food record was derived from a recipe.
A141	Cracker, assorted flavours, Ryvita Composite of Ryvita Sesame Whole Rye, Original Whole Rye and Dark Grain Whole Rye.
A134	Cracker, cheese, composite Composite of Arnott's Country Cheese, Arnott's Cheds and Griffins Cheddar.
A136	Cracker, cream, composite Composite of Huntley & Palmers Choice Grain Crackers, Cream Crackers and Aulsebrook Cream Crackers.
A1033	Cracker, cream, reduced fat, Huntley & Palmers Composite of four batches. Samples purchased from various supermarkets in Palmerston North. Analysed January - June 2009.
A1029	Cracker, crispbread, corn, Arnott's Composite of five batches. Samples purchased from various supermarkets in Palmerston North. Analysed January - June 2009.
A32	Cracker, crispbread, rye
A1031	Cracker, cruskit, lite, Arnott's Composite of five batches. Samples purchased from various supermarkets in Palmerston North. Analysed January - June 2009.
A119	Cracker, meal mates, Griffin's Samples purchased from supermarkets in Palmerston North July - September 1997.
A233	Cracker, rice, barbecue, composite Composite of Fantastic, Sakata, Trident, Griffins, Pams and Signature Range.
A1034	Cracker, rice, plain, composite Composite of Sakata and Fantastic. Samples purchased from various supermarkets in Palmerston North. Analysed January - June 2009.
A1035	Cracker, rice, seaweed, Sakata Composite of five batches. Samples purchased from various supermarkets in Palmerston North. Analysed January - June 2009.
A138	Cracker, salada, Arnott's Samples purchased from supermarkets in Palmerston North. Crackers were selected based on market share. Analysed 1998.
A1030	Cracker, salada, original, lite, Arnott's Composite of three batches. Samples purchased from various supermarkets in Palmerston North. Analysed January - June 2009.
A135	Cracker, sesame, composite Composite of Arnott's Sesame Wheat, Griffins Sesameal and Sao Sesame Cracker Wheat.

Food ID	Food Name
A137	Cracker, snax, Griffin's Samples purchased from supermarkets in Palmerston North. Crackers were selected based on market share. Analysed 1998.
A140	Cracker, water, Arnott's Samples purchased from supermarkets in Palmerston North. Crackers were selected based on market share. Analysed 1998.
A101	Croissant, plain, composite Composite of Home-style and TipTop.
A34	Doughnut, ring, composite Composite of Pak'n Save and Country fare.
A96	Muffin, assorted flavours, toasted Composite of Home-style English, Cheese and Spicy fruit.
A127	Muffin, blueberry Samples purchased from supermarkets in Palmerston North.
A129	Muffin, bran Samples purchased from supermarkets in Palmerston North.
A128	Muffin, chocolate Samples purchased from supermarkets in Palmerston North.
A143	Pizza base, composite Composite of Romano's, Ernest Adam's and Leaning Tower pizza bases.
A1011	Stuffing, from chicken, deli cooked
BEVERAGES, ALCOHOLIC	
B1001	Beer, 4% alcohol, composite Composite of Lion Nathan Beers (65%) and DB Breweries Beers (35%). Analysed July - December 2009.
B35	Beer, low alcohol, composite Composite of multiple bottles of McCashins Southern Light Lager purchased from various retailers in Palmerston North in 1994.
B2	Beer, standard, composite Composite of DB Export Gold, Lion Brown Draught, DB Draught, DB Natural and Lion Steinlager Blue Lager (all 4% ABV) purchased from various retailers in Palmerston North in 1994.
B9	Beer, stout
B10	Beer, strong ale
B12	Cider, sweet
B17	Port, wine, fortified
B18	Sherry, dry
B20	Sherry, sweet
B1010	Spirit, gin, 90 proof Food record borrowed from USDA SR23 NDB: 14049.
B1012	Spirit, rum, 80 proof Food record borrowed from USDA SR23 NDB: 14050.
B1011	Spirit, vodka, 80 proof Food record borrowed from USDA SR23 NDB: 14051.

Food ID	Food Name
B1009	Spirit, whiskey, 86 proof Food record borrowed from USDA SR23 NDB: 14052.
B21	Spirits, 70 proof Composite of brandy, gin, rum and whiskey.
B24	Wine, red, dry, composite Composite of multiple 3L containers of Red Ridge Claret dry red table wine purchased from various retailers in Palmerston North in 1994.
B26	Wine, white, dry, composite Composite of Villa Maria Chardonnay 1993, Montana Gisborne Chardonnay 1993 and Stoneleigh Vineyards Sauvignon Blanc 1993.
B27	Wine, white, medium, composite Composite of Montana Blenheim Medium White Wine, Mission Rhine Riesling Satin Sweetness 1993, Cooks Chasseur Medium White Wine, House of Nobilo White Cloud 1993 and Country Medium White Wine purchased from various retailers in Palmerston North in 1994.
B28	Wine, white, sparkling, composite Composite of Penfolds Hyland Brut, Lindauer Brut and Montana Bernadino Sparkling Wine purchased from various retailers in Palmerston North in 1994.
BEVERAGES, NON-ALCOHOLIC	
C1036	Cocoa, powder, Cadbury Composite sample made up from multiple batches of Cadbury Cocoa Powder purchased from various supermarkets in Palmerston North. Analysed July-December 2011.
C1045	Coffee, cafe variety, espresso, composite Composite sample made up from multiple Espressos (Short Blacks) purchased from 12 cafes in Palmerston North. Analysed July-December 2011.
C1044	Coffee, instant, cappuccino, powder, Nescafe Composite sample made up from multiple batches of Nescafe Instant Cappuccinos purchased from various supermarkets in Palmerston North. Analysed July-December 2011.
C1043	Coffee, instant, decaffeinated, powder, composite Composite sample made up at a ratio of 4:3:3 from multiple batches of Nescafe, Moccona and Greggs Decaffeinated Coffee purchased from various supermarkets in Palmerston North. Analysed July-December 2011.
C1042	Coffee, instant, powder, composite Composite sample made up at a ratio of 4:3:3 from multiple batches of Nescafe, Moccona and Greggs Original Coffee purchased from various supermarkets in Palmerston North. Analysed July-December 2011.
C93	Cordial concentrate, blackcurrant, Baker Halls
C95	Cordial concentrate, lemon & barley, Baker Halls
C8	Cordial concentrate, lime
C55	Cordial, orange
C99	Drink flavour, assorted flavours, powder, Raro
C58	Drink flavour, lemon & barley, diluted with water
C138	Drink flavour, Vitafresh, powder, Hansell's
C74	Drinking chocolate, Nesquik, powder, Nestle Samples were purchased from Palmerston North supermarkets in 1997.
C1037	Drinking chocolate, powder, Cadbury Composite sample made up from multiple batches of Cadbury Drinking Chocolate purchased from various supermarkets in Palmerston North. Analysed July-December 2011.

Food ID	Food Name
C1030	Energy drink, assorted flavours, V Composite sample made up from multiple batches of V Original and V Black purchased from various supermarkets in Palmerston North. Analysed July-December 2011.
C1028	Juice concentrate, blackcurrant, frozen Composite sample made up from Seedless Blackcurrant Puree from 3 batches from 2009, 2010 and 2011. Batch # N9029 21/02/2009, #N10024 10/02/2010 and #N11031 15/02/2011. Product of New Zealand. Analysed January - June 2011.
C46	Juice, apple, Fresh Up
C26	Juice, grape
C12	Juice, grapefruit, unsweetened
C38	Juice, orange with apple base, Just Juice
C14	Juice, orange, unsweetened, composite Composite sample of six different products, purchased from Palmerston North supermarkets in 1992.
C16	Juice, tomato, McCoy
C1026	Kava, prepared Composite of 5x60g and 2x125g bags of Kava Powder purchased at Cloverlea Mini Market, 7 Botanical Road, Palmerston North. January/February 2010. Analysed January - June 2010.
C1035	Milo, powder, Nestle Composite sample made up from multiple batches of Milo Powder purchased from various supermarkets in Palmerston North. Analysed July-December 2011.
C1017	Probiotic drink, activate, Meadow fresh Nutrition Information Panel.
C1010	Rice milk, assorted flavours, composite Composite sample of equal volume of Rice Dream original rice milk, Vitasoy calcium fortified rice milk, Rice Dream original fortified rice milk, Rice Dream vanilla fortified rice milk, Get Natural fortified rice milk & Signature Range organic rice milk.
C1009	Rice milk, assorted flavours, Rice Dream Composite of equal portions Rice Dream Original Rice Milk & Rice Dream Vanilla Rice Milk.
C1022	Smoothie, berry, composite Composite of Simply Squeezed, Charlies, McCoy and Sejuice. Samples purchased from various supermarkets in Palmerston North. Analysed July - December 2009.
C1023	Smoothie, feijoa, Simply Squeezed Ingredients: Feijoa pulp (27%), Sucrose, Water, Citric acid (330), Stabiliser (415), Vitamin A, Vitamin E, Vitamin C (300), Folate, Calcium, and Preservatives (202), (220). Composite of three batches. Analysed July - December 2009.
C2	Soft drink, coca cola
C25	Soft drink, cola, diet
C17	Soft drink, lemonade
C27	Soft drink, lemonade, diet
C47	Soft drink, orange flavoured
C81	Soft drink, soda water
C1013	Soy drink, calci-plus high fibre, Vitasoy
C166	Soy drink, So Good, essential, Sanitarium Samples purchased from Palmerston North supermarkets in 2004.
C30	Soy drink, So Good, lite, Sanitarium Samples purchased from Palmerston North supermarkets in 2004.

Food ID	Food Name
C29	Soy drink, So Good, Sanitarium Samples purchased from Palmerston North supermarkets in 2004.
C86	Sports drink, Gatorade
C18	Sports drink, Lucozade
C84	Sports drink, Powerade
C1040	Tea, black, brewed, composite Composite sample made up from multiple batches of Dilmah and Bell Original Tea purchased from various supermarkets in Palmerston North. Tea was prepared by pouring freshly boiled water into a 250ml cup containing a tea bag and leaving to infuse for 3 minutes before removing the tea bag. Analysed July-December 2011.
C1041	Tea, black, decaffeinated, brewed, composite Composite sample made up from multiple batches of Dilmah and Bell Decaffeinated Tea purchased from various supermarkets in Palmerston North. Tea was prepared by pouring freshly boiled water into a 250ml cup containing a tea bag and leaving to infuse for 3 minutes before removing the tea bag. Analysed July-December 2011.
C1039	Tea, green, brewed, composite Composite sample made up from multiple batches of Dilmah, Healtheries, Twinings and Red Seal Green Tea purchased from various supermarkets in Palmerston North. Tea was prepared by pouring freshly boiled water into a 250ml cup containing a tea bag and leaving to infuse for 3 minutes before removing the tea bag. Analysed July-December 2011.
C76	Tea, herbal, brewed
C24	Tea, Indian, brewed
C1032	Water, assorted flavours, Mizone Composite sample made up from multiple batches of Lime, Crisp Apple, Mandarin and Passionfruit Mizone Active Water purchased from various supermarkets in Palmerston North. Analysed July-December 2011.
C41	Water, bottled, New Zealand "Bottled Water Survey 1991". Report Prepared by Consumers' Institute in co-operation with the Department of Health, published February 1992.
C40	Water, municipal "New Zealand drinking water surveillance programme. Data Review 1983-89" DSIR Chemistry, Christchurch. Published March 1992. Department of Health.
C79	Water, tonic, carbonated
BREAKFAST CEREALS	
D34	All Bran Wheat Flakes, Kellogg's
D35	Coco Pops, Kellogg's
D1028	Cornflakes, Sanitarium Composite of six boxes (different batch numbers) of Sanitarium Cornflakes purchased in Palmerston North. Analysed July - December 2009.
D1032	Crunchy Nut Corn Flakes, Kellogg's. Nutrition Information Panel.
D38	Just Right, Kellogg's
D1009	Just Right, tropical, Kellogg's Nutrition Information Panel.
D1014	Light & Tasty, berry, Sanitarium Nutrition Information Panel.

Food ID	Food Name
D1036	Muesli, Fruitful Breakfast, Hubbards Composite of multiple packets of Hubbards Fruitful Breakfast purchased from various supermarkets in Palmerston North in 2011. Product of New Zealand. Analysed July - December 2011.
D1019	Muesli, natural fruit & five grains, Sanitarium Nutrition Information Panel.
D33	Nutri-Grain, Kellogg's
D22	Porridge, prepared with water, salt added
D42	Rice Bubbles, Kellogg's
D1029	Ricies, Sanitarium Composite sample of six boxes (different batch numbers) of Sanitarium Ricies purchased in Palmerston North. Analysed July - December 2009.
D1018	San Bran, Sanitarium
D1016	Special K, berry, Kellogg's Nutrition Information Panel
D1010	Special K, honey & almond, Kellogg's Nutrition Information Panel.
D31	Special K, Kellogg's
D43	Sultana Bran, Kellogg's
D44	Sustain, Kellogg's
D1012	Weet-Bix, oat bran, Sanitarium Nutrition Information Panel.
D1027	Weet-Bix, Sanitarium Composite of seven boxes (different batch numbers) of Sanitarium Weet-Bix purchased in Palmerston North. Analysed July - December 2009.
D1035	Weeties, Sanitarium Composite of multiple packets of Sanitarium Weeties purchased from Sanitarium and various supermarkets in Palmerston North in 2011. Product of New Zealand. Analysed July - December 2011.
D1017	Wheat, puffed, Sanitarium Nutrition Information Panel.
CEREALS & PSEUDO-CEREALS	
E68	Bulgur, boiled
E9	Cornflour
E131	Couscous, cooked
E12	Flour, soy, full fat
E108	Flour, wheat, white, standard
E46	Flour, wheat, wholemeal Composite of E88 (North Island) & E89 (South Island) analysed in 2001.
E129	Frozen meal, macaroni cheese, baked, composite Composite of Watties, Irvines and McCain. Analysed February 2005.
E19	Macaroni, boiled

Food ID	Food Name
E1050	Noodles, 2 minute, assorted flavours, cooked in water, Maggi This food is a recipe created in 2011.
E39	Noodles, egg, boiled
E40	Noodles, egg, fried
E1036	Noodles, Hokkien, dry
E81	Noodles, instant, boiled, drained
E1049	Noodles, ramen, hot & spicy, cooked in water, Nong Shim This food is a recipe created in 2011.
E1053	Noodles, rice, boiled, drained, composite This food is a recipe created in 2011.
E22	Oatmeal
E23	Oats, bran, composite Composite of Flemings, Diamond and Harraways. Samples purchased from Palmerston North in 1995.
E1015	Oats, rolled, New Zealand, toasted Analysed July - December 2009.
E25	Oats, rolled, raw, composite Composite of Flemings, Diamond and Harraways. Samples purchased from Palmerston North in 1995.
E55	Pasta, fresh, assorted type, cooked, composite Composite of Watties (Egg spaghetti, Spinach fettuccine, Egg fettuccine), Mother Earth (Mista fettuccine, Egg tagliatelle, Egg lasagne), Pasta Fresca (Fresh fettuccine, Fresh tagliolini, Fresh tagliatelle, Fresh lasagne, Spinach lasagne).
E6	Powder, custard
E1025	Quinoa, cooked Food record borrowed from USDA NDB No 20137.
E57	Ravioli, fresh, beef & pork, cooked, composite Composite of Pasta Fresca Beef and Pork Ravioli & Mother Earth Beef Ravioli.
E1046	Rice, basmati, cooked in water, composite Composite of Pams, Kings Choice Highland, Kings Choice Ezi-cook, Coshin, Sun Rice, Kohinoor & Home Brand basmati rice. Samples purchased from various supermarkets in Palmerston North. Rice was cooked using both stove top & rice cooker absorption methods. Analysed July - December 2011.
E42	Rice, brown, boiled
E27	Rice, white, polished, boiled
E1005	Spaghetti, in tomato sauce, composite Composite of Watties (70%), Pams (10%) and Oak (20%).
E31	Spaghetti, wholemeal, boiled
E1012	Tempeh
E1011	Tempeh, fried in sunflower oil
E44	Tofu
E126	Topper, lasagne, baked
E1043	Wafers, rice, wholegrain, composite Composite made up from Healtheries Wholegrain Rice Wafers, Sun Rice Original Thick Rice Cakes & Sun Rice Original Thin Rice Cakes. Samples purchased from various supermarkets in Palmerston North. Analysed July - December 2011.

Food ID	Food Name
E111	Wheat bran
E112	Wheat germ
E43	Yoghurt, soy
DAIRY	
F1046	Butter, salted, composite Composite of Anchor, Mainland, Basics, Signature Range, Classic Farm, Farmgate, Pams and Fernleaf.
F1051	Butter, semisoft, composite Samples purchased in Auckland & Christchurch. Composite of Anchor, Fernleaf 'Semi-Soft' and Mainland.
F1050	Butter, unsalted, composite Samples purchased from Auckland, Palmerston North & Christchurch in 2008. Composite of Anchor and Mainland.
F4	Cheese, blue vein
F5	Cheese, camembert
F1014	Cheese, cheddar, composite Composite of Anchor and Mainland.
F1057	Cheese, cheddar, light, Mainland Full flavoured light cheddar, 35% less fat and 25% less salt than cheddar cheese.
F1015	Cheese, cheddar, mild, composite Composite of Mainland and Valumetric.
F1006	Cheese, colby, composite Composite of Alpine, Mainland and Valumetric.
F1056	Cheese, cottage, light, 1% fat, composite Composite of Weight Watches (33%), Tararua (33%) & Country Goodness (33%) purchased from Palmerston North in March 2009.
F12	Cheese, cream Samples purchased from Auckland milk processor in 1986.
F69	Cheese, cream, reduced fat 16%, Country Goodness Composite of different batches purchased from Palmerston North supermarkets. April - June 1996.
F1001	Cheese, Edam, composite Composite of Valumetric, Mainland, Anchor, Alpine & Rolling Meadow purchased from Palmerston North supermarkets in 2008.
F58	Cheese, feta
F17	Cheese, mozzarella Six blocks of Mozzarella cheese (each block = 1 kg) were obtained from a Moturoa cheese manufacturer. Analysed February 1988.
F18	Cheese, parmesan, powder, composite Composite of Pasetti, Perfect Italiano, Mainland, No Frills, Anchor and Tararua brands.
F19	Cheese, processed
F79	Cheese, processed, sliced, reduced fat, composite Composite of Chesdale Reduced Fat, Mainland Liteslice & Bega Ultra Low Fat sliced cheese.
F59	Cheese, ricotta

Food ID	Food Name
F11	Cheese, cottage Sample purchased from Christchurch and Auckland milk processors, 1986-1987
F22	Cream, reduced fat Samples purchased from Auckland milk processor in 1986.
F23	Cream, sour Samples purchased in 1985.
F100	Cream, sour, light, composite Composite of Tararua and Country Goodness. Analysed March - August 1999.
F80	Cream, sour, reduced fat
F24	Cream, standard Samples purchased from Christchurch and Auckland milk processor in 1986.
F25	Cream, whipping, UHT Samples purchased from Auckland milk processor in 1986.
F1061	Creme fraiche, composite Composite of Tatua, Bouton d'or, Kapiti & Tararua purchased from Christchurch, Auckland, Palmerston North & Hamilton in July 2009.
F1062	Creme fraiche, light, composite Composite of Tararua & Canaan purchased in Christchurch, Palmerston North, Auckland & Hamilton in July 2009.
F70	Dessert, dairy food, chocolate flavoured, composite Composite of Primo The Snack To Go and Swiss Maid Dairy Food.
F76	Dessert, vanilla, 99% fat free, frozen, Weight Watchers Weight Watchers Sweet Celebration frozen dessert.
F1064	Fromage frais, assorted fruits & flavours, Fruche Composite of Fromage Frais Dessert Flavours Berry Crumble (4 pots, 2 batches), Fromage Frais Layers Vanilla on Mixed Berries (8 pots, 4 batches) & Fromage Frais Dessert Flavours Apricot Danish (4 pots, 2 batches) purchased in Palmerston North in 2009.
F1063	Fromage frais, vanilla, Fruche Composite sample of three batches, total of 12 pottles purchased at Palmerston North supermarkets.
F1070	Ice cream, chocolate, standard, composite Composite of Signature Range Chocolate Ice Cream, Pams Chocolate Ice Cream, Kiwi Chocolate Ice Cream, Cadbury Triple Chocolate Ice Cream & Tip Top Chocolate Ice Cream. Cadbury & Tip Top were purchased from both North & South Island to cover all factory locations and Signature Range, Pams & Kiwi purchased from Palmerston North. Analysed July - December 2011.
F118	Ice cream, creamy, fruit ripple, composite Composite of Tip Top Very Berry Boysenberry, Pam's Strawberry Ripple, Talley's Bananaberry & Strawberries & Cream.
F111	Ice cream, hokey pokey, composite Composite of Budget, Met-O-Rich, Kiwi, New American, Foodtown and First Choice Brands.
F110	Ice cream, jelly tip Composite of North and South Islands factories. Analysed December 1999 - February 2000.
F78	Ice cream, soft serve, composite Composite of Wendy's, McDonald and Georgie Pie soft serve. May 1997.
F122	Ice cream, vanilla, low fat Samples purchased from supermarkets in Palmerston North. Analysed November 2003.

