



The Concise New Zealand Food Composition Tables

8th Edition 2009



TERMS OF USE

In using New Zealand FOODfiles and the Concise New Zealand Food Composition Tables you acknowledge that you have read and accept the Terms of Use contained on www.foodcomposition.co.nz. If you do not accept those terms you should not access or use either the New Zealand FOODfiles or the Concise New Zealand Food Composition Tables.

© Copyright 2011

The New Zealand Institute for Plant & Food Research Limited (a Crown Research Institute) and the New Zealand Ministry of Health.

All rights reserved. Except where otherwise stated, The New Zealand Institute for Plant & Food Research Limited and the New Zealand Ministry of Health own all copyright and other intellectual property in the Concise New Zealand Food Composition Tables and related technology.

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

Australian source data are copyright to Professor R.B.H. Wills, Associate Professor H. Greenfield and other named authors at the University of New South Wales, and are reproduced by permission. Recent Australian source data have been updated from NUTTAB2006 with the permission of FSANZ.

DISCLAIMER

The New Zealand Institute for Plant & Food Research Limited ("we") make every effort to include current and accurate information in The Concise New Zealand Food Composition Tables. However, we cannot, and do not, make any claims, warranties or representations whatsoever regarding The Concise New Zealand Food Composition Tables, or your use of The Concise New Zealand Food Composition Tables. In particular, we do not warrant that the information contained in The Concise New Zealand Food Composition Tables is complete or accurate, that it is fit for any particular purpose, that it will meet your requirements, or that, if applicable, your electronic access will be uninterrupted or error free. We do not guarantee any outcome from using The Concise New Zealand Food Composition Tables. The Concise New

Zealand Food Composition Tables are provided on an "as is" and "as available basis". All warranties and representations implied by law are excluded to the extent permitted by law. You use The Concise New Zealand Food Composition Tables at your own risk. Neither we nor our partners (being any person involved in providing any product of service relating to The Concise New Zealand Food Composition Tables) will ever in any circumstances be liable to you or any other person in contract, negligence or other tort, equity or in any other way for any loss, damage or liability of any kind or for any illness, injury or death arising from your use of, or inability to use, The Concise New Zealand Food Composition Tables. If for any reason we cannot rely on the above exclusion of liability, our liability, will be limited in the aggregate to NZD\$100.00 and in no event will we be liable to you for any loss of profits, savings, goodwill or business opportunity or for any indirect or consequential loss.

CATALOGUING IN PUBLICATION

LESPERANCE, LUCY

The concise New Zealand food composition tables / L. Lesperance...[et al.].

– 8th ed. – Palmerston North, N.Z. : New Zealand Institute for Plant & Food Research ; [Wellington, N.Z.] : Ministry of Health, 2009.

ISBN 978-0-9864540-1-1

1. Food composition 2. Databases 3. New Zealand I. Clark, Zachary II. Sivakumaran, Subathira III. Sharp, Kiri. IV. New Zealand Institute for Plant & Food Research Ltd. V. New Zealand Ministry of Health.

DDC 641.1 CON

Cover, illustrations and design by Anthony Corbett

Contents

1	Foreword	i
2	Acknowledgements	ii
3	Notes for users	iii
	Limitations in the data set.....	iii
	Data selection procedures.....	iii
	Documentation procedures	iv
	Notes on food groups	iv
	Notes on food components	v
4	Food tables	1
	A Bakery products	1
	B Beverages, alcoholic.....	9
	C Beverages, non alcoholic.....	9
	D Breakfast cereals	15
	E Cereals and pseudo-cereals	17
	F Dairy.....	21
	G Eggs.....	27
	H Fast foods	29
	J Fats and oils.....	39
	K Finfish	41
	L Fruit.....	43
	M Meat.....	53
	N Meat products	61

P	Miscellaneous	63
Q	Nuts and seeds	65
R	Recipes	69
S	Sauces and condiments.....	83
T	Shellfish	85
U	Snack foods	87
V	Soups.....	91
W	Sugar, confectionery and sweet spreads.....	93
X	Vegetables	97
Z	Infant foods	109

5 Appendices

Appendix I – Footnotes	113
Appendix II – Alcohol values	117
Appendix III – Caffeine values	118
Appendix IV – Key to abbreviations	121
Appendix V – Full food name	122
Appendix VI – Food index	161

Foreword

The *Concise New Zealand Food Composition Tables – Eighth Edition* contains information on 32 nutrients for more than 950 foods commonly consumed in New Zealand. The Concise Tables are derived from the New Zealand Food Composition Database (NZFCD), which contains nutritional information on more than 2700 foods. The NZFCD is regularly updated and expanded to include new local and appropriate international food composition values.

Data from the NZFCD are used in the analysis of Ministry of Health nutrition surveys. The food composition data help translate food consumption data from the surveys into nutrient intakes. Knowledge of New Zealanders' nutrient intakes ensures that the Ministry's policies, programmes, food and nutrition guidelines, and health education resources have a sound technical basis.

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 that is easy for nutrition practitioners to use as well as the New Zealand population in general.

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 these 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 health and improved eating habits.

Dr Mark Jacobs
Director of Public Health

Acknowledgements

Many people have been involved in developing the New Zealand Food Composition Database from which the eighth edition of *The Concise New Zealand Food Composition Tables* is derived.

Special acknowledgement is due to Dr Barbara Burlingame who initiated the first edition of *The Concise New Zealand Food Composition Tables* in 1993 and was first author of the next two editions. Dr Nelofar Athar, McGill University, Montreal, Canada, has been involved in producing the most recent versions, including Concise Tables 7th Edition in 2006.

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, Nutrition & Health Group.

Our thanks are due to the user forum that provided feedback on the eighth edition of *The Concise New Zealand Food Composition Tables*: Carolyn Cairncross, Nutrition Foundation; Julie Dick, Heinz-Watties NZ Ltd; Fiona Greig, Beef & Lamb NZ; Robert Quigley, Quigley and Watts; Rebecca McNaughton, Foodstuffs; David Roberts and Julia Clark, NZFSA; Jan Milne, NZ Dietetic Association; Joanne Todd, Fonterra Brands Ltd; Lyn Gillanders and Alannah Steeper, Manufactured Food Database, Nutrition Services, Auckland District Healthboard; Associate Professor Winsome Parnell, Nutrition Department, University of Otago; Sally MacKay and Dr Niki Stefanogiannis, Health and Disability Systems Strategy Directorate, the Ministry of Health.

Thank you to Plant & Food Research staff Tracy Williams (Scientific editor) for reviewing this publication, Carol Dolman (Secretary) for assistance with formatting and Anthony Corbett (Graphic designer) for designing the front cover for this joint Plant & Food Research and New Zealand Ministry of Health publication.

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. The list of foods in the eighth edition differs from the lists in earlier editions. Although there are 503 individual food components in the New Zealand Food Composition Database, only 32 are included in the body of this publication. The seventh edition contained 28 nutrients. The update has seen the inclusion of iodine, phosphorus, omega fatty acids and Vitamin D. Users who require the complete food list, and more detail on numeric data, food descriptors, sample information, analytical source and confidence limits, should obtain New Zealand FOODfiles from Plant & Food Research. Users who need to develop Nutrition Information Panel (NIP) labels for foods should refer to a separate dataset available at www.crop.cri.nz/psp/Fcdnip/index.html.

Users should be aware that very few foods have a constant composition and that the data presented do not represent absolute values. The purpose of this publication, and of all food composition database products, is to present a true reflection of the usual composition of foods as available and/or consumed, based on representative samples.

Data selection procedures

For much of the fresh produce listed in these tables, strict sampling procedures were implemented for the specific purpose of including data in the database. Systematic sampling from three or more geographical centres and at two or more time intervals has enabled year-round, nation-wide values to be presented for each food constituent.

For some processed foods, sampling was done at the analysts' convenience, during the main harvest, or from the major production area(s). Therefore, values are not always available from multiple time intervals or multiple locations.

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 in other database products.

Some values in these tables are presumed or derived from other data sources, rather than analysed. This has been done to obtain 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, indicate the countries from which the nutritional information has been derived.

The eighth edition of the Concise Tables contains updated information on fortified foods. For most fortified foods, the data represent label information supplied by the manufacturers and compiled by New Zealand Manufactured Food Database, Nutrition Services, Auckland District Healthboard. However, New Zealand analytical values have been listed for only those fortified foods where the analytical information was available. Source codes have been assigned to differentiate fortified foods from non-fortified foods and to differentiate manufacturer-supplied data from New Zealand analytical values. These codes are explained in Table 1.

Table 1. Source codes

Code	Explanation
a	Australian source data
b	British source data
c	Calculated
f	Fortified foods
g	Guess
j	Fiji source data
m	Manufacturer-supplied data
n	Literature data
o	Other overseas
p	Presumed
r	Related
s	South Pacific Commission (SPC)
T	Trace value
u	United States Department of Agriculture
x	No confidence in selected values
y	Malaysian source data
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. In the body of the tables, the facet used is SHORTNAME, an abbreviated composite of the most important facets of the full name. The full name is presented in Appendix V.

The alphanumeric code – the KEY – associated with each food record represents the unique identifier in the food composition database. The alphabetic character indicates the food group, as shown on the contents page under Section 4, Food Tables. The numeric character(s) represent a record position within a category.

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. Identification by brand name is by apostrophes, i.e. 'Weet-bix'; and does not constitute a commercial endorsement. For users' convenience, branded products are listed at the beginning of each chapter.

The word 'Fortified' has been used to identify fortified foods in Appendix V, Full food name.

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 are categorised as pseudo-cereals, and include soy beans, soy bean flour and other legumes, sago, and tapioca.

The term 'as purchased' indicates a processed food in the form in which it is normally sold, and not the form in which it is normally consumed.

All the dairy products are made from cow's milk, unless otherwise indicated.

The same foods, prepared or processed in different ways, are not always derived from the same sample. For example, a sample of peaches was not subdivided and analysed in a raw, canned, dried and frozen form. The data are obtained from many sources and 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 the effect of the processing or preparation.

The term 'raw' refers to meat that has been freshly killed and is not processed before being prepared for analysis. The term 'uncooked' refers to meat that has been processed in some way, but has not undergone or may not require post-purchase cooking. For example, the word 'uncooked' is used for ham, sausages and cured bacon.

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, including the separable and inseparable fat. Nutrient values can be calculated for meat with any percentage of separable lean by scaling the values presented in separable lean only and separable fat only records.

Many of the records in the Recipe chapter, and some records in other chapters, have been created by calculation, using nutrient data from ingredients with application of appropriate yields and nutrient retention factors. A separate publication with the recipe details is available from Plant & Food Research (see contact information on front page).

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

There are 32 food components in the main body of the tables, which are presented in a fixed format for each record. The order of presentation is based on major nutrient categories and convention. (A summary of the components, their tagnames, unit of measure, and a brief description, including methods of analyses, is shown in Table 2.)

Users of these food composition tables will have a basic understanding of the food components within each nutrient category. Therefore, this section relates only to specific information that is not obvious or self-explanatory.

Methods of nutrient analysis were considered in the documentation and selection procedures. Values were not included if the description of the nutrient

determined by the method was ambiguous, if details of the methods of analysis were not supplied or were incomplete, or if the method of analysis is known to over-estimate or under-estimate a specific food component.

The sum of the proximates usually falls within the range of 97–103 g per 100 g edible portion. A margin of plus or minus 3% is considered acceptable¹, particularly as many of the components were 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 analytical variance.

¹ Greenfield H, Southgate DAT 1992. Food composition data, production, management and use. London, Elsevier Applied Science Publishers Ltd.

Table 2. Components

Table heading	INFOODS ² Tagname	Units	Description/synonym/method
Water	WATER	g	Water/moisture; oven drying
Energy	ENERC	kJ	Energy, calculated (see Table 3 for factors)
Energy	ENERC_KCAL	kcal	Energy, calculated (see Table 3 for factors)
Protein	PROCNT	g	Protein, calculated from total nitrogen, except where noted in Appendix 1; FAO/WHO conversion factors
Total fat	FAT	g	Total fat/total lipid; several methods depending on food matrix
CHO, avail.	CHOAVL	g	Available carbohydrate; sum of mono-, di- and oligosaccharides, starch and glycogen; or enzymatic digestion and colorimetry
Fibre, tot. (NSP)	PSACNS	g	Non-starch polysaccharide/fibre by modified Englyst method
Total available sugars	SUGAR	g	Sum of individual mono- and disaccharides; GC or HPLC
Starch	STARCH	g	Starch; enzymatic digestion and colorimetry
SFA	FASAT	g	Sum of individual saturated fatty acids; GC of methyl esters
MUFA	FAMS	g	Sum of individual monounsaturated fatty acids; GC of methyl esters
PUFA	FAPU	g	Sum of individual polyunsaturated fatty acid; GC of methyl esters
Omega 3 or 6	FAPUN3/6	g	Sum of individual omega 3 and 6 fatty acid; GC of methyl esters

² Klensin JC, Feskanich D, Lin V, Truswell AS, Southgate DAT 1989. Identification of food components for INFOODS data interchange. Tokyo, United Nations University Press. The up-to-date listing can be found on the internet at www.crop.cri.nz/foodinfo/infoods/infoods.htm.

Table heading	INFOODS ² Tagname	Units	Description/synonym/method
Cholesterol	CHOLE	mg	Cholesterol, GC
Sodium	NA	mg	Sodium; wet ashing, ICPOES/ICPMS
Iodine	ID	µg	Iodine, TMAH digestion, ICP-MS
Potassium	K	mg	Potassium; wet ashing, ICPOES/ICPMS
Calcium	CA	mg	Calcium, wet ashing, ICPOES/ICPMS
Iron	FE	mg	Iron, wet ashing, ICPOES/ICPMS
Phosphorus	P	mg	Phosphorus, wet ashing, ICPOES/ICPMS
Zinc	ZN	mg	Zinc, wet ashing, ICPOES/ICPMS
Selenium	SE	µg	Selenium; fluorometry or wet ashing ICPOES/ICPMS
Tot. vit A equiv.	VITA	µg	Total vitamin A equivalents/retinol equivalents; equals µg retinol + 1/6 µg β-carotene equivalents; HPLC
β-carotene equiv.	CARTBEQ	µg	Beta-carotene equivalents; equals µg β-carotene + ½ the quantity of other provitamin A carotenoids; HPLC
Thiamin	THIA	mg	Thiamin; HPLC, fluorescence detection of thiochrome
Riboflavin	RIBF	mg	Riboflavin; HPLC, fluorescence detection
Tot. niacin equiv.	NIAEQ	mg	Total niacin equivalents; equals mg preformed niacin (HPLC, UV detection) + 1/60 mg tryptophan (HPLC)
Vitamin B ₆	VITB6C	mg	Vitamin B ₆ ; HPLC, fluorescence detection
Vitamin B ₁₂	VITB12	µg	Vitamin B ₁₂ ; microbiological
Folate, total	FOL	µg	Folate, total; radioimmunoassay and tri-enzyme microbiological
Vitamin C	VITC	Mg	Vitamin C; HPLC and titration
Vitamin D	VITD	mg	Vitamin D3; HPLC

Energy is expressed in units of both kilocalories (kcal) and kilojoules (kJ). All values were calculated from the energy-producing food components using conversion factors listed in Table 3.

Energy values for a Nutrition Information Panel (NIP)

A separate dataset called “NZ Food Composition Data for Nutrition Information Panels”, containing seven core nutrients plus dietary fibre⁵ is specifically designed for developing NIP labels. It is freely available at www.crop.cri.nz/home/products-services/nutrition/foodcompdata/fcd-products/fcd-nutrition-database.php. In this dataset, energy in kilojoules is calculated from energy-producing food components including dietary fibre (8 kJ/g), outlined in Standard 1.2.8 of the Australian New Zealand Food Standard code.

Table 3. Energy conversion factors

	kcal/g	kJ/g
Protein	4.00	16.7
Total fat	9.00	37.7
Available carbohydrate	4.00	16.7
Ethyl alcohol	7.00	29.3
Acetic acid	3.49	14.6
Malic acid	2.39	10.0
Lactic acid	3.62	15.1
Citric acid	2.47	10.3

For all entries, the **protein** value is based on the total nitrogen multiplied by a factor related to the amino acid composition of the food. Conversion factors for mixed foods containing more than one protein source were derived using the proportion of each source with its appropriate conversion factor.

Available carbohydrate is the sum of the individual mono- and disaccharides and starch, and is expressed as the weight of the carbohydrate. In earlier editions, the available carbohydrate values were expressed as monosaccharide equivalents.

The **dietary fibre** data presented represent the total non-starch polysaccharide in the foods, as determined by the method of Englyst and Cummings³. Earlier editions presented fibre data from the Southgate method⁴ and the AOAC total dietary fibre method reported by Prosky et al.⁵ in addition to the method of Englyst and Cummings.

The Prosky method for fibre analysis is the method recommended in Standard 1.2.8 of the Australian New Zealand Food Standard Code, for food labelling. All new analytical data is being acquired using the Prosky method for fibre analysis as indicated in Appendix I - Footnotes.

Total Vit A equivalent data presented are the sum of retinol (μg) + 1/6 of μg of β -carotene equivalent. Although the use of the factor 6 for converting β -carotene equivalent into Total Vit A equivalent is questionable, it is still widely used. Hence, in order to report Total Vit A equivalent in the eighth edition of the Concise Tables, the same conversion factor has been used.

Other methodological details can be obtained from Plant & Food Research (see contact information on front page).

Alcohol values of foods are listed in Appendix II. Additional information on the caffeine content of foods can be obtained from Plant & Food Research (see contact information on front page).

Caffeine values of foods in this edition of the concise tables are listed in Appendix III. Not all values are New Zealand analytical values. Additional

³ Englyst HN, Cummings JH 1988. An improved method for the measurement of dietary fibre as the non-starch polysaccharides in plant foods. *Journal of the Association of Official Analytical Chemists* 71: 808–814.

⁴ Southgate DAT 1976. Determination of food carbohydrates. London, Applied Science Publishers Ltd.

⁵ Prosky L, Asp NG, Furda I, DeVries JW, Schweizer TF, Harland BF 1984. Determination of total dietary fibre in foods, food products and total diets. Interlaboratory study. *Journal of the Association of Official Analytical Chemists* 67: 1044–1052.

information on the caffeine content of foods can be obtained from Plant & Food Research (see contact information on front page).

Serving sizes are determined on the basis of amounts commonly purchased or eaten. All measures are on an edible portion basis, so no adjustments are required for refuse.