Food ID	Food Name
F29	Ice cream, vanilla, premium Samples purchased from supermarkets in Palmerston North. Analysed November 2003.
F28	Ice cream, vanilla, standard Samples purchased from supermarkets in Palmerston North. Analysed November 2003.
F120	Milk, calci kid, Tararua Samples purchased from supermarkets in Palmerston North. Analysed November 2003.
F30	Milk, condensed, sweetened, skim
F31	Milk, condensed, sweetened, whole Samples purchased from Auckland milk processor in 1986.
F52	Milk, goat, whole Unpasteurised milk purchased from Palmerston North farm in 1986 - 1987.
F1018	Milk, high calcium, 0.1% fat, composite Milk, Xtra/Calci-trim, 0.1% fat, yellow top Composite of: F1016 1/5/07 & F1017 16/11/07.
F53	Milk, human, mature
F54	Milk, human, transitional
F1042	Milk, lite, 1.5% fat, composite Composite of Anchor Lite and Meadow fresh Balance. Samples collected from Auckland, Palmerston North and Christchurch during May and November 2007.
F36	Milk, powder, skim
F37	Milk, powder, whole
F1028	Milk, standard, 3.3% fat, composite Composite of Anchor Blue Top, Meadow fresh Family, Gisborne Fresh and Farmgate. May to November 2007.
F1035	Milk, trim, 0.5% fat, composite Composite of Anchor Trim and Meadow fresh Trim. Samples from Auckland, Palmerston North & Christchurch during May and November 2008.
F43	Milk, UHT, standardised Samples purchased from Auckland milk processor in 1986 - 1987.
F33	Milk, whole Sample purchased from Christchurch, Waikato and Auckland milk processors, 1986
F113	Paddle pop, chocolate Composite of different batches purchased from Palmerston North supermarkets.
F98	Spread, cheese, lite, Philadelphia Composite of different batches purchased from Palmerston North supermarkets in March - August 1999.
F77	Yoghurt, apricot, frozen, Tip Top Composite of different batches purchased from Palmerston North supermarkets in April - June 1996.
F56	Yoghurt, assorted fruits, low fat, sweetened, composite Composite of De Winkel Strawberry (43%), Naturalea Bilberry Hawthorn-grape seed and berry forest (32.7%) and Metchikoff Sym-Bio Strawberry & Raspberry (24.3%).
F71	Yoghurt, berry, low fat, sweetened, composite Composite of Fresh n Fruity, Lite assorted berry fruit flavours (58%) and Yoplait, Silhouette assorted berry flavours (42%).
F1055	Yoghurt, Greek, composite Composite of Fresh'n Fruity (210 g), DeWinkel (90g) & Yoplait (300g) purchased from Palmerston North supermarkets in April 2009.
F84	Yoghurt, plain, low fat, unsweetened, composite Composite of Yoplait Yoplus Trim (68%), Slimmers Choice Natural (13%) and Weight Watchers Natural (19%).

Food ID	Food Name
F57	Yoghurt, plain, unsweetened, composite Composite of Naturalea Organic Yoghurt (48.5%), Biofarm Natural Yoghurt (28%) and Cyclops Organic Yoghurt (23.5%).
EGGS	
G1001	Egg, chicken, white & yolk, boiled Analysed January - June 2007.
G1013	Egg, chicken, white & yolk, fried Analysed January - June 2007.
G1002	Egg, chicken, white & yolk, fried in vegetable oil Analysed January - June 2007.
G1009	Egg, chicken, white & yolk, milk added, scrambled Analysed January - June 2007.
G1003	Egg, chicken, white & yolk, poached Analysed January - June 2007.
G1008	Egg, chicken, white & yolk, raw Analysed January - June 2007.
G1004	Egg, chicken, white, raw Analysed January - June 2007.
G1005	Egg, chicken, yolk, raw Analysed January - June 2007.
FAST FOODS	
H131	Beef, with vegetables & black bean sauce, stir fried
H1053	Bread, roti, Indian
H2	Burger, bacon, Independent Shops
H8	Burger, Big Mac, McDonald's Samples purchased from three Auckland restaurants in 1980.
H3	Burger, cheeseburger, composite Composite of Cheeseburgers purchased from various independent shops.
H4	Burger, cheeseburger, McDonald's Samples purchased from three Auckland restaurants in 1980.
H24	Burger, Filet-o-Fish, McDonald's Samples purchased from three Auckland restaurants in 1980.
H6	Burger, hamburger, composite Composite of Hamburgers purchased from various independent shops.
H7	Burger, hamburger, McDonald's Samples purchased from three Auckland restaurants in 1980.

Food ID	Food Name
H10	Burger, Quarter Pounder, McDonald's Samples purchased from three Auckland restaurants in 1980.
H17	Chicken, crumbed, fried, breast, KFC
H18	Chicken, crumbed, fried, drumstick, KFC Samples purchased from two Palmerston North restaurants in 2002.
H19	Chicken, crumbed, fried, thigh, KFC
H16	Chicken, crumbed, fried, wing, KFC
H173	Chop suey, chicken, lean & fat, stir fried Food record was derived from a recipe.
H71	Chop suey, pork
H172	Chow mein, beef, lean & fat, stir fried Food record was derived from a recipe.
H199	Chow mein, chicken, composite Composite of Watties, Weight Watchers and Kan Tong.
H89	Chow mein, prawn
H20	Coleslaw, KFC
H1026	Curry, beef korma, Indian 2005
H1027	Curry, beef madras, Indian 2005
H1023	Curry, butter chicken, Indian 2005
H1024	Curry, chicken masala, Indian 2005
H1021	Curry, chicken, green, Thai 2005
H1028	Curry, dhal makani, Indian 2005
H1025	Curry, rogan josh, Indian 2005
H22	Fish, battered, deep fried, Independent Shops
H57	Fish, cake, baked
H23	Fish, cake, deep fried in peanut oil
H194	Fish, fillet, crumbed, frozen, baked, composite Composite of Sealord, Independent and Pam's
H195	Fish, fillet, crumbed, frozen, fried, composite Composite of Sealord, Independent and Pam's.
H61	Fish, fingers, baked
H65	Fish, fingers, deep fried in peanut oil
H1046	Fries, potato, Burger King 2007

Food ID	Food Name
H1041	Fries, potato, KFC 2007
H1042	Fries, potato, McDonald's 2007
H1039	Fries, potato, straight cut, Independent Shops 2007
H170	McMuffin, egg, McDonald's
H1017	Noodles, chow mein, combination, Chinese 2005
H1022	Noodles, pad thai with chicken & egg, Thai 2005
H159	Nugget, chicken, McDonald's
H1012	Omelette, egg foo young, with chicken, Chinese Sampled from Palmerston North and Wellington region 18/08/2005.
H151	Pancakes, McDonald's
H27	Pie, apple, McDonald's Samples purchased from three Auckland McDonald's restaurants in 1980.
H29	Pie, mince, family size, composite Composite of Basics, Irvines, Goodtime Mealtime and No Frills Family Mince Pies.
H190	Pizza, bbq chicken, thick crust, composite Composite of Domino's (BBQ Chicken & Bacon), Pizza Haven (BBQ Roast Chicken) & Pizza Hut (BBQ Chicken & Bacon).
H179	Pizza, frozen, Hawaiian & combination, individual size, baked Composite of McCain, Leaning Tower and Mommas `Hawaiian' and `Combination' Pizzas
H177	Pizza, frozen, Hawaiian & house special, premium, baked Samples purchased from 6 Palmerston North supermarkets in August 2002.
H176	Pizza, frozen, meat lovers, premium, baked Composite of Domino's (Big Kahuna), Pizza Haven (Hawaiian) & Pizza Hut (Hawaiian) August 2002.
H189	Pizza, meat, thick crust, composite Composite of Pizza Haven (Meat Supreme), Pizza Hut (Meat Lovers) and Dominos (Meatosaurus). Samples purchased from Palmerston North, Hastings and Wellington in February 2004.
H41	Pizza, supreme, thin crust, Pizza Hut
H85	Pork, barbecue, barbecued Food record was derived from a recipe.
H125	Pork, ribs with barbecue sauce, baked Food record was derived from a recipe.
H1014	Pork, sweet & sour, Chinese 2005
H1045	Potato & Gravy, KFC
H152	Potato, hash brown, McDonald's
H88	Prawns, garlic Food record was derived from a recipe.

Food ID	Food Name
H1018	Rice, fried, combination, Chinese 2005
H1020	Salad, beef, Thai 2005
H1043	Sausage roll, individual size, microwaved Analysed January - June 2007.
H1044	Sausage roll, party size, baked Analysed January - June 2007.
H1002	Sausage roll, with cheese, baked, composite Composite of New Way, Pams, Signature Range (Ratio: 6:3:1). Samples purchased from Palmerston North Supermarkets in 2007.
H52	Saveloy, battered, fried, Independent Shops
H1003	Savoury, bacon & egg, baked, composite Composite of New Way, Pams, Signature Range (Ratio: 6:3:1). Samples purchased from Palmerston North Supermarkets in 2007.
H1005	Savoury, mince & cheese, heated, composite Composite of equal portions Irvines, Goodtime and Pams. Samples purchased July - December 2007.
H1004	Savoury, mince, heated, composite Composite of equal portions Irvines, Goodtime and Pams. Samples purchased July - December 2007.
H1006	Savoury, potato top, heated, composite Composite of Irvines, Pams and Goodtime. Analysed 2007.
H1013	Soup, chicken sweetcorn, Chinese Analysed July - December 2005.
H1019	Soup, tom yam gai, chicken, Thai Analysed July - December 2005.
H208	Spring roll, traditional, with meat, baked, Highmark January - June 2005.
H212	Spring roll, traditional, with meat, deep fried, Highmark Food record was derived from a recipe.
H211	Spring roll, vegetarian, baked, Highmark Food record was derived from a recipe.
H1015	Stir-fry, black bean beef, Chinese Analysed July - December 2005.
H1016	Stir-fry, chicken & cashew, Chinese Analysed July - December 2005.
H55	Sundae, chocolate, McDonald's Samples purchased from three Auckland McDonald's restaurants in 1980.
FATS & OILS	
J1013	Butter, semi soft, spreadable, composite Composite of Fonterra Mainland Semi Soft Butter (63% butter, 17% canola) & Goodman Fielder Anchor Spreadable Butter (56% butter, 12% sunflower) purchased in June 2008.

Food ID	Food Name
J39	Chefade
J1030	Dripping, beef, Farmland Composite of multiple packets (different batch numbers) of Farmland Beef Dripping purchased from various supermarkets in Palmerston North in 2011. Product of New Zealand. Analysed July - December 2011.
J7	Lard
J1022	Margarine, avocado, Olivani Composite of multiple packets (different batch numbers) purchased from various Palmerston North retailers in 2009. Analysed June to July 2009.
J1003	Margarine, canola, monounsaturated, 50% fat, composite Composite of Goodman Fielder Gold'n Canola Monounsaturated Lite Margarine (50% of composite) & Goodman Fielder Meadow Lea Light Margarine (50% of composite). Samples purchased from Palmerston North & Wellington in 2008.
J1001	Margarine, canola, monounsaturated, 70% fat, composite Composite of Unilever Flora Canola Monounsaturated Margarine (25% of composite), Unilever Miracle Canola Monounsaturated Margarine (25% of composite) & Goodman Fielder Gold'n Canola Monounsaturated Margarine (50% of composite). Samples purchased from Palmerston North & Wellington in 2008.
J1023	Margarine, catering, Choice Composite sample of three different batch number and expiry dates Aug 2009 to March 2010. Samples purchased from retail outlets in Palmerston North June to July 2009.
J1012	Margarine, light, monounsaturated, 55% fat, Olivani Goodman Fielder Olivani Light Spread purchased in May 2008.
J1008	Margarine, light, polyunsaturated, 50% fat, Flora Unilever Flora Light Margarine purchased in May 2008 from four Palmerston North supermarkets.
J1009	Margarine, monounsaturated, 75% fat, Olivani Goodman Fielder Olivani Margarine purchased in May 2008.
J1007	Margarine, polyunsaturated, 60% fat, Sunrise Samples purchased in May 2008.
J1005	Margarine, polyunsaturated, 70% fat, composite Composite of Unilever Flora Original Margarine (36% of composite) & Meadow Lea Original Margarine (64% of composite) purchased from Palmerston North in May 2008.
J1006	Margarine, polyunsaturated, 70% fat, reduced salt, composite Composite of Unilever Flora Salt Reduced Margarine (50% of composite) & Goodman Fielder Meadow Lea Low Salt Margarine (50% of composite).
J1020	Margarine, rice bran, Alfa One Composite of multiple packets (different batch numbers) purchased from various Palmerston North retailers in 2009. Analysed June to July 2009.
J1002	Margarine, summer gold, canola, monounsaturated, 70% fat, Pams Pams Summer Gold Margarine purchased from 3 supermarkets in Palmerston North during May 2008.
J1004	Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams Pams Summer Gold Lite Margarine purchased from supermarkets in Palmerston North & Wellington during May 2008.
J1037	Oil, sesame Food record borrowed from UDSA SR23 NDB: 04058.
J1033	Oil, canola, composite Composite of multiple packets of Sunfield, Amco, Home Brand, Delish and Simply Canola Oil purchased from various supermarkets in Palmerston North in 2011. Analysed July - December 2011.
J10	Oil, olive

Food ID	Food Name
J1034	Oil, rice bran, composite Composite of multiple packets of Pams, Alpha One and Sunfield Rice Bran Oil purchased from various supermarkets in Palmerston North in 2011. Analysed July - December 2011.
J14	Oil, safflower
J1035	Oil, soybean, composite Composite of multiple packets of Simply, Amco and Delish Soybean Oil purchased from various supermarkets in Palmerston North in 2011. Analysed July - December 2011.
J1036	Oil, sunflower, composite Composite of multiple packets of Sunfield and Home Brand Sunflower Oil purchased from various supermarkets in Palmerston North in 2011. Analysed July - December 2011.
J31	Oil, vegetable, blend
J1032	Shortening, suet, Shreddo Composite of multiple packets (different batch numbers) of Shreddo Suet Shortening purchased from various supermarkets in Palmerston North in 2011. Product of New Zealand. Analysed July - December 2011.
J1031	Shortening, vegetable, Kremelta Composite of multiple packets (different batch numbers) of Kremelta Vegetable Shortening purchased from various supermarkets in Palmerston North in 2011. Product of Australia. Analysed July - December 2011.
FINFISH	
K179	Eel, smoked
K56	Flounder, flesh, baked Composite sample taken from multiple fillets purchased from a Palmerston North fish shop in 1990. Fillets were baked in an oven at a temperature of 200 - 250C until their internal temperature was 71C.
K60	Hoki, flesh, baked <i>Macruronus novaezelandiae</i> Composite sample made up from multiple fillets obtained from the D.S.I.R. Nelson in 1990. Fillets were baked in an oven at a temperature of 200 - 250C until their internal temperature was 71C.
K61	Hoki, flesh, deep fried <i>Macruronus novaezelandiae</i> Composite sample made up from multiple fillets obtained from the D.S.I.R. Nelson in 1990. Fillets were deep fried in peanut oil at a temperature of 180C until their internal temperature was 71C.
K165	Kahawai, flesh, baked <i>Arripis trutta</i> Composite sample made up from multiple fillets obtained from the D.S.I.R. Nelson in 1990. Fillets were baked in an oven at a temperature of 200 - 250C until their internal temperature was 71C.
K157	Kahawai, flesh, deep fried <i>Arripis trutta</i> Composite sample made up from multiple fillets obtained from the D.S.I.R. Nelson in 1990. Fillets were deep fried in peanut oil at a temperature of 180C until their internal temperature was 71C.
K78	Orange roughy, flesh, baked <i>Hoplostethus atlanticus</i> Composite sample made up from multiple fish obtained from the D.S.I.R. Nelson in 1990. Fillets were wrapped in tinfoil and baked in an oven at a temperature of 200 - 250C until their internal temperature was 71C.
K79	Orange roughy, flesh, deep fried <i>Hoplostethus atlanticus</i> Composite sample made up from multiple fillets obtained from the D.S.I.R. Nelson in 1990. Fillets were deep fried in peanut oil at a temperature of 180C until their internal temperature was 71C.
K167	Salmon, flesh, smoked

Food ID	Food Name
K1001	Salmon, king, New Zealand. fillet, raw <i>Oncorhynchus tshawytscha</i> Data supplied by Massey University Nutrition lab May 2009, average of 2006 to 2009. This data is from analysis done for NZ King Salmon Nelson.
K40	Salmon, red, canned
K42	Sardines, canned, drained
K89	Snapper, flesh, baked <i>Chrysophrys auratus</i>
K90	Snapper, flesh, deep fried <i>Chrysophrys auratus</i>
K92	Snapper, flesh, microwaved <i>Chrysophrys auratus</i>
K64	Tarakihi, flesh, baked <i>Nemadactylus macropterus</i> Composite sample made up from multiple fish obtained from the D.S.I.R. Nelson in 1990. Fillets were wrapped in tinfoil and baked in an oven at a temperature of 200 - 250C.
K65	Tarakihi, flesh, deep fried <i>Nemadactylus macropterus</i> Composite sample made up from multiple fish obtained from the D.S.I.R. Nelson in 1990. Fillets were deep fried in peanut oil at a temperature of 180C.
K101	Tuna, canned in brine, drained <i>Thunnus alalunga</i> Composite sample made up from 4 canned tuna samples purchased from various supermarkets in Palmerston North in 1990.
K187	Tuna, canned in oil, drained, composite Composite of Pams, Captains Choice, Sealord and Basic brands.
K189	Tuna, canned in spring water, drained, composite Composite of Pams, Captains Choice, Sealord and Basic brands.
FRUIT	
L1014	Apple, assorted varieties, flesh & skin, raw New Zealand Total Diet Survey samples from ESR Sampled February 2009. Sampled from four locations Christchurch, Dunedin, New Plymouth & Auckland.
L16	Apple, cooking, flesh, stewed <i>Malus sylvestris</i>
L213	Apricot, canned in juice, undrained Composite of Roxdale Apricot in fruit juice, SPC Apricot halves in a light fruit juice and Watties Apricot pears in a clear fruit juice.
L214	Apricot, canned in syrup, drained
L22	Apricot, canned in syrup, undrained, composite <i>Prunus armeniaca</i> Composite of Roxdale, SPC, Gold Reef and Oak.
L26	Apricot, dried <i>Prunus armeniaca</i>
L23	Apricot, flesh & skin, raw <i>Prunus armeniaca</i>
L25	Apricot, flesh & skin, stewed <i>Prunus armeniaca</i>
L1017	Avocado, assorted varieties, flesh, raw Total Diet Survey 2009 supplied by ESR.
L185	Banana, cooking, boiled <i>Musa cultivar</i>
L32	Banana, flesh, raw <i>Musa spp.</i>
L34	Blackberries, raw <i>Rubus ulmifolius</i>
L1047	Blackcurrant, frozen, 'Ben Ard' <i>Ribes nigrum</i> Composite sample made up from IQF (Individually Quick Frozen) Whole Ben Ard Blackcurrants from 3 growers 2011 harvest. Batch #20477 AY11 , #20527 AU11 and #20472 AM11. Product of New Zealand, #20527 and #20472 grown in Christchurch region and #20477 in Nelson. All processed and packed in Nelson. Product of New Zealand. Analysed January - June 2011.

Food ID	Food Name
L1051	Blueberry, frozen Composite of Whole Frozen Blueberries from 4 different growers. Growers initials CE, EU, MH and PK. Products of New Zealand. Analysed January - June 2011.
L1050	Blueberry, raw, composite Composite of Blueberries available in New Zealand Supermarkets at time. Gourmet Blueberries, Organic Blueberries, Bay Blueberries, Orchard Fresh Blueberries, Delica Blueberries, Purefresh Organic Blueberries, NZ Blueberries, Waikato Blueberries, Te Horo Blueberries.☒ Product of New Zealand. Samples purchased from Lower, Central and Upper North Island.☒ Samples January - June 2011
L1045	Boysenberry, frozen <i>Rubus ursinus X idaeus</i> Composite sample made up from IQF (Individually Quick Frozen) Whole Boysenberries from 3 growers. Grower #31159, #80977 and #81442. Product of New Zealand. Analysed January - June 2011.
L1046	Boysenberry, puree, seedless, frozen Composite sample made up from Seedless Boysenberry Puree from 2 batches. Batch # N10160 and #N8159. Product of New Zealand. Analysed January - June 2011.
L40	Boysenberry, raw <i>Rubus loganobaccus</i>
L45	Cherries, flesh & skin, raw <i>Prunus avium</i>
L50	Currants, black, raw <i>Ribes nigrum</i>
L49	Currants, dried <i>Vitis vinifera</i>
L62	Dates, dried <i>Phoenix dactylifera</i>
L67	Feijoas, assorted varieties, flesh, raw <i>Feijoa sellowiana</i>
L68	Figs, dried <i>Ficus carica</i>
L196	Fruit mix, dried
L74	Fruit salad, canned in syrup, undrained
L78	Gooseberries, flesh, skin & seeds, raw <i>Ribes grossularia</i>
L80	Grapefruit, flesh, raw <i>Citrus paradisi</i>
L82	Grapes, black, flesh, raw <i>Vitis vinifera</i>
L83	Grapes, white, flesh & skin, raw <i>Vitis vinifera</i>
L91	Juice, lemon, raw <i>Citrus limon</i>
L113	Juice, orange, raw
L1036	Kiwifruit ZESPRI GOLD ('Hort16A') reference <i>Actinidia chinensis</i> Kiwifruit ZESPRI GOLD ('Hort16A') reference, Data from 1998, 2001, 2003 & 2008
L1026	Kiwifruit ZESPRI GREEN ('Hayward') reference <i>Actinidia deliciosa</i> Kiwifruit ZESPRI GREEN ('Hayward') reference, Data from 2003 & 2008.
L183	Lemon, flesh, raw <i>Citrus limon</i>
L97	Lychees, canned in syrup, undrained <i>Litchi chinensis</i>
L194	Mandarin, flesh, raw <i>Citrus reticulata</i>
L100	Mango, canned in syrup, undrained <i>Mangifera indica</i>
L101	Mango, flesh, raw <i>Mangifera indica</i>
L105	Melon, honeydew, flesh, raw <i>Cucumis melo</i>
L106	Melon, rock, combined cultivars, flesh, raw <i>Cucumis melo</i>
L111	Nectarine, flesh & skin, raw <i>Prunus persica</i>
L112	Olives, in brine <i>Olea europaea</i>
L114	Orange, flesh, raw <i>Citrus sinensis</i>

Food ID	Food Name
L116	Passion fruit, flesh & seeds, raw <i>Passiflora edulis</i>
L206	Peaches, canned in juice, undrained
L124	Peaches, canned in syrup, drained <i>Prunus persica</i>
L126	Peaches, flesh & skin, raw <i>Prunus persica</i>
L1015	Pear, assorted varieties, flesh & skin, raw Total Diet Survey 2009 supplied by ESR. Data borrowed from USDA NDB No: 09252 and NZFCDB Food ID L140.
L219	Pear, nashi, flesh, raw
L204	Pears, canned in juice, undrained
L141	Pears, canned in syrup, combined cultivars, undrained <i>Pyrus communis</i>
L178	Persimmon, flesh, raw
L198	Pineapple, canned in juice, drained <i>Ananas comosus</i>
L142	Pineapple, canned in syrup, drained <i>Ananas comosus</i>
L143	Pineapple, canned in syrup, undrained <i>Ananas comosus</i>
L144	Pineapple, flesh, raw <i>Ananas comosus</i>
L155	Plum, combined cultivars, flesh & skin, raw <i>Prunus domestica</i>
L148	Plums, canned in syrup, drained <i>Prunus domestica</i>
L154	Plums, cooking, stewed <i>Prunus domestica</i>
L159	Prunes, dried, stewed <i>Prunus domestica</i>
L157	Prunes, flesh & skin, dried <i>Prunus domestica</i>
L161	Raisins, seedless, composite <i>Vitis vinifera</i> Composite of Sunmaid and Real Value.
L163	Raspberries, raw <i>Rubus idaeus</i>
L168	Rhubarb, stewed with sugar <i>Rheum rhaponticum</i>
L169	Rhubarb, stewed without sugar <i>Rheum rhaponticum</i>
L1056	Salad, fruit, raw This food is derived from a recipe.
L1016	Strawberries, New Zealand, raw Total Diet Survey 2009 supplied by ESR.
L173	Sultanas
L174	Tamarillo, red, flesh & seeds, raw <i>Cyphomandra betacea</i>
L179	Tangelo, flesh, raw
L176	Tangerine, flesh, raw <i>Citrus reticulata</i>
L177	Watermelon, flesh, raw
MEAT	
M188	Beef, blade steak, lean & fat, trimmed to 5mm fat, stewed, drained Sample prepared by knife and fork separation.
M542	Beef, composite cuts, separable lean, cooked

Food ID	Food Name
M1034	Beef, corned, canned, Salisbury Ingredients: Cooked beef (98%), salt, vegetable gums (470, 410, 412), Mineral salt (508), preservative (250). Product of New Zealand Analysed July - December 2010 Purchased from various Palmerston North supermarkets.
M1039	Beef, corned, silverside, raw, composite Composite of Rowntree, Fresh Zone, Land Meat, Farmlands & Walshs. Analysed July - December 2010 Purchased from various Palmerston North supermarkets
M397	Beef, fillet steak, lean & fat, grilled Sample prepared by knife and fork separation.
M191	Beef, fillet steak, lean, grilled
M16	Beef, kidney, core removed, stewed
M328	Beef, mince, lean & fat 12%, stewed
M544	Beef, mince, lean & fat 6%, fried
M20	Beef, mince, lean, stewed
M26	Beef, rump steak, lean & fat, trimmed, grilled Sample prepared by knife and fork separation.
M27	Beef, rump steak, lean, grilled
M49	Beef, schnitzel, crumbed, lean & fat, fried
M206	Beef, scotch fillet, lean, grilled
M2	Beef, silverside, lean 77% & fat 23%, boiled, salt added
M36	Beef, sirloin roast, lean, roasted
M226	Beef, sirloin steak, separable lean, grilled
M46	Beef, topside roast, lean, roasted
M51	Beef, veal, fillet, separable lean, roasted
M232	Chicken, breast, grilled
M339	Chicken, breast, lean & fat, roasted
M239	Chicken, composite cuts, flesh, cooked
M1012	Chicken, deli cooked, breast, composite Composites of Tegal: Original Roast, Honey & Soy, Sage & Onion, Tender Basted, Golden Roasted, 2go Roasted and 2go Apricot & Inghams: Sage & Onion, Unseasoned Tender, Marinated and Marinated & Seasoned.
M1016	Chicken, deli cooked, drumstick, composite Composite of Tegal and Inghams purchased from Auckland, Palmerston North & Christchurch.
M1015	Chicken, deli cooked, skin
M1013	Chicken, deli cooked, thigh, composite Composite of Tegal and Inghams.
M247	Chicken, drumstick, flesh, grilled
M255	Chicken, leg, flesh, grilled
M337	Chicken, thigh, flesh, roasted
M354	Chicken, thigh, separable lean 63%, fat 15% & skin 22%, raw
M350	Chicken, thigh, separable lean 72%, fat 9% & skin 19%, roasted in oven bag
M264	Chicken, wing, flesh, grilled
M351	Chicken, wing, separable lean 63%, fat 2% & skin 35%, roasted in oven bag
M75	Duck, composite cuts, separable lean, roasted

Food ID	Food Name
M124	Ham, separable lean 92% & fat 8%, cooked
M553	Lamb, composite cuts, lean & fat, trimmed, cooked
M301	Lamb, composite cuts, separable lean, cooked
M298	Lamb, forequarter, lean, cooked
M151	Lamb, kidney, core removed, fried
M313	Lamb, leg steak, separable lean, grilled
M154	Lamb, leg, short cut, lean, roasted
M155	Lamb, liver, coated in seasoned flour, fried
M157	Lamb, midloin chop, separable lean, grilled
M330	Lamb, rump chop, separable lean, grilled
M319	Lamb, shoulder chop, separable lean, stewed
M166	Lamb, shoulder, lean, roasted
M502	Mutton, flaps, separable lean 64% & fat 36%, fried
M531	Muttonbird, separable lean 92% & fat 8%, steamed & grilled
M54	Patty, beef, frozen, fried
M618	Pork, bacon, rashers, lean 73% & fat 27%, fried
M619	Pork, bacon, rashers, lean 73% & fat 27%, grilled
M533	Pork, leg roast, lean, roasted
M94	Pork, leg shank, lean & fat, roasted
M286	Pork, leg steak, lean & fat, grilled
M285	Pork, leg steak, separable lean, grilled
M411	Pork, leg steak, separable lean, stewed
M99	Pork, loin chops, lean, grilled
M434	Pork, loin, medallion, separable lean, grilled
M98	Pork, midloin chops, lean & fat, grilled
M409	Pork, schnitzel, lean, fried
M429	Pork, scotch fillet, forequarter, separable lean, grilled
M465	Pork, shoulder roast, forequarter, separable lean 74%, skin 6% & fat 20%, roasted
M278	Pork, shoulder, separable lean, roasted
M126	Rabbit, flesh, stewed
M53	Tongue, beef & sheep, canned
M178	Turkey, composite cuts, separable lean 87%, fat 2% & skin 11%, roasted in oven bag
M179	Turkey, flesh, roasted
M1023	Venison, diced, cooked, Silver Fern Sliver Fern, New Zealand brand.
M1021	Venison, leg medallion, cooked, Silver Fern Sliver Fern, New Zealand brand.
M1020	Venison, mince, raw, Silver Fern Sliver Fern, New Zealand brand.
M185	Venison, red deer, leg, flesh, roasted

Food ID	Food Name
M1022	Venison, stir fried, Silver Fern Sliver Fern, New Zealand brand
MEAT PRODUCTS	
N31	Beef, pastrami
N4	Cornish pastie
N6	Frankfurters, precooked
N1007	Frozen meal, roast beef with mashed potato & vegetables 2005
N1003	Frozen meal, roast beef with roast potato & vegetables 2005
N1004	Frozen meal, roast lamb with roast potato & vegetables 2005
N1005	Frozen meal, roast pork with mashed potato & vegetables 2005
N65	Ham, sliced Composite of Sandwich Ham (Goulds, Kiwi, Huttons) and Sandwich Deli Ham (Leonards, Frasers, Bonanza). Samples purchased from 6 Palmerston North supermarkets in 2002.
N58	Nugget, chicken, crumbed, baked, composite Composite of Tegel and Signature Range Crumbed Chicken Nuggets.
N57	Nugget, chicken, crumbed, deep fried, composite Composite of Tegel and Signature Range Crumbed Chicken Nuggets purchased from Palmerston North supermarkets in 2002. Nuggets were deep fried in vegetable oil at 175C for 5 minutes.
N22	Pate, chicken liver
N23	Pate, pork liver
N12	Pie, pork
N63	Sausage, assorted meats & flavours, dry fried, composite Composite of Heller Tasty, First Choice & Leonards raw beef & pork flavoured sausages. Samples purchased from Palmerston North supermarkets in 2002.
N64	Sausage, assorted meats & flavours, grilled, composite Composite of Heller Tasty, First Choice & Leonards raw beef and pork flavoured sausages.
N61	Sausage, assorted meats & flavours, precooked, grilled, composite Composite of Huttons Sizzlers original, Heller Tasty, First Choice and Leonards precooked sausages.
N2	Sausage, black pudding, fried
N44	Sausage, deep fried
N10	Sausage, ham & chicken luncheon, composite Composite of Kiwi, Top Hat and Pak n Save ham and chicken brands.
N16	Sausage, pork, dry fried
N17	Sausage, pork, grilled
N15	Sausage, salami, uncooked

Food ID	Food Name
N43	Saveloy, boiled, composite Composite of Kiwi and Foodtown brands.
MISCELLANEOUS	
P68	Coffee whitener, powder
P81	Salt, iodised, table
P10	Salt, table
P1003	Seeds, poppy, composite Composite of Pams & Greggs poppy seeds purchased from Palmerston North supermarkets. Analysed July - December 2011.
P1004	Spread, yeast extract, marmite, Sanitarium Samples purchased from various retailers in Palmerston North. Analysed January - June 2012.
P1005	Spread, yeast extract, vegemite, Kraft Samples purchased from various retailers in Palmerston North. Analysed January - June 2012.
P16	Stock, oxo cubes
P11	Vinegar
P59	Vinegar, cider
P13	Yeast, baker's, dried
NUTS & SEEDS	
Q1014	Coconut, cream, premium, composite Composite sample of premium coconut cream (24 - 29% fat) made up from multiple packets of Trident Coconut Cream, Ceres Organics Coconut Cream, FIA FIA Coconut Cream, Ayam Coconut Cream, Kara Coconut Cream and Kara UHT Natural Coconut Cream purchased from various supermarkets in Palmerston North in 2011. Analysed July - December 2011.
Q9	Coconut, desiccated
Q8	Coconut, flesh, raw
Q1	Nuts, almond, raw
Q4	Nuts, brazil, raw
Q1016	Nuts, cashew, raw Food record borrowed from NUTTAB 2010 Food ID: 11B10162.
Q1017	Nuts, cashew, roasted, unsalted Food record borrowed from NUTTAB 2010 Food ID: 11B10163.
Q1018	Nuts, cashew, roasted, salted Food record borrowed from NUTTAB 2010 Food ID: 11B10163.
Q7	Nuts, hazelnuts, raw
Q19	Nuts, macadamia, roasted with oil, salted
Q38	Nuts, macadamia, unroasted
Q11	Nuts, mixed, salted Composite of peanuts, beer nuts, cashews, hazelnuts, almonds, brazil nuts & pecans.
Q14	Nuts, peanuts, raw
Q15	Nuts, peanuts, roasted

Food ID	Food Name
Q16	Nuts, peanuts, roasted with oil, salted
Q94	Nuts, pecan, dried, raw
Q21	Nuts, pine, raw
Q22	Nuts, pistachio, raw
Q17	Nuts, walnuts, raw
Q48	Peanut butter, smooth & crunchy, no sugar or salt added, Sanitarium Composite of Sanitarium Smooth & Crunchy. Samples purchased from Palmerston North supermarkets in 2002.
Q46	Peanut butter, smooth & crunchy, salt & sugar added, composite Composite of Eta, Kraft, Basics and Pams peanut butters. Samples purchased from Palmerston North supermarkets in 2002.
Q42	Seeds, pumpkin & squash, kernel, dried
Q95	Seeds, sesame, dried, raw
Q41	Seeds, sunflower, kernel, dried
Q27	Tahini
RECIPES	
R5462	Beef, satay, barbecued Food record was derived from a recipe.
R5423	Bread roll, ham, cheese & salad, filled Food record was derived from a recipe
R159	Cake, banana, baked Food record was derived from a recipe.
R13	Cake, cheesecake Food record was derived from a recipe.
R5435	Cake, chocolate, butter icing, baked Food record was derived from a recipe.
R16	Cake, fruitcake, rich, baked Food record was derived from a recipe.
R25	Casserole, cauliflower cheese, grilled Food record was derived from a recipe.
R5399	Casserole, chicken & vegetables, baked Food record was derived from a recipe.
R29	Casserole, hot pot, boiled Food record was derived from a recipe.
R389	Chicken, with vegetables, stir fried Food record was derived from a recipe.
R5432	Chili con carne, cooked Food record was derived from a recipe.
R435	Chop suey, Tongan, stir fried Food record was derived from a recipe.

Food ID	Food Name
R434	Chow mein, Island, stir fried Food record was derived from a recipe.
R5436	Chutney, tomato, cooked Food record was derived from a recipe.
R36	Coleslaw Food record was derived from a recipe.
R38	Crumpet, fried Food record was derived from a recipe.
R5428	Custard square, baked Food record was derived from a recipe.
R5507	Dip, guacamole Food record was derived from a recipe.
R42	Eclairs, with chocolate icing & cream filling Food record was derived from a recipe.
R376	Falafel, vegetarian, baked Food record was derived from a recipe.
R372	Hummus Food record was derived from a recipe.
R394	Kebab, lamb, grilled with Mediterranean marinade Food record was derived from a recipe.
R387	Lamb, with vegetables, stir fried Food record was derived from a recipe.
R402	Laplap, cabbage, cassava & coconut, steamed Food record was derived from a recipe.
R58	Loaf, meat, baked Food record was derived from a recipe.
R55	Macaroni cheese, boiled then grilled Food record was derived from a recipe.
R59	Meringue, baked Food record was derived from a recipe.
R5438	Nachos, with beans, cheese & sour cream Food record was derived from a recipe.
R62	Omelette, cheese, cooked Food record was derived from a recipe.
R63	Omelette, plain, uncooked Food record was derived from a recipe.
R163	Pancake, plain, fried Food record was derived from a recipe.
R70	Pastry, Danish, baked Food record was derived from a recipe.
R207	Pastry, puff, cooked Food record was derived from a recipe.

Food ID	Food Name
R5421	Pie, beef mince & vegetable, two crust, baked Food record was derived from a recipe.
R5422	Pie, chicken & mushroom, two crust, baked Food record was derived from a recipe.
R5442	Pie, lemon meringue, baked Food record was derived from a recipe.
R164	Pikelet, plain, fried Food record was derived from a recipe.
R373	Pork, Chinese, simmered Food record was derived from a recipe.
R5439	Pork, with vegetables & cashew nuts, stir fried Food record was derived from a recipe.
R97	Pork, with vegetables, lean & fat, stewed Food record was derived from a recipe.
R100	Pudding, apple crumble, baked Food record was derived from a recipe.
R101	Pudding, bread & butter, baked Food record was derived from a recipe.
R102	Pudding, Christmas, steamed Food record was derived from a recipe.
R104	Pudding, custard egg, prepared with milk Food record was derived from a recipe.
R103	Pudding, custard, prepared with milk Food record was derived from a recipe.
R106	Pudding, rice, cooked Food record was derived from a recipe.
R109	Pudding, sponge, fruit, steamed Food record was derived from a recipe.
R110	Pudding, sponge, treacle, steamed Food record was derived from a recipe.
R5410	Pudding, steak & kidney, steamed Food record was derived from a recipe.
R5408	Quiche, basic, baked Food record was derived from a recipe.
R5441	Quiche, spinach, baked Food record was derived from a recipe.
R5431	Ratatouille, vegetable, cooked Food record was derived from a recipe.
R99	Salad, potato Food record was derived from a recipe.
R377	Samosa, vegetable, cooked Food record was derived from a recipe.

Food ID	Food Name
R433	Sandwich, cheese, toasted Food record was derived from a recipe.
R5409	Sauce, bolognese, meat based Food record was derived from a recipe.
R116	Sauce, cheese, prepared with milk Food record was derived from a recipe.
R119	Sauce, white, prepared with milk Food record was derived from a recipe.
R123	Scone, cheese, baked Food record was derived from a recipe.
R165	Scone, plain, baked Food record was derived from a recipe.
R125	Scone, wholemeal, baked Food record was derived from a recipe.
R5434	Seafood, with vegetables, stir fried Food record was derived from a recipe.
R166	Shortbread, homemade, baked Food record was derived from a recipe.
R5443	Soup, corned beef & vegetables, cooked Food record was derived from a recipe.
R130	Soup, lentil, simmered, cooked Food record was derived from a recipe.
R134	Stew, beef, stewed
R391	Sushi Food record was derived from a recipe.
R5437	Tacos, filled, vegetarian Food record was derived from a recipe.
R5433	Tortilla, wholegrain, cooked Food record was derived from a recipe.
R146	Trifle Food record was derived from a recipe.
R5440	Vegetables, stir fried Food record was derived from a recipe.