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

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
A	BAKERY PRODUCTS																		
A54	Bagel,plain	100	43	936	226	7.7	1.6	45.3	2.0	0.6	44.6	0.2	0.1	0.7	0	0	0	492	1.2
A54	1 bagel	74	32	693	167	5.7	1.2	33.5	1.5	0.4	33.0	0.2	0.1	0.5	0	0	0	364	0.9
A148	Biscuit,'Afghan'	100	3	1980	477	5.6	21.7	64.9	4.2	33.6	31.4	12.9	0.3	6.9	0	1.0	T	260	3.5
A148	1 biscuit	17	T	341	82	1.0	3.7	11.2	0.7	5.8	5.4	2.2	0.1	1.2	0	0	T	45	0.6
A69	Biscuit,'Fruit Finger'	100	14	1550	374	3.7	11.0	65.0	2.6	42.3	22.7	5.7	3.7	1.0	0	0	2	173	4.0
A69	1 biscuit	12	2	186	45	0.4	1.3	7.8	0.3	5.1	2.7	0.7	0.4	0.1	0	0	T	21	0.5
A5	Biscuit,'Gingernut'	100	4	1700	411	4.9	9.0	77.7	1.9	37.5	40.3	4.5	3.1	0.9	0	0.9	2	190	1.0
A5	1 biscuit (0.9 x 5.4cm diam.)	13	1	221	53	0.6	1.2	10.1	0.2	4.9	5.2	0.6	0.4	0.1	0	0.1	T	25	0.1
A5	1 biscuit (0.8 x 5.2cm diam.)	9	T	153	37	0.4	0.8	7.0	0.2	3.4	3.6	0.4	0.3	0.1	0	0.1	T	17	0.1
A62	Biscuit,'Krispie'	100	3	1810	436	5.4	17.0	65.4	3.1	26.4	39.1	9.7	4.7	1.3	0	1.3	17	340	4.0
A62	1 biscuit (0.6 x 6cm diam.)	9	T	159	38	0.5	1.5	5.8	0.3	2.3	3.4	0.9	0.4	0.1	0	0.1	2	30	0.4
A64	Biscuit,'Malt'	100	3	1810	436	7.5	13.5	71.1	2.4	19.4	51.8	6.2	4.7	1.3	0	1.3	7	410	1.0
A64	1 biscuit (6.6 x 4.4 x 0.6cm)	8	T	136	33	0.6	1.0	5.3	0.2	1.5	3.9	0.5	0.4	0.1	0	0.1	1	31	0.1
A81	Biscuit,Anzac,home-made	100	11	1890	453	4.9	26.1	49.7	5.7	27.4	22.3	19.5	3.9	0.9	0.1	0.3	32	112	1.0
A81	1 small biscuit	17	2	321	77	0.8	4.4	8.4	1.0	4.7	3.8	3.3	0.7	0.2	0	0	5	19	0.2
A81	1 large biscuit	65	7	1229	294	3.2	17.0	32.3	3.7	17.8	14.5	12.7	2.5	0.6	0	0	21	73	0.7
A3	Biscuit,chocolate base,'Digestive/Wheat'	100	4	1900	458	6.9	20.0	62.8	4.1	32.5	30.4	11.0	6.6	1.4	0.2	1.2	9	260	3.5
A3	1 biscuit (0.85 x 5.5cm diam.)	11	T	200	48	0.7	2.1	6.6	0.4	3.4	3.2	1.1	0.7	0.1	0	0.1	1	27	0.4
A3	1 biscuit (0.80 x 7.5cm diam.)	18	1	343	82	1.2	3.6	11.3	0.7	5.8	5.5	1.9	1.2	0.2	0	0.2	2	47	0.6
A1	Biscuit,chocolate coated	100	2	2180	524	5.7	27.6	63.2	2.1	41.4	21.8	16.7	8.0	1.1	0	1.1	14	160	3.0
A1	1 biscuit	11	T	240	58	0.6	3.0	7.0	0.2	4.6	2.4	1.8	0.9	0.1	0	0.1	2	18	0.3
A71	Biscuit,chocolate coated,'Mallowpuff'	100	12	1770	426	5.3	16.6	63.9	1.2	50.3	13.7	10.1	5.6	0.7	0	0.6	6	114	8.0
A71	1 biscuit (2.7 x 4.5cm diam.)	22	3	380	92	1.1	3.6	13.8	0.3	10.8	2.9	2.2	1.2	0.1	0	0.1	1	25	1.7
A72	Biscuit,chocolate coated,'Toffee Pop'	100	6	2050	493	5.3	23.6	64.8	1.4	43.9	21.0	14.6	6.4	1.0	0	1.0	15	250	3.0
A72	1 biscuit (Original)	17	1	348	84	0.9	4.0	11.0	0.2	7.5	3.6	2.5	1.1	0.2	0	0.2	2	43	0.5
A61	Biscuit,cookie,chocolate chip	100	4	1970	474	4.5	18.0	73.7	1.7	39.8	33.9	9.5	5.9	1.2	0.2	1.0	21	290	4.5
A61	1 biscuit	13	1	256	62	0.6	2.3	9.6	0.2	5.2	4.4	1.2	0.8	0.2	0	0.2	3	38	0.6
A70	Biscuit,fruit,'Digestive'	100	4	1830	440	7.1	17.9	62.8	4.0	23.0	39.8	9.3	5.9	1.6	0	0.2	3	355	18.0
A70	1 biscuit	13	1	238	57	0.9	2.3	8.2	0.5	3.0	5.2	1.2	0.8	0.2	0	0	T	46	2.3
A66	Biscuit,peanut brownie,commercial	100	4	2000	481	7.1	21.6	64.4	2.5	28.7	35.8	8.7	7.9	2.9	0	2.9	12	400	1.0
A66	1 biscuit (11.5 x 5.4cm diam.)	12	T	240	58	0.9	2.6	7.7	0.3	3.4	4.3	1.0	1.0	0.3	0	0.3	1	48	0.1
A66	1 biscuit (16.3 x 5.5cm diam.)	22	1	440	106	1.6	4.8	14.2	0.6	6.3	7.9	1.9	1.7	0.6	0	0.6	3	88	0.2
A4	Biscuit,plain,'Digestive'	100	4	1900	458	7.0	18.9	65.0	3.6	17.5	47.6	9.0	6.5	1.7	0	1.8	5	330	18.0
A4	1 biscuit (0.7 x 7cm diam.)	13	1	247	60	0.9	2.5	8.5	0.5	2.3	6.2	1.2	0.8	0.2	0	0.2	1	43	2.3
A9	Biscuit,plain,cream	100	2	1920	463	5.5	19.7	66.0	1.6	31.6	34.5	13.1	4.3	1.2	0	0	3	254	0.7
A9	1 biscuit	15	T	288	69	0.8	3.0	9.9	0.2	4.7	5.2	2.0	0.6	0.2	0	0	T	38	0.1
A63	Biscuit,shortbread,retail	100	4	1980	476	5.5	23.9	59.7	1.9	12.9	46.8	12.2	7.5	1.5	0.3	1.2	29	280	0.7
A63	1 biscuit (11 x 5cm diam.)	13	T	247	60	0.7	3.0	7.5	0.2	1.6	5.9	1.5	0.9	0.2	0	0.2	4	35	0.1
A63	1 biscuit (15.7 x 5.3cm diam.)	21	1	405	98	1.1	4.9	12.2	0.4	2.6	9.6	2.5	1.5	0.3	0	0.3	6	57	0.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
A	BAKERY PRODUCTS																	
A54	Bagel,plain	100	95	85	14	1.5	0.9	18.2	T	T	0.11	0.03	1.9	0.03	T	16	T	0
A54	1 bagel	74	70	63	10	1.1	0.6	13.5	T	T	0.08	0.02	1.4	0.02	T	12	T	0
A148	Biscuit,'Afghan'	100	170	120	46	1.9	0.8	0	T	T	0.14	0.07	3.3	0.28	0	20	0	0
A148	1 biscuit	17	29	21	8	0.3	0.1	0	T	T	0.02	0.01	0.6	0.05	0	3	0	0
A69	Biscuit,'Fruit Finger'	100	335	70	26	1.4	0.4	3.0	6	30	0.05	0.14	1.9	0.02	0	10	0	T
A69	1 biscuit	12	40	8	3	0.2	0.1	T	1	4	0.01	0.02	0.2	T	0	1	T	T
A5	Biscuit,'Gingernut'	100	220	69	64	1.7	0.6	0.9	3	5	0.06	T	1.5	0.05	0	5	0	0
A5	1 biscuit (0.9 x 5.4cm diam.)	13	29	9	8	0.2	0.1	0.1	T	1	0.01	T	0.2	0.01	0	1	T	0
A5	1 biscuit (0.8 x 5.2cm diam.)	9	20	6	6	0.2	0.1	0.1	T	T	0.01	T	0.1	T	0	T	T	0
A62	Biscuit,'Krispie'	100	170	85	21	0.9	0.7	0.7	1	0	0.01	0.06	1.4	0.04	0	6	0	T
A62	1 biscuit (0.6 x 6cm diam.)	9	15	7	2	0.1	0.1	0.1	T	0	T	0.01	0.1	T	0	1	T	T
A64	Biscuit,'Malt'	100	170	110	27	0.9	0.7	1.2	2	0	0.13	0.01	2.4	0.05	0	8	T	T
A64	1 biscuit (6.6 x 4.4 x 0.6cm)	8	13	8	2	0.1	0.1	0.1	T	0	0.01	T	0.2	T	0	1	T	T
A81	Biscuit,Anzac,home-made	100	266	111	35	2.2	0.9	1.8	156	127	0.10	0.04	1.5	0.07	T	6	T	0.15
A81	1 small biscuit	17	45	19	6	0.4	0.2	0.3	27	22	0.02	0.01	0.3	0.01	T	1	T	0.02
A81	1 large biscuit	65	173	72	23	1.4	0.6	1.2	101	83	0.07	0.03	1.0	0.05	T	4	T	0.10
A3	Biscuit,chocolate base,'Digestive/Wheat'	100	270	260	65	2.4	1.4	2.1	24	23	0.14	0.09	2.3	0.05	0	23	1	T
A3	1 biscuit (0.85 x 5.5cm diam.)	11	28	27	7	0.3	0.2	0.2	3	2	0.01	0.01	0.2	0.01	0	2	0	T
A3	1 biscuit (0.80 x 7.5cm diam.)	18	49	47	12	0.4	0.3	0.4	4	4	0.03	0.02	0.4	0.01	0	4	0	T
A1	Biscuit,chocolate coated	100	230	130	23	1.0	0.9	7.0	12	11	0.20	0.13	1.5	0.04	0	20	0	0
A1	1 biscuit	11	25	14	3	0.1	0.1	0.8	1	1	T	0.01	0.2	T	0	2	0	0
A71	Biscuit,chocolate coated,'Mallowpuff'	100	202	141	97	1.9	0.6	1.4	22	19	0.05	0.18	0.7	0.01	0	7	T	T
A71	1 biscuit (2.7 x 4.5cm diam.)	22	43	30	21	0.4	0.1	0.3	5	4	0.01	0.04	0.2	T	0	2	T	T
A72	Biscuit,chocolate coated,'Toffee Pop'	100	250	170	110	1.6	0.9	1.4	28	27	0.06	0.18	1.4	0.02	0	98	T	0.08
A72	1 biscuit (Original)	17	43	29	19	0.3	0.1	0.2	5	5	0.01	0.03	0.2	T	0	17	T	0.01
A61	Biscuit,cookie,chocolate chip	100	145	165	47	1.4	0.5	3.1	27	42	0.07	T	2.0	T	0	7	0	0.08
A61	1 biscuit	13	19	21	6	0.2	0.1	0.4	3	5	0.01	T	0.3	T	0	1	T	0.01
A70	Biscuit,fruit,'Digestive'	100	233	125	43	0.6	1.3	3.0	3	5	0.17	0.10	2.0	0.10	0	12	T	T
A70	1 biscuit	13	30	16	6	0.1	0.2	T	T	1	0.02	0.01	0.3	0.01	0	2	T	T
A66	Biscuit,peanut brownie,commercial	100	190	150	36	1.4	0.9	4.4	42	57	0.02	0.03	3.4	0.09	0	16	T	0.10
A66	1 biscuit (11.5 x 5.4cm diam.)	12	23	18	4	0.2	0.1	0.5	5	7	T	T	0.4	0.01	0	2	T	0.01
A66	1 biscuit (16.3 x 5.5cm diam.)	22	42	33	8	0.3	0.2	1.0	9	13	T	0.01	0.7	0.02	0	3	T	0.02
A4	Biscuit,plain,'Digestive'	100	160	130	35	1.1	0.8	2.7	15	0	0.05	0.06	1.8	0.03	0	12	0	0
A4	1 biscuit (0.7 x 7cm diam.)	13	21	17	5	0.1	0.1	0.4	2	0	0.01	0.01	0.2	T	0	2	0	0
A9	Biscuit,plain,cream	100	133	88	41	0.5	0.5	3.0	2	0	0.09	0.12	1.5	0.01	0	4	0	T
A9	1 biscuit	15	20	13	6	0.1	0.1	T	T	0	0.01	0.02	0.2	T	0	1	T	T
A63	Biscuit,shortbread,retail	100	82	72	20	0.6	0.4	4.7	152	177	0.04	0.04	1.3	0.05	0	6	T	0.20
A63	1 biscuit (11 x 5cm diam.)	13	10	9	3	0.1	0.1	0.6	19	22	0.01	0.01	0.2	0.01	0	1	T	0.03
A63	1 biscuit (15.7 x 5.3cm diam.)	21	17	15	4	0.1	0.1	1.0	31	36	0.01	0.01	0.3	0.01	0	1	T	0.04

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
A12	Biscuit,wafer,raspberry,cream filled	100	2	2050	494	3.3	21.9	71.0	1.1	38.4	32.6	20.5	0.2	0.2	0	0.2	2	110	32.0
A12	1 biscuit (2.6 x 8 x 1cm)	9	T	185	44	0.3	2.0	6.4	0.1	3.5	2.9	1.8	T	T	0	0	T	10	2.9
A146	Biscuits,'Arrowroot'	100	3	1760	424	6.9	10.4	75.9	4.1	24.0	51.9	4.4	0.9	3.8	0	0	0	277	1.0
A146	1 biscuit	8	T	141	34	0.6	0.8	6.1	0.3	1.9	4.2	0.4	0.1	0.3	0	0	0	22	0.1
A125*	Bread,'Super Soft',Tip Top,White	100	38	1050	251	8.4	2.6	45.1	5.6	2.0	43.1	0.7	0.9	1.0	0	0	0	450	0.3
A125*	2 slices toast	74	28	777	186	6.2	1.9	33.4	4.1	1	31.9	0.5	0.7	0.7	0	0	0	333	0.2
A125*	2 slices sandwich	61	23	641	153	5.1	1.6	27.5	3.4	1	26.3	0.4	0.5	0.6	0	0	0	275	0.2
A1021*	Bread,'9 Grains',Tip Top,fortified	100	36	1148	274	13.1	4.0	35.0	6.0	2.0	33.0	0.6	0.9	2.3	0	1	0	410	0.5
A1021*	2 slices	74	27	850	203	9.7	3.0	25.9	4.4	1.5	24.4	0.4	0.7	1.7	0	0	0	303	0.4
A1020*	Bread,'Burgen',fortified	100	41	946	226	12.5	3.9	32.8	5.5	3.9	28.9	0.3	1.4	1.1	0.3	0.8	0	380	3.1
A1020*	1 slice	42	17	397	95	5.3	1.6	13.8	2.3	1.6	12.1	0.1	0.6	0.4	0.1	0.3	0	160	1.3
A206	Bread,currant,supermarket fresh	100	34	1120	272	7.4	1.4	57.3	2.9	18.1	39.2	0.2	0.4	0.3	0.1	0.3	12	373	3.0
A206	1 slice (11.6 x 9.2 x 1cm)	27	9	303	73	2.0	0.4	15.5	0.8	4.9	10.6	0.1	0.1	0.1	0.1	0.1	3	101	0.8
A95	Bread,focaccia,assorted flavours	100	36	1050	254	9.0	5.5	42.1	1.7	0.3	41.8	2.0	1.4	0.6	0	0.4	1	642	0.3
A95	1/8 loaf	50	18	526	127	4.5	2.8	21.1	0.8	0.1	20.9	1.0	0.7	0.3	0	0	T	321	0.2
A236	Bread,garlic,butter,retail	100	28	1550	373	7.6	19.6	41.5	2.8	2.8	38.7	13.2	4.4	0.5	0	0.4	10	460	2.0
A236	1 slice	22	6	341	82	1.7	4.3	9.1	0.6	0.6	8.5	2.9	1.0	0.1	0	0.1	2	101	0.4
A1014*	Bread,gluten free,white	100	43	932	223	3.4	3.0	45.6	3.1	6.4	39.2	2.1	0	1	0	0.4	0	370	1.8
A1014*	1 slice (8.8 x 1.7 x 7.9cm)	42	18	391	94	1.4	1.3	19.2	1.3	2.7	16.5	0.9	0	0	0	0.2	0	155	0.8
A1015*	Bread,gluten free,multigrain	100	43	966	231	4.6	4.7	42.7	5.8	1.7	36.7	2.4	0	1.2	0	1.0	0	370	2.1
A1015*	1 slice (8.6 x 7.8 x 1.1cm)	45	19	435	104	2.1	2.1	19.2	2.6	0.8	16.5	1.1	0	0.5	0	0.5	0	167	0.9
A1010*	Bread,multi-grain,heavy,prepacked	100	46	849	203	9.9	2.4	35.6	5.3	2.5	33.1	0.2	0.7	0.7	0.1	0.6	0	370	2.5
A1010*	1 slice (9.6 cm x 8.7 x 1.4 cm)	45	20	382	91	4.5	1.1	16.0	2.4	1.1	14.9	0.1	0.3	0.3	0.1	0.3	0	167	1.1
A1009*	Bread,multi-grain,light,sliced,prepacked	100	38	934	223	9.9	2.8	39.7	5.1	3.1	36.6	0.3	0.7	0.8	0.1	0.6	0	450	0.5
A1009*	1 slice (11.3 x 10.1 x 1.4 cm)	37	14	346	83	3.7	1.0	14.7	1.9	1.1	13.5	0.1	0.2	0.3	0.1	0.2	0	167	0.2
A234	Bread,panini,plain,pre-packaged	100	28	1240	300	9.4	8.4	46.8	4.8	3.6	43.3	0.7	4.5	1.5	0.0	0.6	0	524	T
A234	1 panini	92	25	1140	276	8.6	7.7	43.1	4.4	3.3	39.8	0.6	4.2	1.4	0.0	0.6	0	482	T
A57	Bread,pita,white,pre-packaged	100	34	1010	245	10.4	0.9	48.9	4.3	2.0	46.9	0.1	0.1	0.3	0.0	0.3	0	344	0.5
A57	1 large pocket	82	28	831	201	8.5	0.7	40.1	3.5	1.7	38.5	0.1	0.1	0.3	0.0	0.2	0	282	0.4
A57	1 mini pocket	48	16	487	118	5.0	0.4	23.5	2.1	1.0	22.5	T	T	0.1	0.0	0.1	0	165	0.2
A45	Bread,pita,wholemeal,pre-packaged	100	36	943	228	10.1	2.2	41.9	8.5	2.2	39.7	0.3	0.5	0.7	0.0	0.6	0	324	0.5
A45	1 large pocket	85	30	802	194	8.6	1.9	35.6	7.2	1.9	33.7	0.3	0.5	0.6	0.0	0.5	0	275	0.4
A45	1 small pocket	50	18	472	114	5.0	1.1	20.9	4.3	1.1	19.8	0.1	0.3	0.4	0.0	0.3	0	162	0.2
A211	Bread,soy&linseed,sl,prepacked	100	43	991	239	13.3	7.1	30.4	4.7	3.8	26.6	0.7	1.8	3.4	1.5	1.8	0	412	7.0
A211	1 slice (9.4 x 9.4 x 1.1 cm)	37	16	367	88	4.9	2.6	11.2	1.7	1.4	9.8	0.3	0.6	1.2	0.6	0.7	0	152	2.6
A1007*	Bread,white,sliced,prepacked	100	38	943	225	9.0	2.5	41.9	3.6	3.1	38.8	0.4	0.7	0.8	0.1	0.7	0	460	0.5
A1007*	1 medium slice (12.4 x 10.7 x 1.0cm)	29	11	273	65	2.6	0.7	12.2	1.0	0.9	11.3	0.1	0.2	0.2	0	0.2	0	133	0.1
A1007*	1 thick slice (11.1 x 10.4 x 1.3cm)	37	14	349	83	3.3	0.9	15.5	1.3	1.1	14.4	0.1	0.2	0.3	0	0.2	0	170	0.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
A12	Biscuit,wafer,raspberry,cream filled	100	73	50	20	0.5	0.2	11.0	1	6	T	0.03	1.1	T	0	4	0	0
A12	1 biscuit (2.6 x 8 x 1cm)	9	7	5	2	T	T	1.0	T	1	T	T	0.1	T	0	T	0	0
A146	Biscuits,'Arrowroot'	100	138	99	28	T	0.6	T	0	0	0.26	T	2.2	0.16	0.05	13	0	0
A146	1 biscuit	8	11	8	2	T	0.1	T	0	0	0.02	T	0.2	0.01	T	1	0	0
A125*	Bread,'Super Soft',Tip Top,White	100	101	78	19	6.0	0.8	3.6	0	0	0.22	0.05	2.3	0.05	0	22	0	0
A125*	2 slices toast	74	75	58	14	4.4	0.6	2.7	0	0	0.16	0.04	1.7	0.04	0	16	0	0
A125*	2 slices sandwich	61	62	48	12	3.7	0.5	2.2	0	0	0.13	0.03	1.4	0.03	0	13	0	0
A1021*	Bread,'9 Grains',Tip Top,fortified	100	250	200	87	4.5	1.6	9.4	0	0	0.24	0.10	0.8	0.18	0	280	0	0
A1021*	2 slices	74	185	148	64	3.3	1.2	7.0	0	0	0	0	1	0	0	207	0	0
A1020*	Bread,'Burgen',fortified	100	210	150	86	1.6	1.3	13.0	0	0	0.40	0.04	7.9	0.18	0	200	0	0
A1020*	1 slice	42	88	63	36	0.7	0.5	5.5	0	0	0.17	0.02	3.3	0	0	84	0	0
A206	Bread,currant,supermarket fresh	100	202	78	75	1.7	1.0	2.3	T	T	0.11	0.04	2.7	T	T	144	0	0
A206	1 slice (11.6 x 9.2 x 1cm)	27	55	21	20	0.5	0.3	0.6	T	T	0.03	0.01	0.7	T	T	39	0	0
A95	Bread,focaccia,assorted flavours	100	164	118	89	1.6	1.1	T	1	8	0.22	0.10	1.7	0.09	0.12	10	T	T
A95	1/8 loaf	50	82	59	44	0.8	0.6	T	1	4	0.11	0.05	0.8	0.05	0.06	5	T	T
A236	Bread,garlic,butter,retail	100	97	79	83	0.6	1.0	7.0	52	0	0.07	0.06	2.9	0.04	0	22	2	0.18
A236	1 slice	22	21	17	18	0.1	0.2	1.5	11	0	0.02	0.01	0.6	0.01	0	5	1	0.04
A1014*	Bread,gluten free,white	100	140	63	10	0.3	0.6	1.0	0	0	0.02	0.05	0.3	0.07	0	21	0	0
A1014*	1 slice (8.8 x 1.7 x 7.9cm)	42	59	26	4	0.1	0.2	0.4	0	0	0.01	0.02	0.1	0.03	0	9	0	0
A1015*	Bread,gluten free,multigrain	100	170	120	23	1.3	0.9	2.9	0	0	0.06	0.07	0.7	0.16	0	21	0	0
A1015*	1 slice (8.6 x 7.8 x 1.1cm)	45	77	54	10	0.6	0.4	1.3	0	0	0.03	0.03	0.3	0.07	0	10	0	0
A1010*	Bread,multi-grain,heavy,prepacked	100	200	140	42	1.1	1.1	5.7	0	0	0.16	0.14	0.6	0.15	0	19	0	0.46
A1010*	1 slice (9.6 cm x 8.7 x 1.4 cm)	45	90	63	19	0.5	0.5	2.6	0	0	0.07	0.06	0.3	0.07	0	9	0	0.20
A1009*	Bread,multi-grain,light,sliced,prepacked	100	180	130	90	1.4	1.1	8.7	0	0	0.24	0.10	0.8	0.18	0	34	0	0.46
A1009*	1 slice (11.3 x 10.1 x 1.4 cm)	37	67	48	33	0.5	0.4	3.2	0	0	0.09	0.04	0.3	0.07	0	13	0	0.17
A234	Bread,panini,plain,pre-packaged	100	152	104	54	1.1	1.1	9.7	0	0	0.28	0.06	3.1	0.04	0	2	0	0
A234	1 panini	92	140	96	50	1.0	1.0	8.9	0	0	0.26	0.06	2.9	0.04	0	2	0	0
A57	Bread,pita,white,pre-packaged	100	124	95	34	1.0	1.0	18.5	T	T	0.21	0.07	2.4	0.06	T	42	T	0
A57	1 large pocket	82	102	78	28	0.8	0.8	15.2	T	T	0.17	0.06	2.0	0.05	T	34	T	0
A57	1 mini pocket	48	60	46	16	0.5	0.5	8.9	T	T	0.10	0.03	1.2	0.03	T	20	T	0
A45	Bread,pita,wholemeal,pre-packaged	100	217	179	38	1.8	1.6	19.0	1	3	0.31	0.09	2.7	0.08	0	26	T	0
A45	1 large pocket	85	184	152	32	1.5	1.4	16.2	T	3	0.26	0.08	2.3	0.07	0	22	T	0
A45	1 small pocket	50	109	90	19	0.9	0.8	9.5	T	2	0.16	0.05	1.4	0.04	0	13	T	0
A211	Bread,soy&linseed,sl,prepacked	100	291	171	120	1.8	1.3	4.1	0	0	0.18	0.11	2.4	0.05	0	293	0	0
A211	1 slice (9.4 x 9.4 x 1.1 cm)	37	108	63	45	0.7	0.5	1.5	0	0	0.07	0.04	0.9	0.02	0	108	0	0
A1007*	Bread,white,sliced,prepacked	100	130	88	85	1.0	0.7	9.0	0	0	0.23	0.04	0.9	0.07	0	28	0	0.27
A1007*	1 medium slice (12.4 x 10.7 x 1.0cm)	29	38	26	25	0.3	0.2	2.6	0	0	0.07	0.01	0.3	0.02	0	8	0	0.08
A1007*	1 thick slice (11.1 x 10.4 x 1.3cm)	37	48	33	31	0.4	0.3	3.3	0	0	0.09	0.01	0.3	0.03	0	10	0	0.10