SAUCES & CONDIMENTS

S77	Dip, sour cream, assorted flavours, 30% fat, La Bonne La Bonne Classic Dips.
S79	Dip, sour cream, lite, assorted flavours, 7% fat, composite Composite of Taranua and La Bonne

Food ID	Food Name
S29	Dressing, coleslaw, lite, Eta Samples purchased from Palmerston North supermarkets in 1996.
S28	Dressing, French, Kraft Samples purchased from Palmerston North supermarkets in 1996.
S31	Dressing, Italian, Kraft Samples purchased from Palmerston North supermarkets in 1996.
S45	Dressing, mayonnaise, composite Composite of Eta & Kraft Mayonnaise. Samples purchased from Palmerston North supermarkets in 1996.
S64	Dressing, mayonnaise, reduced fat
S50	Dressing, thousand island, Eta Samples purchased from Palmerston North supermarkets in 1996.
S7	Dressing, vinaigrette
S73	Hummus, original, 6.5% fat, composite Composite of Lisa's, La Bonne, Signature Range and Middle Eastern.
S1008	Ketchup, tomato, composite Composite of Heinz and Watties Ketchup. Product of Australia. Samples purchased from various supermarkets in Palmerston North. Sampled January - June 2011
S2	Pickle, sweet
S6	Puree, tomato
S22	Sauce, chilli
S1007	Sauce, fish Food record borrowed from USDA NDB No 06179.
S68	Sauce, pasta, chunky vegetable, tomato based, heated, composite Composite of Dolmio Chunky and Bertoli Five Bros brands.
S70	Sauce, simmer, butter chicken, heated, composite Composite of Kan Tong, Watties, Pataks and Continental brands.
S71	Sauce, simmer, satay, heated Composite of Kan Tong and Watties brands
S69	Sauce, simmer, sweet & sour, heated, composite Composite of Kan Tong, Watties and Continental brands.
S11	Sauce, soy
S46	Sauce, tartar, Eta
S44	Sauce, tomato, composite Composite of Cerebos, Watties Home-style and King tomato sauce.
S14	Sauce, Worcestershire
SHELLFISH	
T31	Cockles, boiled <i>Austrovenus stutchburyi</i> Boiled for 5 minutes.
T40	Crab, meat stick, surimi

Food ID	Food Name
T25	Fritter, paua, deep fried
T26	Kina, roe, raw <i>Evechinus chloroticus</i> Ten samples were obtained from the Haunoana area in April 1985.
T1026	Mussels, green, flesh, boiled <i>Perna canaliculus</i> Is a recipe calculated from T1024. Boiled for 5 minutes.
T1024	Mussels, green, flesh, raw <i>Perna canaliculus</i> 7kg of Mussels purchased (5kg Coramandel Mussels and 2kg Marlborough Sounds Mussels) Product of New Zealand. Samples purchased from various supermarkets in Palmerston North Analysed July-December 2010
T1015	Mussels, green, marinated, assorted flavours, drained, Sealord <i>Perna canaliculus</i> Composite of Sealord Garlic, Natural and Woodsmoke Marinated Mussels Product of New Zealand. Samples purchased from various supermarkets in Wellington, Palmerston North and South Island. Analysed July-December 2010
T1005	Mussels, green, marinated, drained, Talley's <i>Perna canaliculus</i> Ingredients: Cooked green shell mussels (53%), water, sugar, acidity regulator (E260), and salt. Samples purchased from various supermarkets in Wellington, Palmerston North and South Island. Product of New Zealand. Analysed July-December 2010
T1022	Mussels, green, smoked, garlic, Aqua Fresh <i>Perna canaliculus</i> Ingredients: Smoked Mussels 82% [contains Greenshell mussel meat, salt, sugar, colour (150c, 160b), Woodsmoke], Canola oil, garlic powder (2%), dill tips. Product of New Zealand. Samples purchased from various supermarkets in Wellington, Palmerston North and South Island. Analysed July-December 2010
T1023	Mussels, green, smoked, natural, Aqua Fresh <i>Perna canaliculus</i> Ingredients: Smoked mussel meat (85%) [contains Greenshell mussel meat, salt, sugar, colour (150c, 160b), Woodsmoke], canola oil. Product of New Zealand. Samples purchased from various supermarkets in Wellington, Palmerston North and South Island. Analysed July-December 2010
T17	Oyster, battered, deep fried in peanut oil
T6	Oyster, dredge, raw <i>Tiostrea lutaria</i>
T19	Pipi, flesh, raw <i>Paphies australis</i> Thirty samples were obtained from the Whangaparoa area in November 1984.
T1027	Prawn, king, flesh, cooked Food record borrowed from NUTTAB 2010 Food ID: 05C10124.
T1028	Prawn, king, flesh, raw Food record borrowed from NUTTAB 2010 Food ID: 05C10122.
T20	Scallops, battered, deep fried
T11	Scallops, sea, raw <i>Pecten novaezelandiae</i>
T12	Shrimp, canned, drained
T23	Squid, in flour, fried

SNACK FOODS

U17	Chips, corn, cheese flavoured, composite Composite of CC's, Sancho, Aztec and Nachero's.
U57	Chips, multigrain, grainwaves, assorted flavours, Bluebird Composite of Golden Cheddar, Sour Cream & Bacon, Salsa, Sour Cream & Chives, Cheese and Chives, Smokey Bacon and Tangy Relish flavours.
U6	Chips, potato, assorted flavours, composite Composite of Eta Ripples and Bluebird plain, chicken and salt n vinegar.

Food ID	Food Name
U14	Chips, potato, lites, Bluebird Samples purchased from Palmerston North supermarkets in 1996.
U13	Chips, potato, low salt
U45	Chips, potato, salt & vinegar, Pringles Composite of different batches purchased from Palmerston North supermarkets March - August 1999.
U38	Chips, potato, slims, Eta
U21	Fruit bar, wholemeal, assorted flavours, Mother Earth Composite of Mother Earth Apricot, Raisin and Fig purchased from Palmerston North supermarkets in 1994.
U34	Fruit leather, apricot Samples purchased from Palmerston North supermarkets in 1994.
U23	Fruit roll, strawberry, Uncle Tobys Uncle Tobys Fruit for Yonks. Samples purchased from Palmerston North supermarkets in 1994.
U30	Muesli bar, chocolate chip, composite Composite of Foodtown Muesli Bars, Flemings Muesli Bars & Canterbury Oaty Bar. Samples purchased from Palmerston North supermarkets in 1994.
U27	Muesli bar, chocolate coated, Snacker Composite of Snacker Muesli Bars Chocolate Mint, Chocolate Apricot, Choc Honeycrunch and Choc Fruit & Nut. Samples purchased from Palmerston North supermarkets in 1994.
U28	Muesli bar, fruit & nut, composite Composite of Apollo Fruit & Nut Energy Bars, Lunch Box Logs, Tropical Fruit & Nut, Fruit & Nut Muesli, Apricot & Almond and Layleys Fruit Bars Apricot & Cashew, Peach & Cashew. Samples purchased from Palmerston North supermarkets in 1994.
U67	Muesli bar, fruit filled, twisted, assorted flavours, composite Composite of Kellogg's K Time Twists, Uncle Tobys Break Free Twists, Mother Earth Twins, Pams Tandems, Uncle Tobys Fruit Twists and Signature Range Double Ups. Samples purchased from Palmerston North supermarkets in 2002.
U70	Muesli bar, fruit filled, wholemeal, assorted flavours
U24	Muesli bar, yoghurt coated, composite Composite of Foodtown Yoghurt Flavour Coated Muesli Bars mixed berry, Bluebird Snacker Yoghurt Apricot & Snacker Yoghurt Berry. Samples purchased from Palmerston North supermarkets in 1994.
U1010	Nut bar, chocolate, Nice & Natural Composite sample made up from multiple packets of Nice & Natural Chocolate Nut Bars purchased from various supermarkets in Palmerston North in 2011. Analysed July - December 2011.
U1009	Popcorn, air popped Food record borrowed from USDA SR 21 NDB: 19034
U40	Popcorn, buttered, salted, Pop N Good Samples purchased from Palmerston North supermarkets in 2004.
U18	Popcorn, candied, composite Composite of Harlequin Pop n good flavored, Caramel pop n good, Caramel Bunny and Cornfetti. Samples purchased from Palmerston North supermarkets in 1996.
U41	Pretzels
U16	Snacks, corn, cheese flavoured, composite Composite of Bluebird Cheezels, Twisties, Rashuns and Eta Cheese Rings, Cheese balls. Samples purchased from Palmerston North supermarkets in 1996.

Food ID	Food Name
SOUPS	
V57	Soup, beef, dried, prepared with water, Continental Samples purchased from Palmerston North supermarkets in 1995.
V1	Soup, bone & vegetable broth
V1002	Soup, chicken & corn, heated Analysed January - June 2006.
V1008	Soup, chicken & corn, heated, Wattie's Analysed January - June 2006.
V1003	Soup, chicken & vegetable, heated, Wattie's Analysed January - June 2006.
V59	Soup, chicken noodle, dried, prepared with water, Continental Samples purchased from Palmerston North supermarkets in 1995.
V68	Soup, chicken noodle, dried, prepared with water, Maggi Samples purchased from Palmerston North supermarkets in 1995.
V4	Soup, cream of chicken, canned Samples purchased from Palmerston North supermarkets.
V9	Soup, cream of mushroom, canned
V15	Soup, cream of tomato, canned
V69	Soup, creme of chicken, dried, prepared with water, Maggi Samples purchased from Palmerston North supermarkets in 1995.
V65	Soup, creme of vegetable, dried, prepared with water, Maggi Samples purchased from Palmerston North supermarkets in 1995.
V75	Soup, lamb flap, Tongan, cooked Food record was derived from a recipe
V1004	Soup, lentil & vegetables, heated, Wattie's
V8	Soup, minestrone, dried, prepared with water
V66	Soup, mushroom, dried, prepared with water, Maggi Samples purchased from Palmerston North supermarkets in 1995.
V33	Soup, pea, homemade, cooked Food record was derived from a recipe.
V1001	Soup, pumpkin, heated Analysed January - June 2006.
V1007	Soup, pumpkin, heated, Wattie's Analysed January - June 2006.
V1005	Soup, seafood chowder, heated Analysed January - June 2006.
V55	Soup, tomato, dried, prepared with water, Continental Samples purchased from Palmerston North supermarkets in 1995.
V1006	Soup, tuscan tomato, heated, Wattie's Analysed January - June 2006.

Food ID	Food Name
V18	Soup, vegetable, canned
SUGAR, CONFECTIONARY & SWEET SPREADS	
W5	Chocolate bar, bounty, Cadbury
W34	Chocolate bar, Crunchie, Cadbury Samples purchased from Palmerston North supermarkets in 1995.
W39	Chocolate bar, Kit Kat, Nestle Samples purchased from Palmerston North supermarkets in 1995.
W6	Chocolate bar, Mars
W3	Chocolate bar, milk
W1014	Chocolate bar, Moro Gold Totally Nuts, Cadbury Ingredients: Sugar, Peanuts, Milk solids, Vegetable fat, Wheat glucose syrup, Cocoa butter, Dextrose, Cocoa mass, Humectant(422), Invert sugar, Cocoa powder, Emulsifiers (soya lecithin 471,476, 492), Salt, Flavours, Milk chocolate contains Cocoa solids26% Milk solids 28% Analysed January - June 2010 Purchased from a variety of Supermarkets and retailers in Palmerston North. April 2010
W1009	Chocolate bar, Moro, Cadbury Ingredients: Sugar, Glucose syrup, Full cream milk, Milk solids, Vegetable fats, Cocoa butter, Cocoa mass, Malted barley syrup, Cocoa powder, Salt, Dried egg white, Maltodextrin, Emulsifiers (soya Lecithin, 471, 476, 492), Food acid, Flavours, Milk Chocolate contains Cocoa Solids 21%, Milk Solids 28%. Purchased from different retailers in Palmerston North, April 2010. Analysed January - June 2010
W33	Chocolate bar, Pinky, Cadbury Samples purchased from Palmerston North supermarkets in 1995.
W35	Chocolate, candy coated, composite Composite of Pascall Pebbles, Nestle Smarties, Mars M&M's. Samples purchased from Palmerston North supermarkets in 1995.
W1015	Chocolate, compound, composite Composite sample made up from multiple packets of Nestle Dark Chocolate Melts, Sun Valley Dark Choc Chips, Sun Valley Dark Choc Drops, True Value Choc Drops and Real Value Choco Drops purchased from various supermarkets in Palmerston North in 2011. Analysed July - December 2011.
W1013	Chocolate, crunchie, Cadbury Ingredients: Full cream milk, Sugar, Cocoa mass, Cocoa butter, wheat glucose syrup, Vegetable fat, Milk solids, Emulsifiers (Soya lecithin, 467), Mineral salt (500), Hydrrolised milk protein, Flavours, Milk Chocolate contains Cocoa Solids 21%, Milk Solids 28% Analysed January - June 2010 Purchased from various retailers in Palmerston North, April 2010
W56	Chocolate, dark
W1012	Chocolate, energy, Cadbury Full cream milk, Sugar, Cocoa mass, Cocoa butter, Milk solids, Malted barley syrups, Emulsifiers (soya lecithin 476), Flavour, Chocolate contains cocoa solids 40% Analysed January - June 2010 Purchased in Palmerston North from a variety of retailers in April 2010
W7	Chocolate, fancy & filled
W1010	Chocolate, fruit & nut, Cadbury Ingredients: Full cream milk, Sugar, Sultanas, Cocoa Mass, Almonds, Cocoa butter, Milk solids, Vegetable fat, Emulsifiers (Soya Lecithin, 476), Flavours, Milk Chocolate contains Cocoa Solids 21%, Milk Solids 28% Analysed January - June 2010 Purchased from different retailers in Palmerston North, April 2010.
W1011	Chocolate, peanut, Whittaker's Ingredients: Milk Chocolate contains (Sugar, Cocoa solids 33% [Cocoa mass and Cocoa butter], Milk powder 17%, Emulsifier (soya lecithin). Peanuts 25%, Flavour Analysed January - June 2010 Purchased from a variety of Supermarket in Palmerston North, April 2010.
W55	Chocolate, white

Food ID	Food Name
W8	Fruit gums
W11	Honey
W31	Ice block, frozen
W14	Jam, berry fruit, composite Composite of Craigs, Cottees, Signature Range, Pams, Hansells and Barkers - Blackberry, Boysenberry, Three Berry, Mixed Berry, Raspberry and Strawberry Jams. Samples purchased from 6 Palmerston North supermarkets in 2002.
W15	Jam, stone fruit, composite Composite of Craigs, Pams, Cottees, Signature Range, Hansells, Barkers - Apricot, Red Plum, Black Cherry, Plum Jams. Samples purchased from 6 Palmerston North supermarkets in 2002.
W45	Jellybeans, jaybees, Pascall Samples purchased from Palmerston North supermarkets in 1995.
W29	Liquorice, allsorts
W43	Liquorice, black, composite Composite of Allen's 'Black Knight Luxury Licorice' and Allen's 'Granny's Twist Liquorice'.
W44	Lollies, minties, Pascall Samples purchased from Palmerston North supermarkets in 1995.
W57	Lollipop, assorted flavours, Chupa Chup Pack size: Big Bag (300g), 10 Fruity Flavoured Lollipops(130g), 10 Ice Cream Flavoured Lollipops (120g).
W17	Marmalade
W40	Marshmallows, pink & white, composite Composite of Pascall and Regina. Samples purchased from Palmerston North supermarkets in 1995.
W18	Peppermints
W46	Sauce, chocolate, composite Composite of Cottee's and Hansells.
W1016	Spread, Nutella, Ferrero Composite of multiple batches purchased from various supermarkets in Palmerston North, December 1999 to February 2000. Pack sizes 200g, 250g, 375g, 500g and lunch box packs. Product of Australia.
W19	Sugar, brown
W23	Sugar, raw
W24	Sugar, white
W1	Sweets, hard, boiled
W25	Syrup, golden
W26	Toffees, mixed
VEGETABLES	
X2	Artichoke, Globe, boiled, drained
X134	Asparagus, canned, drained <i>Asparagus officinalis</i> Composite of 4 different brands. 1992.
X180	Asparagus, combined cultivars, steamed, drained <i>Asparagus officinalis</i>

Food ID	Food Name
X1004	Baked beans, in tomato sauce, composite Composite of Watties 65% , Oak 20%, Pams 15% purchased in Palmerston North supermarkets February 2008.
X137	Beans, black, cooked
X138	Beans, broad, boiled <i>Vicia faba</i>
X139	Beans, butter, boiled <i>Phaseolus lunatus</i>
X140	Beans, green, boiled <i>Phaseolus vulgaris</i>
X10	Beans, Haricot, boiled, drained
X135	Beans, mung, sprouts, raw <i>Phaseolus aureus</i>
X1059	Beans, red, kidney, canned, drained <i>Phaseolus vulgaris</i> Food record borrowed from NUTTAB 2010 Food ID: 13A20104.
X1060	Beans, red, kidney, dried, boiled, drained <i>Phaseolus vulgaris</i> Food record borrowed from NUTTAB 2010 Food ID: 13A20103.
X16	Beetroot, canned, drained <i>Beta vulgaris</i> 1985
X17	Beetroot, flesh, boiled <i>Beta vulgaris</i>
X1019	Broccoflower, frozen, boiled, drained <i>Brassica oleracea</i> Boiled for 5 minutes and drained.
X1016	Broccoflower, frozen, raw <i>Brassica oleracea</i> Samples purchased from Wellington, Palmerston North and Hastings in July 2009. Frozen prior to analysis.
X1022	Broccoli, boiled, drained Boiled for 5 minutes and drained.
X1020	Broccoli, raw Samples purchased from Christchurch, Palmerston North and Auckland in July 2009.
X21	Brussel sprouts, boiled, drained <i>Brassica oleracea</i>
X1038	Cabbage, bok choy, raw 2kg sampled, ratio 4 Auckland : 2 Palmerston North : 1 Hawkes Bay : 1 Christchurch Analysed July - December 2010.
X250	Cabbage, Chinese, cooked <i>Brassica chinensis</i>
X1040	Cabbage, choy sum 2kg sampled, ratio 3 Auckland : 1 Christchurch Analysed July - December 2010
X23	Cabbage, red, raw
X1039	Cabbage, tat soi, raw 2kg sampled, ratio 4 Palmerston North : 4 Hawkes Bay : 1 Christchurch Analysed July - December 2010
X1049	Capsicum, green, stalk & seeds removed, raw <i>Capsicum annuum</i> Samples purchased from various retailers in Auckland, Rotorua, Hawkes Bay, Palmerston North & South Island. Analysed January - June 2012.
X1048	Capsicum, red, stalk & seeds removed, raw <i>Capsicum annuum</i> Samples purchased from various retailers in Auckland, Rotorua, Hawkes Bay, Palmerston North & South Island. Analysed January - June 2012.
X33	Carrot, flesh, boiled, drained <i>Daucus carota</i> Samples purchased from Palmerston North supermarkets in 1992 . Cooked for 10 minutes.
X1007	Carrot, flesh, raw Total Diet Survey 2009 supplied by ESR.
X237	Cassava, baked in traditional Papua New Guinea oven <i>Manihot esculenta</i>

Food ID	Food Name
X238	Cassava, boiled <i>Manihot esculenta</i>
X35	Cauliflower, boiled, drained <i>Brassica oleracea</i>
X36	Cauliflower, raw <i>Brassica oleracea</i>
X39	Celery, stem, raw <i>Apium graveolens</i>
X76	Chickpeas, cooked <i>Cicer arietinum</i>
X142	Choko, flesh, cooked
X259	Corn, sweet, baby, canned, drained
X41	Corn, sweet, canned, drained, composite Composite of Growers and Watties Whole Kernel.
X301	Corn, sweet, creamed, composite Composite of Growers, Oak, Pams, Budget and Watties brands.
X288	Corn, sweet, kernels on cob, boiled Composite of McCain, Watties and Western's frozen corn on cob brands.
X261	Courgette, raw Composite of yellow and green courgette.
X1043	Cucumber, raw <i>Cucumis sativus</i> 'Lebanese' Food record borrowed from NUTTAB 2010 Food ID: 13A11435.
X1052	Cucumber, unpeeled, raw <i>Cucumis sativus</i> 'Telegraph' Samples purchased from various retailers in Auckland, Rotorua, Hawkes Bay, Palmerston North & South Island. Analysed January - June 2012.
X260	Garlic, cloves, raw, peeled
X143	Gherkin, in sweetened brine, drained
X1030	Ginger, preserved Food record borrowed from Ginger preserved in the Singapore database.
X1010	Kumara, assorted varieties, flesh, boiled Samples provided by ESR from TDS 2009.
X1057	Kumara, red, peeled, raw , <i>Ipomoea batatas</i> 'Owairaka Red' Samples purchased from various retailers in Auckland, Rotorua, Hawkes Bay, Palmerston North & South Island. Analysed January - June 2012.
X1065	Kumara, red, peeled, roasted in beef dripping, no salt added 'Owairaka Red' Food record was derived from a recipe.
X50	Leeks, boiled, drained <i>Allium ampeloprasum</i>
X54	Lentils, split, boiled, drained <i>Lens esculenta</i>
X1009	Lettuce, assorted varieties, heart, raw Total Diet Survey supplied by ESR feb 2009.
X305	Lettuce, hydroponic varieties Composite of Rocket, Red Lettuce, Lollo Bionda Lettuce, Butterhead Lettuce, Frillice Lettuce and Lollo Rossa Lettuce cultivars.
X57	Marrow, flesh, boiled, drained <i>Cucurbita pepo</i>
X298	Mushrooms, fried in butter
X297	Mushrooms, fried in oil
X60	Mushrooms, raw <i>Agaricus bisporus</i>
X64	Onion, flesh, boiled, drained <i>Allium cepa</i>

Food ID	Food Name
X66	Onion, flesh, raw <i>Allium cepa</i>
X146	Onion, pickled <i>Allium cepa</i>
X67	Onion, spring, raw <i>Allium cepa</i>
X68	Parsley, leaves, raw <i>Petroselinum crispum</i>
X69	Parsnip, flesh, boiled, drained <i>Pastinaca sativa</i>
X80	Peas, green, frozen, boiled, drained, composite <i>Pisum sativum</i> Composite of Growers, Westerns, Watties and Pams Garden peas.
X73	Peas, split, boiled <i>Pisum sativum</i>
X1008	Potato, assorted varieties, flesh & skin, baked Total Diet Survey supplied by ESR Feb 2009.
X1011	Potato, assorted varieties, flesh, boiled Total Diet Survey supplied by ESR Feb 2009. No salt added.
X1032	Potato, fries, beer batter, baked, composite Composite of McCain Beer Batter Steakfries and McCain Beer Batter Thick and Crunchy. Samples purchased from various Palmerston North retailers. Analysed July - December 2010
X327	Potato, fries, frozen, chunky cut, precooked in canola oil, baked Samples purchased from Palmerston North supermarkets in 2003.
X324	Potato, fries, frozen, chunky cut, precooked in polyunsaturated oil, baked Samples purchased from Palmerston North supermarkets in 2003.
X321	Potato, fries, frozen, shoestring cut, precooked in polyunsaturated oil, baked Samples purchased from Palmerston North supermarkets in 2003.
X322	Potato, fries, frozen, straight cut, precooked in polyunsaturated oil, baked Samples purchased from Palmerston North supermarkets in 2003.
X1033	Potato, fries, steak, tempura, baked, Wattie's Ingredients: Potatoes (82%), Tempura style batter [Rice flour, Maize starch, Wheat flour, Salt, Maize flour, Tapioca Thickener (1400), Yeast Extract, Mineral Salt (450), Glucose, Raising agent (500), Spices, Thickener (415), Emulsifier (471)], Canola Oil, Traces of egg, milk, soy and sesame. Samples purchased from various Palmerston North retailers. Analysed July - December 2010
X93	Potato, baked, salt added <i>Solanum tuberosum</i> 'Rua' Samples purchased from Palmerston North supermarkets in 1991. Baked in an oven at temperature of 200C, for between 40 and 60 minutes.
X96	Potato, boiled, mashed with milk, butter & salt <i>Solanum tuberosum</i> 'Rua'
X94	Potato, flesh, boiled, drained <i>Solanum tuberosum</i> 'Rua' Samples purchased from Palmerston North supermarkets in 1991.
X154	Potato, flesh, microwaved, salt added <i>Solanum tuberosum</i> 'Rua'
X98	Potato, roasted in beef dripping, salt added <i>Solanum tuberosum</i> 'Rua'
X1037	Potato, wedges, crunchy, baked, Pams Ingredients: Potatoes (skin on), Beef fat and/or Vegetable oil, May contain milk products, sesame seeds, soy and wheat products. Samples purchased from various Palmerston North retailers. Analysed July - December 2010
X314	Potato, wedges, frozen, precooked in polyunsaturated oil, baked
X292	Pumpkin, flesh & skin, roasted
X148	Pumpkin, flesh, baked <i>Cucurbita spp.</i>
X147	Pumpkin, flesh, boiled, drained <i>Cucurbita spp.</i>