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
A1008*	Bread,wheatmeal,sliced,prepacked	100	40	891	213	10.2	2.9	36.6	6.5	3.8	32.8	0.4	0.7	0.8	0.1	0.7	0	430	0.5
A1008*	1 medium slice (12.4 x 10.7 x 1.0cm)	29	12	258	62	3.0	0.8	10.6	1.9	1.1	9.5	0.1	0.2	0.2	0	0.2	0	125	0.1
A1008*	1 thick slice (11.1 x 10.4 x 1.3cm)	37	15	330	79	3.8	1.1	13.5	2.4	1.4	12.1	0.1	0.3	0.3	0	0.2	0	159	0.2
A53	Bread roll,mixed grain,spmkt fresh	100	32	1060	256	10.9	2.5	47.5	4.2	1.3	46.2	0.3	0.6	0.8	0.3	0.6	T	440	1.2
A53	1 long roll (14.7 x 5.7cm)	58	19	613	148	6.3	1.5	27.4	2.4	0.8	26.7	0.2	0.3	0.5	0.2	0.3	T	254	0.7
A53	1 bun (8.3cm diam.)	53	17	565	136	5.8	1.3	25.3	2.2	0.7	24.6	0.2	0.3	0.5	0.1	0.3	T	235	0.6
A40	Bread roll,white,supermarket fresh	100	34	1090	263	9.2	1.6	53.0	3.0	2.0	51.0	0.2	0.3	0.5	0.1	0.4	T	480	0.3
A40	1 long roll (16.3 x 6.5cm)	77	26	838	203	7.1	1.2	40.9	2.3	1.6	39.4	0.2	0.3	0.4	0	0.3	T	371	0.3
A40	1 bun (7.9cm diam.)	49	16	529	128	4.5	0.8	25.8	1.5	1.0	24.8	0.1	0.2	0.2	0	0.2	T	234	0.2
A52	Bread roll,wholemeal,supermarket fresh	100	35	1000	243	10.2	2.3	45.2	5.5	1.2	44.0	0.3	0.7	0.7	0.1	0.6	T	480	0.5
A52	1 long roll (17.2 x 5.8cm)	79	27	796	193	8.1	1.9	35.8	4.4	1.0	34.9	0.2	0.5	0.6	0.1	0.5	T	381	0.4
A52	1 bun (7.8 cm diam.)	53	18	531	129	5.4	1.2	23.9	2.9	0.7	23.3	0.2	0.4	0.4	0	0.3	T	254	0.3
A25	Bun,currant	100	28	1220	295	7.6	7.5	49.3	5.9	15.1	34.2	1.8	2.7	1.5	0.1	0.5	17	230	2.3
A25	1 bun	80	22	978	236	6.1	6.0	39.4	4.7	12.1	27.4	1.4	2.2	1.2	0.0	0.4	14	184	1.8
A130	Bun,iced	100	27	1430	346	5.5	7.2	64.7	2.2	34.4	30.4	4.2	1.7	0.6	0.0	0.4	4	200	0.3
A130	1 bun	80	22	1150	277	4.4	5.8	51.8	1.8	27.5	24.3	3.4	1.4	0.5	0.0	0	3	160	0.3
A108	Cake,chocolate,standard	100	38	1240	299	5.5	13.0	39.9	1.1	24.0	15.9	4.4	4.6	2.8	0.1	1.2	47	318	8.5
A108	1 slice	110	42	1364	329	6.1	14.3	43.9	1.2	26.4	17.5	4.8	5.1	3.1	0.1	1.4	52	350	9.4
A29	Cake,fancy,iced	100	36	1570	377	4.8	26.0	31.0	1.0	17.5	13.5	15.8	6.7	1.0	0.1	0.4	109	74	13.0
A29	1 slice (6.5 x 7 x 3cm)	108	39	1700	407	5.2	28.1	33.5	1.1	18.9	14.6	17.0	7.3	1.1	0.1	0	118	80	14.0
A26	Cake,fruitcake,plain,retail	100	20	1490	359	5.1	12.9	55.6	2.9	42.1	13.5	5.8	5.2	1.1	0	0.9	80	250	13.0
A26	1 slice (7.5 x 5 x 1.5cm)	40	8	596	144	2.0	5.2	22.2	1.2	16.8	5.4	2.3	2.1	0.5	0	0.4	32	100	5.2
A77	Cake,sponge,plain	100	28	1480	357	6.2	12.1	55.9	0.8	35.8	20.1	6.7	3.3	0.7	0	0.5	143	131	8.0
A77	1/6 cake (21cm diam.)	89	25	1320	318	5.5	10.8	49.8	0.8	31.9	17.9	6.0	2.9	0.6	0	0.4	127	117	7.1
A77	1 cake (21cm diam.)	534	151	7910	1910	33.1	64.6	299.0	4.5	191.0	107.0	35.8	17.5	3.8	0	2.7	764	700	42.7
A58	Chapati,homemade	100	31	1170	282	8.4	7.1	46.1	3.6	0.4	45.7	0.9	1.1	3.6	0	1.8	T	246	0.3
A58	1 chapati	38	12	444	107	3.2	2.7	17.5	1.4	0.2	17.4	0.4	0.4	1.4	0	0.7	T	93	0.1
A145	Cookies,'Cookie Time',apricot,ygt coated	100	16	1810	435	9.0	24.0	45.7	6.8	20.5	25.2	16.0	3.4	0.7	0	0.5	5	320	4.5
A145	1 biscuit	91	14	1650	398	8.2	21.9	41.8	6.2	18.7	23.1	14.7	3.1	0.6	0	0.5	5	292	4.1
A142	Cookies,'Cookie Time',original	100	5	1880	452	7.4	18.8	63.4	3.2	35.3	28.1	10.1	4.3	0.6	0	0.5	75	320	4.5
A142	1 biscuit	92	5	1730	418	6.8	17.4	58.6	2.9	32.6	26.0	9.3	4.0	0.5	0	0.5	70	296	4.2
A119	Cracker,'Meal Mates',Griffins	100	2	1920	462	7.8	25.7	49.9	12.8	1.1	48.8	9.5	8.6	3.6	0	3.6	53	760	0.8
A119	4 crackers	26	1	499	120	2.0	6.7	13.0	3.3	0.3	12.7	2.5	2.2	0.9	0	0.9	14	198	0.2
A141	Cracker,'Ryvita',assorted flavours	100	4	1360	328	11.3	1.6	67.4	8.4	1.7	65.7	0.3	0.3	0.5	0	0.4	0	395	0.8
A141	1 cracker	10	T	136	33	1.1	0.2	6.7	0.8	0.2	6.6	T	T	0.1	0	0	0	40	0.1
A138	Cracker,'Salada',Arnotts	100	4	1660	401	10.0	8.2	71.8	4.4	T	71.8	3.2	2.3	1.0	0	0.8	3	880	0.8
A138	1 cracker	14	1	233	56	1.4	1.2	10.1	0.6	T	10.1	0.4	0.3	0.1	0	0	T	123	0.1
A137	Cracker,'Snax',Griffins	100	4	1940	468	7.2	24.5	54.6	3.3	2.4	52.2	10.7	9.0	2.4	0	2.2	10	750	1.0
A137	1 cracker	4	T	78	19	0.3	1.0	2.2	0.1	0.1	2.1	0.4	0.4	0.1	0	0.1	T	30	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
A1008*	Bread,wheatmeal,sliced,prepacked	100	210	160	86	1.7	1.4	9.1	0	0	0.34	0.08	2.2	0.15	0	41	0	0.27
A1008*	1 medium slice (12.4 x 10.7 x 1.0cm)	29	61	46	25	0.5	0.4	2.6	0	0	0.10	0.02	0.6	0.04	0	12	0	0.08
A1008*	1 thick slice (11.1 x 10.4 x 1.3cm)	37	78	59	32	0.6	0.5	3.4	0	0	0.13	0.03	0.8	0.06	0	15	0	0.10
A53	Bread roll,mixed grain,spmkt fresh	100	160	110	58	1.4	1.3	2.9	0	0	0.14	0.06	2.7	0.03	0	115	0	0
A53	1 long roll (14.7 x 5.7cm)	58	92	64	34	0.8	0.8	1.7	0	0	0.08	0.03	1.6	0.02	0	66	0	0
A53	1 bun (8.3cm diam.)	53	85	59	31	0.8	0.7	1.6	0	0	0.08	0.03	1.4	0.02	0	61	0	0
A40	Bread roll,white,supermarket fresh	100	130	90	37	1.1	1.0	2.5	0	0	0.14	0.05	3.1	0.03	0	121	0	0
A40	1 long roll (16.3 x 6.5cm)	77	100	69	29	0.9	0.8	1.9	0	0	0.11	0.04	2.4	0.03	0	93	0	0
A40	1 bun (7.9cm diam.)	49	63	44	18	0.5	0.5	1.2	0	0	0.07	0.03	1.5	0.02	0	59	0	0
A52	Bread roll,wholemeal,supermarket fresh	100	210	160	58	1.8	1.5	2.7	0	0	0.16	0.08	3.7	0.03	0	95	0	0
A52	1 long roll (17.2 x 5.8cm)	79	167	127	46	1.4	1.2	2.2	0	0	0.13	0.06	2.9	0.03	0	75	0	0
A52	1 bun (7.8 cm diam.)	53	111	85	31	1.0	0.8	1.4	0	0	0.09	0.04	2.0	0.02	0	50	0	0
A25	Bun,currant	100	210	100	40	1.3	0.6	1.0	0	0	0.60	0.16	3.0	0.11	T	40	0	0
A25	1 bun	80	168	80	32	1.0	0.5	0.8	0	0	0.50	0.13	2.4	0.09	T	32	0	0
A130	Bun,iced	100	120	54	34	1.6	0.8	T	1	6	0.11	0.04	2.2	0.05	T	40	T	0
A130	1 bun	80	96	43	27	1.3	0.7	T	1	5	0.09	0.03	1.7	0.04	T	32	T	0
A108	Cake,chocolate,standard	100	155	144	73	0.9	0.5	4.0	71	47	0.10	0.13	1.3	0.08	0.30	8	0	0.40
A108	1 slice	110	171	158	80	1.0	0.6	4.4	78	52	0.11	0.14	1.4	0.09	0.33	9	0	0.44
A29	Cake,fancy,iced	100	111	100	36	0.8	0.5	4.0	257	199	0.09	0.11	1.2	0.07	0.20	10	0	0.37
A29	1 slice (6.5 x 7 x 3cm)	108	120	108	39	0.9	0.5	4.0	278	215	0.10	0.12	1.3	0.08	0.20	11	0	0.40
A26	Cake,fruitcake,plain,retail	100	390	110	50	1.3	0.5	3.4	6	38	0.10	0.07	1.3	0.11	0	8	0	1.14
A26	1 slice (7.5 x 5 x 1.5cm)	40	156	44	20	0.5	0.2	1.4	2	15	T	0.03	0.5	0.04	0	3	0	0.46
A77	Cake,sponge,plain	100	94	119	27	1.5	0.8	6.1	140	82	0.06	0.11	1.8	0.06	0.50	10	T	0.59
A77	1/6 cake (21cm diam.)	89	84	106	24	1.3	0.7	5.4	125	73	0.05	0.09	1.6	0.05	0.40	9	T	0.53
A77	1 cake (21cm diam.)	534	502	635	144	8.0	4.3	32.6	748	438	0.32	0.56	9.6	0.31	2.70	53	T	3.15
A58	Chapati,homemade	100	171	104	18	1.3	0.8	6.0	T	1	0.25	0.06	2.1	0.14	0	10	0	0
A58	1 chapati	38	65	40	7	0.5	0.3	2.0	T	T	0.10	0.02	0.8	0.05	0	4	0	0
A145	Cookies,'Cookie Time',apricot,ygt coated	100	200	150	87	1.3	1.1	T	244	174	0.16	0.11	2.3	0.26	0.01	34	2	T
A145	1 biscuit	91	183	137	80	1.2	1.0	T	223	159	0.15	0.10	2.1	0.24	0.01	31	1	T
A142	Cookies,'Cookie Time',original	100	200	94	58	1.6	0.8	T	196	0	T	0.12	1.7	0.20	T	12	1	0.50
A142	1 biscuit	92	185	87	54	1.5	0.7	T	181	0	T	0.11	1.6	0.18	T	11	1	0.46
A119	Cracker,'Meal Mates',Griffins	100	180	250	57	1.4	1.3	9.0	0	0	0.05	0.06	3.5	0.21	0	26	T	0
A119	4 crackers	26	47	65	15	0.4	0.3	2.3	0	0	0.01	0.02	0.9	0.05	0	7	T	0
A141	Cracker,'Ryvita',assorted flavours	100	360	315	42	1.2	2.8	T	2	9	0.24	0.07	5.4	0.11	0	35	0	0
A141	1 cracker	10	36	32	4	0.1	0.3	T	T	1	0.02	0.01	0.5	0.01	0	4	0	0
A138	Cracker,'Salada',Arnotts	100	180	140	5	T	1.3	T	2	9	0.15	0.06	3.4	0.16	0	26	0	0
A138	1 cracker	14	25	20	1	T	0.2	T	T	1	0.02	0.01	0.5	0.02	0	4	0	0
A137	Cracker,'Snax',Griffins	100	110	300	6	T	0.6	T	17	14	0.05	0.04	3.0	0.06	0	22	0	0
A137	1 cracker	4	4	12	T	T	T	T	1	1	T	T	0.1	T	0	1	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
A1022*	Cracker,'Well Grain',Vitalife,Griffins	100	2	1720	411	11.7	9.7	69.1	8.7	2.3	66.8	0.5	6.7	0.5	0	0.3	0	1140	0.8
A1022*	5 crackers	36	1	619	148	4.2	3.5	24.9	3.1	0.8	24.0	0.2	2.4	0.2	0	0	0	410	0.3
A134	Cracker,cheese	100	3	1990	479	11.6	22.4	58.0	2.9	3.1	54.9	10.1	7.0	1.9	0	1.9	14	880	0.8
A134	1 cracker	6	T	120	29	0.7	1.3	3.5	0.2	0.2	3.3	0.6	0.4	0.1	0	0	1	53	0
A136	Cracker,cream	100	3	1900	459	10.0	14.0	73.4	1.7	0.7	72.7	6.5	3.9	1.8	0	1.8	16	540	0.8
A136	1 cracker	9	T	162	39	0.9	1.2	6.2	0.1	0.1	6.2	0.6	0.3	0.2	0	0	1	46	0.1
A133	Cracker,crispbread,asstd flvr,Arnotts	100	3	1570	380	9.4	6.7	70.7	9.8	T	70.7	2.2	1.7	1.3	0	1.3	0	580	0.8
A133	1 biscuit	6	T	94	23	0.6	0.4	4.2	0.6	T	4.2	0.1	0.1	0.1	0	0	0	35	0
A32*	Cracker,crispbread,rye	100	6	1300	314	9.4	2.1	64.4	11.7	3.1	61.3	0.3	0.2	1.0	0	0.7	T	220	0.8
A32*	1 biscuit	6	T	78	19	0.6	0.1	3.9	0.7	0.2	3.7	T	T	0.1	0	0	T	13	0
A233	Cracker,rice,baked,BBQ flavours	100	4	1550	375	6.9	2.8	80.7	2.0	1.2	79.5	0.8	1.3	0.5	0	0.3	0	358	18.0
A233	1 cracker (4.7cm diam.)	2	T	29	7	0.1	0.1	1.5	T	T	1.5	T	T	T	0	0	0	7	0.3
A135	Cracker,sesame	100	2	1910	460	9.7	22.6	54.6	4.2	2.8	51.9	9.5	8.1	3.1	0	2.7	10	885	0.8
A135	1 cracker	6	T	121	29	0.6	1.4	3.4	0.3	0.2	3.3	0.6	0.5	0.2	0	0	1	56	0.1
A140	Cracker,water,Arnotts	100	3	1650	399	10.0	7.2	73.7	4.2	0.4	73.2	2.9	1.9	0.8	0	0.6	3	630	0.8
A140	1 cracker	3	T	56	14	0.3	0.2	2.5	0.1	T	2.5	0.1	0.1	T	0	0	T	21	0
A110	Cracker,wholemeal and sesame	100	4	1800	433	10.8	15.7	62.0	4.4	1.9	60.1	7.1	3.8	2.1	0	1.7	6	730	0.8
A110	1 cracker	6	0	108	26	0.6	0.9	3.7	0.3	0.1	3.6	0.4	0.2	0.1	0	0	0	44	0
A101	Croissant	100	22	1660	400	10.4	22.6	38.6	0.9	6.4	32.2	11.7	4.4	1.1	0.2	1.0	52	380	0.5
A101	1 small (7cm to 12cm long)	50	11	832	200	5.2	11.3	19.3	0.4	3.2	16.1	5.8	2.2	0.1	0.1	0.5	26	190	0.3
A101	1 large (>15cm long)	75	16	1250	300	7.8	17.0	29.0	0.6	4.8	24.2	8.7	3.3	0.2	0.1	0.7	39	285	0.4
A34	Doughnut,ring	100	24	1640	395	6.1	21.7	43.8	3.5	14.8	29.0	9.7	9.7	1.2	0	1.0	24	230	3.0
A34	1 doughnut (2.5 x 8.5cm diam.)	42	10	690	166	2.6	9.1	18.4	1.5	6.2	12.2	4.1	4.1	0.5	0	0.3	10	97	1.3
A90	Lamington,chocolate	100	20	1650	397	3.9	18.6	53.6	4.0	44.7	8.9	14.0	2.7	0.6	0	0.4	66	82	13.0
A90	1 lamington (8.5 x 8 x 4cm)	140	28	2310	556	5.5	26.0	75.0	5.6	62.6	12.5	19.6	3.7	0.8	0	0	92	115	18.2
A96	Muffin,'Homestyle',assorted flvrs,toasted	100	44	852	206	9.6	0.6	40.6	3.1	4.0	36.6	0.3	0.1	0.1	0	0	0	342	8.7
A96	1 muffin	80	35	682	165	7.7	0.5	32.5	2.5	3.2	29.3	0.2	0.1	0.1	0	0	0	273	6.9
A127	Muffin,blueberry	100	28	1510	364	4.6	18.0	45.9	1.7	27.4	18.5	3.2	4.9	7.0	0.8	5.8	6	240	8.7
A127	1 muffin(6cm top diam. x 4cm height)	60	17	907	218	2.8	10.8	27.5	1.0	16.4	11.1	1.9	2.9	4.2	0.3	3.0	4	144	5.2
A129	Muffin,bran	100	33	1070	259	6.0	8.1	40.6	6.0	22.8	17.9	1.1	2.9	2.6	0.3	1.9	37	730	8.7
A129	1 medium muffin (6 x 7.5cm diam.)	105	34	1130	272	6.3	8.5	42.7	6.3	23.9	18.8	1.2	3.0	2.7	0.3	2.0	39	767	9.1
A128	Muffin,chocolate	100	17	1720	413	5.3	20.0	53.1	1.9	33.7	19.4	6.1	4.7	5.1	0.3	3.2	41	220	8.7
A128	1 muffin(6cm diam. x 4cm height)	60	10	1030	248	3.2	12.0	31.8	1.2	20.2	11.6	3.7	2.8	3.0	0.1	1.8	25	132	5.2
A143	Pizza base	100	31	1110	268	9.3	4.0	48.8	4.5	3.0	45.8	0.6	1.1	1.6	0	1.4	0	280	0.3
A143	1 piece (1/8 of 22cm diam.)	201	63	2230	539	18.7	7.9	98.0	9.1	6.0	92.0	1.1	2.2	3.3	0	2.8	0	563	0.6
A1011*	Stuffing,chicken,from deli-cooked,	100	68	344	82	5.0	2.0	11.1	5.5	2.8	8.4	0.4	1.0	0.5	0.1	0.4	3	470	3.8
A1011	1 cup	200	136	689	165	10.0	4.0	22.2	11.0	5.5	16.7	0.9	2.0	0.9	0.2	0.8	6	940	7.6
A60	Tortilla,maize	100	47	826	199	5.8	4.2	34.6	4.8	0.9	33.8	0.6	0.8	2.2	0	1.3	T	234	0.5
A60	1 tortilla	80	38	661	159	4.6	3.4	27.7	3.8	0.7	27.0	0.5	0.7	1.8	0	1.0	T	187	0.4

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
A1022*	Cracker,'Well Grain',Vitalife,Griffins	100	180	250	57	8.3	1.3	9.0	0	0	0.80	1.10	6.9	1.10	0	280	0	0
A1022*	5 crackers	36	65	90	21	3.0	0.5	3.2	0	0	0.29	0.40	2.5	0.40	0	101	0	0
A134	Cracker,cheese	100	210	200	27	0.7	1.6	T	79	200	0.28	0.30	5.2	0.08	0.25	25	0	0
A134	1 cracker	6	13	12	2	T	0.1	T	5	12	0.02	0.02	0.3	T	0.02	2	0	0
A136	Cracker,cream	100	150	110	9	T	1.0	T	6	13	0.15	0.06	3.1	0.16	0	22	0	0
A136	1 cracker	9	13	9	1	T	0.1	T	1	1	0.01	0.01	0.3	0.01	0	2	0	0
A133	Cracker,crispbread,asstd flvr,Arnotts	100	300	240	35	1.9	1.7	T	2	9	0.24	0.07	5.4	0.11	0	35	0	0
A133	1 biscuit	6	18	14	2	0.1	0.1	T	T	1	0.01	T	0.3	0.01	0	2	0	0
A32*	Cracker,crispbread,rye	100	500	310	23	1.0	3.0	2.9	3	15	0.20	0.14	2.1	0.29	0	35	0	0
A32*	1 biscuit	6	30	19	1	0.1	0.2	0.2	T	1	T	0.01	0.1	0.02	0	2	0	0
A233	Cracker,rice,baked,BBQ flavours	100	85	85	19	0.5	1.3	T	T	0	0.67	0.04	2.7	0.27	0	20	0	0
A233	1 cracker (4.7cm diam.)	2	2	2	T	T	T	T	T	0	0.01	T	0.1	0.01	0	T	0	0
A135	Cracker,sesame	100	195	180	34	0.9	1.5	T	17	14	0.18	0.06	4.4	0.14	0	22	0	0
A135	1 cracker	6	12	11	2	0.1	0.1	T	1	1	0.01	T	0.3	0.01	0	1	0	0
A140	Cracker,water,Arnotts	100	160	120	25	0.5	0.9	T	2	9	0.15	0.06	3.4	0.16	0	26	0	0
A140	1 cracker	3	5	4	1	T	T	T	T	T	0.01	T	0.1	0.01	0	1	0	0
A110	Cracker,wholemeal and sesame	100	275	245	53	2.4	1.4	4.0	3	18	0.39	0.07	5.8	0.18	0	26	0	0
A110	1 cracker	6	17	15	3	0.1	0.1	0.2	0	1	0.02	0	0.3	0.01	0	2	0	0
A101	Croissant	100	167	113	54	0.9	0.9	T	157	0	0.20	0.12	2.7	0.11	0.24	73	2	0.09
A101	1 small (7cm to 12cm long)	50	83	57	27	0.5	0.5	T	79	0	0.10	0.06	1.3	0.06	0.12	37	1	0.05
A101	1 large (>15cm long)	75	125	85	40	0.7	0.7	T	118	0	0.15	0.09	2.0	0.08	0.18	55	1	0.07
A34	Doughnut,ring	100	87	81	28	0.8	0.6	9.0	5	T	0.30	0.07	2.4	0.02	T	19	0	0
A34	1 doughnut (2.5 x 8.5cm diam.)	42	37	34	12	0.3	0.3	4.0	2	T	0.10	0.03	1.0	0.01	T	8	0	0
A90	Lamington,chocolate	100	191	87	18	1.5	0.8	3.5	84	55	0.04	0.05	1.1	0.08	0.22	6	T	0.28
A90	1 lamington (8.5 x 8 x 4cm)	140	267	122	25	2.1	1.1	4.9	118	77	0.05	0.08	1.5	0.11	0.31	8	T	0.39
A96	Muffin,'Homestyle',assorted flvrs,toasted	100	154	92	70	0.9	1.0	31.8	T	0	0.35	0.08	2.9	0.05	0	46	0	0
A96	1 muffin	80	123	74	56	0.7	0.8	25.4	T	0	0.28	0.06	2.3	0.04	0	37	0	0
A127	Muffin,blueberry	100	84	87	30	0.8	0.5	T	15	0	0.02	0.07	2.2	0.03	T	55	T	0
A127	1 muffin(6cm top diam. x 4cm height)	60	50	52	18	0.5	0.3	T	9	0	0.01	0.04	1.3	0.02	T	33	T	0
A129	Muffin,bran	100	230	350	130	5.0	1.7	T	69	370	T	0.08	4.4	0.08	T	33	T	0
A129	1 medium muffin (6 x 7.5cm diam.)	105	242	368	137	5.3	1.8	T	72	389	T	0.08	4.6	0.08	T	35	T	0
A128	Muffin,chocolate	100	125	110	27	1.2	0.6	T	15	0	0.02	0.08	2.1	0.03	T	45	T	0
A128	1 muffin(6cm diam. x 4cm height)	60	75	66	16	0.7	0.4	T	9	0	0.01	0.05	1.3	0.02	T	27	T	0
A143	Pizza base	100	150	93	35	1.1	1.0	35.0	T	T	0.19	0.07	2.7	0.04	0	16	0	0
A143	1 piece (1/8 of 22cm diam.)	201	302	187	70	2.2	2.0	70.4	T	T	0.38	0.14	5.3	0.08	0	32	0	0
A1011*	Stuffing,chicken,from deli-cooked,	100	210	120	26	0.9	0.4	2.7	70	25	0.12	0.10	1.6	0.05	0.43	20	0	0
A1011	1 cup	200	420	240	52	1.8	0.8	5	140	50	0.24	0.20	3.3	0.10	0.86	40	0	0
A60	Tortilla,maize	100	187	162	16	2.1	1.4	0.7	12	71	0.11	0.06	2.3	0.08	0	10	0	0
A60	1 tortilla	80	150	130	13	1.7	1.1	0.6	10	57	0.09	0.05	1.8	0.07	0	8	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
B	BEVERAGES,ALCOHOLIC																		
B35	Beer,low alcohol	100	97	41	10	0.1	T	0.6	T	T	0.6	T	T	T	0	0	0	2	1.3
B35	1 can (335ml)	339	330	139	34	0.3	T	1.9	T	T	1.9	T	T	T	0	0	0	5	4.4
B2	Beer,standard draught and lager	100	93	153	37	0.3	T	2.0	T	0.6	1.4	T	T	T	0	0	0	2	1.3
B2	1 jug (1000ml)	1004	936	1540	371	3.1	0.2	20.1	T	6.0	14.4	T	T	T	0	0	0	16	13.0
B2	1 bottle (745ml)	747	696	1140	276	2.3	0.2	14.9	T	4.5	10.7	T	T	T	0	0	0	12	9.6
B9	Beer,stout bottled,3%	100	91	128	31	0.3	T	2.3	0.2	0.1	2.2	T	T	T	0	0	0	23	1.3
B9	1 large bottle (745 ml)	755	689	966	234	2.3	T	17.4	1.5	0.8	16.6	T	T	T	0	0	0	174	9.7
B10	Beer,premium bottled,6%	100	85	301	72	0.7	T	5.8	0.2	5.8	0	T	T	T	0	0	0	15	1.3
B10	1 large bottle (745 ml)	758	647	2280	546	5.3	T	44.0	1.5	44.0	0	T	T	T	0	0	0	114	9.9
B12	Cider,sweet	100	91	151	36	T	0	2.6	0	2.6	0	0	0	0	0	0	0	7	0.5
B12	1 glass (177 ml)	179	163	270	64	T	0	4.7	0	4.7	0	0	0	0	0	0	0	13	0.9
B17	Port	100	71	670	161	0.1	0	12.3	0	12.3	0	0	0	0	0	0	0	4	0.5
B17	1 glass (55 ml)	56	40	375	90	0.1	0	6.9	0	6.9	0	0	0	0	0	0	0	2	0.3
B18	Sherry,dry	100	81	485	116	0.2	0	1.3	0	1.3	0	0	0	0	0	0	0	10	0.5
B18	1 glass (59 ml)	59	48	286	68	0.1	0	0.8	0	0.8	0	0	0	0	0	0	0	6	0.3
B20	Sherry,sweet	100	75	632	152	0.3	0	10.3	0	10.3	0	0	0	0	0	0	0	13	0.5
B20	1 glass (59 ml)	60	45	379	91	0.2	0	6.2	0	6.2	0	0	0	0	0	0	0	8	0.3
B21	Spirits,30% alcohol,60 proof	100	68	930	222	T	0	0.1	0	0.1	0	0	0	0	0	0	0	2	0.5
B21	1 nip (20 ml)	19	13	177	42	T	0	T	0	T	0	0	0	0	0	0	0	T	0.1
B24	Wine,red,dry	100	86	367	88	0.2	0.4	T	0	T	0	0	0	0	0	0	0	9	0.9
B24	1 glass (104 ml)	103	89	378	91	0.2	0.4	T	0	T	0	0	0	0	0	0	0	9	0.9
B26	Wine,white,dry	100	86	359	86	0.4	T	0.1	0	0.1	0	T	T	T	0	0	0	3	0.5
B26	1 glass (104 ml)	103	89	370	89	0.4	T	0.1	0	0.1	0	T	T	T	0	0	0	3	0.5
B27	Wine,white,medium	100	87	344	82	0.2	T	2.3	0	2.3	0	T	T	T	0	0	0	6	0.5
B27	1 glass (104 ml)	104	90	358	85	0.2	T	2.4	0	2.4	0	T	T	T	0	0	0	7	0.5
B28	Wine,white,sparkling	100	86	373	89	0.2	T	3.5	0	3.5	0	T	T	T	0	0	0	1	0.5
B28	1 glass (104ml)	104	89	388	93	0.2	T	3.6	0	3.6	0	T	T	T	0	0	0	2	0.5
C	BEVERAGES,NONALCOHOLIC																		
C139*	`Complan',assorted flavours,powder	100	4	1780	430	17.2	14.7	57.2	T	33.6	23.6	8.7	4.2	0.4	0	0.3	28	220	84.0
C139*	1 tablespoon	9	0	160	39	1.5	1.3	5.1	T	3.0	2.1	0.8	0.4	0	0	0	3	20	7.6
C86	`Gatorade',liquid	100	93	119	29	T	0.4	6.4	0	6.4	0	T	T	T	0	0	0	45	0.1
C86	1 cup	256	238	305	74	0.1	0.9	16.3	0	16.3	0	T	T	T	0	0	0	115	0.2
C18	`Lucozade'	100	82	257	62	T	0	15.6	0	14.0	T	0	0	0	0	0	0	29	0.1
C18	1 cup	264	216	678	164	T	0	41.1	0	37.0	T	0	0	0	0	0	0	77	0.2
C71*	Milo', powder	100	1	1740	416	11.8	9.8	67.1	4.0	47.6	19.5	5.6	3.5	0.7	0	0.6	28	88	26.6
C71*	1 teaspoon	3	0	52	12	0.4	0.3	2.0	0.1	1.4	0.6	0.2	0.1	0.0	0	0	1	3	0.8
C74	`Nesquik',powder	100	1	1480	359	1.1	0.2	88.3	0	82.3	6.0	T	T	T	0	0	T	9	26.6
C74	1 teaspoon	3	T	37	9	T	T	2.2	0	2.1	T	T	T	T	0	0	T	T	0.7

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
B	BEVERAGES,ALCOHOLIC																	
B35	Beer,low alcohol	100	11	5	1	T	T	0.1	T	T	T	0.01	0.1	T	T	1	T	0
B35	1 can (335ml)	339	37	16	5	T	T	0.2	T	T	0.01	0.02	0.4	0.01	T	3	T	0
B2	Beer,standard draught and lager	100	19	8	3	T	T	0.1	T	T	T	0.02	0.4	0.02	T	2	T	0
B2	1 jug (1000ml)	1004	191	77	31	T	0.1	0.5	T	T	0.03	0.18	3.8	0.16	T	20	T	0
B2	1 bottle (745ml)	747	142	58	23	T	0.1	0.4	T	T	0.02	0.13	2.8	0.12	T	15	T	0
B9	Beer,stout bottled,3%	100	45	17	8	0.1	0	0.1	T	T	T	0.03	0.4	0.01	0.11	4	0	0
B9	1 large bottle (745 ml)	755	340	128	60	0.4	0	0.4	T	T	T	0.23	3.3	0.11	0.83	33	0	0
B10	Beer,premium bottled,6%	100	110	40	14	T	0	0.1	T	T	T	0.06	1.2	0.04	0.37	9	0	0
B10	1 large bottle (745 ml)	758	834	303	106	0.2	0	0.4	T	T	T	0.45	9.1	0.32	2.80	67	0	0
B12	Cider,sweet	100	72	3	8	0.5	T	1.5	T	T	T	T	0.01	T	T	T	0	0
B12	1 glass (177 ml)	179	129	5	14	0.9	T	2.7	T	T	T	T	0.01	T	T	T	0	0
B17	Port	100	97	12	4	0.4	0.3	T	T	T	T	0.01	0.1	0.01	T	T	0	0
B17	1 glass (55 ml)	56	54	7	2	0.2	0.2	T	T	T	T	0.01	T	0.01	T	T	0	0
B18	Sherry,dry	100	57	11	7	0.4	0.3	T	T	T	T	0.01	0.1	0.01	T	T	0	0
B18	1 glass (59 ml)	59	34	6	4	0.2	0.2	T	T	T	T	0.01	0.1	0.01	T	T	0	0
B20	Sherry,sweet	100	110	10	7	0.4	T	T	T	T	T	0.01	0.1	0.01	T	T	0	0
B20	1 glass (59 ml)	60	66	6	4	0.2	T	T	T	T	T	0.01	T	0.01	T	T	0	0
B21	Spirits,30% alcohol,60 proof	100	1	4	T	T	T	T	0	0	0.01	T	T	T	0	0	0	0
B21	1 nip (20 ml)	19	T	1	T	T	T	T	0	0	T	T	T	T	0	0	0	0
B24	Wine,red,dry	100	52	17	7	0.3	0.1	0.3	T	T	0.02	0.01	T	0.06	T	1	T	0
B24	1 glass (104 ml)	103	54	18	7	0.3	0.1	0.3	T	T	0.02	0.01	T	0.06	T	1	T	0
B26	Wine,white,dry	100	84	17	11	0.2	T	0.3	T	T	T	0.01	T	0.05	T	1	0	0
B26	1 glass (104 ml)	103	87	18	12	0.2	T	0.3	T	T	T	0.01	T	0.05	T	1	0	0
B27	Wine,white,medium	100	27	16	3	0.1	0.1	0.3	T	T	0.03	0.01	T	0.05	T	1	0	0
B27	1 glass (104 ml)	104	28	17	3	0.1	0.1	0.3	T	T	0.03	0.01	T	0.05	T	1	0	0
B28	Wine,white,sparkling	100	19	5	6	0.1	0.1	0.3	T	T	T	0.01	T	0.02	T	1	0	0
B28	1 glass (104ml)	104	20	5	6	0.1	0.1	0.3	T	T	T	0.01	T	0.02	T	1	0	0
C	BEVERAGES,NONALCOHOLIC																	
C139*	`Complan',assorted flavours,powder	100	830	435	631	6.6	6.3	5.9	406	T	0.50	0.90	3.6	0.80	2.00	100	20	5.50
C139*	1 tablespoon	9	75	39	57	0.6	0.6	0.5	37	T	0.05	0.08	0.3	0.07	0.18	9	2	0.50
C86	`Gatorade',liquid	100	10	0	2	T	T	T	0	0	0	0	0	0	0	0	0	0
C86	1 cup	256	26	0	6	0.1	T	T	0	0	0	0	0	0	0	0	0	0
C18	`Lucozade'	100	1	4	5	0.1	T	T	139	835	T	T	T	T	0	T	9	0
C18	1 cup	264	3	11	13	0.3	T	T	367	2200	T	T	T	T	0	T	24	0
C71*	Milo', powder	100	890	740	1000	4.5	20.0	17.0	670	0	3.30	1.40	2.5	0.15	1.70	3	140	16.40
C71*	1 teaspoon	3	27	22	30	0.1	0.6	0.5	20	0	0.10	0.04	0.1	0.00	0.05	0	4	0.49
C74	`Nesquik',powder	100	2	2	2	T	T	T	T	T	0.02	14.80	0.3	0.03	0	3	0	0
C74	1 teaspoon	3	T	0	T	T	T	T	T	T	0.37	T	T	0	T	0	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
C84	'Powerade',liquid	100	89	152	37	0.1	0.2	8.8	0	8.8	0	T	T	T	0	0	0	5	0.1
C84	1 cup	205	183	312	76	0.1	0.3	18.0	0	18.0	0	T	T	T	0	0	0	9	0.1
C9*	Chocolate,drinking,powder	100	2	1530	370	5.5	6.0	73.6	3.0	70.3	3.3	3.5	2.0	0.2	0	0.1	0	250	2.0
C9*	1 teaspoon	3	T	38	9	0.1	0.2	1.8	T	1.8	0.1	0.1	0.1	T	0	0	0	6	0.1
C3*	Cocoa,powder	100	3	1540	369	19.6	21.7	23.9	15.0	0.3	23.6	12.8	7.2	0.6	0	0.2	0	950	4.1
C3*	1 teaspoon	2	T	28	7	0.4	0.4	0.4	0.3	T	0.4	0.2	0.1	T	0	0	0	17	0.1
C87	Coffee,espresso,brewed	100	98	12	3	T	0.2	0.3	0	0.3	0	T	0	0.1	0	0	0	14	0.1
C87	1 cup	272	266	33	8	T	0.5	0.8	0	0.8	0	0.1	0	0.3	0	0	0	38	0.2
C75	Coffee,instant,decaffeinated,powder	100	3	269	65	11.6	0.2	4.1	0	0	4.1	0.1	T	0.1	0	0	0	23	0.1
C75	1 teaspoon	2	T	5	1	0.2	T	0.1	0	0	0.1	T	T	T	0	0	0	T	0
C5*	Coffee,instant,powder	100	3	454	109	14.6	0.6	9.1	21.7	2.1	7.0	0.2	0.1	0.3	0	0	0	41	0.1
C5*	1 teaspoon	2	T	7	2	0.2	T	0.1	0.3	T	0.1	T	T	T	0	0	0	1	0
C93*	Cordial,blackcurrant syrup,Barkers	100	41	939	228	0.1	0	56.8	T	56.8	0	0	0	0	0	0	0	14	0.1
C93*	1 cup	256	105	2400	584	0.3	0	145.0	0.1	145.0	0	0	0	0	0	0	0	36	0.2
C95*	Cordial,lemon&barley syrup,Baker-Halls	100	55	719	174	0	0	43.6	T	43.6	0	0	0	0	0	0	0	14	0.9
C95*	1 cup	281	155	2020	489	0	0	123.0	T	123.0	0	0	0	0	0	0	0	39	2.6
C8	Cordial concentrate,syrup,lime	100	71	490	119	0.1	0	29.6	0	29.6	0	0	0	0	0	0	0	8	0.9
C8	1 tablespoon	19	13	93	23	T	0	5.6	0	5.6	T	0	0	0	0	0	0	2	0.2
C55	Drink concentrate,orange	100	59	700	169	0.1	1.6	34.1	T	34.1	0	0.3	0.5	0.5	0	0	0	34	0.9
C55	1 cup	281	166	1970	475	0.2	4.6	95.8	0.1	95.8	T	0.9	1.3	1.4	0	0	0	96	2.6
C99*	Drink flavour,assorted,powder,'Raro'	100	1	1600	387	0.1	0.6	92.8	0.2	92.8	0	0.1	0.3	0.2	0	0	0	187	0.1
C99*	1 tablespoon	14	T	216	52	T	0.1	12.5	T	12.5	0	T	T	T	0	0	0	25	0
C58	Drink flavour,lemon barley,diluted	100	91	158	38	T	0.1	9.0	T	8.8	0.2	T	0.1	0.1	0	0	0	17	0.1
C58	1 cup	259	234	409	98	0.1	0.4	23.2	0.1	22.8	0.4	0.1	0.2	0.1	0	0	0	44	0.2
C138*	Drink flvr,'Vitafresh',powder,Hansell's	100	1	1614	385	0	0	95.7	0.2	95.7	0	0	0	0	0	0	0	36	1.5
C138*	1 tablespoon	20	T	319	77	T	0.1	18.6	T	18.6	0	T	0.1	T	0	0	0	37	0.3
C144*	Fruit Drink,'V Drink'	100	89	151	37	0	0	9.2	0	9.2	0	0	0	0	0	0	0	0	0.1
C144*	1 can (250ml)	257	228	388	95	0	0	23.5	0	23.5	0	0	0	0	0	0	0	0	0.3
C46*	Juice,apple,unsweetened,'Fresh Up'	100	89	182	44	1.1	T	9.8	0.1	9.6	0	T	T	T	0	0	0	2	0.9
C46*	1 cup	261	231	475	115	2.9	0.1	25.6	0.2	25.1	T	T	T	0.1	0	0	0	5	2.3
C26	Juice,grape	100	89	201	49	0.2	0.1	11.8	T	11.8	0	T	T	T	0	0	0	9	0.9
C26	1 cup	266	237	535	130	0.4	0.3	31.4	T	31.4	T	T	T	T	0	0	0	24	2.4
C12	Juice,grapefruit,unsweetened	100	90	143	35	0.3	0.2	7.9	0.1	7.9	0	T	T	0.1	0	0	0	3	0.9
C12	1 cup	256	230	366	90	0.8	0.5	20.2	0.3	20.2	T	0.1	0.1	0.2	0	0	0	8	2.4
C14	Juice,orange,unsweetened	100	88	142	34	0.8	0.1	7.7	0.1	7.7	0	T	T	T	0	0	0	3	0.9
C14	1 cup	256	224	364	87	1.9	0.2	19.7	0.3	19.7	0	T	0.1	0.1	0	0	0	8	2.4
C38*	Juice,orange & apple,unsw,'Just Juice'	100	88	181	44	0.3	T	10.6	0.1	10.4	0	T	T	T	0	0	0	3	0.9
C38*	1 cup	262	231	474	115	0.8	0.1	27.8	0.3	27.2	T	T	T	T	0	0	0	8	2.3
C16*	Juice,tomato,McCoy	100	92	93	22	0.9	0.1	4.4	0.7	4.4	0	T	T	0.1	0	0	0	93	0.6
C16*	1 cup	257	237	239	57	2.4	0.3	11.3	1.8	11.3	T	T	0.1	0.1	0	0	0	239	1.5

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
C84	'Powerade',liquid	100	5	3	T	T	T	T	0	0	0	0	0	0	0	0	0	0
C84	1 cup	205	11	7	T	T	T	T	0	0	0	0	0	0	0	0	0	0
C9*	Chocolate,drinking,powder	100	410	190	33	2.4	0.1	7.8	0	0	0.06	0.04	1.7	0.02	0	10	0	0
C9*	1 teaspoon	3	10	5	1	0.1	T	0.2	0	0	T	T	T	T	0	T	0	0
C3*	Cocoa,powder	100	1500	660	130	10.5	6.9	7.9	7	40	0.16	0.06	5.6	0.07	0	38	0	0
C3*	1 teaspoon	2	27	12	2	0.2	0.1	0.1	T	1	T	T	0.1	T	0	1	0	0
C87	Coffee,espresso,brewed	100	115	7	2	0.1	0.1	T	0	0	T	0.18	5.3	T	0	1	0	T
C87	1 cup	272	313	19	5	0.4	0.1	T	0	0	T	0.48	14.4	0.01	0	3	1	T
C75	Coffee,instant,decaffeinated,powder	100	3500	286	140	3.8	0.1	T	0	0	0.01	1.36	31.0	0.03	0	0	0	0
C75	1 teaspoon	2	63	5	3	0.1	T	T	0	0	T	0.02	0.6	T	0	0	0	0
C5*	Coffee,instant,powder	100	3780	350	160	4.4	T	6.5	0	0	0.01	0.11	25.1	0.03	0	0	0	0
C5*	1 teaspoon	2	57	5	2	0.1	T	0.1	0	0	T	T	0.4	T	0	0	0	0
C93*	Cordial,blackcurrant syrup,Barkers	100	66	6	7	0.4	0.1	T	T	1	0	0	0.3	1.01	0	T	40	0
C93*	1 cup	256	169	15	18	1.0	0.3	T	T	3	0	0	0.8	2.59	0	T	666	0
C95*	Cordial,lemon&barley syrup,Baker-Halls	100	18	4	4	0	0	T	2	10	0	0	0.1	0.01	0	5	18	0
C95*	1 cup	281	51	11	11	0	0	T	6	28	0	0	0.3	0.03	0	14	424	0
C8	Cordial concentrate,syrup,lime	100	49	5	9	0.3	T	0.1	1	6	0.01	0.01	0.1	T	0	T	18	0
C8	1 tablespoon	19	9	1	2	0.1	T	T	T	1	T	T	T	T	0	T	T	0
C55	Drink concentrate,orange	100	1	0	1	T	T	0.9	1	5	0	0	0	0	0	0	4	0
C55	1 cup	281	3	0	2	T	T	2.5	3	14	0	0	0	0	0	0	11	0
C99*	Drink flavour,assorted,powder,'Raro'	100	3	16	39	0.2	T	T	0	0	0	0	0	0	0	0	140	0
C99*	1 tablespoon	14	T	2	5	T	T	T	0	0	0	0	0	0	0	0	19	0
C58	Drink flavour,lemon barley,diluted	100	3	2	6	T	T	T	0	0	0	0	T	0	0	T	26	0
C58	1 cup	259	7	5	16	0.1	T	T	0	0	0	0	T	0	0	T	67	0
C138*	Drink flvr,'Vitafresh',powder,Hansell's	100	3	16	39	0.2	T	T	0	0	0	0	0	0	0	0	286	0
C138*	1 tablespoon	20	1	3	8	T	T	T	0	0	0	0	0	0	0	0	42	0
C144*	Fruit Drink,'V Drink'	100	0	0	0	0	0	0	0	0	0	0.69	9.1	2.60	1.83	0	0	0
C144*	1 can (250ml)	257	0	0	0	0	0	0	0	0	0	1.77	23.4	6.68	4.70	0	0	0
C46*	Juice,apple,unsweetened,'Fresh Up'	100	18	6	5	0.1	T	T	T	T	T	0.01	0.3	0.05	0	T	11	0
C46*	1 cup	261	47	16	13	0.2	0.1	T	T	T	0.01	0.02	0.8	0.13	0	1	29	0
C26	Juice,grape	100	63	8	6	0.2	T	T	T	T	0.01	0.01	1.2	0.02	0	1	27	0
C26	1 cup	266	168	21	16	0.4	T	T	T	T	0.02	0.02	3.2	0.05	0	2	72	0
C12	Juice,grapefruit,unsweetened	100	110	12	9	0.3	0.4	0.1	T	1	0.04	0.01	0.3	0.01	0	6	28	0
C12	1 cup	256	282	31	23	0.8	1.0	0.3	T	3	0.10	0.03	0.8	0.03	0	15	72	0
C14	Juice,orange,unsweetened	100	166	16	9	0.2	T	0.2	31	184	0.04	T	1.1	T	0	7	35	0
C14	1 cup	256	425	41	23	0.4	0.1	0.4	79	471	0.10	0.01	2.8	T	0	18	90	0
C38*	Juice,orange & apple,unsw,'Just Juice'	100	81	8	4	0.1	T	0.1	1	7	0.01	T	0.1	0.03	0	10	35	0
C38*	1 cup	262	212	21	10	0.2	0.1	0.3	3	18	0.03	0.01	0.4	0.08	0	26	92	0
C16*	Juice,tomato,McCoy	100	55	20	8	0.3	0.1	0.2	50	297	0.03	0.03	2.5	0.10	0	19	35	0
C16*	1 cup	257	141	51	21	0.7	0.3	0.4	129	763	0.06	0.06	6.4	0.30	0	49	90	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
C125*	Juice conc,blackcurrant,unsw,Barkers	100	59	644	156	3.9	0.1	34.7	0.3	34.1	0	T	T	0.1	0	0	0	5	0.8
C125*	1 cup	289	171	1860	451	11.4	0.4	100.0	0.9	98.5	T	0.1	T	0.2	0	0	0	14	2.3
C159*	Liquid breakfast, 'UP & GO', Sanitarium	100	88	285	68	3.3	1.5	10.4	1.5	6.1	4.3	0.1	0.4	0.8	0	0.5	0	75	6.0
C159*	1 box (250ml)	260	229	741	177	8.6	3.9	27.0	3.9	15.9	11.2	0.3	1.0	2.1	0	1.1	0	195	15.5
C1017*	Activate' Probiotic drink,Meadow fresh	100	89	210	50	1.1	0.8	9.1	0	7.1	2.0	0.6	0.1	0.1	0	0	3	16	5.8
C1017*	1 bottle (100ml)	100	89	210	50	1.1	0.8	9.1	0	7.1	2.0	0.6	0.1	0.1	0	0	3	16	5.8
C25	Soft drink, 'Cola',diet	100	100	2	0	0.1	0	0	0	0	0	0	0	0	0	0	0	6	0.2
C25	1 can (350ml)	350	349	7	0	0.4	0	T	0	T	0	0	0	0	0	0	0	21	0.7
C2	Soft drink,'Coca-Cola'	100	93	180	44	0	0	10.9	0	10.9	0	0	0	0	0	0	0	12	0.2
C2	1 can (355ml)	365	341	657	161	0	0	39.8	0	39.8	0	0	0	0	0	0	0	44	0.7
C2	1 bottle (500ml)	514	480	925	226	0	0	56.0	0	56.0	0	0	0	0	0	0	0	62	1.0
C17	Soft drink,lemonade	100	93	178	43	0	0	10.8	0	10.8	0	0	0	0	0	0	0	17	0.2
C17	1 can (350ml)	365	340	650	157	0	0	39.4	0	39.4	0	0	0	0	0	0	0	62	0.7
C17	1 cup	261	243	465	112	0	0	28.2	0	28.2	0	0	0	0	0	0	0	44	0.5
C27	Soft drink,lemonade,diet	100	93	2	0	0	0	0	0	0	0	0	0	0	0	0	0	17	0.2
C27	1 can (350ml)	350	326	7	0	0	0	0	0	0	0	0	0	0	0	0	0	60	0.7
C47	Soft drink,orange flavour	100	91	204	50	0.2	0.3	11.5	0	11.5	0	0	0	0	0	0	0	16	0.2
C47	1 can (350ml)	365	333	745	183	0.7	1.1	42.0	0	42.0	0	0	0	0	0	0	0	58	0.7
C81	Soft drink,soda water	100	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0.2
C81	1 can (355ml)	355	355	0	0	0	0	0	0	0	0	0	0	0	0	0	0	36	0.7
C29*	Soy drink, 'So Good',Sanitarium	100	88	260	62	2.6	3.7	4.7	0.5	1.8	1.8	0.4	1.1	2.0	0.2	1.6	0	55	2.0
C29*	1 cup	251	221	653	156	6.5	9.3	11.8	1.3	4.5	4.5	1.0	2.8	5.0	0.4	2.5	0	138	5.0
C166*	Soy drink, 'So Good Essential',Sanitarium	100	88	235	56	2.8	2.3	6.2	0.6	2.0	2.7	0.3	0.4	1.4	0.3	1.0	0	45	2.0
C166*	1 cup	260	229	611	146	7.3	6.0	16.1	1.6	5.2	7.0	0.8	1.0	3.6	0.8	2.4	0	117	5.2
C30*	Soy drink, 'So Good Lite',Sanitarium	100	90	169	41	2.9	1.6	3.7	0.5	1.8	1.8	0.2	0.5	0.7	0	0.5	0	43	2.0
C30*	1 cup	256	230	433	105	7.4	4.1	9.5	1.3	4.6	4.6	0.5	1.3	1.8	0.1	1.0	0	110	5.1
C168*	Soy drink,calci-plus high fibre,Vitasoy	100	90	157	38	2.7	1.8	2.7	1.3	2.0	0.8	0.1	0.4	1.0	0.0	0.9	0	44	1.0
C168*	1 cup	255	230	400	97	6.9	4.6	6.9	3.3	5.1	2.0	0.3	1.0	2.6	0.0	2.4	0	112	2.6
C76	Tea,herbal,ready to drink	100	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1
C76	1 cup	250	249	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2
C24	Tea,Indian,infused	100	100	2	0	0.1	T	T	T	T	0	T	T	T	0	0	0	2	0.1
C24	1 cup	251	251	5	0	0.3	T	T	T	T	0	T	T	T	0	0	0	5	0.3
C40	Water,municipal	100	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0.2
C40	1 cup	250	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0.6
C41	Water,New Zealand,bottled	100	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	0.2
C41	1 cup	250	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0.6
C79	Water,tonic,carbonated	100	91	145	35	0	0	8.8	0	8.8	0	0	0	0	0	0	0	4	0.2
C79	1 cup	258	235	374	90	0	0	22.7	0	22.7	0	0	0	0	0	0	0	10	0.6