Food ID	Food Name
X1012	Puwha, prickly sow thistle, leaves, raw <i>Sonchus asper</i> Puwha, prickly sow thistle leaves supplied by T. Jackson, AgResearch, Hamilton February and May 2009.
X181	Puwha, sow thistle, boiled <i>Sonchus spp.</i>
X112	Radishes, flesh & skin, raw <i>Raphanus sativus</i>
X1018	Rocket, raw
X1047	Salad, mesclun mix, raw Samples purchased from various retailers in Auckland, Rotorua, Hawkes Bay, Palmerston North & South Island. Composite of both pre packaged and bulk mesclun mix. Analysed January - June 2012.
X1013	Seaweed, nori sheet, toasted Composite of sheets purchased from supermarkets in Auckland, Palmerston North & Christchurch in May 2009.
X177	Silver beet, boiled for 10 minutes, no salt added <i>Beta vulgaris</i> Calculated from raw silver beat FoodID X115
X1046	Spinach, English, boiled, drained <i>Spinacia oleracea</i> Samples purchased from various retailers in Auckland, Rotorua, Hawkes Bay, Palmerston North & South Island. Analysed January - June 2012.
X1045	Spinach, English, raw <i>Spinacia oleracea</i> Samples purchased from various retailers in Auckland, Rotorua, Hawkes Bay, Palmerston North & South Island. Analysed January - June 2012.
X266	Sprouts, alfalfa, raw Composite of Food Town and Sprout Man.
X225	Squash, buttercup, flesh, steamed
X123	Swede, flesh, boiled, drained <i>Brassica napus</i>
X1062	Taro, root, peeled, baked Food record was derived from a recipe.
X1063	Taro, root, peeled, boiled Food record was derived from a recipe.
X1053	Taro, root, peeled, raw <i>Colocasia esculenta</i> Samples purchased from various retailers in Auckland, Rotorua, Hawkes Bay, Palmerston North & South Island. Analysed January - June 2012.
X1006	Tomatoes, assorted varieties, flesh, skin & seeds, raw Total Diet Survey 2009 supplied by ESR.
X125	Tomatoes, canned, drained <i>Lycopersicon esculentum</i>
X275	Tomatoes, canned, in tomato juice
X295	Tomatoes, sun-dried
X129	Turnip, flesh, boiled, drained <i>Brassica rapa</i>
X157	Vegetables, carrots, corn & peas, frozen, boiled, drained
X131	Watercress, raw <i>Rorippa nasturtium aquaticum</i>
X132	Yam, flesh, boiled, drained <i>Dioscorea spp.</i>
X309	Yam, South Island, flesh, roasted

Appendix IV – Fortified Foods

Food ID	Food Name	Footnote
A1020	Bread, multigrain, Burgen	Fortified with Folate (1/10/02).
A1021	Bread, multigrain, 9 grains, Tip Top	Fortified with Iron, Vitamin E & Folate (1/07/99).
C1017	Probiotic drink, activate, Meadow fresh	Fortified with Zinc, Vitamin A, Vitamin B6, Vitamin C, Vitamin E, Niacin & Thiamin (01/07/05).
C1022	Smoothie, berry, composite	Fortified with Vitamin C
C1023	Smoothie, feijoa, Simply Squeezed	Fortified with Vitamin A, Vitamin C, Vitamin E. Folate & Calcium.
C1030	Energy drink, assorted flavours, V	V Original fortified with Vitamin B12, Vitamin B6, Niacin & Riboflavin (1/08/2008). V Black fortified with Vitamin B12, Vitamin B6, Niacin & Riboflavin (26/10/2004).
C1032	Water, assorted flavours, Mizone	Fortified with Vitamin B12, Vitamin B6, Vitamin C & Niacin (1/09/2001).
C1035	Milo, powder, Nestle	Fortified with Calcium, Iron, Vitamin A, Vitamin C, Riboflavin, Thiamin (1/12/1996) & Magnesium (2/02/2009).
C138	Drink flavour, Vitafresh, powder, Hansell's	Fortified with Vitamin C (Label information).
C16	Juice, tomato, McCoy	Fortified with Vitamin C (1/12/96).
C166	Soy drink, So Good, essential, Sanitarium	Fortified with Phosphorus (1/01/03), Calcium, Folate, Iron, Vitamin A, Vitamin B12, Vitamin B6, Vitamin C, Vitamin E, Thiamin & Riboflavin (1/09/2001).
C29	Soy drink, So Good, Sanitarium	Fortified with Calcium, Vitamin A, Riboflavin & Vitamin B12 (1/12/96).
C30	Soy drink, So Good, lite, Sanitarium	Fortified with Calcium, Vitamin A, Riboflavin & Vitamin B12 (1/12/96).
C38	Juice, orange with apple base, Just Juice	Fortified with Vitamin C (1/12/80).
C46	Juice, apple, Fresh Up	Fortified with Vitamin C (01/12/80).
C93	Cordial concentrate, blackcurrant, Baker Halls	Fortified with Vitamin C (1/12/96).
C95	Cordial concentrate, lemon & barley, Baker Halls	Fortified with Vitamin C (1/12/96).
C99	Drink flavour, assorted flavours, powder, Raro	Fortified with Vitamin C (1/12/96).
D1009	Just Right, tropical, Kellogg's	Fortified with Iron, Folate, Niacin, Riboflavin & Thiamin (01/08/2005).
D1010	Special K, honey & almond, Kellogg's	Fortified with Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Iron (01/12/1996) & Calcium (01/01/1996).
D1012	Weet-Bix, oat bran, Sanitarium	Fortified with Folate & Vitamin E (1/01/2000).
D1014	Light & Tasty, berry, Sanitarium	Fortified with Calcium, Iron, Folate (01/10/2003), Niacin, Riboflavin & Thiamin (01/04/2005).
D1018	San Bran, Sanitarium	Fortified with Thiamin, Niacin, Iron & Magnesium.
D1019	Muesli, natural fruit & five grains, Sanitarium	Fortified with Iron, Magnesium, Folate, Niacin & Thiamin (09/09/2007).
D1027	Weet-Bix, Sanitarium	Fortified with Thiamin, Riboflavin, Niacin, Folate & Iron.
D1028	Cornflakes, Sanitarium	Fortified with Thiamin, Riboflavin, Niacin, Iron & Folate.
D1029	Ricies, Sanitarium	Fortified with Thiamin, Niacin, Riboflavin & Iron.
D31	Special K, Kellogg's	Fortified with Calcium (1/1/1996), Iron, Vitamin B6, Folate, Niacin, Riboflavin & Thiamin (1/12/1996).
D33	Nutri-Grain, Kellogg's	Fortified with Iron, Vitamin C, Folate, Niacin, Riboflavin, Thiamin (1/12/1996), Vitamin B6 (1/05/1999) & Calcium (1/06/2000).
D34	All Bran Wheat Flakes, Kellogg's	Fortified with Iron, Folate, Niacin, Riboflavin, Thiamin, Magnesium (1/05/1998) & Zinc (1/05/1998).
D35	Coco Pops, Kellogg's	Fortified with Iron, Vitamin C, Folate, Niacin, Riboflavin, Thiamin (1/12/1996) & Zinc (1/6/1998).
D38	Just Right, Kellogg's	Fortified with Iron, Folate, Niacin, Riboflavin & Thiamin (1/12/1996).
D42	Rice Bubbles, Kellogg's	Fortified with Iron, Vitamin C, Folate, Niacin, Riboflavin, Thiamin (1/12/1996) & Zinc (1/6/1998).
D43	Sultana Bran, Kellogg's	Fortified with Iron, Folate, Niacin, Riboflavin, Thiamin, Zinc (1/6/1998) & Magnesium (1/2/1998).
D44	Sustain, Kellogg's	Fortified with Iron, Vitamin B6, Vitamin C, Folate, Niacin, Riboflavin & Thiamin (1/12/1996).

Food ID	Food Name	Footnote
F1018	Milk, high calcium, 0.1% fat, composite	Fortified with Calcium (01/12/96) & Vitamin D (06/09/04).
F120	Milk, calci kid, Tararua	Fortified with Calcium (01/06/2001), Vitamin A & Vitamin D (09/08/04).
J1001	Margarine, canola, monounsaturated, 70% fat, composite	Fortified with Vitamin A & D.
J1003	Margarine, canola, monounsaturated, 50% fat, composite	Fortified with Vitamin A & D.
J1005	Margarine, polyunsaturated, 70% fat, composite	Fortified with Vitamin A & D.
J1006	Margarine, polyunsaturated, 70% fat, reduced salt, composite	Fortified with Vitamin A & D.
J1008	Margarine, light, polyunsaturated, 50% fat, Flora	Fortified with Vitamin A & D.
P1004	Spread, yeast extract, marmite, Sanitarium	Fortified with Iron, Vitamin B12, Folate (1/07/1998), Niacin, Riboflavin & Thiamin (1/12/1996).
P1005	Spread, yeast extract, vegemite, Kraft	Fortified with Folate (3/08/2005), Niacin (1/12/1996), Riboflavin & Thiamin (1/01/1967).

Appendix V – Nutrient trace and significant digits⁶

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

⁶Greenfield H, Southgate DAT 2003. Food composition data: production management and use. 2nd ed. Rome, Food and Agriculture Organisation of the United Nations.

Appendix VI – Food Index

Food Name	Food ID	Chapter	Primary Source	Page No.
All Bran Wheat Flakes, Kellogg's	D34	BREAKFAST CEREALS	abfm	29
Apple, assorted varieties, flesh & skin, raw	L1014	FRUIT	z	77
Apple, cooking, flesh, stewed	L16	FRUIT	abu	77
Apricot, canned in juice, undrained	L213	FRUIT	z	77
Apricot, canned in syrup, drained	L214	FRUIT	ab	77
Apricot, canned in syrup, undrained, composite	L22	FRUIT	abu	77
Apricot, dried	L26	FRUIT	abu	77
Apricot, flesh & skin, raw	L23	FRUIT	z	77
Apricot, flesh & skin, stewed	L25	FRUIT	abu	77
Artichoke, Globe, boiled, drained	X2	VEGETABLES	b	155
Asparagus, canned, drained	X134	VEGETABLES	z	155
Asparagus, combined cultivars, steamed, drained	X180	VEGETABLES	auz	155
Avocado, assorted varieties, flesh, raw	L1017	FRUIT	z	79
Bagel, plain	A54	BAKERY PRODUCTS	abz	1
Baked beans, in tomato sauce, composite	X1004	VEGETABLES	z	157
Banana, cooking, boiled	L185	FRUIT	abu	79
Banana, flesh, raw	L32	FRUIT	abz	79
Beans, black, cooked	X137	VEGETABLES	au	157
Beans, broad, boiled	X138	VEGETABLES	z	157
Beans, butter, boiled	X139	VEGETABLES	au	157
Beans, green, boiled	X140	VEGETABLES	auz	157
Beans, Haricot, boiled, drained	X10	VEGETABLES	abu	157
Beans, mung, sprouts, raw	X135	VEGETABLES	z	157
Beans, red, kidney, canned, drained	X1059	VEGETABLES	a	157
Beans, red, kidney, dried, boiled, drained	X1060	VEGETABLES	a	157
Beef, blade steak, lean & fat, trimmed to 5mm fat, stewed, drained	M188	MEAT	z	91
Beef, composite cuts, separable lean, cooked	M542	MEAT	z	91
Beef, corned, canned, Salisbury	M1034	MEAT	z	91
Beef, corned, silverside, raw, composite	M1039	MEAT	z	91
Beef, fillet steak, lean & fat, grilled	M397	MEAT	z	91
Beef, fillet steak, lean, grilled	M191	MEAT	z	91
Beef, kidney, core removed, stewed	M16	MEAT	b	91
Beef, mince, lean & fat 12%, stewed	M328	MEAT	au	93
Beef, mince, lean & fat 6%, fried	M544	MEAT	z	93
Beef, mince, lean, stewed	M20	MEAT	z	93

Food Name	Food ID	Chapter	Primary Source	Page No.
Beef, pastrami	N31	MEAT PRODUCTS	bu	105
Beef, rump steak, lean & fat, trimmed, grilled	M26	MEAT	z	93
Beef, rump steak, lean, grilled	M27	MEAT	z	93
Beef, satay, barbecued	R5462	RECIPES	abnz	117
Beef, schnitzel, crumbed, lean & fat, fried	M49	MEAT	ab	93
Beef, scotch fillet, lean, grilled	M206	MEAT	bz	93
Beef, silverside, lean 77% & fat 23%, boiled, salt added	M2	MEAT	b	93
Beef, sirloin roast, lean, roasted	M36	MEAT	z	93
Beef, sirloin steak, separable lean, grilled	M226	MEAT	z	93
Beef, topside roast, lean, roasted	M46	MEAT	z	95
Beef, veal, fillet, separable lean, roasted	M51	MEAT	b	95
Beef, with vegetables & black bean sauce, stir fried	H131	FAST FOODS	abuz	53
Beer, 4% alcohol, composite	B1001	BEVERAGES, ALCOHOLIC	z	15
Beer, low alcohol, composite	B35	BEVERAGES, ALCOHOLIC	z	15
Beer, standard, composite	B2	BEVERAGES, ALCOHOLIC	z	15
Beer, stout	B9	BEVERAGES, ALCOHOLIC	ab	15
Beer, strong ale	B10	BEVERAGES, ALCOHOLIC	ab	15
Beetroot, canned, drained	X16	VEGETABLES	z	157
Beetroot, flesh, boiled	X17	VEGETABLES	abu	157
Biscuit, afghan, composite	A148	BAKERY PRODUCTS	az	1
Biscuit, Anzac, homemade, baked	A81	BAKERY PRODUCTS	abuz	1
Biscuit, arrowroot, composite	A146	BAKERY PRODUCTS	buz	1
Biscuit, chit chat, Griffin's	A1072	BAKERY PRODUCTS	z	1
Biscuit, choc chip fudge, Arnott's	A1060	BAKERY PRODUCTS	z	1
Biscuit, dark chocolate digestive, Arnott's	A1069	BAKERY PRODUCTS	z	1
Biscuit, dark chocolate wheaten, Griffin's	A1070	BAKERY PRODUCTS	z	1
Biscuit, digestive, composite	A4	BAKERY PRODUCTS	bz	1
Biscuit, double chocolate, Ernest Adams	A1067	BAKERY PRODUCTS	z	1
Biscuit, gingernut, composite	A5	BAKERY PRODUCTS	z	1
Biscuit, Krispie	A62	BAKERY PRODUCTS	z	3
Biscuit, mallowpuff, Griffin's	A71	BAKERY PRODUCTS	z	3
Biscuit, malt, composite	A64	BAKERY PRODUCTS	z	3
Biscuit, milk chocolate digestives, Arnott's	A1074	BAKERY PRODUCTS	z	3
Biscuit, milk chocolate wheaten, Griffin's	A1075	BAKERY PRODUCTS	z	3
Biscuit, peanut brownie, composite	A66	BAKERY PRODUCTS	z	3
Biscuit, plain, cream, composite	A9	BAKERY PRODUCTS	z	3
Biscuit, shortbread, composite	A63	BAKERY PRODUCTS	z	3
Biscuit, tim tam classic dark, Arnott's	A1076	BAKERY PRODUCTS	z	3

Food Name	Food ID	Chapter	Primary Source	Page No.
Biscuit, tim tam double coat, Arnott's	A1064	BAKERY PRODUCTS	z	3
Biscuit, tim tam original, Arnott's	A1071	BAKERY PRODUCTS	z	3
Biscuit, toffee pop, composite	A72	BAKERY PRODUCTS	z	5
Biscuit, wafer, cream filled, raspberry, composite	A12	BAKERY PRODUCTS	abz	5
Biscuit, white & dark chocolate, Arnott's	A1066	BAKERY PRODUCTS	z	5
Blackberries, raw	L34	FRUIT	bu	79
Blackcurrant, frozen, 'Ben Ard'	L1047	FRUIT	z	79
Blueberry, frozen	L1051	FRUIT	z	79
Blueberry, raw, composite	L1050	FRUIT	z	79
Boysenberry, frozen	L1045	FRUIT	z	79
Boysenberry, puree, seedless, frozen	L1046	FRUIT	z	79
Boysenberry, raw	L40	FRUIT	uz	79
Bread roll, ham, cheese & salad, filled	R5423	RECIPES	abuz	117
Bread roll, mixed grain, supermarket	A53	BAKERY PRODUCTS	bz	5
Bread roll, white, supermarket	A40	BAKERY PRODUCTS	abz	5
Bread roll, wholemeal, supermarket	A52	BAKERY PRODUCTS	bz	5
Bread, ancient grains, Vogel's	A1024	BAKERY PRODUCTS	z	5
Bread, chapati, homemade	A58	BAKERY PRODUCTS	abz	5
Bread, currant, supermarket	A206	BAKERY PRODUCTS	bz	5
Bread, garlic, butter, retail	A1017	BAKERY PRODUCTS	az	7
Bread, garlic, margarine, retail	A1019	BAKERY PRODUCTS	az	7
Bread, mixed grain & toasted sesame, Vogel's	A1045	BAKERY PRODUCTS	z	7
Bread, mixed grain, Freya's	A1049	BAKERY PRODUCTS	z	7
Bread, multigrain, 9 grains, Tip Top	A1021	BAKERY PRODUCTS	z	7
Bread, multigrain, Burgen	A1020	BAKERY PRODUCTS	z	7
Bread, multigrain, gluten free, prepacked, composite	A1015	BAKERY PRODUCTS	z	7
Bread, multigrain, heavy, sliced, prepacked, composite	A1010	BAKERY PRODUCTS	z	7
Bread, multigrain, light, sliced, prepacked, composite	A1009	BAKERY PRODUCTS	z	7
Bread, panini, plain, composite	A234	BAKERY PRODUCTS	z	7
Bread, pita, white, composite	A1097	BAKERY PRODUCTS	z	9
Bread, pita, wholemeal, composite	A45	BAKERY PRODUCTS	z	9
Bread, roti, Indian	H1053	FAST FOODS	a	53
Bread, salba traditional European rye, Yarrows	A1052	BAKERY PRODUCTS	z	9
Bread, soy & linseed, sliced, prepacked	A211	BAKERY PRODUCTS	az	9
Bread, wheatmeal, sliced, prepacked, composite	A1008	BAKERY PRODUCTS	z	9
Bread, white, gluten free, prepacked, composite	A1014	BAKERY PRODUCTS	z	9
Bread, white, sliced, prepacked, composite	A1007	BAKERY PRODUCTS	z	15
Broccoli, frozen, boiled	X1019	VEGETABLES	z	159

Food Name	Food ID	Chapter	Primary Source	Page No.
Broccoflower, frozen, raw	X1016	VEGETABLES	z	159
Broccoli, boiled	X1022	VEGETABLES	z	159
Broccoli, raw	X1020	VEGETABLES	z	159
Brussel sprouts, boiled, drained	X21	VEGETABLES	abu	159
Bulgur, boiled	E68	CEREALS & PSEUDO-CEREALS	au	33
Bun, currant, composite	A25	BAKERY PRODUCTS	ab	9
Bun, iced	A130	BAKERY PRODUCTS	abz	9
Burger, bacon, Independent Shops	H2	FAST FOODS	au	53
Burger, Big Mac, McDonald's	H8	FAST FOODS	az	53
Burger, cheeseburger, composite	H3	FAST FOODS	au	53
Burger, cheeseburger, McDonald's	H4	FAST FOODS	az	53
Burger, Filet-o-Fish, McDonald's	H24	FAST FOODS	auz	53
Burger, hamburger, composite	H6	FAST FOODS	au	53
Burger, hamburger, McDonald's	H7	FAST FOODS	auz	53
Burger, Quarter Pounder, McDonald's	H10	FAST FOODS	auz	55
Butter, salted, composite	F1046	DAIRY	z	39
Butter, semi soft, spreadable, composite	J1013	FATS & OILS	z	67
Butter, semisoft, composite	F1051	DAIRY	z	39
Butter, unsalted, composite	F1050	DAIRY	z	39
Cabbage, bok choy, raw	X1038	VEGETABLES	z	159
Cabbage, Chinese, cooked	X250	VEGETABLES	bh	159
Cabbage, choy sum	X1040	VEGETABLES	z	159
Cabbage, red, raw	X23	VEGETABLES	b	159
Cabbage, tat soi, raw	X1039	VEGETABLES	z	159
Cake, banana, baked	R159	RECIPES	abuz	117
Cake, cheesecake	R13	RECIPES	abuz	119
Cake, chocolate, butter icing, baked	R5435	RECIPES	abuz	119
Cake, chocolate, standard, baked	A108	BAKERY PRODUCTS	abuz	9
Cake, fruitcake, composite	A26	BAKERY PRODUCTS	ab	9
Cake, fruitcake, rich, baked	R16	RECIPES	abuz	119
Cake, sponge, plain	A77	BAKERY PRODUCTS	abuz	11
Capsicum, green, stalk & seeds removed, raw	X1049	VEGETABLES	z	161
Capsicum, red, stalk & seeds removed, raw	X1048	VEGETABLES	z	161
Carrot, flesh, boiled, drained	X33	VEGETABLES	z	161
Carrot, flesh, raw	X1007	VEGETABLES	z	161
Cassava, baked in traditional Papua New Guinea oven	X237	VEGETABLES	b	161
Cassava, boiled	X238	VEGETABLES	b	161
Casserole, cauliflower cheese, grilled	R25	RECIPES	abuz	119

Food Name	Food ID	Chapter	Primary Source	Page No.
Casserole, chicken & vegetables, baked	R5399	RECIPES	abuz	119
Casserole, hot pot, boiled	R29	RECIPES	abuz	119
Cauliflower, boiled, drained	X35	VEGETABLES	uz	161
Cauliflower, raw	X36	VEGETABLES	z	161
Celery, stem, raw	X39	VEGETABLES	abu	161
Cheese, blue vein	F4	DAIRY	abz	39
Cheese, camembert	F5	DAIRY	abz	39
Cheese, cheddar, composite	F1014	DAIRY	z	39
Cheese, cheddar, light, Mainland	F1057	DAIRY	z	39
Cheese, cheddar, mild, composite	F1015	DAIRY	z	41
Cheese, colby, composite	F1006	DAIRY	z	41
Cheese, cottage, light, 1% fat, composite	F1056	DAIRY	z	41
Cheese, cream	F12	DAIRY	abuz	41
Cheese, cream, reduced fat 16%, Country Goodness	F69	DAIRY	bz	41
Cheese, Edam, composite	F1001	DAIRY	z	41
Cheese, feta	F58	DAIRY	b	41
Cheese, mozzarella	F17	DAIRY	abuz	41
Cheese, parmesan, powder, composite	F18	DAIRY	abuz	41
Cheese, processed	F19	DAIRY	abz	41
Cheese, processed, sliced, reduced fat, composite	F79	DAIRY	bz	41
Cheese, ricotta	F59	DAIRY	bu	43
Cheese, cottage	F11	DAIRY	z	43
Chefade	J39	FATS & OILS	b	67
Cherries, flesh & skin, raw	L45	FRUIT	bz	79
Chicken, breast, grilled	M232	MEAT	z	95
Chicken, breast, lean & fat, roasted	M339	MEAT	z	95
Chicken, composite cuts, flesh, cooked	M239	MEAT	z	95
Chicken, crumbed, fried, breast, KFC	H17	FAST FOODS	au	55
Chicken, crumbed, fried, drumstick, KFC	H18	FAST FOODS	z	55
Chicken, crumbed, fried, thigh, KFC	H19	FAST FOODS	au	55
Chicken, crumbed, fried, wing, KFC	H16	FAST FOODS	au	55
Chicken, deli cooked, breast, composite	M1012	MEAT	z	95
Chicken, deli cooked, drumstick, composite	M1016	MEAT	z	95
Chicken, deli cooked, skin	M1015	MEAT	z	95
Chicken, deli cooked, thigh, composite	M1013	MEAT	z	95
Chicken, drumstick, flesh, grilled	M247	MEAT	z	95
Chicken, leg, flesh, grilled	M255	MEAT	z	97
Chicken, thigh, flesh, roasted	M337	MEAT	z	97

Food Name	Food ID	Chapter	Primary Source	Page No.
Chicken, thigh, separable lean 63%, fat 15% & skin 22%, raw	M354	MEAT	z	97
Chicken, thigh, separable lean 72%, fat 9% & skin 19%, roasted in oven bag	M350	MEAT	z	97
Chicken, wing, flesh, grilled	M264	MEAT	z	97
Chicken, wing, separable lean 63%, fat 2% & skin 35%, roasted in oven bag	M351	MEAT	z	
Chicken, with vegetables, stir fried	R389	RECIPES	abuz	119
Chickpeas, cooked	X76	VEGETABLES	b	163
Chili con carne, cooked	R5432	RECIPES	abouz	119
Chips, corn, cheese flavoured, composite	U17	SNACK FOODS	z	139
Chips, multigrain, grainwaves, assorted flavours, Bluebird	U57	SNACK FOODS	z	139
Chips, potato, assorted flavours, composite	U6	SNACK FOODS	z	139
Chips, potato, lites, Bluebird	U14	SNACK FOODS	z	139
Chips, potato, low salt	U13	SNACK FOODS	ar	139
Chips, potato, salt & vinegar, Pringles	U45	SNACK FOODS	bz	141
Chips, potato, slims, Eta	U38	SNACK FOODS	bz	141
Chocolate bar, bounty, Cadbury	W5	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	147
Chocolate bar, Crunchie, Cadbury	W34	SUGAR, CONFECTIONARY & SWEET SPREADS	z	147
Chocolate bar, Kit Kat, Nestle	W39	SUGAR, CONFECTIONARY & SWEET SPREADS	z	147
Chocolate bar, Mars	W6	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	147
Chocolate bar, milk	W3	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	149
Chocolate bar, Moro Gold Totally Nuts, Cadbury	W1014	SUGAR, CONFECTIONARY & SWEET SPREADS	z	149
Chocolate bar, Moro, Cadbury	W1009	SUGAR, CONFECTIONARY & SWEET SPREADS	z	149
Chocolate bar, Pinky, Cadbury	W33	SUGAR, CONFECTIONARY & SWEET SPREADS	z	149
Chocolate, candy coated, composite	W35	SUGAR, CONFECTIONARY & SWEET SPREADS	z	149
Chocolate, compound, composite	W1015	SUGAR, CONFECTIONARY & SWEET SPREADS	z	149
Chocolate, crunchie, Cadbury	W1013	SUGAR, CONFECTIONARY & SWEET SPREADS	z	149
Chocolate, dark	W56	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	149
Chocolate, energy, Cadbury	W1012	SUGAR, CONFECTIONARY & SWEET SPREADS	z	149
Chocolate, fancy & filled	W7	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	149
Chocolate, fruit & nut, Cadbury	W1010	SUGAR, CONFECTIONARY & SWEET SPREADS	z	151
Chocolate, peanut, Whittaker's	W1011	SUGAR, CONFECTIONARY & SWEET SPREADS	z	151
Chocolate, white	W55	SUGAR, CONFECTIONARY & SWEET SPREADS	b	151
Choko, flesh, cooked	X142	VEGETABLES	a	163
Chop suey, chicken, lean & fat, stir fried	H173	FAST FOODS	c	55
Chop suey, pork	H71	FAST FOODS	auz	55
Chop suey, Tongan, stir fried	R435	RECIPES	abuz	119
Chow mein, beef, lean & fat, stir fried	H172	FAST FOODS	c	55

Food Name	Food ID	Chapter	Primary Source	Page No.
Chow mein, chicken, composite	H199	FAST FOODS	az	55
Chow mein, Island, stir fried	R434	RECIPES	abuz	119
Chow mein, prawn	H89	FAST FOODS	au	55
Chutney, tomato, cooked	R5436	RECIPES	abuz	119
Cider, sweet	B12	BEVERAGES, ALCOHOLIC	ab	17
Cockles, boiled	T31	SHELLFISH	by	135
Coco Pops, Kellogg's	D35	BREAKFAST CEREALS	abfm	29
Cocoa, powder, Cadbury	C1036	BEVERAGES, NON-ALCOHOLIC	z	19
Coconut, cream, premium, composite	Q1014	NUTS & SEEDS	z	113
Coconut, desiccated	Q9	NUTS & SEEDS	abu	113
Coconut, flesh, raw	Q8	NUTS & SEEDS	abu	113
Coffee whitener, powder	P68	MISCELLANEOUS	a	109
Coffee, cafe variety, espresso, composite	C1045	BEVERAGES, NON-ALCOHOLIC	z	19
Coffee, instant, cappuccino, powder, Nescafe	C1044	BEVERAGES, NON-ALCOHOLIC	z	19
Coffee, instant, decaffeinated, powder, composite	C1043	BEVERAGES, NON-ALCOHOLIC	z	19
Coffee, instant, powder, composite	C1042	BEVERAGES, NON-ALCOHOLIC	z	19
Coleslaw	R36	RECIPES	bz	119
Coleslaw, KFC	H20	FAST FOODS	au	55
Cordial concentrate, blackcurrant, Baker Halls	C93	BEVERAGES, NON-ALCOHOLIC	abr	19
Cordial concentrate, lemon & barley, Baker Halls	C95	BEVERAGES, NON-ALCOHOLIC	abr	19
Cordial concentrate, lime	C8	BEVERAGES, NON-ALCOHOLIC	ab	21
Cordial, orange	C55	BEVERAGES, NON-ALCOHOLIC	z	21
Corn, sweet, baby, canned, drained	X259	VEGETABLES	b	163
Corn, sweet, canned, drained, composite	X41	VEGETABLES	ab	163
Corn, sweet, creamed, composite	X301	VEGETABLES	z	163
Corn, sweet, kernels on cob, boiled	X288	VEGETABLES	z	163
Cornflakes, Sanitarium	D1028	BREAKFAST CEREALS	z	29
Cornflour	E9	CEREALS & PSEUDO-CEREALS	b	33
Cornish pastie	N4	MEAT PRODUCTS	ab	105
Courgette, raw	X261	VEGETABLES	z	163
Couscous, cooked	E131	CEREALS & PSEUDO-CEREALS	abz	33
Crab, meat stick, surimi	T40	SHELLFISH	bu	135
Cracker, assorted flavours, Ryvita	A141	BAKERY PRODUCTS	abz	11
Cracker, cheese, composite	A134	BAKERY PRODUCTS	z	11
Cracker, cream, composite	A136	BAKERY PRODUCTS	abz	11
Cracker, cream, reduced fat, Huntley & Palmers	A1033	BAKERY PRODUCTS	z	11
Cracker, crispbread, corn, Arnott's	A1029	BAKERY PRODUCTS	z	11
Cracker, crispbread, rye	A32	BAKERY PRODUCTS	ab	11

Food Name	Food ID	Chapter	Primary Source	Page No.
Cracker, cruskit, lite, Arnott's	A1031	BAKERY PRODUCTS	z	11
Cracker, meal mates, Griffin's	A119	BAKERY PRODUCTS	bz	11
Cracker, rice, barbecue, composite	A233	BAKERY PRODUCTS	bz	11
Cracker, rice, plain, composite	A1034	BAKERY PRODUCTS	uz	11
Cracker, rice, seaweed, Sakata	A1035	BAKERY PRODUCTS	z	13
Cracker, salada, Arnott's	A138	BAKERY PRODUCTS	abz	13
Cracker, salada, original, lite, Arnott's	A1030	BAKERY PRODUCTS	z	13
Cracker, sesame, composite	A135	BAKERY PRODUCTS	abz	13
Cracker, snax, Griffin's	A137	BAKERY PRODUCTS	abz	13
Cracker, water, Arnott's	A140	BAKERY PRODUCTS	abz	13
Cream, reduced fat	F22	DAIRY	bz	43
Cream, sour	F23	DAIRY	abuz	43
Cream, sour, light, composite	F100	DAIRY	z	43
Cream, sour, reduced fat	F80	DAIRY	bz	43
Cream, standard	F24	DAIRY	bz	43
Cream, whipping, UHT	F25	DAIRY	bz	43
Creme fraiche, composite	F1061	DAIRY	z	43
Creme fraiche, light, composite	F1062	DAIRY	z	43
Croissant, plain, composite	A101	BAKERY PRODUCTS	bz	13
Crumpet, fried	R38	RECIPES	buz	121
Crunchy Nut Corn Flakes, Kellogg's.	D1032	BREAKFAST CEREALS	abfmr	29
Cucumber, raw, 'Lebanese'	X1043	VEGETABLES	a	163
Cucumber, unpeeled, raw, 'Telegraph'	X1052	VEGETABLES	z	163
Currants, black, raw	L50	FRUIT	bu	81
Currants, dried	L49	FRUIT	abu	81
Curry, beef korma, Indian	H1026	FAST FOODS	az	57
Curry, beef madras, Indian	H1027	FAST FOODS	az	57
Curry, butter chicken, Indian	H1023	FAST FOODS	abz	57
Curry, chicken masala, Indian	H1024	FAST FOODS	az	57
Curry, chicken, green, Thai	H1021	FAST FOODS	az	57
Curry, dhal makani, Indian	H1028	FAST FOODS	abz	57
Curry, rogan josh, Indian	H1025	FAST FOODS	az	57
Custard square, baked	R5428	RECIPES	abuz	121
Dates, dried	L62	FRUIT	abu	81
Dessert, dairy food, chocolate flavoured, composite	F70	DAIRY	z	43
Dessert, vanilla, 99% fat free, frozen, Weight Watchers	F76	DAIRY	abz	45
Dip, guacamole	R5507	RECIPES	abuz	121
Dip, sour cream, assorted flavours, 30% fat, La Bonne	S77	SAUCES & CONDIMENTS	z	131

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Dip, sour cream, lite, assorted flavours, 7% fat, composite	S79	SAUCES & CONDIMENTS	z	131
Doughnut, ring, composite	A34	BAKERY PRODUCTS	ab	13
Dressing, coleslaw, lite, Eta	S29	SAUCES & CONDIMENTS	z	131
Dressing, French, Kraft	S28	SAUCES & CONDIMENTS	z	131
Dressing, Italian, Kraft	S31	SAUCES & CONDIMENTS	bz	131
Dressing, mayonnaise, composite	S45	SAUCES & CONDIMENTS	z	131
Dressing, mayonnaise, reduced fat	S64	SAUCES & CONDIMENTS	ab	131
Dressing, thousand island, Eta	S50	SAUCES & CONDIMENTS	z	131
Dressing, vinaigrette	S7	SAUCES & CONDIMENTS	au	131
Drink flavour, assorted flavours, powder, Raro	C99	BEVERAGES, NON-ALCOHOLIC	ruz	21
Drink flavour, lemon & barley, diluted with water	C58	BEVERAGES, NON-ALCOHOLIC	z	21
Drink flavour, Vitafresh, powder, Hansell's	C138	BEVERAGES, NON-ALCOHOLIC	rz	21
Drinking chocolate, Nesquik, powder, Nestle	C74	BEVERAGES, NON-ALCOHOLIC	bz	21
Drinking chocolate, powder, Cadbury	C1037	BEVERAGES, NON-ALCOHOLIC	z	21
Dripping, beef, Farmland	J1030	FATS & OILS	z	67
Duck, composite cuts, separable lean, roasted	M75	MEAT	b	97
Eclairs, with chocolate icing & cream filling	R42	RECIPES	abz	121
Eel, smoked	K179	FINFISH	buz	73
Egg, chicken, white & yolk, boiled	G1001	EGGS	z	51
Egg, chicken, white & yolk, fried	G1013	EGGS	z	51
Egg, chicken, white & yolk, fried in vegetable oil	G1002	EGGS	z	51
Egg, chicken, white & yolk, milk added, scrambled	G1009	EGGS	z	51
Egg, chicken, white & yolk, poached	G1003	EGGS	z	51
Egg, chicken, white & yolk, raw	G1008	EGGS	z	51
Egg, chicken, white, raw	G1004	EGGS	z	51
Egg, chicken, yolk, raw	G1005	EGGS	z	53
Energy drink, assorted flavours, V	C1030	BEVERAGES, NON-ALCOHOLIC	z	21
Falafel, vegetarian, baked	R376	RECIPES	abuz	121
Feijoas, assorted varieties, flesh, raw	L67	FRUIT	z	81
Figs, dried	L68	FRUIT	abu	81
Fish, battered, deep fried, Independent Shops	H22	FAST FOODS	z	57
Fish, cake, baked	H57	FAST FOODS	az	57
Fish, cake, deep fried in peanut oil	H23	FAST FOODS	az	57
Fish, fillet, crumbed, frozen, baked, composite	H194	FAST FOODS	az	57
Fish, fillet, crumbed, frozen, fried, composite	H195	FAST FOODS	z	57
Fish, fingers, baked	H61	FAST FOODS	abz	59
Fish, fingers, deep fried in peanut oil	H65	FAST FOODS	abz	59
Flounder, flesh, baked	K56	FINFISH	uz	73

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Flour, soy, full fat	E12	CEREALS & PSEUDO-CEREALS	bz	33
Flour, wheat, white, standard	E108	CEREALS & PSEUDO-CEREALS	bz	33
Flour, wheat, wholemeal	E46	CEREALS & PSEUDO-CEREALS	z	33
Frankfurters, precooked	N6	MEAT PRODUCTS	ab	107
Fries, potato, Burger King	H1046	FAST FOODS	mz	59
Fries, potato, KFC	H1041	FAST FOODS	mz	59
Fries, potato, McDonald's	H1042	FAST FOODS	mz	59
Fries, potato, straight cut, Independent Shops	H1039	FAST FOODS	bz	59
Fritter, paua, deep fried	T25	SHELLFISH	z	135
Fromage frais, assorted fruits & flavours, Fruche	F1064	DAIRY	z	45
Fromage frais, vanilla, Fruche	F1063	DAIRY	z	45
Frozen meal, macaroni cheese, baked, composite	E129	CEREALS & PSEUDO-CEREALS	bz	33
Frozen meal, roast beef with mashed potato & vegetables	N1007	MEAT PRODUCTS	z	107
Frozen meal, roast beef with roast potato & vegetables	N1003	MEAT PRODUCTS	z	107
Frozen meal, roast lamb with roast potato & vegetables	N1004	MEAT PRODUCTS	z	107
Frozen meal, roast pork with mashed potato & vegetables	N1005	MEAT PRODUCTS	z	107
Fruit bar, wholemeal, assorted flavours, Mother Earth	U21	SNACK FOODS	z	141
Fruit gums	W8	SUGAR, CONFECTIONARY & SWEET SPREADS	b	151
Fruit leather, apricot	U34	SNACK FOODS	z	141
Fruit mix, dried	L196	FRUIT	ab	81
Fruit roll, strawberry, Uncle Tobys	U23	SNACK FOODS	z	141
Fruit salad, canned in syrup, undrained	L74	FRUIT	ab	81
Garlic, cloves, raw, peeled	X260	VEGETABLES	b	163
Gherkin, in sweetened brine, drained	X143	VEGETABLES	a	163
Ginger, preserved	X1030	VEGETABLES	bou	165
Gooseberries, flesh, skin & seeds, raw	L78	FRUIT	bu	81
Grapefruit, flesh, raw	L80	FRUIT	abu	81
Grapes, black, flesh, raw	L82	FRUIT	abu	81
Grapes, white, flesh & skin, raw	L83	FRUIT	abu	83
Ham, separable lean 92% & fat 8%, cooked	M124	MEAT	au	97
Ham, sliced	N65	MEAT PRODUCTS	z	107
Hoki, flesh, baked	K60	FINFISH	z	73
Hoki, flesh, deep fried	K61	FINFISH	z	73
Honey	W11	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	151
Hummus	R372	RECIPES	abuz	121
Hummus, original, 6.5% fat, composite	S73	SAUCES & CONDIMENTS	z	131
Ice block, frozen	W31	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	151
Ice cream, chocolate, standard, composite	F1070	DAIRY	z	45