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
C125*	Juice conc,blackcurrant,unsw,Barkers	100	58	23	13	0.2	0.1	0.1	T	T	0.01	0.02	1.1	0.19	0	1	237	0
C125*	1 cup	289	168	66	38	0.7	0.3	0.3	T	T	0.04	0.06	3.2	0.55	0	3	684	0
C159*	Liquid breakfast, 'UP & GO', Sanitarium	100	232	100	160	0.8	0.2	1.8	51	T	0.11	0.17	1.0	0.16	0.36	40	4	0
C159*	1 box (250ml)	260	603	260	416	2.1	0.5	4.7	133	T	0.29	0.44	2.6	0.42	0.94	104	10	0
C1017*	Activate' Probiotic drink,Meadow fresh	100	153	106	138	T	3.0	1.0	188	2	0.30	0.24	2.5	0.40	0.32	5	10	0
C1017*	1 bottle (100ml)	100	153	106	138	T	3.0	1.0	188	2	0.30	0.24	2.5	0.40	0.32	5	10	0
C25	Soft drink, 'Cola',diet	100	0	9	4	T	0.1	0	0	0	0.01	0.02	0	0	0	0	0	0
C25	1 can (350ml)	350	0	32	14	0.1	0.3	0	0	0	0.02	0.08	0	0	0	0	0	0
C2	Soft drink,'Coca-Cola'	100	2	16	6	0.1	T	0	0	0	0	0	0	0	0	0	0	0
C2	1 can (355ml)	365	7	58	22	0.2	0.1	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
C17	Soft drink,lemonade	100	1	0	1	T	0.1	0	0	0	T	T	T	T	0	T	T	0
C17	1 can (350ml)	365	4	0	4	T	0.2	0	0	0	T	T	0.1	T	0	T	T	0
C17	1 cup	261	3	0	3	T	0.1	0	0	0	T	T	T	T	0	T	T	0
C27	Soft drink,lemonade,diet	100	T	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
C27	1 can (350ml)	350	T	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0
C47	Soft drink,orange flavour	100	1	0	1	T	0.1	0	0	0	0	0	0	T	0	T	1	0
C47	1 can (350ml)	365	4	0	4	T	0.2	0	0	0	0	0	0	T	0	T	4	0
C81	Soft drink,soda water	100	0	0	0	0	0	T	0	0	0	0	0	0	0	0	0	0
C81	1 can (355ml)	355	0	0	0	0	0	T	0	0	0	0	0	0	0	0	0	0
C29*	Soy drink, 'So Good',Sanitarium	100	226	93	120	0.5	0.1	1.4	40	T	0.10	0.17	1.1	0.06	0.40	21	T	0
C29*	1 cup	251	567	233	301	1.3	0.3	3.5	90	T	0.25	0.43	2.8	0.15	1.00	53	T	0
C166*	Soy drink, 'So Good Essential',Sanitarium	100	139	85	150	0.9	0.1	1.4	45	0	0.09	0.16	1.1	0.14	0.20	35	8	0
C166*	1 cup	260	361	221	390	2.3	0.3	3.6	75	0	0.23	0.42	2.9	0.36	0.44	91	21	0
C30*	Soy drink, 'So Good Lite',Sanitarium	100	226	87	120	0.5	0.1	1.4	40	T	0.09	0.17	1.1	0.06	0.40	21	T	0
C30*	1 cup	256	579	287	307	1.3	0.3	3.6	92	T	0.23	0.44	2.8	0.15	1.02	54	T	0
C168*	Soy drink,calci-plus high fibre,Vitasoy	100	124	108	120	0.8	0.2	1.7	40	T	0.05	0.21	1.3	0.06	0.40	10	1	0
C168*	1 cup	255	316	275	306	2.0	0.5	4.3	102	T	0.13	0.43	3.3	0.15	0.08	26	3	0
C76	Tea,herbal,ready to drink	100	9	0	2	0.1	0	T	0	0	0	0	0	0	0	1	0	0
C76	1 cup	250	23	0	5	0.3	0	T	0	0	0	0	0	0	0	3	0	0
C24	Tea,Indian,infused	100	17	1	T	T	T	0.1	0	0	T	0.01	0.1	0	0	3	0	0
C24	1 cup	251	43	3	T	0.1	0.1	0.3	0	0	T	0.03	0.3	0	0	8	0	0
C40	Water,municipal	100	2	0	2	T	0	T	0	0	0	0	0	0	0	0	0	0
C40	1 cup	250	6	0	5	T	0	T	0	0	0	0	0	0	0	0	0	0
C41	Water,New Zealand,bottled	100	T	0	2	T	T	T	0	0	0	0	0	0	0	0	0	0
C41	1 cup	250	1	0	4	T	T	T	0	0	0	0	0	0	0	0	0	0
C79	Water,tonic,carbonated	100	0	0	1	T	0.1	T	0	0	0	0	0	0	0	0	0	0
C79	1 cup	258	0	0	3	T	0.3	T	0	0	0	0	0	0	0	0	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
D	BREAKFAST CEREALS																		
D34*	`All Bran' Kellogg's	100	5	1370	327	15.0	3.0	45.4	29.5	13.6	31.8	0.5	0.6	2.6	0	0	0	380	1.0
D34*	1 cup	60	3	822	196	9.0	1.8	27.2	17.7	8.2	19.1	0.3	0.4	1.6	0	0	0	228	0.6
D35*	`Coco Pops',Kellogg's	100	3	1610	385	4.6	0.4	88.4	1.2	36.5	51.9	0.2	0.2	0.2	0	0	0	564	2.5
D35*	1 cup	40	1	644	154	1.8	0.2	35.4	0.5	14.6	20.8	0.1	0.1	0.1	0	0	0	226	1.0
D36*	`Crunchy Nut Corn Flakes',Kellogg's	100	4	1660	397	6.5	3.3	82.6	2.5	31.7	50.9	0.5	1.8	1.2	0	0	0	470	0.7
D36*	1 cup	40	1	664	159	2.6	1.3	33.0	1.0	12.7	20.4	0.2	0.7	0.5	0	0	0	188	0.3
D46*	Weet-Bix Fruity',Apricot,Sanitarium	100	9	1410	337	8.9	1.0	67.3	9.2	22.4	44.9	0.2	0.2	0.7	0	0	0	275	1.1
D46*	1 serving	45	4	635	152	4.0	0.5	30.3	4.1	10.1	20.2	0.1	0.1	0.3	0	0	0	124	0.5
D38*	`Just Right',original Kellogg's	100	8	1490	356	8.8	1.6	73.5	8.5	21.9	51.6	0.4	0.5	0.8	0	0	0	30	1.1
D38*	0.75 cup	45	4	671	160	4.0	0.7	33.1	3.8	9.9	23.2	0.2	0.2	0.4	0	0	0	14	0.5
D1009*	`Just Right',Tropical,Kellogg's	100	8	1590	380	8.4	3.7	73.5	7.0	21.9	55.0	1.4	0.5	0.8	0	0	0	95	1.1
D1009*	0.75 cup	45	4	716	171	3.8	1.7	33.1	3.2	9.9	24.8	0.6	0.2	0.4	0	0	0	43	0.5
D1020*	`Light & Tasty',Apple & Cranberry Sanitar	100	8	1500	358	7.5	1.8	74.2	7.3	22.1	52.1	0.4	0.3	1.1	0	0	0	322	1.1
D1020*	1 serving	45	4	675	161	3.4	0.8	33.4	3.3	9.9	23.4	0.2	0.1	0.5	0	0	0	145	0.5
D1014*	`Light & Tasty',Berry,Sanitarium	100	8	1480	354	7.6	2.0	71.4	7.4	24.9	46.5	0.5	0.3	1.1	0	0	0	276	1.1
D1014*	1 serving	45	4	666	159	3.4	0.9	32.1	3.3	11.2	20.9	0.2	0.1	0.5	0	0	0	124	0.5
D1015*	`Light & Tasty',Apricot,Sanitarium	100	8	1490	356	7.3	1.9	71.5	7.3	26.4	45.1	0.6	0.3	1.1	0	0	0	367	1.1
D1015*	1 serving	45	4	671	160	3.3	0.9	32.2	3.3	11.9	20.3	0.3	0.1	0.5	0	0	0	165	0.5
D33*	`Nutri-Grain',Kellogg's	100	3	1600	383	21.9	0.6	69.4	2.7	32.0	37.4	0.1	T	0.6	0	0	0	600	3.0
D33*	1 cup	30	1	480	115	6.6	0.2	20.8	0.8	9.6	11.2	0	T	0.2	0	0	0	180	0.9
D10*	`Ricies',Sanitarium	100	5	1550	371	6.3	0.4	83.0	1.7	8.8	74.2	0.1	T	1.1	0	0	0	860	0.8
D10*	1 cup	30	1	465	111	1.9	0.1	24.9	0.5	2.6	22.3	0	T	0.3	0	0	0	258	0.2
D31*	`Special K',Kellogg's	100	2	1570	376	19.7	0.4	70.8	2.5	14.5	56.3	0.1	0.3	1.0	0	0	0	536	1.1
D31*	0.75 cup	30	1	471	113	5.9	0.1	21.2	0.8	4.4	16.9	0	0.1	0.3	0	0	0	161	0.3
D1010*	`Special K',Honey & Almond Kellogg's	100	2	1660	397	17.7	3.3	71.6	2.4	24.0	47.6	0.4	0.3	1.0	0	0	0	510	1.1
D1010*	0.66 cup	30	1	498	119	5.3	1.0	21.5	0.7	7.2	14.3	0.1	0.1	0.3	0	0	0	153	0.3
D1016*	`Special K',Berries Kellogg's	100	2	1570	376	18.1	0.9	70.2	4.3	25.7	53.3	0.2	0.3	1.0	0	0	0	335	1.1
D1016*	0.75 cup	30	1	471	113	5.4	0.3	21.1	1.3	7.7	16.0	0.1	0.1	0.3	0	0	0	101	0.3
D43*	`Sultana Bran',Kellogg's	100	8	1420	340	9.5	1.7	63.6	14.2	22.7	40.9	0.4	0.3	1.0	0	0	0	270	1.0
D43*	1 cup	45	4	639	153	4.3	0.8	28.6	6.4	10.2	18.4	0.2	0.1	0.5	0	0	0	122	0.5
D44*	`Sustain',Kellogg's	100	8	1570	376	8.9	2.8	74.2	6.4	20.4	53.8	0.5	0.4	1.8	0	0	0	97	1.1
D44*	1 cup	60	5	942	226	5.3	1.7	44.5	3.8	12.2	32.3	0.3	0.2	1.1	0	0	0	58	0.6
D32*	Corn flakes ,Kellogg's	100	4	1580	378	7.8	0.2	83.6	2.6	7.9	75.7	T	0.1	0.2	0	0	0	720	0.7
D32*	1 cup	28	1	442	106	2.2	0.1	23.4	0.7	2.2	21.2	T	0	0.1	0	0	0	202	0.2
D1011*	Corn flakes ,Skippy	100	4	1530	366	6.4	0.4	81.0	3.1	8.6	72.4	0.2	0.1	0.2	0	0	0	780	0.7
D1011*	1 cup	30	1	459	110	1.9	0.1	24.3	0.9	2.6	21.7	0.1	0	0.1	0	0	0	234	0.2
D1001*	Corn Flakes with Psyllium,Freedom Fds	100	4	3	1630	5.6	2.9	80.0	8.5	10.2	69.8	1.4	0.1	0.2	0	0	0	77	0.7
D1001	1 serving	50	2	2	815	2.8	1.5	40.0	4.3	5.1	34.9	0.7	0.1	0.1	0	0	0	39	0.4
D1019*	Muesli,'Natural fruit & five grains',Sanitari	100	11	1510	361	9.1	7.0	60.3	9.0	20.5	39.8	1.6	2.7	2.7	0	0	0	89	1.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
D	BREAKFAST CEREALS																	
D34*	`All Bran' Kellogg's	100	935	1170	69	6.7	5.1	14.1	0	0	0.61	1.00	5.6	1.01	0	222	0	0
D34*	1 cup	60	561	702	41	4.0	3.1	8.5	0	0	0.37	0.60	3.4	0.61	0	133	0	0
D35*	`Coco Pops',Kellogg's	100	243	104	267	10.0	6.0	T	0	0	0.92	1.40	8.3	1.80	0	167	33	0
D35*	1 cup	40	97	42	107	4.0	2.4	T	0	0	0.37	0.56	3.3	0.72	0	67	13	0
D36*	`Crunchy Nut Corn Flakes',Kellogg's	100	134	55	16	4.0	0.5	2.0	0	0	0.92	0.60	8.3	1.80	0	167	33	0
D36*	1 cup	40	54	22	6	1.6	0.2	0.8	0	0	0.37	0.24	3.3	0.72	0	67	13	0
D46*	Weet-Bix Fruity',Apricot,Sanitarium	100	335	255	343	8.6	1.7	T	0	0	1.57	1.20	7.1	0.90	0	286	0	0
D46*	1 serving	45	151	115	154	3.9	0.8	T	0	0	0.71	0.54	3.2	0.41	0	129	0	0
D38*	`Just Right',original Kellogg's	100	470	230	36	6.7	1.3	T	0	0	0.61	1.00	5.6	2.70	0	222	0	0
D38*	0.75 cup	45	212	104	16	3.0	0.6	T	0	0	0.27	0.45	2.5	1.22	0	100	0	0
D1009*	`Just Right',Tropical,Kellogg's	100	235	230	36	6.7	1.3	T	0	0	0.61	1.00	5.6	2.70	0	222	0	0
D1009*	0.75 cup	45	106	104	16	3.0	0.6	T	0	0	0.27	0.45	2.5	1.22	0	100	0	0
D1020*	`Light & Tasty',Apple & Cranberry Sanitar	100	252	518	444	6.7	1.3	T	T	T	0.60	0.38	5.5	0.18	0	222	T	T
D1020*	1 serving	45	113	233	200	3.0	0.6	T	T	T	0.27	0.17	2.5	0.08	0	100	T	T
D1014*	`Light & Tasty',Berry,Sanitarium	100	308	518	444	6.7	1.3	T	T	T	0.60	0.38	5.5	0.18	0	222	T	T
D1014*	1 serving	45	139	233	200	3.0	0.6	T	T	T	0.27	0.17	2.5	0.08	0	100	T	T
D1015*	`Light & Tasty',Apricot,Sanitarium	100	298	518	444	6.7	1.3	T	T	T	0.60	0.38	5.5	0.18	0	222	T	T
D1015*	1 serving	45	134	233	200	3.0	0.6	T	T	T	0.27	0.17	2.5	0.08	0	100	T	T
D33*	`Nutri-Grain',Kellogg's	100	147	186	267	10.0	1.4	T	0	0	1.83	1.40	8.3	1.30	0	167	33	0
D33*	1 cup	30	44	56	80	3.0	0.4	T	0	0	0.55	0.42	2.5	0.39	0	50	10	0
D10*	`Ricies',Sanitarium	100	84	80	7	10.0	0.9	T	0	0	1.00	0.70	8.3	0.16	0	48	0	0
D10*	1 cup	30	25	24	2	3.0	0.3	T	0	0	0.30	0.21	2.5	0.05	0	14	0	0
D31*	`Special K',Kellogg's	100	160	743	667	10.0	2.1	15.9	0	0	0.92	1.40	8.3	1.30	0	333	0	0
D31*	0.75 cup	30	48	223	200	3.0	0.6	4.8	0	0	0.28	0.42	2.5	0.39	0	100	0	0
D1010*	`Special K',Honey & Almond Kellogg's	100	210	743	533	8.0	2.1	15.9	0	0	0.73	1.40	8.3	1.30	0	333	0	0
D1010*	0.66 cup	30	63	223	160	2.4	0.6	4.8	0	0	0.22	0.42	2.5	0.39	0	100	0	0
D1016*	`Special K',Berries Kellogg's	100	190	743	667	10.0	2.1	15.9	0	0	0.92	1.40	8.3	1.30	0	333	0	0
D1016*	0.75 cup	30	57	223	200	3.0	0.6	4.8	0	0	0.28	0.42	2.5	0.39	0	100	0	0
D43*	`Sultana Bran',Kellogg's	100	721	399	53	6.7	4.0	T	0	0	0.61	1.00	5.6	0.90	0	222	0	0
D43*	1 cup	45	324	180	24	3.0	1.8	T	0	0	0.27	0.45	2.5	0.41	0	100	0	0
D44*	`Sustain',Kellogg's	100	364	525	45	6.7	0.9	T	0	0	1.22	1.00	5.6	0.90	0	222	22	0
D44*	1 cup	60	218	315	27	4.0	0.5	T	0	0	0.73	0.60	3.4	0.54	0	133	13	0
D32*	Corn flakes ,Kellogg's	100	93	47	6	10.0	6.0	2.0	T	T	0.92	1.40	8.3	0.04	0	333	20	0
D32*	1 cup	28	26	13	2	2.8	1.7	0.6	T	T	0.26	0.39	2.3	0.01	0	93	6	0
D1011*	Corn flakes ,Skippy	100	108	47	6	10.0	0.2	2.0	T	T	1.00	0.70	8.3	0.04	0	333	0	0
D1011*	1 cup	30	32	14	2	3.0	0.1	0.6	T	T	0.30	0.21	2.5	0.01	0	100	0	0
D1001*	Corn Flakes with Psyllium,Freedom Fds	100	230	47	6	6.0	0.2	2.0	0	0	1.00	0.70	5.0	0.04	0	200	0	0
D1001	1 serving	50	115	24	3	3.0	0.1	1.0	0	0	0.50	0.35	2.5	0.02	0	100	0	0
D1019*	Muesli,'Natural fruit & five grains',Sanitari	100	465	249	57	4.8	2.0	2.0	6	0	0.40	3.70	3.1	0.30	0	53	T	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
D1019*	1 serving	50	6	755	181	4.6	3.5	30.2	4.5	10.3	19.9	0.8	1.4	1.4	0	0	0	45	0.5
D4	Muesli,toasted,sweetened,Sanitarium	100	4	1670	403	10.8	16.6	52.5	11.5	16.9	35.6	7.7	5.0	2.9	0	0	T	424	1.1
D4	1 cup	110	4	1837	443	11.9	18.3	57.8	12.7	18.6	39.2	8.5	5.5	3.2	0	0	T	466	1.2
D7*	Muesli porridge,Sanitarium	100	10	1360	328	12.4	4.6	59.3	9.1	17.8	41.5	0.9	1.6	1.8	0	0	T	107	1.1
D7*	1 cup	113	11	1537	371	14.0	5.2	67.0	10.3	20.1	46.9	1.0	1.8	2.0	0	0	T	121	1.2
D3	Muesli w/ fruits&nuts,untoasted,sweet	100	10	1330	321	12.1	4.5	58.0	10.8	17.3	40.7	0.8	1.6	1.8	0	0	T	114	1.1
D3	1 cup	125	13	1663	401	15.1	5.6	72.5	13.5	21.6	50.9	1.0	2.0	2.3	0	0	T	143	1.3
D22	Porridge,prepared with water	100	87	202	49	1.5	1.1	8.2	0.8	T	8.2	0.2	0.4	0.4	0	0	0	160	0.2
D22	1 cup	260	226	525	127	3.9	2.9	21.3	2.1	T	21.3	0.5	1.0	1.0	0	0	0	416	0.4
D1017	Wheat,puffed,Sanitarium	100	9	1540	368	11.6	1.4	73.0	6.4	1.8	71.2	0.3	0.1	0.7	0	0	0	6	0.5
D1017	1 cup	25	2	385	92	2.9	0.4	18.3	1.6	0.5	17.8	0.1	0	0.2	0	0	0	2	0.1
D1018*	Wheat bran,'San Bran',Sanitarium	100	4	1240	297	12.4	1.4	41.4	34.6	19.5	21.9	0.3	0.7	2.5	0	0	0	870	0.5
D1018*	0.5 cup	45	2	558	134	5.6	0.6	18.6	15.6	8.8	9.9	0.1	0.3	1.1	0	0	0	392	0.2
D15*	Wheat puffs,honey coated,Sanitarium	100	8	1480	358	10.3	1.0	77.2	5.7	24.0	53.2	0.1	0.1	0.4	0	0	0	11	0.5
D15*	1 cup	30	2	444	107	3.1	0.3	23.2	1.7	7.2	16.0	0	0	0.1	0	0	0	3	0.2
D20*	'Weet-Bix' Sanitarium	100	9	1480	354	12.0	1.3	68.9	11.0	2.8	66.1	0.3	0.2	1.1	0	0	0	280	0.5
D20*	2 biscuits	30	3	444	106	3.6	0.4	20.7	3.3	0.8	19.8	0.1	0.1	0.3	0	0	0	84	0.2
D16*	Weeties',Sanitarium	100	5	1520	363	11.8	1.3	70.0	9.7	2.5	60.5	0.4	0.5	1.2	0	0	0	462	0.5
D16	1 cup	30	2	456	109	3.5	0.4	21.0	2.9	0.8	18.2	0.1	0.2	0.4	0	0	0	139	0.2
D42*	Rice Bubbles Kellogg's	100	4	1600	383	6.2	0.4	86.7	1.1	9.0	77.7	0.1	0.3	0.5	0	0	0	720	0.8
D42*	1 serving	30	1	480	115	1.9	0.1	26.0	0.3	2.7	23.3	0	0.1	0.2	0	0	0	216	0.2
D1012*	Weet-Bix' Oat Bran,Sanitarium	100	4	1630	390	12.8	2.5	71.9	11.7	6.8	65.1	0.4	0.2	1.1	0	0	0	304	0.5
D1012*	2 biscuits	40	2	652	156	5.1	1.0	28.8	4.7	2.7	26.0	0.2	0.1	0.4	0	0	0	122	0.2
E	CEREALS AND PSEUDO-CEREALS																		
E68	Bulgur,boiled	100	76	351	85	3.1	0.4	17.2	4.2	0	17.2	0.1	0	0.2	0	0	0	10	0.2
E68	1 cup	265	202	930	225	8.2	1.1	45.6	11.1	0	45.6	0.3	0	0.5	0	0	0	27	0.4
E131	Couscous,cooked	100	70	405	98	4.2	0.2	19.8	1.9	0	19.8	T	T	0.1	0	0	0	0	0.2
E131	1 cup	148	104	599	145	6.2	0.3	29.3	2.8	0	29.3	T	T	0.1	0	0	0	0	0.3
E6	Custard powder	100	13	1420	343	0.6	0.7	83.6	0.1	T	83.6	0.1	0.2	0.3	0	0	0	320	1.0
E6	1 tablespoon	9	1	122	29	0.1	0.1	7.2	T	T	7.2	T	T	T	0	0	0	28	0.1
E56	Fettuccine,fresh,herb & garlic,cooked	100	64	521	126	5.7	1.7	21.9	3.9	0.4	21.5	0.1	0.1	0.3	0	0	0	215	1.5
E56	1 cup	148	94	771	186	8.5	2.5	32.4	5.7	0.6	31.9	0.1	0.1	0.4	0	0	0	319	2.2
E9	Flour,cornflour	100	13	1420	343	0.6	0.7	83.6	0.1	T	83.6	0.1	0.2	0.3	0	0	0	52	0.5
E9	1 tablespoon	8	1	106	26	T	0.1	6.3	T	T	6.3	T	T	T	0	0	0	4	0
E12	Flour,soy,full fat	100	8	1580	380	29.6	18.2	24.5	11.0	13.5	11.0	2.5	3.0	11.4	0	0	0	10	3.0
E12	1 cup	68	6	1080	258	20.1	12.4	16.7	7.5	9.2	7.5	1.7	2.0	7.7	0	0	0	7	2.0
E108	Flour,wheat,white,standard	100	13	1390	336	9.1	1.2	72.4	3.0	0.5	71.9	0.2	0.1	0.5	0	0	0	1	1.0
E108	1 cup	137	18	1910	461	12.5	1.6	99.5	4.2	0.7	98.8	0.2	0.1	0.7	0	0	0	2	1.4
E46	Flour,wheat,wholemeal	100	12	1270	307	12.1	1.7	60.8	9.8	1.0	59.8	0.2	0.2	0.8	0	0	0	3	1.0
E46	1 cup	124	14	1580	382	15.0	2.1	75.6	12.1	1.2	74.4	0.3	0.2	1.0	0	0	0	4	1.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
D1019*	1 serving	50	233	125	29	2.4	1.0	1.0	3	0	0.20	1.85	1.6	0.15	0	27	T	0
D4	Muesli,toasted,sweetened,Sanitarium	100	363	387	54	4.2	2.8	2.2	T	T	0.45	0.37	5.2	1.70	0	152	T	0
D4	1 cup	110	399	426	59	4.6	3.1	2.4	T	T	0.50	0.41	5.7	1.87	0	167	T	0
D7*	Muesli porridge,Sanitarium	100	541	365	115	4.1	2.4	3.0	5	31	0.43	0.45	4.6	1.60	0	140	T	0
D7*	1 cup	113	611	412	130	4.6	2.7	3.4	6	35	0.49	0.51	5.2	1.81	0	158	T	0
D3	Muesli w/ fruits&nuts,untoasted,sweet	100	551	397	143	3.8	1.7	2.5	5	31	0.41	0.43	6.8	1.60	0	140	T	0
D3	1 cup	125	689	496	179	4.8	2.1	3.1	6	39	0.51	0.54	8.5	2.00	0	175	T	0
D22	Porridge,prepared with water	100	46	47	7	0.5	0.4	T	0	0	0.06	0.01	0.4	0.01	0	4	0	0
D22	1 cup	260	120	122	18	1.3	1.0	T	0	0	0.16	0.03	1.0	0.03	0	10	0	0
D1017	Wheat,puffed,Sanitarium	100	300	310	40	2.6	2.4	1.3	T	T	0.06	0.12	2.1	0.14	0	19	0	0
D1017	1 cup	25	75	78	10	0.7	0.6	0.3	T	T	0.02	0.03	0.5	0.04	0	5	0	0
D1018*	Wheat bran,'San Bran',Sanitarium	100	1020	818	84	9.1	4.6	7.4	0	0	0.34	0.70	2.2	1.00	0	179	0	0
D1018*	0.5 cup	45	459	368	38	4.1	2.1	3.3	0	0	0.15	0.32	1.0	0.45	0	81	0	0
D15*	Wheat puffs,honey coated,Sanitarium	100	222	190	26	1.7	1.5	T	T	T	T	0.05	3.3	0.10	0	15	0	0
D15*	1 cup	30	67	57	8	0.5	0.5	T	T	T	T	0.02	1.0	0.03	0	5	0	0
D20*	'Weet-Bix' Sanitarium	100	340	290	45	10.0	2.6	T	T	T	1.83	1.40	8.3	0.09	0	333	0	0
D20*	2 biscuits	30	102	87	14	3.0	0.8	T	T	T	0.55	0.42	2.5	0.03	0	100	0	0
D16*	Weeties',Sanitarium	100	373	350	42	2.8	2.5	1.8	11	68	0.14	0.34	5.1	1.80	0	250	0	0
D16	1 cup	30	112	105	13	0.8	0.8	0.5	3	20	0.04	0.10	1.5	0.54	0	75	0	0
D42*	Rice Bubbles Kellogg's	100	364	99	5	10.0	6.0	T	0	1	0.92	1.40	8.3	0.11	2.00	167	33	0
D42*	1 serving	30	109	30	2	3.0	1.8	T	0	0	0.28	0.42	2.5	0.03	0.60	50	10	0
D1012*	Weet-Bix' Oat Bran,Sanitarium	100	331	290	45	10.0	2.6	T	T	T	1.83	1.40	8.3	0.09	0	250	0	0
D1012*	2 biscuits	40	132	116	18	4.0	1.0	T	T	T	0.73	0.56	3.3	0.04	0	100	0	0
E	CEREALS AND PSEUDO-CEREALS																	
E68	Bulgur,boiled	100	48	87	12	1.0	0.5	T	0	0	0.34	0	2.3	0.83	0	18	0	0
E68	1 cup	265	127	231	32	2.7	1.3	T	0	0	0.90	0	6.1	2.20	0	48	0	0
E131	Couscous,cooked	100	83	64	9	0.5	0.6	4.7	0	0	0.09	0.02	1.4	0.07	0	7	0	0
E131	1 cup	148	123	95	13	0.7	0.9	7.0	0	0	0.13	0.03	2.1	0.10	0	10	0	0
E6	Custard powder	100	61	39	15	1.4	0.3	0.5	0	0	0.04	0.08	0.5	T	0	T	0	0
E6	1 tablespoon	9	5	3	1	0.1	T	T	0	0	T	0.01	T	T	0	T	0	0
E56	Fettuccine,fresh,herb & garlic,cooked	100	84	172	44	1.5	1.3	17.6	T	0	0.06	0.25	1.2	0.03	0.45	T	0	0
E56	1 cup	148	124	255	66	2.2	1.9	26.1	T	0	0.09	0.37	1.7	0.04	0.67	T	0	0
E9	Flour,cornflour	100	61	39	15	1.4	0.3	0.5	0	0	0.04	0.08	0.5	T	0	T	0	0
E9	1 tablespoon	8	5	3	1	0.1	T	T	0	0	T	0.01	T	T	0	T	0	0
E12	Flour,soy,full fat	100	2060	505	168	15.1	5.6	12.7	12	72	0.57	0.16	11.7	0.45	0	337	0	0
E12	1 cup	68	1400	343	114	10.3	3.8	8.6	8	49	0.39	0.11	8.0	0.31	0	229	0	0
E108	Flour,wheat,white,standard	100	160	120	24	2.0	0.8	3.2	T	T	0.19	0.02	2.8	0.06	0	18	0	0
E108	1 cup	137	220	165	33	2.8	1.1	4.4	T	T	0.27	0.03	3.8	0.09	0	24	0	0
E46	Flour,wheat,wholemeal	100	370	330	42	4.1	3.1	5.0	1	5	0.28	0.06	4.1	0.11	0	41	0	0
E46	1 cup	124	460	410	52	5.1	3.9	6.2	1	6	0.34	0.07	5.1	0.14	0	50	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
E126	Lasagne, 'Topper',frozen meal,baked,RTE	100	52	937	225	10.4	11.4	20.2	2.7	4.2	16.0	5.3	4.1	0.6	0	0.5	22	542	2.6
E126	1 whole	155	81	1450	348	16.1	17.6	31.3	4.1	6.5	24.8	8.1	6.4	1.0	0	1.0	33	837	4.0
E127	Lasagne,beef,frozen meal,microwaved,R	100	70	524	126	6.7	4.4	14.9	1.7	3.1	11.8	2.0	1.5	0.4	0	0.4	12	289	3.8
E127	1 whole	297	209	1560	374	19.9	13.1	44.2	5.2	9.2	35.0	5.9	4.5	1.2	0	1.3	35	858	11.3
E19*	Macaroni,boiled	100	78	346	84	3.0	0.5	16.8	0.9	0.3	16.5	0.1	0.1	0.2	0	0.0	0	1	0.6
E19*	1 cup	149	116	516	125	4.5	0.7	25.0	1.3	0.4	24.6	0.1	0.1	0.3	0	0	0	1	0.9
E129	Macaroni cheese,frozen meal,microwave	100	69	596	143	7.1	6.2	14.7	1.6	2.0	12.8	3.6	1.6	0.3	0	0.4	17	274	3.3
E129	1 whole	295	204	1760	422	21.0	18.3	43.5	4.6	5.8	37.7	10.5	4.7	0.9	0	1.1	49	808	9.7
E39	Noodles,egg,boiled	100	84	250	61	2.2	0.5	11.8	0.6	0.2	11.6	0.1	0.1	0.1	0	0	6	15	6.8
E39	1 cup	169	143	423	103	3.7	0.8	19.9	1.0	0.3	19.6	0.1	0.2	0.2	0	0	10	25	11.4
E40	Noodles,egg,fried	100	75	632	152	1.9	11.5	10.1	0.5	0.5	9.6	2.0	2.4	3.3	0	0	5	84	6.8
E40	1 cup	169	127	1070	257	3.2	19.4	17.1	0.9	0.8	16.2	3.4	4.0	5.6	0	0	8	142	11.4
E81*	Noodles,instant,boiled,water drained	100	59	750	181	4.7	7.0	24.7	1.6	0	24.7	2.6	1.6	0.4	0	0.4	2	130	1.0
E81*	1 cup	123	73	923	223	5.8	8.6	30.4	2.0	0	30.4	3.2	2.0	0.5	0	0.5	2	160	1.2
E1013*	Noodles,'2 minute Extra Delicious',Maggi,	100	75	391	94	2.8	0.5	19.0	1.6	0.6	18.4	0.5	0	0	0	0	1	379	1.0
E1013*	1 packet prepared with broth	320	240	1251	301	9.0	1.6	60.8	5.1	1.9	58.9	1.6	0	0	0	0	3	1213	3.2
E65	Noodles,rice,boiled	100	79	306	74	1.3	0.2	16.8	0.5	0	16.8	0	0	0	0	0	0	13	0.3
E65	1 cup	116	92	355	86	1.5	0.2	19.5	0.6	0	19.5	0	0	0	0	0	0	15	0.4
E23	Oat bran	100	9	1340	324	14.6	5.1	54.9	12.7	3.4	51.5	1.0	1.7	2.0	0	0	0	4	0.2
E23	1 cup	120	11	1608	389	17.5	6.1	65.9	15.2	4.1	61.8	1.2	2.0	2.4	0	0	0	5	0.2
E22	Oatmeal	100	7	1510	364	14.1	4.7	66.2	7.0	T	66.2	1.0	1.5	2.0	0	0	0	9	0.1
E22	1 cup	90	6	1359	328	12.7	4.2	59.6	6.3	T	59.6	0.9	1.4	1.8	0	0	0	8	0.1
E25	Oats,rolled,raw	100	10	1340	324	13.5	5.0	56.2	9.2	T	56.2	1.0	1.6	2.1	0	0	0	9	1.0
E25	1 cup	90	9	1206	292	12.2	4.5	50.6	8.3	T	50.6	0.9	1.4	1.9	0	0	0	8	0.9
E55	Pasta,fresh,cooked,assorted type	100	61	535	129	6.9	0.6	24.2	3.2	T	24.2	T	T	T	0	0	6	287	1.5
E55	1 cup	150	92	803	194	10.4	0.9	36.3	4.8	T	36.3	T	T	T	0	0	9	431	2.2
E57	Ravioli,fresh,beef and pork,cooked	100	56	662	160	8.9	3.1	24.0	3.8	0.8	23.2	1.3	1.1	0.4	0	0.3	51	412	0.8
E57	1 cup	150	84	993	240	13.4	4.7	36.0	5.7	1.2	34.8	2.0	1.7	0.6	0	0.5	77	618	1.1
E42	Rice,brown,boiled	100	66	567	137	2.6	1.1	29.2	1.8	0.5	28.7	0.2	0.4	0.4	0	0	0	1	0.3
E42	1 cup	206	136	1168	282	5.4	2.3	60.2	3.7	1.0	59.1	0.4	0.8	0.8	0	0	0	2	0.7
E27	Rice,white,polished,boiled	100	65	487	118	3.2	0.4	25.3	0.9	T	25.3	0.1	0.1	0.1	0	0	0	1	0.3
E27	1 cup	144	94	701	170	4.6	0.6	36.4	1.3	T	36.4	0.1	0.1	0.1	0	0	0	1	0.4
E76	Rice cake,original	100	7	1490	359	8.3	1.8	77.6	9.5	T	77.6	0.5	0.5	0.4	0	0	0	2	0.8
E76	1 rice cake	12	1	179	43	1.0	0.2	9.3	1.1	T	9.3	0.1	0.1	0	0	0	0	0	0.1
E43	Soy,yoghurt	100	82	305	73	5.0	4.2	3.8	0.5	3.8	T	0.6	0.9	2.4	0.2	1.2	0	7	131.0
E43	1 pottle	150	123	458	110	7.5	6.3	5.7	0.8	5.7	T	0.9	1.4	3.6	0.3	1.8	0	11	196.5
E31*	Spaghetti,boiled	100	63	499	121	5.2	0.5	23.9	2.3	0.6	23.3	0.1	0.1	0.2	0.0	0	0	5	1.5
E31*	1 cup	148	93	739	179	7.7	0.7	35.4	3.4	0.9	34.5	0.1	0.1	0.3	0.0	0	0	7	2.2
E1005	Spaghetti in tomato sauce,canned	100	81	242	58	2.2	0.4	11.4	1.1	4.2	7.2	0.1	0	0.2	0.0	0.2	0	403	1.8
E1005	1 serving (half a tin)	210	171	508	121	4.6	0.8	23.9	2.3	8.8	15.1	0.2	0	0.4	0.0	0.3	0	845	3.8

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
E126	Lasagne, 'Topper',frozen meal,baked,RTE	100	223	193	84	1.5	1.5	5.0	43	56	0.08	0.14	2.3	0.07	0.57	25	5	0.05
E126	1 whole	155	345	298	130	2.3	2.3	7.7	67	86	0.12	0.22	3.6	0.10	0.88	39	8	0.08
E127	Lasagne,beef,frozen meal,microwaved,R	100	227	88	58	0.7	1.0	3.2	54	210	0.10	0.11	2.3	0.23	0.75	13	T	0.05
E127	1 whole	297	674	261	173	2.2	3.1	9.4	161	624	0.30	0.33	7.0	0.68	2.23	39	T	0.15
E19*	Macaroni,boiled	100	25	42	5	0.4	0.5	0.3	0	0	0.06	0.02	0.7	0.01	0	3	0	0
E19*	1 cup	149	37	63	7	0.6	0.8	0.5	0	0	0.09	0.03	1.0	0.02	0	4	0	0
E129	Macaroni cheese,frozen meal,microwave	100	81	125	142	0.4	0.9	2.8	92	111	0.04	0.18	2.1	0.05	0.20	5	T	0.36
E129	1 whole	295	239	369	419	1.2	2.5	8.3	271	326	0.12	0.53	6.2	0.15	0.59	15	T	1.06
E39	Noodles,egg,boiled	100	25	31	4	0.2	0.3	0.4	2	0	0.02	0.01	0.5	0.01	0.09	1	0	T
E39	1 cup	169	42	52	7	0.3	0.5	0.7	3	0	0.03	0.02	0.9	0.02	0.15	2	0	T
E40	Noodles,egg,fried	100	28	27	5	0.2	0.3	0.4	2	0	0.02	0.01	0.4	0.01	0	1	0	0
E40	1 cup	169	47	46	8	0.3	0.5	0.7	3	0	0.03	0.02	0.7	0.02	0	2	0	0
E81*	Noodles,instant,boiled,water drained	100	39	74	8	T	0.4	7.1	0	0	0.08	0.31	0.9	0.09	0	6	0	0
E81*	1 cup	123	48	91	10	T	0.5	8.7	0	0	0.10	0.38	1.1	0.11	0	7	0	0
E1013*	Noodles,'2 minute Extra Delicious',Maggi,	100	196	74	8	0.9	0.4	7.1	0	0	0.09	0.13	0.8	0.09	0	6	0	0
E1013*	1 packet prepared with broth	320	627	237	26	3.0	1.3	22.7	0	0	0.29	0.42	2.5	0.29	0	19	0	0
E65	Noodles,rice,boiled	100	2	3	3	0.5	0.3	T	5	32	0	0	1.6	0.13	0	0	0	0
E65	1 cup	116	2	3	3	0.6	0.3	T	6	37	0	0	1.9	0.15	0	0	0	0
E23	Oat bran	100	550	714	56	5.3	3.0	2.0	0	0	1.14	0.21	4.1	0.16	0	51	0	0
E23	1 cup	120	660	857	67	6.4	3.6	2.4	0	0	1.37	0.25	4.9	0.19	0	61	0	0
E22	Oatmeal	100	484	363	102	6.9	2.7	2.0	0	0	0.56	0.19	4.1	0.12	0	46	0	0
E22	1 cup	90	436	327	92	6.2	2.4	1.8	0	0	0.50	0.17	3.7	0.11	0	41	0	0
E25	Oats,rolled,raw	100	484	363	102	6.9	0.7	1.1	0	0	0.56	0.19	3.8	0.12	0	46	0	0
E25	1 cup	90	436	327	92	6.2	0.6	1.0	0	0	0.50	0.17	3.4	0.11	0	41	0	0
E55	Pasta,fresh,cooked,assorted type	100	81	170	38	1.3	1.5	17.1	T	0	0.11	0.27	1.2	0.03	0.15	6	0	T
E55	1 cup	150	122	255	57	2.0	2.3	25.7	T	0	0.17	0.41	1.8	0.05	0.23	9	0	T
E57	Ravioli,fresh,beef and pork,cooked	100	185	206	80	1.6	2.7	18.0	34	204	0.09	0.72	2.3	0.05	0.83	7	T	0
E57	1 cup	150	278	309	120	2.4	4.1	27.0	51	306	0.14	1.08	3.5	0.08	1.25	11	T	0
E42	Rice,brown,boiled	100	99	120	4	0.5	0.7	2.3	0	0	0.14	0.02	1.9	0.19	0	10	0	0
E42	1 cup	206	204	247	8	1.0	1.4	4.7	0	0	0.29	0.04	3.9	0.39	0	21	0	0
E27	Rice,white,polished,boiled	100	16	33	4	0.1	1.2	T	0	0	T	0.03	0.8	0.02	0	3	0	0
E27	1 cup	144	23	48	6	0.1	1.7	T	0	0	T	0.04	1.2	0.03	0	4	0	0
E76	Rice cake,original	100	285	270	12	1.2	1.6	T	0	0	13.40	0.05	5.6	0.21	0	29	0	0
E76	1 rice cake	12	34	32	1	0.1	0.2	T	0	0	1.61	0.01	0.7	0.03	0	3	0	0
E43	Soy,yoghurt	100	121	97	105	5.4	0.8	7.8	24	3	0.08	0.05	1.1	0.05	0	15	0	0
E43	1 pottle	150	182	146	158	8.1	1.2	11.7	36	5	0.12	0.08	1.7	0.08	0	23	0	0
E31*	Spaghetti,boiled	100	48	71	6	0.3	0.5	5.5	0	0	0.02	0.02	1.6	0.04	0	6	0	0
E31*	1 cup	148	71	106	9	0.4	0.7	8.1	0	0	0.03	0.03	2.4	0.06	0	9	0	0
E1005	Spaghetti in tomato sauce,canned	100	102	23	7	0.3	0.2	1.3	13	75	0.04	0.02	0	0.11	0	4	0	0
E1005	1 serving (half a tin)	210	214	48	15	0.6	0.3	2.6	26	158	0.08	0.04	0	0.23	0	8	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg	
E44	Tofu	100	85	340	81	8.1	4.8	1.5	0.8	0.5	0.7	0.7	1.1	2.7	0.1	1.0	0	7	2.9	
E44	1 cup	262	223	891	212	21.2	12.6	3.9	2.1	1.3	1.8	1.8	2.9	7.1	0.3	2.6	0	18	7.6	
E1011	Tempeh (Fermented Soy Beans), Fried ir	100	28	1875	449	23.2	33.8	12.2	2.9	0.9	11.3	4.5	7.7	18.9	0.0	0.2	0	955	0	
E1011	1 Serving	85	23	1594	382	19.7	28.7	10.4	2.5	0.8	9.6	3.8	6.5	16.1	0.0	0.2	0	812	0	
E1012	Tempeh	100	60	807	193	18.5	10.8	9.4	4.3	0.9	4.6	2.2	3.0	3.8	0.0	0.0	0	9	0	
E1012	1 Serving	85	51	686	164	15.8	9.2	8.0	3.7	0.8	3.9	1.9	2.6	3.3	0.0	0.0	0	8	0	
E1014	Tempeh , fermented soy bean cake	100	61	697	166	20.7	6.4	6.4	4.3	0.9	4.6	2.2	3.0	3.8	0.0	0.0	0	6	0	
E1014	1 Serving	85	52	592	141	17.6	5.4	5.4	3.7	0.8	3.9	1.9	2.6	3.2	0.0	0.0	0	5	0	
E111	Wheat bran	100	9	885	213	14.9	6.7	23.3	44.3	3.0	20.4	1.1	0.7	3.6	0.4	3.2	0	11	2.0	
E111	1 cup	47	4	416	100	7.0	3.1	11.0	20.8	1.4	9.6	0.5	0.3	1.7	0.2	1.5	0	5	0.9	
E112	Wheat germ	100	9	1430	344	27.9	9.7	36.4	12.4	9.6	26.8	1.3	1.2	4.4	0.4	4.0	0	5	2.0	
E112	1 cup	69	6	987	237	19.3	6.7	25.1	8.6	6.6	18.5	0.9	0.8	3.0	0.3	2.8	0	3	1.4	
F	DAIRY																			
F1046	Butter,salted	100	15	3113	744	0.4	82.1	0.6	0	0.6	0	53.6	20.9	3.0	0.9	1.9	207	547	2.2	
F1046	1 teaspoon	5	1	156	37	0	4.1	0	0	0	0	2.7	1.0	0.2	0	0.1	10	27	0.1	
F1046	1 tablespoon	15	2	467	112	0.1	12.3	0.1	0	0.1	0	8.0	3.1	0.5	0.1	0.3	31	82	0.3	
F1051	Butter,spreadable	100	15	3121	746	0.5	82.3	0.6	0	0.6	0	53.5	23.0	3.4	1.0	2.0	190	470	2.8	
F1051	1 teaspoon	5	1	156	37	0	4.1	0	0	0	0	2.7	1.2	0.2	0	0.1	10	24	0.1	
F1051	1 tablespoon	15	2	468	112	0.1	12.3	0.1	0	0.1	0	8.0	3.5	0.5	0.1	0.3	29	71	0.4	
F1050	Butter,unsalted	100	15	3165	756	0.3	83.6	0.6	0	0.6	0	55.1	21.1	2.7	0.8	1.7	220	7	2.0	
F1050	1 teaspoon	5	1	158	38	T	4.2	T	0	T	0	2.8	1.1	0.1	0	0.1	11	0	0.1	
F1050	1 tablespoon	15	2	475	113	0	12.5	0.1	0	0.1	0	8.3	3.2	0.4	0.1	0.3	33	1	0.3	
F4	Cheese,blue vein	100	42	1500	359	21.7	29.9	0	0	0	0	19.9	6.6	0.7	0	0	104	1050	4.0	
F4	1 piece (9 x 5.5 x 1cm)	22	9	330	79	4.8	6.6	0	0	0	0	4.4	1.5	0.2	0	0	23	231	0.9	
F5*	Cheese,camembert	100	52	1200	286	22.6	21.7	0.1	0	0.1	0	13.8	5.3	0.5	0	0.5	88	574	2.5	
F5*	1/4 round	31	16	372	89	7.0	6.7	T	0	T	0	4.3	1.6	0.2	0	0	27	178	0.8	
F1015	Cheese,cheddar,mild	100	34	1786	427	24.2	36.6	0.1	0	0.1	0	22.3	8.3	0.8	0.2	0.2	72	720	4.0	
F1015	1 cup shredded	118	40	2108	504	28.6	43.2	0.1	0	0.1	0	26.3	9.8	0.9	0.2	0.2	85	850	4.7	
F1015	1 cube (2 cm)	9	3	161	38	2.2	3.3	T	0	T	0	2.0	0.7	0.1	0	0	6	65	0.4	
F1006	Cheese,colby	100	38	1636	391	23.9	32.8	0.1	0.1	0.1	0	23.0	8.2	0.7	0.2	0.2	54	650	3.7	
F1006	1 cup shredded	118	44	1930	461	28.2	38.6	0.1	0.1	0.1	0	27.1	9.7	0.9	0.2	0.2	64	767	4.4	
F1006	1 cube (2 cm)	9	3	147	35	2.2	2.9	T	0	T	0	2.1	0.7	0.1	0	0	5	59	0.3	
F11	Cheese,cottage	100	79	393	94	13.7	3.5	2.0	0	2.0	0	2.2	0.9	0.1	0	0	9	394	4.5	
F11	1 tablespoon	15	12	59	14	2.1	0.5	0.3	0	0.3	0	0.3	0.1	T	0	0	1	59	0.7	
F11	1 cup	241	190	947	227	32.9	8.4	4.8	0	4.8	0	5.2	2.3	0.3	0	0	22	950	10.8	
F1056	Cheese,cottage,low fat	100	83	208	50	10.8	0.6	0.1	0	0.1	0	0.4	0	0.1	0	0	5	360	5.0	
F1056	1 cup	230	191	479	114	24.9	1.4	0.2	0	0.2	0	0.9	0.1	0.2	0	0	12	828	11.5	
F12	Cheese,cream	100	52	1570	374	3.0	37.4	6.4	0	6.4	0	23.0	10.0	1.2	0.2	0.2	98	509	9.5	
F12	1 tablespoon	15	8	236	56	0.5	5.6	1.0	0	1.0	0	3.5	1.5	0.2	0	0	15	76	1.4	