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Ice cream, creamy, fruit ripple, composite	F118	DAIRY	bz	45
Ice cream, hokey pokey, composite	F111	DAIRY	az	45
Ice cream, jelly tip	F110	DAIRY	bz	45
Ice cream, soft serve, composite	F78	DAIRY	bz	45
Ice cream, vanilla, low fat	F122	DAIRY	bz	45
Ice cream, vanilla, premium	F29	DAIRY	bz	45
Ice cream, vanilla, standard	F28	DAIRY	bz	47
Jam, berry fruit, composite	W14	SUGAR, CONFECTIONARY & SWEET SPREADS	z	151
Jam, stone fruit, composite	W15	SUGAR, CONFECTIONARY & SWEET SPREADS	z	151
Jellybeans, jaybees, Pascall	W45	SUGAR, CONFECTIONARY & SWEET SPREADS	bz	151
Juice concentrate, blackcurrant, frozen	C1028	BEVERAGES, NON-ALCOHOLIC	z	21
Juice, apple, Fresh Up	C46	BEVERAGES, NON-ALCOHOLIC	abuz	21
Juice, grape	C26	BEVERAGES, NON-ALCOHOLIC	abu	21
Juice, grapefruit, unsweetened	C12	BEVERAGES, NON-ALCOHOLIC	ab	23
Juice, lemon, raw	L91	FRUIT	bu	83
Juice, orange with apple base, Just Juice	C38	BEVERAGES, NON-ALCOHOLIC	bz	23
Juice, orange, raw	L113	FRUIT	abu	83
Juice, orange, unsweetened, composite	C14	BEVERAGES, NON-ALCOHOLIC	bz	23
Juice, tomato, McCoy	C16	BEVERAGES, NON-ALCOHOLIC	buz	23
Just Right, Kellogg's	D38	BREAKFAST CEREALS	abfmu	29
Just Right, tropical, Kellogg's	D1009	BREAKFAST CEREALS	afmr	29
Kahawai, flesh, baked	K165	FINFISH	z	73
Kahawai, flesh, deep fried	K157	FINFISH	z	75
Kava, prepared	C1026	BEVERAGES, NON-ALCOHOLIC	z	23
Kebab, lamb, grilled with Mediterranean marinade	R394	RECIPES	abuz	121
Ketchup, tomato, composite	S1008	SAUCES & CONDIMENTS	z	133
Kina, roe, raw	T26	SHELLFISH	z	135
Kiwifruit ZESPRI GOLD ('Hort16A') reference	L1036	FRUIT	z	83
Kiwifruit ZESPRI GREEN ('Hayward') reference	L1026	FRUIT	z	83
Kumara, assorted varieties, flesh, boiled	X1010	VEGETABLES	z	165
Kumara, red, peeled, raw, 'Owairaka Red'	X1057	VEGETABLES	z	165
Kumara, red, peeled, roasted in beef dripping, no salt added 'Owairaka Red'	X1065	VEGETABLES	z	165
Lamb, composite cuts, lean & fat, trimmed, cooked	M553	MEAT	z	97
Lamb, composite cuts, separable lean, cooked	M301	MEAT	z	97
Lamb, forequarter, lean, cooked	M298	MEAT	z	99
Lamb, kidney, core removed, fried	M151	MEAT	b	99
Lamb, leg steak, separable lean, grilled	M313	MEAT	z	99

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Lamb, leg, short cut, lean, roasted	M154	MEAT	bz	99
Lamb, liver, coated in seasoned flour, fried	M155	MEAT	b	99
Lamb, midloin chop, separable lean, grilled	M157	MEAT	z	99
Lamb, rump chop, separable lean, grilled	M330	MEAT	z	99
Lamb, shoulder chop, separable lean, stewed	M319	MEAT	z	99
Lamb, shoulder, lean, roasted	M166	MEAT	z	99
Lamb, with vegetables, stir fried	R387	RECIPES	abuz	121
Laplap, cabbage, cassava & coconut, steamed	R402	RECIPES	abnz	121
Lard	J7	FATS & OILS	b	67
Leeks, boiled, drained	X50	VEGETABLES	b	165
Lemon, flesh, raw	L183	FRUIT	bu	83
Lentils, split, boiled, drained	X54	VEGETABLES	b	165
Lettuce, assorted varieties, heart, raw	X1009	VEGETABLES	z	165
Lettuce, hydroponic varieties	X305	VEGETABLES	bu	165
Light & Tasty, berry, Sanitarium	D1014	BREAKFAST CEREALS	afmrz	29
Liquorice, allsorts	W29	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	151
Liquorice, black, composite	W43	SUGAR, CONFECTIONARY & SWEET SPREADS	z	153
Loaf, meat, baked	R58	RECIPES	abuz	121
Lollies, minties, Pascall	W44	SUGAR, CONFECTIONARY & SWEET SPREADS	bz	153
Lollipop, assorted flavours, Chupa Chup	W57	SUGAR, CONFECTIONARY & SWEET SPREADS	bz	153
Lychees, canned in syrup, undrained	L97	FRUIT	ab	83
Macaroni cheese, boiled then grilled	R55	RECIPES	abuz	121
Macaroni, boiled	E19	CEREALS & PSEUDO-CEREALS	bu	33
Mandarin, flesh, raw	L194	FRUIT	bz	83
Mango, canned in syrup, undrained	L100	FRUIT	abu	83
Mango, flesh, raw	L101	FRUIT	abu	83
Margarine, avocado, Olivani	J1022	FATS & OILS	z	67
Margarine, canola, monounsaturated, 50% fat, composite	J1003	FATS & OILS	z	67
Margarine, canola, monounsaturated, 70% fat, composite	J1001	FATS & OILS	z	67
Margarine, catering, Choice	J1023	FATS & OILS	z	69
Margarine, light, monounsaturated, 55% fat, Olivani	J1012	FATS & OILS	z	69
Margarine, light, polyunsaturated, 50% fat, Flora	J1008	FATS & OILS	z	69
Margarine, monounsaturated, 75% fat, Olivani	J1009	FATS & OILS	z	69
Margarine, polyunsaturated, 60% fat, Sunrise	J1007	FATS & OILS	z	69
Margarine, polyunsaturated, 70% fat, composite	J1005	FATS & OILS	z	69
Margarine, polyunsaturated, 70% fat, reduced salt, composite	J1006	FATS & OILS	z	69
Margarine, rice bran, Alfa One	J1020	FATS & OILS	z	69
Margarine, summer gold, canola, monounsaturated, 70% fat, Pams	J1002	FATS & OILS	z	69

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Margarine, summer gold, lite, canola, monounsaturated, 50% fat, Pams	J1004	FATS & OILS	z	69
Marmalade	W17	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	153
Marrow, flesh, boiled, drained	X57	VEGETABLES	ab	165
Marshmallows, pink & white, composite	W40	SUGAR, CONFECTIONARY & SWEET SPREADS	z	153
McMuffin, egg, McDonald's	H170	FAST FOODS	au	59
Melon, honeydew, flesh, raw	L105	FRUIT	abu	85
Melon, rock, combined cultivars, flesh, raw	L106	FRUIT	abz	85
Meringue, baked	R59	RECIPES	abz	123
Milk, calci kid, Tararua	F120	DAIRY	z	47
Milk, condensed, sweetened, skim	F30	DAIRY	b	47
Milk, condensed, sweetened, whole	F31	DAIRY	abuz	47
Milk, goat, whole	F52	DAIRY	buz	47
Milk, high calcium, 0.1% fat, composite	F1018	DAIRY	z	47
Milk, human, mature	F53	DAIRY	b	47
Milk, human, transitional	F54	DAIRY	b	47
Milk, lite, 1.5% fat, composite	F1042	DAIRY	z	47
Milk, powder, skim	F36	DAIRY	abuz	47
Milk, powder, whole	F37	DAIRY	abz	49
Milk, standard, 3.3% fat, composite	F1028	DAIRY	z	49
Milk, trim, 0.5% fat, composite	F1035	DAIRY	z	49
Milk, UHT, standardised	F43	DAIRY	az	49
Milk, whole	F33	DAIRY	z	49
Milo, powder, Nestle	C1035	BEVERAGES, NON-ALCOHOLIC	z	23
Muesli bar, chocolate chip, composite	U30	SNACK FOODS	z	141
Muesli bar, chocolate coated, Snacker	U27	SNACK FOODS	z	141
Muesli bar, fruit & nut, composite	U28	SNACK FOODS	z	141
Muesli bar, fruit filled, twisted, assorted flavours, composite	U67	SNACK FOODS	z	141
Muesli bar, fruit filled, wholemeal, assorted flavours	U70	SNACK FOODS	z	141
Muesli bar, yoghurt coated, composite	U24	SNACK FOODS	z	141
Muesli, Fruitful Breakfast, Hubbards	D1036	BREAKFAST CEREALS	z	29
Muesli, natural fruit & five grains, Sanitarium	D1019	BREAKFAST CEREALS	afmrz	29
Muffin, assorted flavours, toasted	A96	BAKERY PRODUCTS	z	13
Muffin, blueberry	A127	BAKERY PRODUCTS	az	13
Muffin, bran	A129	BAKERY PRODUCTS	z	13
Muffin, chocolate	A128	BAKERY PRODUCTS	az	15
Mushrooms, fried in butter	X298	VEGETABLES	bz	165
Mushrooms, fried in oil	X297	VEGETABLES	bz	165
Mushrooms, raw	X60	VEGETABLES	z	167

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Mussels, green, flesh, boiled	T1026	SHELLFISH	z	135
Mussels, green, flesh, raw	T1024	SHELLFISH	z	135
Mussels, green, marinated, assorted flavours, drained, Sealord	T1015	SHELLFISH	z	137
Mussels, green, marinated, drained, Talley's	T1005	SHELLFISH	z	137
Mussels, green, smoked, garlic, Aqua Fresh	T1022	SHELLFISH	z	137
Mussels, green, smoked, natural, Aqua Fresh	T1023	SHELLFISH	z	137
Mutton, flaps, separable lean 64% & fat 36%, fried	M502	MEAT	z	101
Muttonbird, separable lean 92% & fat 8%, steamed & grilled	M531	MEAT	z	101
Nachos, with beans, cheese & sour cream	R5438	RECIPES	abuxz	123
Nectarine, flesh & skin, raw	L111	FRUIT	az	85
Noodles, 2 minute, assorted flavours, cooked in water, Maggi	E1050	CEREALS & PSEUDO-CEREALS	z	33
Noodles, chow mein, combination, Chinese	H1017	FAST FOODS	z	59
Noodles, egg, boiled	E39	CEREALS & PSEUDO-CEREALS	b	33
Noodles, egg, fried	E40	CEREALS & PSEUDO-CEREALS	b	33
Noodles, Hokkien, dry	E1036	CEREALS & PSEUDO-CEREALS	a	35
Noodles, instant, boiled, drained	E81	CEREALS & PSEUDO-CEREALS	z	35
Noodles, pad thai with chicken & egg, Thai	H1022	FAST FOODS	bz	59
Noodles, ramen, hot & spicy, cooked in water, Nong Shim	E1049	CEREALS & PSEUDO-CEREALS	z	35
Noodles, rice, boiled, drained, composite	E1053	CEREALS & PSEUDO-CEREALS	z	35
Nugget, chicken, crumbed, baked, composite	N58	MEAT PRODUCTS	z	107
Nugget, chicken, crumbed, deep fried, composite	N57	MEAT PRODUCTS	z	107
Nugget, chicken, McDonald's	H159	FAST FOODS	abz	59
Nut bar, chocolate, Nice & Natural	U1010	SNACK FOODS	z	141
Nutri-Grain, Kellogg's	D33	BREAKFAST CEREALS	abfm	29
Nuts, almond, raw	Q1	NUTS & SEEDS	abu	113
Nuts, brazil, raw	Q4	NUTS & SEEDS	abu	113
Nuts, cashew, raw	Q1016	NUTS & SEEDS	a	113
Nuts, cashew, roasted, salted	Q1018	NUTS & SEEDS	a	113
Nuts, cashew, roasted, unsalted	Q1017	NUTS & SEEDS	a	113
Nuts, hazelnuts, raw	Q7	NUTS & SEEDS	z	115
Nuts, macadamia, roasted with oil, salted	Q19	NUTS & SEEDS	bu	115
Nuts, macadamia, unroasted	Q38	NUTS & SEEDS	bu	115
Nuts, mixed, salted	Q11	NUTS & SEEDS	ab	115
Nuts, peanuts, raw	Q14	NUTS & SEEDS	abu	115
Nuts, peanuts, roasted	Q15	NUTS & SEEDS	abu	115
Nuts, peanuts, roasted with oil, salted	Q16	NUTS & SEEDS	abu	115
Nuts, pecan, dried, raw	Q94	NUTS & SEEDS	u	115
Nuts, pine, raw	Q21	NUTS & SEEDS	au	115

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Nuts, pistachio, raw	Q22	NUTS & SEEDS	au	115
Nuts, walnuts, raw	Q17	NUTS & SEEDS	z	117
Oatmeal	E22	CEREALS & PSEUDO-CEREALS	bz	35
Oats, bran, composite	E23	CEREALS & PSEUDO-CEREALS	uz	35
Oats, rolled, New Zealand, toasted	E1015	CEREALS & PSEUDO-CEREALS	z	35
Oats, rolled, raw, composite	E25	CEREALS & PSEUDO-CEREALS	bz	35
Oil, sesame	J1037	FATS & OILS	u	69
Oil, canola, composite	J1033	FATS & OILS	z	71
Oil, olive	J10	FATS & OILS	b	71
Oil, rice bran, composite	J1034	FATS & OILS	z	71
Oil, safflower	J14	FATS & OILS	b	71
Oil, soybean, composite	J1035	FATS & OILS	z	71
Oil, sunflower, composite	J1036	FATS & OILS	z	71
Oil, vegetable, blend	J31	FATS & OILS	b	71
Olives, in brine	L112	FRUIT	abu	85
Omelette, cheese, cooked	R62	RECIPES	bz	123
Omelette, egg foo young, with chicken, Chinese	H1012	FAST FOODS	z	59
Omelette, plain, uncooked	R63	RECIPES	bz	123
Onion, flesh, boiled, drained	X64	VEGETABLES	abu	167
Onion, flesh, raw	X66	VEGETABLES	z	167
Onion, pickled	X146	VEGETABLES	a	167
Onion, spring, raw	X67	VEGETABLES	abu	167
Orange roughy, flesh, baked	K78	FINFISH	z	73
Orange roughy, flesh, deep fried	K79	FINFISH	z	75
Orange, flesh, raw	L114	FRUIT	az	85
Oyster, battered, deep fried in peanut oil	T17	SHELLFISH	bz	137
Oyster, dredge, raw	T6	SHELLFISH	bz	137
Paddle pop, chocolate	F113	DAIRY	z	49
Pancake, plain, fried	R163	RECIPES	bz	123
Pancakes, McDonald's	H151	FAST FOODS	buz	61
Parsley, leaves, raw	X68	VEGETABLES	abu	167
Parsnip, flesh, boiled, drained	X69	VEGETABLES	abu	167
Passion fruit, flesh & seeds, raw	L116	FRUIT	ab	85
Pasta, fresh, assorted type, cooked, composite	E55	CEREALS & PSEUDO-CEREALS	z	35
Pastry, Danish, baked	R70	RECIPES	abuz	123
Pastry, puff, cooked	R207	RECIPES	bz	123
Pate, chicken liver	N22	MEAT PRODUCTS	abu	107
Pate, pork liver	N23	MEAT PRODUCTS	abu	107

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Patty, beef, frozen, fried	M54	MEAT	b	101
Peaches, canned in juice, undrained	L206	FRUIT	ub	85
Peaches, canned in syrup, drained	L124	FRUIT	au	85
Peaches, flesh & skin, raw	L126	FRUIT	auz	85
Peanut butter, smooth & crunchy, no sugar or salt added, Sanitarium	Q48	NUTS & SEEDS	z	117
Peanut butter, smooth & crunchy, salt & sugar added, composite	Q46	NUTS & SEEDS	z	117
Pear, assorted varieties, flesh & skin, raw	L1015	FRUIT	z	85
Pear, nashi, flesh, raw	L219	FRUIT	bz	85
Pears, canned in juice, undrained	L204	FRUIT	ab	87
Pears, canned in syrup, combined cultivars, undrained	L141	FRUIT	bz	87
Peas, green, frozen, boiled, drained, composite	X80	VEGETABLES	ab	167
Peas, split, boiled	X73	VEGETABLES	ab	167
Peppermints	W18	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	153
Persimmon, flesh, raw	L178	FRUIT	au	87
Pickle, sweet	S2	SAUCES & CONDIMENTS	ab	133
Pie, apple, McDonald's	H27	FAST FOODS	auz	61
Pie, beef mince & vegetable, two crust, baked	R5421	RECIPES	abouz	123
Pie, chicken & mushroom, two crust, baked	R5422	RECIPES	abuz	123
Pie, lemon meringue, baked	R5442	RECIPES	abuz	129
Pie, mince, family size, composite	H29	FAST FOODS	az	61
Pie, pork	N12	MEAT PRODUCTS	ab	107
Pikelet, plain, fried	R164	RECIPES	abuz	125
Pineapple, canned in juice, drained	L198	FRUIT	ab	87
Pineapple, canned in syrup, drained	L142	FRUIT	abu	87
Pineapple, canned in syrup, undrained	L143	FRUIT	abu	87
Pineapple, flesh, raw	L144	FRUIT	abu	87
Pipi, flesh, raw	T19	SHELLFISH	bz	137
Pizza base, composite	A143	BAKERY PRODUCTS	buz	15
Pizza, bbq chicken, thick crust, composite	H190	FAST FOODS	z	61
Pizza, frozen, Hawaiian & combination, individual size, baked	H179	FAST FOODS	z	61
Pizza, frozen, Hawaiian & house special, premium, baked	H177	FAST FOODS	z	61
Pizza, frozen, meat lovers, premium, baked	H176	FAST FOODS	z	61
Pizza, Hawaiian, thick crust, composite	H191	FAST FOODS	z	61
Pizza, meat, thick crust, composite	H189	FAST FOODS	z	61
Pizza, supreme, thin crust, Pizza Hut	H41	FAST FOODS	abu	63
Plum, combined cultivars, flesh & skin, raw	L155	FRUIT	auz	87
Plums, canned in syrup, drained	L148	FRUIT	z	87
Plums, cooking, stewed	L154	FRUIT	bu	87

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Popcorn, air popped	U1009	SNACK FOODS	u	143
Popcorn, buttered, salted, Pop N Good	U40	SNACK FOODS	z	143
Popcorn, candied, composite	U18	SNACK FOODS	z	143
Pork, bacon, rashers, lean 73% & fat 27%, fried	M618	MEAT	bu	101
Pork, bacon, rashers, lean 73% & fat 27%, grilled	M619	MEAT	bu	101
Pork, barbecue, barbecued	H85	FAST FOODS	abuz	63
Pork, Chinese, simmered	R373	RECIPES	abuz	125
Pork, leg roast, lean, roasted	M533	MEAT	z	101
Pork, leg shank, lean & fat, roasted	M94	MEAT	bz	101
Pork, leg steak, lean & fat, grilled	M286	MEAT	z	101
Pork, leg steak, separable lean, grilled	M285	MEAT	z	101
Pork, leg steak, separable lean, stewed	M411	MEAT	z	103
Pork, loin chops, lean, grilled	M99	MEAT	bz	103
Pork, loin, medallion, separable lean, grilled	M434	MEAT	z	103
Pork, midloin chops, lean & fat, grilled	M98	MEAT	buz	103
Pork, ribs with barbecue sauce, baked	H125	FAST FOODS	abuz	63
Pork, schnitzel, lean, fried	M409	MEAT	z	103
Pork, scotch fillet, forequarter, separable lean, grilled	M429	MEAT	z	103
Pork, shoulder roast, forequarter, separable lean 74%, skin 6% & fat 20%, roasted	M465	MEAT	uz	103
Pork, shoulder, separable lean, roasted	M278	MEAT	az	103
Pork, sweet & sour, Chinese	H1014	FAST FOODS	abz	63
Pork, with vegetables & cashew nuts, stir fried	R5439	RECIPES	abuz	125
Pork, with vegetables, lean & fat, stewed	R97	RECIPES	buz	125
Porridge, prepared with water, salt added	D22	BREAKFAST CEREALS	b	29
Port, wine, fortified	B17	BEVERAGES, ALCOHOLIC	ab	17
Potato & Gravy, KFC	H1045	FAST FOODS	abm	63
Potato, assorted varieties, flesh & skin, baked	X1008	VEGETABLES	z	169
Potato, assorted varieties, flesh, boiled	X1011	VEGETABLES	z	169
Potato, baked, salt added 'Rua'	X93	VEGETABLES	z	169
Potato, boiled, mashed with milk, butter & salt 'Rua'	X96	VEGETABLES	z	169
Potato, flesh, boiled, drained 'Rua'	X94	VEGETABLES	z	169
Potato, flesh, microwaved, salt added 'Rua'	X154	VEGETABLES	buz	171
Potato, fries, beer batter, baked, composite	X1032	VEGETABLES	z	169
Potato, fries, frozen, chunky cut, precooked in canola oil, baked	X327	VEGETABLES	z	169
Potato, fries, frozen, chunky cut, precooked in polyunsaturated oil, baked	X324	VEGETABLES	z	169