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
E44	Tofu	100	121	97	105	5.4	1.1	0.3	9	54	0.08	0.05	2.3	0.05	0	15	0	0
E44	1 cup	262	317	254	275	14.1	2.9	0.8	24	141	0.21	0.13	6.0	0.13	0	39	0	0
E1011	Tempeh (Fermented Soy Beans), Fried ir	100	542	230	74	9.2	1.7	0	23	138	0.09	0.10	3.9	0.10	0.08	24	0	0
E1011	1 Serving	85	461	196	63	7.8	1.4	0	20	117	0.08	0.09	3.3	0.09	0.07	20	0	0
E1012	Tempeh	100	412	266	111	2.7	1.1	0	0	138	0.08	0.36	2.6	0.22	0.08	24	0	0
E1012	1 Serving	85	350	226	94	2.3	1.0	0	0	117	0.07	0.30	2.2	0.18	0.07	20	0	0
E1014	Tempeh , fermented soy bean cake	100	370	200	120	3.6	1.8	0	24	138	0.24	1.34	2.6	0.07	0.08	24	0	0
E1014	1 Serving	85	315	170	102	3.1	1.5	0	20	117	0.20	1.14	2.2	0.06	0.07	20	0	0
E111	Wheat bran	100	1450	1400	140	13.5	8.8	6.3	0	0	0.60	0.17	10.0	0.69	0	95	0	0
E111	1 cup	47	682	658	66	6.3	4.1	3.0	0	0	0.28	0.08	4.7	0.32	0	45	0	0
E112	Wheat germ	100	955	1100	63	9.8	16.5	9.0	3	17	1.87	0.21	6.5	0.72	0	280	0	0
E112	1 cup	69	659	759	43	6.8	11.4	6.2	2	12	1.29	0.14	4.5	0.50	0	193	0	0
F DAIRY																		
F1046	Butter,salted	100	24	18	21	0.1	0.1	1.0	812	610	0.01	0.06	0.1	T	T	3	T	5.20
F1046	1 teaspoon	5	1	1	1	T	0	0.1	41	31	T	T	T	T	T	0	T	0.26
F1046	1 tablespoon	15	4	3	3	0	0	0.2	122	92	0	0.01	0	T	T	0	T	0.78
F1051	Butter,spreadable	100	18	18	19	0.1	0.1	1.0	870	710	0.01	0.06	0.1	0.01	T	3	T	2.50
F1051	1 teaspoon	5	1	1	1	0	T	0.1	44	36	T	T	T	T	T	0	T	0.13
F1051	1 tablespoon	15	3	3	3	0	T	0.2	131	107	T	T	0	T	T	0	T	0.38
F1050	Butter,unsalted	100	20	16	16	0.1	0.1	1.0	720	500	0.01	0.04	0.1	T	T	3	T	0.93
F1050	1 teaspoon	5	1	1	1	T	T	0.1	36	25	T	T	T	T	T	0	T	0.05
F1050	1 tablespoon	15	3	2	2	T	T	0.2	108	75	T	T	0	T	T	0	T	0.14
F4	Cheese,blue vein	100	86	348	489	0.1	2.7	2.0	221	138	0.10	0.72	4.5	0.14	0.60	24	1	0.23
F4	1 piece (9 x 5.5 x 1cm)	22	19	77	108	0	0.6	0.4	49	30	T	0.16	1.0	0.03	0.13	5	0	0.05
F5*	Cheese,camembert	100	104	380	547	0.1	2.9	2.0	241	228	0.05	0.70	5.3	0.22	0.80	51	0	0.17
F5*	1/4 round	31	32	118	170	0	0.9	0.6	75	71	0.02	0.22	1.6	0.07	0.25	16	T	0.05
F1015	Cheese,cheddar,mild	100	72	500	770	0.1	3.2	8.0	324	260	0.06	0.49	5.9	0.08	0.72	13	0	0.30
F1015	1 cup shredded	118	85	590	909	0.1	3.8	9.4	382	307	0.07	0.58	7.0	0.09	0.85	15	0	0.35
F1015	1 cube (2 cm)	9	6	45	69	T	0.3	0.7	29	23	T	0.04	0.5	0.01	0.06	1	0	0.03
F1006	Cheese,colby	100	69	450	710	0.1	2.9	8.9	316	230	0.05	0.52	4.6	0.08	1.23	23	0	0.28
F1006	1 cup shredded	118	81	531	838	0.1	3.4	10.5	373	271	0.06	0.61	5.4	0.09	1.45	27	0	0.33
F1006	1 cube (2 cm)	9	6	41	64	T	0.3	0.8	28	21	T	T	0.4	0.01	0.11	2	0	0.03
F11	Cheese,cottage	100	100	121	61	0.1	0.4	1.9	69	25	0.02	0.26	2.5	0.07	0.60	17	0	0.03
F11	1 tablespoon	15	15	18	9	T	0.1	0.3	10	4	T	0.04	0.4	0.01	0.10	3	0	0
F11	1 cup	241	241	292	147	0.1	1.0	4.6	166	60	0.05	0.63	6.0	0.17	1.40	41	1	0.07
F1056	Cheese,cottage,low fat	100	120	140	86	0	0.3	3.1	6	5	0.04	0.12	3.3	0.08	0.32	27	0	0.05
F1056	1 cup	230	276	322	198	0.1	0.7	7.1	13	12	0.09	0.28	7.6	0.18	0.72	62	0	0.12
F12	Cheese,cream	100	152	202	100	0.2	0.3	1.7	494	536	0.03	0.23	0.8	0.04	0.30	11	T	0.24
F12	1 tablespoon	15	23	30	15	T	T	0.3	74	80	T	0.03	0.1	0.01	T	2	T	0.04

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
F69	Cheese,cream,reduced fat (16%)	100	55	1070	255	10.5	16.7	15.7	0.9	15.7	0	9.7	5.0	0.4	0.1	0.2	45	638	9.5
F69	1 tablespoon	15	8	161	38	1.6	2.5	2.4	0.1	2.4	0	1.5	0.8	0	0	0	7	96	1.4
F1001	Cheese,edam	100	39	1507	360	28.1	27.5	0.1	0	0.1	0	18.1	7.4	0.6	0	0.6	57	768	5.0
F14	1 cube (2 cm)	8	3	121	29	2.2	2.2	T	0	T	0	1.4	0.6	T	0	0	5	61	0.4
F58	Cheese,feta	100	57	1040	249	15.6	20.2	1.3	0	1.3	0	14.2	4.3	0.6	0	0.6	70	1440	25.5
F58	1 cube (2 cm)	8	5	83	20	1.2	1.6	0.1	0	0.1	0	1.1	0.3	0	0	0	6	115	2.0
F17	Cheese,mozzarella	100	52	1140	271	27.6	17.8	0.1	0	0.1	0	11.9	3.8	0.5	0.2	0.2	60	527	17.0
F17	1 tablespoon, chopped	8	4	91	22	2.2	1.4	0	0	T	0	1.0	0.3	T	0	0	5	42	1.4
F18	Cheese,parmesan,powder	100	16	1860	444	44.9	29.3	0.1	0	0.1	0	19.0	7.6	0.8	0.2	0.2	112	1300	38.0
F18	1 tablespoon	6	1	112	27	2.7	1.8	T	0	T	0	1.1	0.5	T	0	0	7	78	2.3
F18	1 cup	108	17	2009	480	48.5	31.6	0.1	0	0.1	0	20.5	8.2	0.9	0.2	0.2	121	1404	41.0
F19	Cheese,processed	100	43	1430	341	21.2	28.2	0.6	0	0.6	0	17.4	7.6	0.9	0.3	0.4	87	1140	5.5
F19	1 slice	21	9	300	72	4.5	5.9	0.1	0	0.1	0	3.7	1.6	0.2	0.1	0.1	18	239	1.2
F79	Cheese,processed,sliced,reduced fat	100	53	871	209	22.5	11.4	4.0	0	4.0	0	6.5	3.6	0.2	0	0.2	37	1690	5.5
F79	1 slice	21	11	183	44	4.7	2.4	0.8	0	0.8	0	1.4	0.8	T	0.0	0.1	8	355	1.2
F1057	Cheese,reduced fat	100	42	1378	329	28.7	23.8	0.1	0	0.1	0	15.8	6.0	0.6	0.2	0.2	49	500	7.3
F1057	1 cup shredded	118	49	1626	388	33.9	28.1	0.1	0	0.1	0	18.6	7.1	0.7	0.2	0.2	24	590	8.6
F1057	1 cube (2cm)	9	4	124	30	2.6	2.1	0	0	0	0	1.4	0.5	0.1	0	0	2	45	0.7
F59	Cheese,ricotta	100	72	603	144	9.4	11.0	1.9	0	1.9	T	7.1	2.8	0.5	0	0	50	100	4.5
F59	1 tablespoon	15	11	90	22	1.4	1.7	0.3	0	0.3	T	1.1	0.4	0.1	0	0	8	15	0.7
F98	Cheese spread,lite,Philadelphia	100	73	631	151	9.6	12.5	T	0	T	0	8.0	3.3	0.4	0.1	0.1	59	240	10.5
F98	1 cup	224	164	1413	338	21.5	28.0	T	0	T	0	17.9	7.4	0.9	0.2	0.2	132	538	23.5
F1014	Cheese,tasty	100	34	1769	423	24.6	36.0	0.1	0	0.1	0	22.4	7.3	0.8	0.2	0.2	67	750	5.3
F1014	1 cup shredded	118	40	2088	499	29.0	42.5	0.1	0	0.1	0	26.4	8.6	1.0	0.2	0.2	79	885	6.3
F1014	1 cube (2 cm)	9	3	159	38	2.2	3.2	0	0	0	0	2.0	0.7	0.1	0	0	6	68	0.5
F22	Cream,reduced fat	100	72	890	213	2.7	20.8	3.7	0	3.7	0	13.0	5.2	0.7	0.1	0	68	41	6.1
F22	1 tablespoon	15	11	134	32	0.4	3.1	0.6	0	0.6	0	2.0	0.8	0.1	0	0	10	6	0.9
F100	Cream,sour,light	100	78	602	144	4.8	11.9	4.4	0	3.9	0.5	8.0	2.9	0.2	0	0.1	44	59	5.5
F100	1 cup	225	176	1360	324	10.8	26.8	9.9	0	8.8	1.2	18.0	6.5	0.5	0	0.0	100	133	12.4
F80	Cream,sour,reduced fat	100	79	505	121	3.7	10.0	3.9	0	3.9	0	5.6	3.0	0.2	0	0.2	47	85	5.5
F80	1 tablespoon	14	11	71	17	0.5	1.4	0.6	0	0.6	0	0.8	0.4	T	0	0	7	12	0.8
F23	Cream,sour,standard fat	100	71	945	226	3.2	22.1	2.8	0	2.8	0	13.8	6.4	0.8	0	0.4	51	37	5.5
F23	1 tablespoon	14	10	132	32	0.5	3.1	0.4	0	0.4	0	1.9	0.9	0.1	0	0.0	7	5	0.8
F24	Cream,standard	100	55	1590	379	2.0	40.0	2.8	0	2.8	0	24.9	9.9	1.3	0.1	0.8	104	25	6.1
F24	1 tablespoon	15	8	238	57	0.3	6.0	0.4	0	0.4	0	3.7	1.5	0.2	0	0	16	4	0.9
F25	Cream,whipping,UHT	100	58	1470	352	2.2	36.9	2.9	0	2.9	0	22.6	8.7	0.9	0	0.2	100	33	6.1
F25	1 tablespoon	15	9	221	53	0.3	5.5	0.4	0	0.4	0	3.4	1.3	0.1	0	0	15	5	0.9
F70	Dessert,dairy food,chocolate flavour	100	75	380	92	4.0	2.1	14.1	0	11.9	2.2	T	T	T	0	0.0	9	62	6.7
F70	1 cup	246	184	935	226	9.7	5.3	34.8	0	29.3	5.5	T	T	T	0	0	22	153	16.4