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Potato, fries, frozen, shoestring cut, precooked in polyunsaturated oil, baked	X321	VEGETABLES	z	169
Potato, fries, frozen, straight cut, precooked in polyunsaturated oil, baked	X322	VEGETABLES	z	169
Potato, fries, steak, tempura, baked, Wattie's	X1033	VEGETABLES	z	169
Potato, hashbrown, McDonald's	H152	FAST FOODS	buz	63
Potato, roasted in beef dripping, salt added 'Rua'	X98	VEGETABLES	z	171
Potato, wedges, crunchy, baked, Pams	X1037	VEGETABLES	z	171
Potato, wedges, frozen, precooked in polyunsaturated oil, baked	X314	VEGETABLES	z	171
Powder, custard	E6	CEREALS & PSEUDO-CEREALS	bu	35
Prawn, king, flesh, cooked	T1027	SHELLFISH	a	137
Prawn, king, flesh, raw	T1028	SHELLFISH	a	137
Prawns, garlic	H88	FAST FOODS	abuz	63
Pretzels	U41	SNACK FOODS	a	143
Probiotic drink, activate, Meadow fresh	C1017	BEVERAGES, NON-ALCOHOLIC	bmz	23
Prunes, dried, stewed	L159	FRUIT	bu	89
Prunes, flesh & skin, dried	L157	FRUIT	auz	89
Pudding, apple crumble, baked	R100	RECIPES	abuz	125
Pudding, bread & butter, baked	R101	RECIPES	abuz	125
Pudding, Christmas, steamed	R102	RECIPES	abuz	125
Pudding, custard egg, prepared with milk	R104	RECIPES	abz	129
Pudding, custard, prepared with milk	R103	RECIPES	abz	125
Pudding, rice, cooked	R106	RECIPES	abuz	125
Pudding, sponge, fruit, steamed	R109	RECIPES	abuz	125
Pudding, sponge, treacle, steamed	R110	RECIPES	abz	127
Pudding, steak & kidney, steamed	R5410	RECIPES	abuz	127
Pumpkin, flesh & skin, roasted	X292	VEGETABLES	z	171
Pumpkin, flesh, baked	X148	VEGETABLES	az	171
Pumpkin, flesh, boiled, drained	X147	VEGETABLES	auz	171
Puree, tomato	S6	SAUCES & CONDIMENTS	b	133
Puwaha, prickly sow thistle, leaves, raw	X1012	VEGETABLES	z	171
Puwaha, sow thistle, boiled	X181	VEGETABLES	z	171
Quiche, basic, baked	R5408	RECIPES	abuz	127
Quiche, spinach, baked	R5441	RECIPES	buz	127
Quinoa, cooked	E1025	CEREALS & PSEUDO-CEREALS	u	35
Rabbit, flesh, stewed	M126	MEAT	b	105
Radishes, flesh & skin, raw	X112	VEGETABLES	abu	171
Raisins, seedless, composite	L161	FRUIT	uz	89

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Raspberries, raw	L163	FRUIT	buz	89
Ratatouille, vegetable, cooked	R5431	RECIPES	abuz	127
Ravioli, fresh, beef & pork, cooked, composite	E57	CEREALS & PSEUDO-CEREALS	z	35
Rhubarb, stewed with sugar	L168	FRUIT	ab	89
Rhubarb, stewed without sugar	L169	FRUIT	ab	89
Rice Bubbles, Kellogg's	D42	BREAKFAST CEREALS	abfm	31
Rice milk, assorted flavours, composite	C1010	BEVERAGES, NON-ALCOHOLIC	z	23
Rice milk, assorted flavours, Rice Dream	C1009	BEVERAGES, NON-ALCOHOLIC	z	23
Rice, basmati, cooked in water, composite	E1046	CEREALS & PSEUDO-CEREALS	z	37
Rice, brown, boiled	E42	CEREALS & PSEUDO-CEREALS	bu	37
Rice, fried, combination, Chinese	H1018	FAST FOODS	az	63
Rice, white, polished, boiled	E27	CEREALS & PSEUDO-CEREALS	bz	37
Ricies, Sanitarium	D1029	BREAKFAST CEREALS	z	31
Rocket, raw	X1018	VEGETABLES	z	173
Salad, beef, Thai	H1020	FAST FOODS	z	63
Salad, fruit, raw	L1056	FRUIT	abuz	89
Salad, mesclun mix, raw	X1047	VEGETABLES	z	173
Salad, potato	R99	RECIPES	bz	127
Salmon, flesh, smoked	K167	FINFISH	a	75
Salmon, king, New Zealand. fillet, raw	K1001	FINFISH	z	75
Salmon, red, canned	K40	FINFISH	bu	75
Salt, iodised, table	P81	MISCELLANEOUS	bz	111
Salt, table	P10	MISCELLANEOUS	b	111
Samosa, vegetable, cooked	R377	RECIPES	abuwz	127
San Bran, Sanitarium	D1018	BREAKFAST CEREALS	afmrz	31
Sandwich, cheese, toasted	R433	RECIPES	ac	127
Sardines, canned, drained	K42	FINFISH	bu	75
Sauce, bolognese, meat based	R5409	RECIPES	abuz	127
Sauce, cheese, prepared with milk	R116	RECIPES	abz	127
Sauce, chilli	S22	SAUCES & CONDIMENTS	b	133
Sauce, chocolate, composite	W46	SUGAR, CONFECTIONARY & SWEET SPREADS	z	153
Sauce, fish	S1007	SAUCES & CONDIMENTS	au	133
Sauce, pasta, chunky vegetable, tomato based, heated, composite	S68	SAUCES & CONDIMENTS	z	133
Sauce, simmer, butter chicken, heated, composite	S70	SAUCES & CONDIMENTS	z	133
Sauce, simmer, satay, heated	S71	SAUCES & CONDIMENTS	z	133
Sauce, simmer, sweet & sour, heated, composite	S69	SAUCES & CONDIMENTS	z	133
Sauce, soy	S11	SAUCES & CONDIMENTS	ab	133
Sauce, tartar, Eta	S46	SAUCES & CONDIMENTS	z	135

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Sauce, tomato, composite	S44	SAUCES & CONDIMENTS	z	135
Sauce, white, prepared with milk	R119	RECIPES	bz	127
Sauce, Worcestershire	S14	SAUCES & CONDIMENTS	a	135
Sausage roll, individual size, microwaved	H1043	FAST FOODS	z	63
Sausage roll, party size, baked	H1044	FAST FOODS	z	63
Sausage roll, with cheese, baked, composite	H1002	FAST FOODS	z	65
Sausage, assorted meats & flavours, dry fried, composite	N63	MEAT PRODUCTS	z	107
Sausage, assorted meats & flavours, grilled, composite	N64	MEAT PRODUCTS	z	109
Sausage, assorted meats & flavours, precooked, grilled, composite	N61	MEAT PRODUCTS	z	109
Sausage, black pudding, fried	N2	MEAT PRODUCTS	abu	109
Sausage, deep fried	N44	MEAT PRODUCTS	ab	109
Sausage, ham & chicken luncheon, composite	N10	MEAT PRODUCTS	z	109
Sausage, pork, dry fried	N16	MEAT PRODUCTS	ab	109
Sausage, pork, grilled	N17	MEAT PRODUCTS	ab	109
Sausage, salami, uncooked	N15	MEAT PRODUCTS	ab	109
Saveloy, battered, fried, Independent Shops	H52	FAST FOODS	au	65
Saveloy, boiled, composite	N43	MEAT PRODUCTS	abz	109
Savoury, bacon & egg, baked, composite	H1003	FAST FOODS	z	65
Savoury, mince & cheese, heated, composite	H1005	FAST FOODS	z	65
Savoury, mince, heated, composite	H1004	FAST FOODS	z	65
Savoury, potato top, heated, composite	H1006	FAST FOODS	z	65
Scallops, battered, deep fried	T20	SHELLFISH	uz	139
Scallops, sea, raw	T11	SHELLFISH	z	139
Scone, cheese, baked	R123	RECIPES	bz	127
Scone, plain, baked	R165	RECIPES	bz	129
Scone, wholemeal, baked	R125	RECIPES	abz	129
Seafood, with vegetables, stir fried	R5434	RECIPES	abuz	129
Seaweed, nori sheet, toasted	X1013	VEGETABLES	z	173
Seeds, poppy, composite	P1003	MISCELLANEOUS	uz	111
Seeds, pumpkin & squash, kernel, dried	Q42	NUTS & SEEDS	bu	117
Seeds, sesame, dried, raw	Q95	NUTS & SEEDS	u	117
Seeds, sunflower, kernel, dried	Q41	NUTS & SEEDS	bu	117
Sherry, dry	B18	BEVERAGES, ALCOHOLIC	ab	17
Sherry, sweet	B20	BEVERAGES, ALCOHOLIC	ab	17
Shortbread, homemade, baked	R166	RECIPES	abz	129
Shortening, vegetable, Kremelta	J1031	FATS & OILS	z	73
Shrimp, canned, drained	T12	SHELLFISH	b	139
Silver beet, boiled for 10 minutes, no salt added	X177	VEGETABLES	z	173

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Smoothie, berry, composite	C1022	BEVERAGES, NON-ALCOHOLIC	z	23
Smoothie, feijoa, Simply Squeezed	C1023	BEVERAGES, NON-ALCOHOLIC	z	23
Snacks, corn, cheese flavoured, composite	U16	SNACK FOODS	z	143
Snapper, flesh, baked	K89	FINFISH	z	75
Snapper, flesh, deep fried	K90	FINFISH	z	75
Snapper, flesh, microwaved	K92	FINFISH	z	75
Soft drink, coca cola	C2	BEVERAGES, NON-ALCOHOLIC	abu	25
Soft drink, cola, diet	C25	BEVERAGES, NON-ALCOHOLIC	u	25
Soft drink, lemonade	C17	BEVERAGES, NON-ALCOHOLIC	ab	25
Soft drink, lemonade, diet	C27	BEVERAGES, NON-ALCOHOLIC	a	25
Soft drink, orange flavoured	C47	BEVERAGES, NON-ALCOHOLIC	ab	25
Soft drink, soda water	C81	BEVERAGES, NON-ALCOHOLIC	ab	25
Soup, beef, dried, prepared with water, Continental	V57	SOUPS	uz	143
Soup, bone & vegetable broth	V1	SOUPS	abu	143
Soup, chicken & corn, heated	V1002	SOUPS	z	143
Soup, chicken & corn, heated, Wattie's	V1008	SOUPS	z	143
Soup, chicken & vegetable, heated, Wattie's	V1003	SOUPS	z	143
Soup, chicken noodle, dried, prepared with water, Continental	V59	SOUPS	uz	145
Soup, chicken noodle, dried, prepared with water, Maggi	V68	SOUPS	uz	145
Soup, chicken sweetcorn, Chinese	H1013	FAST FOODS	bz	65
Soup, corned beef & vegetables, cooked	R5443	RECIPES	abuz	129
Soup, cream of chicken, canned	V4	SOUPS	abu	145
Soup, cream of mushroom, canned	V9	SOUPS	bu	145
Soup, cream of tomato, canned	V15	SOUPS	bu	145
Soup, creme of chicken, dried, prepared with water, Maggi	V69	SOUPS	z	145
Soup, creme of vegetable, dried, prepared with water, Maggi	V65	SOUPS	buz	147
Soup, lamb flap, Tongan, cooked	V75	SOUPS	abuz	145
Soup, lentil & vegetables, heated, Wattie's	V1004	SOUPS	z	145
Soup, lentil, simmered, cooked	R130	RECIPES	abuz	129
Soup, minestrone, dried, prepared with water	V8	SOUPS	b	145
Soup, mushroom, dried, prepared with water, Maggi	V66	SOUPS	uz	145
Soup, pea, homemade, cooked	V33	SOUPS	abuz	145
Soup, pumpkin, heated	V1001	SOUPS	z	147
Soup, pumpkin, heated, Wattie's	V1007	SOUPS	z	147
Soup, pumpkin, homemade, cooked	V34	SOUPS	abuz	147
Soup, seafood chowder, heated	V1005	SOUPS	z	147
Soup, tom yam gai, chicken, Thai	H1019	FAST FOODS	rz	65
Soup, tomato, dried, prepared with water, Continental	V55	SOUPS	uz	147

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Soup, tuscan tomato, heated, Wattie's	V1006	SOUPS	z	147
Soup, vegetable, canned	V18	SOUPS	bu	147
Soy drink, calci-plus high fibre, Vitasoy	C1013	BEVERAGES, NON-ALCOHOLIC	amz	25
Soy drink, So Good, essential, Sanitarium	C166	BEVERAGES, NON-ALCOHOLIC	z	25
Soy drink, So Good, lite, Sanitarium	C30	BEVERAGES, NON-ALCOHOLIC	z	25
Soy drink, So Good, Sanitarium	C29	BEVERAGES, NON-ALCOHOLIC	z	25
Spaghetti, in tomato sauce, composite	E1005	CEREALS & PSEUDO-CEREALS	z	37
Spaghetti, wholemeal, boiled	E31	CEREALS & PSEUDO-CEREALS	bz	37
Special K, berry, Kellogg's	D1016	BREAKFAST CEREALS	fmruz	31
Special K, honey & almond, Kellogg's	D1010	BREAKFAST CEREALS	afmr	31
Special K, Kellogg's	D31	BREAKFAST CEREALS	abfm	31
Spinach, English, boiled, drained	X1046	VEGETABLES	z	173
Spinach, English, raw	X1045	VEGETABLES	z	173
Spirit, gin, 90 proof	B1010	BEVERAGES, ALCOHOLIC	u	17
Spirit, rum, 80 proof	B1012	BEVERAGES, ALCOHOLIC	u	17
Spirit, vodka, 80 proof	B1011	BEVERAGES, ALCOHOLIC	u	17
Spirit, whiskey, 86 proof	B1009	BEVERAGES, ALCOHOLIC	u	17
Spirits, 70 proof	B21	BEVERAGES, ALCOHOLIC	abu	17
Sports drink, Gatorade	C86	BEVERAGES, NON-ALCOHOLIC	z	25
Sports drink, Lucozade	C18	BEVERAGES, NON-ALCOHOLIC	b	27
Sports drink, Powerade	C84	BEVERAGES, NON-ALCOHOLIC	cmz	27
Spread, cheese, lite, Philadelphia	F98	DAIRY	abz	49
Spread, Nutella, Ferrero	W1016	SUGAR, CONFECTIONARY & SWEET SPREADS	z	153
Spread, yeast extract, marmite, Sanitarium	P1004	MISCELLANEOUS	z	111
Spread, yeast extract, vegemite, Kraft	P1005	MISCELLANEOUS	z	111
Spring roll, traditional, with meat, baked, Highmark	H208	FAST FOODS	z	65
Spring roll, traditional, with meat, deep fried, Highmark	H212	FAST FOODS	bz	65
Spring roll, vegetarian, baked, Highmark	H211	FAST FOODS	z	65
Sprouts, alfalfa, raw	X266	VEGETABLES	z	173
Squash, buttercup, flesh, steamed	X225	VEGETABLES	auz	173
Squid, in flour, fried	T23	SHELLFISH	au	139
Stew, beef, stewed	R134	RECIPES	b	129
Stir-fry, black bean beef, Chinese	H1015	FAST FOODS	abuz	67
Stir-fry, chicken & cashew, Chinese	H1016	FAST FOODS	abuz	67
Stock, oxo cubes	P16	MISCELLANEOUS	ab	111
Strawberries, New Zealand, raw	L1016	FRUIT	bz	89
Stuffing, from chicken, deli cooked	A1011	BAKERY PRODUCTS	bz	15
Sugar, brown	W19	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	153

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Sugar, raw	W23	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	155
Sugar, white	W24	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	155
Sultana Bran, Kellogg's	D43	BREAKFAST CEREALS	abfm	31
Sultanas	L173	FRUIT	ab	89
Sundae, chocolate, McDonald's	H55	FAST FOODS	abz	67
Sushi	R391	RECIPES	abuz	129
Sustain, Kellogg's	D44	BREAKFAST CEREALS	afm	31
Swede, flesh, boiled, drained	X123	VEGETABLES	abu	173
Sweets, hard, boiled	W1	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	147
Syrup, golden	W25	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	155
Tacos, filled, vegetarian	R5437	RECIPES	abuwx	129
Tahini	Q27	NUTS & SEEDS	ab	117
Tamarillo, red, flesh & seeds, raw	L174	FRUIT	z	89
Tangelo, flesh, raw	L179	FRUIT	au	89
Tangerine, flesh, raw	L176	FRUIT	abu	91
Tarakihi, flesh, baked	K64	FINFISH	z	75
Tarakihi, flesh, deep fried	K65	FINFISH	z	75
Taro, root, peeled, baked	X1062	VEGETABLES	z	173
Taro, root, peeled, boiled	X1063	VEGETABLES	z	173
Taro, root, peeled, raw	X1053	VEGETABLES	z	175
Tea, black, brewed, composite	C1040	BEVERAGES, NON-ALCOHOLIC	z	27
Tea, black, decaffeinated, brewed, composite	C1041	BEVERAGES, NON-ALCOHOLIC	z	27
Tea, green, brewed, composite	C1039	BEVERAGES, NON-ALCOHOLIC	z	27
Tea, herbal, brewed	C76	BEVERAGES, NON-ALCOHOLIC	ab	27
Tea, Indian, brewed	C24	BEVERAGES, NON-ALCOHOLIC	bu	27
Tempeh	E1012	CEREALS & PSEUDO-CEREALS	u	37
Tempeh, fried in sunflower oil	E1011	CEREALS & PSEUDO-CEREALS	a	37
Toffees, mixed	W26	SUGAR, CONFECTIONARY & SWEET SPREADS	ab	155
Tofu	E44	CEREALS & PSEUDO-CEREALS	bu	37
Tomatoes, assorted varieties, flesh, skin & seeds, raw	X1006	VEGETABLES	z	175
Tomatoes, canned, drained	X125	VEGETABLES	z	175
Tomatoes, canned, in tomato juice	X275	VEGETABLES	ab	175
Tomatoes, sun-dried	X295	VEGETABLES	u	175
Tongue, beef & sheep, canned	M53	MEAT	b	105
Topper, lasagne, baked	E126	CEREALS & PSEUDO-CEREALS	z	37
Tortilla, wholegrain, cooked	R5433	RECIPES	abuz	129
Trifle	R146	RECIPES	abuz	129
Tuna, canned in brine, drained	K101	FINFISH	z	75

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Tuna, canned in oil, drained, composite	K187	FINFISH	abz	77
Tuna, canned in spring water, drained, composite	K189	FINFISH	abz	77
Turkey, composite cuts, separable lean 87%, fat 2% & skin 11%, roasted in oven bag	M178	MEAT	z	105
Turkey, flesh, roasted	M179	MEAT	z	105
Turnip, flesh, boiled, drained	X129	VEGETABLES	b	175
Vegetables, carrots, corn & peas, frozen, boiled, drained	X157	VEGETABLES	z	175
Vegetables, stir fried	R5440	RECIPES	abuz	129
Venison, diced, cooked, Silver Fern	M1023	MEAT	z	105
Venison, leg medallion, cooked, Silver Fern	M1021	MEAT	z	105
Venison, mince, raw, Silver Fern	M1020	MEAT	z	105
Venison, red deer, leg, flesh, roasted	M185	MEAT	bz	105
Venison, stir fried, Silver Fern	M1022	MEAT	z	105
Vinegar	P11	MISCELLANEOUS	b	111
Vinegar, cider	P59	MISCELLANEOUS	bu	111
Wafers, rice, wholegrain, composite	E1043	CEREALS & PSEUDO-CEREALS	z	37
Water, assorted flavours, Mizone	C1032	BEVERAGES, NON-ALCOHOLIC	z	27
Water, bottled, New Zealand	C41	BEVERAGES, NON-ALCOHOLIC	z	27
Water, municipal	C40	BEVERAGES, NON-ALCOHOLIC	z	27
Water, tonic, carbonated	C79	BEVERAGES, NON-ALCOHOLIC	bu	27
Watercress, raw	X131	VEGETABLES	auz	175
Watermelon, flesh, raw	L177	FRUIT	abu	91
Weet-Bix, oat bran, Sanitarium	D1012	BREAKFAST CEREALS	afmr	31
Weet-Bix, Sanitarium	D1027	BREAKFAST CEREALS	z	31
Weeties, Sanitarium	D1035	BREAKFAST CEREALS	z	31
Wheat bran	E111	CEREALS & PSEUDO-CEREALS	bz	37
Wheat germ	E112	CEREALS & PSEUDO-CEREALS	bz	39
Wheat, puffed, Sanitarium	D1017	BREAKFAST CEREALS	afmrz	31
Wine, red, dry, composite	B24	BEVERAGES, ALCOHOLIC	z	17
Wine, white, dry, composite	B26	BEVERAGES, ALCOHOLIC	z	17
Wine, white, medium, composite	B27	BEVERAGES, ALCOHOLIC	z	17
Wine, white, sparkling, composite	B28	BEVERAGES, ALCOHOLIC	z	19
Yam, flesh, boiled, drained	X132	VEGETABLES	b	175
Yam, South Island, flesh, roasted	X309	VEGETABLES	z	175
Yeast, baker's, dried	P13	MISCELLANEOUS	ab	113
Yoghurt, apricot, frozen, Tip Top	F77	DAIRY	bz	49
Yoghurt, assorted fruits, low fat, sweetened, composite	F56	DAIRY	z	49
Yoghurt, berry, low fat, sweetened, composite	F71	DAIRY	z	49

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Yoghurt, Greek, composite	F1055	DAIRY	z	51
Yoghurt, plain, low fat, unsweetened, composite	F84	DAIRY	abz	51
Yoghurt, plain, unsweetened, composite	F57	DAIRY	z	51
Yoghurt, soy	E43	CEREALS & PSEUDO-CEREALS	b	39

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