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
F69	Cheese,cream,reduced fat (16%)	100	431	458	328	0.2	1.1	T	210	0	0.10	0.72	0.6	0.04	0.15	9	T	0
F69	1 tablespoon	15	65	69	49	T	0.2	T	32	0	0.02	0.11	0.1	T	0.02	1	T	0
F1001	Cheese,edam	100	73	580	940	0.1	3.8	11.5	280	230	0.06	0.56	4.8	0.13	0.72	28	0	0.20
F14	1 cube (2 cm)	8	6	46	75	T	0.3	0.9	22	18	T	T	0.4	0.01	0.06	2	0	0.02
F58	Cheese,feta	100	95	280	360	0.2	0.9	3.2	222	66	0.04	0.21	3.6	0.07	1.10	23	T	0.50
F58	1 cube (2 cm)	8	8	22	29	T	0.1	0.3	18	5	T	0.02	0.3	0.01	0.09	2	T	0.04
F17	Cheese,mozzarella	100	30	517	714	0.3	2.6	3.0	243	153	0.03	0.28	5.6	0.07	1.40	13	T	0.15
F17	1 tablespoon, chopped	8	2	41	57	0	0.2	0.2	19	12	T	0.02	0.4	0.01	0.11	1	T	0.01
F18	Cheese,parmesan,powder	100	100	970	1200	0.9	5.8	T	354	208	T	0.39	8.1	T	2.20	13	T	0.27
F18	1 tablespoon	6	6	58	72	0.1	0.3	T	21	12	T	0.02	0.5	T	0.13	1	T	0.02
F18	1 cup	108	108	1048	1296	1.0	6.3	T	382	225	T	0.42	8.7	T	2.38	14	T	0.29
F19	Cheese,processed	100	48	482	630	0.2	2.6	3.2	262	301	0.02	0.40	3.9	0.08	0.90	19	T	0.22
F19	1 slice	21	10	101	132	T	0.5	0.7	55	63	T	0.08	0.8	0.02	0.19	4	T	0.05
F79	Cheese,processed,sliced,reduced fat	100	198	552	635	0.2	3.1	6.2	141	95	0.01	0.54	5.0	0.02	0.23	18	T	0
F79	1 slice	21	42	116	133	0	0.7	1.3	30	20	T	0.11	1.1	T	0.05	4	T	0
F1057	Cheese,reduced fat	100	190	650	1000	0.9	3.8	8.6	218	170	0	0.02	0.1	0.13	2.03	56	0	0.11
F1057	1 cup shredded	118	224	767	1180	1.1	4.5	10.1	257	201	0	0.02	0.1	0.15	2.40	66	0	0.13
F1057	1 cube (2cm)	9	17	59	90	0.1	0.3	0.8	20	15	0	0	0	0.01	0.18	5	0	0.01
F59	Cheese,ricotta	100	110	170	240	0.4	1.2	2.0	200	92	0.02	0.20	2.3	0.04	0.30	19	T	0.30
F59	1 tablespoon	15	17	26	36	0.1	0.2	0.3	30	14	T	0.03	0.3	T	0.05	3	T	0.05
F98	Cheese spread,lite,Philadelphia	100	140	130	110	0.2	0.5	T	293	259	0.03	0.27	3.3	0.08	0.29	19	T	0
F98	1 cup	224	314	291	246	0.4	1.1	T	656	580	0.07	0.60	7.4	0.18	0.65	43	T	0
F1014	Cheese,tasty	100	78	570	900	0.1	3.3	9.8	348	280	0.06	0.51	6.2	0.08	0.90	10	0	0.28
F1014	1 cup shredded	118	92	673	1062	0.1	3.9	11.6	411	330	0.07	0.60	7.3	0.09	1.06	11	0	0.33
F1014	1 cube (2 cm)	9	7	51	81	0	0.3	0.9	31	25	0.01	0.05	0.6	0.01	0.08	1	0	0.03
F22	Cream,reduced fat	100	102	69	76	0.2	0.3	0.4	140	117	0.04	0.20	0.6	0.04	0.30	5	1	0.14
F22	1 tablespoon	15	15	10	11	0	0	0.1	21	18	T	0.03	0.1	T	0.05	1	0	0.02
F100	Cream,sour,light	100	150	130	110	T	0.4	T	149	150	T	0.23	T	T	0.30	11	1	0.09
F100	1 cup	225	338	293	248	T	1.0	T	335	338	T	0.52	T	T	0.68	24	2	0.19
F80	Cream,sour,reduced fat	100	201	131	130	0.1	0.4	1.1	153	0	0.09	0.23	0.6	0.03	0.17	9	T	0
F80	1 tablespoon	14	28	18	18	T	0.1	0.2	21	0	0.01	0.03	0.1	T	0.02	1	T	0
F23	Cream,sour,standard fat	100	127	73	92	T	0.3	2.0	269	153	0.04	0.22	0.7	0.03	0.30	12	1	0.16
F23	1 tablespoon	14	18	10	13	T	T	T	38	21	0.01	0.03	0.1	T	T	2	0	0.02
F24	Cream,standard	100	96	51	55	T	0.3	1.6	335	278	0.06	0.14	0.5	0.04	0.24	6	1	0.15
F24	1 tablespoon	15	14	8	8	T	T	0.2	50	42	0.01	0.02	0.1	0.01	0.04	1	0	0.02
F25	Cream,whipping,UHT	100	90	56	56	0.1	0.2	2.0	435	209	0.05	0.18	0.5	0.03	0.19	4	0	0.20
F25	1 tablespoon	15	14	8	8	T	T	T	65	31	0.01	0.03	0.1	T	0.03	1	T	0.03
F70	Dessert,dairy food,chocolate flavour	100	200	100	140	T	0.4	1.0	35	0	T	0.40	1.2	0.24	0.13	2	1	0
F70	1 cup	246	492	246	344	T	1.1	2.5	86	0	T	0.98	2.9	0.59	0.32	6	2	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
F76	Dessert,vanilla,99% fat free,frozen	100	71	406	98	3.3	T	21.3	0.4	18.2	0	0	0	0	0	0	3	57	6.5
F76	1 cup	138	98	560	135	4.5	T	29.3	0.6	25.1	0	0	0	0	0	0	5	78	9.0
F111	Ice cream, 'Hokey Pokey'	100	59	683	165	4.3	6.3	22.7	0.6	22.3	0.4	3.9	1.4	0.4	0	0.3	33	46	7.0
F111	1 cup	157	92	1070	259	6.7	9.9	35.7	1.0	35.1	0.6	6.2	2.1	0.6	0	0.4	51	72	11.0
F110	Ice cream, 'Jelly Tip'	100	60	988	237	2.7	13.8	25.6	0.8	25.4	0.2	8.3	2.8	0.9	0	0.6	18	41	5.0
F110	1 cup	201	120	1980	475	5.5	27.7	51.3	1.6	50.9	0.5	16.7	5.6	1.9	0	1.2	37	82	10.0
F118	Ice cream,creamy,fruit ripple	100	62	735	177	2.7	8.3	22.8	1.5	22.0	0.8	5.0	2.1	0.2	0	0.1	23	37	1.9
F118	1 cup	169	105	1240	299	4.5	14.1	38.6	2.6	37.0	1.4	8.4	3.5	0.3	0.1	0.2	40	63	3.2
F78	Ice cream,soft serve	100	72	404	98	3.7	0.4	20.0	0.7	17.8	2.2	T	T	T	0	0	7	49	6.8
F78	1 cup	140	100	566	137	5.2	0.5	27.9	1.0	24.9	3.1	T	T	T	0	0	10	68	9.5
F122	Ice cream,vanilla,low fat	100	67	589	142	4.9	3.1	23.8	0.5	18.4	2.1	2.1	0.5	T	0	0	10	61	12.9
F122	1 cup	133	89	783	189	6.5	4.1	31.6	0.7	24.4	2.8	2.9	0.7	T	0	0	14	81	17.2
F122	1 tablespoon	8	5	47	11	0.4	0.3	1.9	T	1.5	0.2	0.2	T	T	0	0	1	5	1.0
F29	Ice cream,vanilla,premium	100	60	900	216	3.3	14.6	17.8	T	17.4	0.5	9.0	3.8	0.2	0	0	47	42	7.2
F29	1 cup	141	85	1270	305	4.7	20.6	25.1	T	24.5	0.7	12.7	5.3	0.2	0	0	66	59	10.2
F29	1 tablespoon	9	5	77	18	0.3	1.2	1.5	T	1.5	T	0.8	0.3	T	0	0	4	4	0.6
F28	Ice cream,vanilla,standard	100	63	793	191	3.3	10.8	19.9	T	19.9	T	7.1	2.5	0.2	0	0	31	45	6.8
F28	1 cup	143	91	1130	273	4.8	15.5	28.5	T	28.5	T	10.2	3.5	0.3	0	0	44	64	9.7
F28	1 tablespoon	9	5	68	16	0.3	0.9	1.7	T	1.7	T	0.6	0.2	T	0	0	3	4	0.6
F120*	Milk, 'Calci Kid',enriched,Meadow Fresh	100	87	289	69	4.2	3.7	4.9	0	4.9	0	2.2	1.0	T	0	0	12	34	4.5
F120*	1 tablespoon	16	13	45	11	0.7	0.6	0.8	0	0.8	0	0.3	0.1	T	0	0	2	5	0.7
F120*	1 cup	258	224	746	178	10.8	9.4	12.6	0	12.6	0	5.6	2.5	0.1	0	0.1	31	88	11.6
F1018*	Milk,fluid,fortified,0.1% fat,'yellow top'	100	89	226	54	5.4	0.1	4.5	0	5.7	0	T	T	T	0	0	4	42	5.3
F1018*	1 serving	200	178	452	108	10.7	0.2	9.0	0	11.4	0	T	T	T	0	0	9	84	10.6
F1042	Milk,fluid,reduced fat,1.5%,'light blue top'	100	89	187	45	3.5	1.4	4.5	0	4.5	0	0.8	0.3	0	0	0	6	39	6.9
F1042	1 serving	200	178	373	89	7.0	2.8	9.0	0	9.0	0	1.6	0.6	0.1	0	0	11	77	13.8
F1028	Milk fluid,3% fat 'blue top'	100	88	247	59	3.3	3.1	4.5	0	4.5	0	2.0	0.7	0.1	0	0	10	38	5.9
F1028	1 serving	150	131	371	89	5.0	4.7	6.8	0	6.8	0	3.0	1.1	0.1	0	0	15	57	8.9
F1035	Milk,fluid,trim,0.3% fat 'green top'	100	89	154	37	4.0	0.3	4.7	0	4.7	0	0.1	0	0	0	0	3	39	5.8
F1035	1 serving	200	178	308	74	7.9	0.5	9.4	0	9.4	0	0.1	0.1	0	0	0	7	78	11.6
F33*	Milk,fluid,whole	100	88	277	66	3.3	4.0	4.4	0	4.4	0	2.4	1.1	0.1	0	0	12	37	8.6
F33*	1 cup	258	227	715	170	8.5	10.3	11.4	0	11.4	0	6.2	2.8	0.3	0	0	31	95	22.1
F33*	1 tablespoon	16	14	44	11	0.5	0.6	0.7	0	0.7	0	0.4	0.2	0	0	0	2	6	1.4
F52	Milk,goat,whole	100	89	243	58	2.9	3.3	4.2	0	4.2	0	2.0	0.8	0.1	0	0	10	32	6.0
F52	1 cup	258	230	627	150	7.5	8.5	10.8	0	10.8	0	5.2	2.1	0.3	0	0	26	83	15.5
F52	1 tablespoon	16	14	39	9	0.5	0.5	0.7	0	0.7	0	0.3	0.1	0	0	0	2	5	1.0
F53*	Milk,human,mature	100	87	290	70	1.3	4.1	6.9	0	6.9	0	2.0	1.6	0.3	0	0	16	15	3.0
F53*	1 cup	261	227	757	183	3.4	10.7	18.0	0	18.0	0	5.2	4.2	0.8	0	0	42	39	7.8
F53*	1 tablespoon	16	14	46	11	0.2	0.7	1.1	0	1.1	0	0.3	0.3	0	0	0	3	2	0.5

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
F76	Dessert,vanilla,99% fat free,frozen	100	190	94	115	0.4	0.3	T	0	0	0.06	0.29	0.6	0.04	0.52	2	0	0
F76	1 cup	138	263	130	158	0.6	0.5	T	0	0	0.08	0.40	0.8	0.06	0.72	3	0	0
F111	Ice cream, 'Hokey Pokey'	100	150	86	11	T	0.3	T	88	96	0.04	0.25	1.5	0.06	0.62	12	0	0.10
F111	1 cup	157	236	135	17	T	0.5	T	138	151	0.06	0.39	2.4	0.09	0.97	19	0	0.16
F110	Ice cream, 'Jelly Tip'	100	130	69	65	T	0.3	T	54	5	T	0.16	0.7	0.08	0.38	5	1	0.10
F110	1 cup	201	261	138	130	T	0.6	T	108	10	T	0.32	1.5	0.16	0.76	11	1	0.20
F118	Ice cream,creamy,fruit ripple	100	140	76	110	0.1	0.3	1.0	116	107	T	0.20	0.7	0.07	0.30	4	T	0.10
F118	1 cup	169	237	128	186	0.1	0.5	1.7	197	181	T	0.34	1.2	0.12	0.50	7	T	0.17
F78	Ice cream,soft serve	100	175	106	131	0.1	0.5	1.0	27	6	0.05	0.24	0.8	0.07	0.31	T	1	T
F78	1 cup	140	245	148	184	0.1	0.6	1.4	38	8	0.07	0.34	1.1	0.10	0.43	T	1	T
F122	Ice cream,vanilla,low fat	100	207	131	161	T	0.5	0.6	33	14	0.03	0.18	0.8	0.08	0.46	5	1	0.10
F122	1 cup	133	275	174	214	0.1	0.7	0.8	44	19	0.04	0.24	1.1	0.11	0.61	7	1	0.13
F122	1 tablespoon	8	17	10	13	T	T	0.1	3	1	T	0.01	0.1	0.01	0.04	T	T	0.01
F29	Ice cream,vanilla,premium	100	129	86	101	0.1	0.3	0.6	221	130	0.04	0.21	1.0	0.09	0.46	5	1	0.10
F29	1 cup	141	182	122	142	0.1	0.5	0.9	311	183	0.06	0.30	1.4	0.13	0.65	7	2	0.14
F29	1 tablespoon	9	11	7	9	T	T	0.1	19	11	T	0.02	0.1	0.01	0.04	T	0	0.01
F28	Ice cream,vanilla,standard	100	175	94	121	T	0.3	0.6	112	114	0.04	0.23	0.8	0.10	0.46	5	1	0.10
F28	1 cup	143	250	134	173	0.1	0.5	0.9	161	163	0.06	0.33	1.1	0.14	0.66	7	1	0.14
F28	1 tablespoon	9	15	8	10	T	T	0.1	10	10	T	0.02	0.1	0.01	0.04	T	T	0.01
F120*	Milk, 'Calci Kid',enriched,Meadow Fresh	100	150	120	153	T	0.5	1.3	55	21	0.06	0.31	1.0	0.06	0.38	7	0	0.50
F120*	1 tablespoon	16	23	19	22	T	0.1	0.2	9	3	0.01	0.05	0.2	0.01	0.06	1	0	0.08
F120*	1 cup	258	387	310	361	T	1.3	3.4	151	54	0.15	0.80	2.5	0.15	0.98	17	0	1.29
F1018*	Milk,fluid,fortified,0.1% fat,'yellow top'	100	170	140	195	0.2	0.6	1.7	2	0	0.02	0.28	1.7	0.02	0.33	37	0	0.76
F1018*	1 serving	200	340	280	390	0.4	1.1	3.4	3	0	0.04	0.56	3.4	0.04	0.66	74	0	1.52
F1042	Milk,fluid,reduced fat,1.5%,'light blue top'	100	155	96	128	T	0.3	0.9	9	16	0.02	0.26	0	0.03	0.03	10	0	0.33
F1042	1 serving	200	310	192	257	T	0.7	1.8	18	31	0.04	0.52	0	0.05	0.05	20	0	0.66
F1028	Milk fluid,3% fat 'blue top'	100	148	91	118	T	0.3	1.0	33	23	0.02	0.26	0.7	0.03	0.25	10	0	0.32
F1028	1 serving	150	222	137	177	T	0.5	1.5	50	35	0.03	0.39	1.1	0.04	0.38	15	0	0.48
F1035	Milk,fluid,trim,0.3% fat 'green top'	100	153	106	138	T	0.4	1.0	1	2	0.02	0.24	1.0	0.02	0.32	5	0	0.33
F1035	1 serving	200	306	212	276	T	0.8	2.0	2	4	0.04	0.48	2.0	0.04	0.64	10	0	0.66
F33*	Milk,fluid,whole	100	150	83	114	T	0.3	1.4	28	23	0.10	0.24	0.8	0.03	0.35	5	1	0.03
F33*	1 cup	258	387	213	294	T	0.8	3.6	72	59	0.26	0.62	2.1	0.08	0.90	13	4	0.08
F33*	1 tablespoon	16	24	13	18	T	0	0.2	4	4	0.02	0.04	0.1	T	0.06	1	0	0
F52	Milk,goat,whole	100	228	90	102	T	0.4	0.7	74	T	0.09	0.14	1.0	0.05	0.04	T	1	0.12
F52	1 cup	258	588	231	263	T	1.0	1.8	191	T	0.23	0.36	2.6	0.13	0.10	T	3	0.30
F52	1 tablespoon	16	36	14	16	T	0.1	0.1	12	T	0.01	0.02	0.2	0.01	0.01	T	0	0.02
F53*	Milk,human,mature	100	58	15	34	0.1	0.3	2.0	62	24	0.02	0.03	0.7	0.01	0.01	5	4	0.04
F53*	1 cup	261	151	39	89	0.3	0.8	5.2	162	63	0.05	0.08	1.8	0.03	0.03	13	10	0.10
F53*	1 tablespoon	16	9	2	5	0	0	0.3	10	4	T	T	0.1	T	T	1	1	0.01

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
F54	Milk,human,transitional	100	87	273	66	1.5	3.7	6.6	0	6.6	0	1.8	1.4	0.3	0	0	24	30	4.3
F54	1 cup	261	227	713	172	3.9	9.7	17.2	0	17.2	0	4.7	3.7	0.8	0	0	63	78	11.2
F36	Milk,powder,skim	100	3	1420	343	38.2	0.8	45.6	0	45.6	0	0.5	0.2	T	0	0	25	531	50.4
F36	1 tablespoon	8	0	114	27	3.1	0.1	3.6	0	3.6	0	0	0	T	0	0	2	42	4.0
F37	Milk,powder,whole	100	3	2020	483	28.5	26.4	33.0	0	33.0	0	16.3	7.1	0.9	0	0	80	440	50.4
F37	1 tablespoon	8	0	162	39	2.3	2.1	2.6	0	2.6	0	1.3	0.6	0.1	0	0	6	35	4.0
F30	Milk,sweetened,condensed,skim	100	30	1120	271	10.0	0.2	57.2	0	57.2	0	0.1	0.1	T	0	0	1	150	24.5
F30	1 tablespoon	20	6	224	54	2.0	0	11.4	0	11.4	0	0	0	T	0	0	0	30	4.9
F31	Milk,sweetened,condensed,whole	100	26	1370	329	9.2	8.2	54.7	0	54.7	0	5.1	2.1	0.3	0	0	33	82	24.5
F31	1 tablespoon	19	5	260	63	1.7	1.6	10.4	0	10.4	0	1.0	0.4	0.1	0	0	6	16	4.7
F43	Milk,UHT,standard	100	88	257	62	3.5	3.3	4.5	0	4.5	0	2.0	0.8	0.1	0	0	9	38	7.0
F43	1 cup	258	227	663	160	9.0	8.5	11.6	0	11.6	0	5.2	2.1	0.3	0	0	23	98	18.1
F1058	Milk shake,assorted flavour,McDonald's	100	80	350	84	2.6	0.7	16.3	0	13.4	2.9	0.4	0.2	0.1	0	0	12	41	6.0
F1058	1 small shake	308	246	1078	259	8.0	2.2	50.2	0	41.4	8.9	1.2	0.5	0.2	0	0	37	126	18.4
F1058	1 medium shake	413	330	1446	347	10.7	2.9	67.3	0	55.5	12.0	1.7	0.6	0.2	0	0	50	169	24.6
F1058	1 large shake	571	457	1999	480	14.8	4.0	93.1	0	76.7	16.6	2.3	0.9	0.3	0	0	69	234	34.0
F77	Yoghurt,apricot,frozen	100	76	373	90	2.5	1.0	17.8	0.3	17.8	0	0.6	0.3	T	0	0	10	26	8.3
F77	1 individual tub	100	76	373	90	2.5	1.0	17.8	0.3	17.8	0	0.6	0.3	T	0	0	10	26	8.3
F77	1 cup	204	155	761	184	5.1	2.0	36.3	0.6	36.3	0	1.2	0.6	T	0	0	20	53	16.9
F56	Yoghurt,asst fruits,low fat,sweetened	100	81	247	60	4.2	T	9.5	0.2	9.4	0.1	T	T	T	0	0	4	41	8.0
F56	1 cup	247	200	610	148	10.4	T	23.5	0.5	23.2	0.2	T	T	T	0	0	10	101	19.8
F71	Yoghurt,berry,low fat,art sweetened	100	87	129	31	3.6	0.1	4.0	0.2	3.9	0.1	0.1	T	T	0	0	4	47	9.0
F71	1 cup	238	207	307	74	8.6	0.2	9.5	0.5	9.3	0.2	0.2	T	T	0	0	10	112	21.4
F1055	Yoghurt,Greek	100	76	577	138	5.0	8.2	10.6	0	3.2	0	5.3	1.9	0.3	0.1	0.1	23	44	7.1
F1055	1 serving	140	106	808	193	7.0	11.4	14.8	0	4.5	0	7.4	2.7	0.4	0.1	0	32	62	10.0
F84	Yoghurt,plain,low fat,unsweetened	100	88	166	40	4.8	0.4	4.4	0.2	4.3	0.1	0.2	0.1	T	0	0	5	48	10.0
F84	1 cup	242	213	402	97	11.6	1.0	10.6	0.5	10.4	0.2	0.5	0.2	T	0	0	12	116	24.2
F57	Yoghurt,plain,unsweetened	100	86	327	78	3.7	5.2	3.0	0	3.0	T	3.1	1.4	0.1	0	0	16	43	3.0
F57	1 cup	241	207	788	188	8.9	12.5	7.2	0	7.2	T	7.5	3.4	0.2	0	0	39	104	7.2
G	EGGS																		
G1001	Egg,chicken,whole,boiled	100	77	566	135	12.2	9.5	0.3	0	0.3	0	2.6	4.1	0.9	0.3	0.3	395	140	46.0
G1001	1 medium egg (size 5)	43	33	243	58	5.2	4.1	0.1	0	0.1	0	1.1	1.8	0.4	0.1	0.3	170	60	19.8
G1001	1 standard egg (size 6)	53	41	300	72	6.4	5.0	0.2	0	0.2	0	1.4	2.2	0.5	0.1	0.3	209	74	24.4
G1001	1 large egg (size 7)	56	43	317	76	6.8	5.3	0.2	0	0.2	0	1.5	2.3	0.5	0.1	0.3	221	78	25.8
G1002	Egg,chicken,whole,fried in vegetable oil	100	65	937	224	14.6	18.3	0.3	0	0.3	0	5.1	8.9	4.9	0.2	4.0	427	210	51.9
G1002	1 large egg (size 7)	53	35	497	119	7.7	9.7	0.2	0	0.2	0	2.7	4.7	2.6	0	2	226	111	28
G1003	Egg,chicken,whole,poached	100	77	583	139	13.1	9.6	0.3	0	0.3	0	4.0	5.7	1.5	0.5	0.3	365	140	46.0
G1003	1 large egg (size 7)	60	46	350	84	7.8	5.7	0.2	0	0.2	0	2.4	3.4	0.9	0.4	0.1	219	84	27.6
G1009	Egg,chicken,whole,scrambled,milk 3.5%,l	100	73	763	182	12.6	14.2	1.2	0	0.7	0	7.0	6.3	0.9	0.2	0.2	395	140	46.0
G1009	1 large egg (size 7)	62	45	473	113	8	9	1	0	0	0	4	4	1	0	0	245	87	29

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
F54	Milk,human,transitional	100	57	16	25	0.1	0.3	2.0	91	37	0.01	0.03	0.7	T	0.03	3	6	0.04
F54	1 cup	261	149	42	65	0.3	0.8	5.2	238	97	0.03	0.08	1.8	T	0.08	8	16	0.10
F36	Milk,powder,skim	100	1530	991	1220	0.1	4.1	0.8	10	11	0.28	2.32	7.9	0.50	5.30	38	9	T
F36	1 tablespoon	8	122	79	98	0	0.3	0.1	1	1	0.02	0.19	0.6	T	0.42	3	1	T
F37	Milk,powder,whole	100	1560	770	960	0.2	3.3	0.4	241	126	0.29	2.10	6.2	0.39	3.10	32	12	0.75
F37	1 tablespoon	8	125	62	77	0	0.3	0	19	10	0.02	0.17	0.5	0.03	0.25	3	1	0.06
F30	Milk,sweetened,condensed,skim	100	450	270	330	0.3	1.2	0.6	31	20	0.11	0.51	2.7	0.09	0.90	16	5	0.85
F30	1 tablespoon	20	90	54	66	0.1	0.2	0.1	6	4	0.02	0.10	0.5	0.02	0.18	3	1	0.17
F31	Milk,sweetened,condensed,whole	100	290	220	290	0.1	1.0	4.0	66	35	0.09	0.52	1.8	0.06	0.60	13	3	5.42
F31	1 tablespoon	19	55	42	55	0	0.2	0.8	13	7	0.02	0.10	0.3	0.01	0.11	2	1	1.03
F43	Milk,UHT,standard	100	136	81	104	T	0.3	0.8	25	25	0.09	0.20	0.8	0.03	0.09	5	1	T
F43	1 cup	258	351	209	268	T	0.8	2.1	65	65	0.23	0.52	2.1	0.08	0.23	13	2	T
F1058	Milk shake,assorted flavour,McDonald's	100	120	120	84	0.3	0.4	1.6	17	9	0.04	0.20	1.1	0.03	0.42	4	1	T
F1058	1 small shake	308	370	370	259	0.9	1.2	4.9	52	28	0.12	0.62	3.4	0.09	1.29	12	3	T
F1058	1 medium shake	413	496	496	347	1.2	1.7	6.6	70	37	0.17	0.83	4.5	0.12	1.73	17	4	T
F1058	1 large shake	571	685	685	480	1.7	2.3	9.1	97	51	0.23	1.14	6.3	0.17	2.40	23	6	T
F77	Yoghurt,apricot,frozen	100	107	55	68	0.1	0.2	T	91	100	0.05	0.26	1.1	0.03	0.35	9	1	0
F77	1 individual tub	100	107	55	68	0.1	0.2	T	91	100	0.05	0.26	1.1	0.03	0.35	9	1	0
F77	1 cup	204	218	113	139	0.2	0.4	T	186	204	0.10	0.53	2.2	0.06	0.71	18	2	0
F56	Yoghurt,asst fruits,low fat,sweetened	100	200	110	130	T	0.4	1.0	47	22	0.03	0.27	0.8	0.07	0.28	6	1	0.01
F56	1 cup	247	494	272	321	T	1.0	2.5	116	54	0.07	0.67	2.0	0.17	0.69	15	1	0.02
F71	Yoghurt,berry,low fat,art sweetened	100	200	120	140	T	0.4	1.1	5	0	0.01	0.30	0.6	0.04	0.23	9	0	0
F71	1 cup	238	476	286	333	T	1.0	2.6	12	0	0.02	0.71	1.4	0.10	0.55	21	0	0
F1055	Yoghurt,Greek	100	210	140	180	1.8	0.5	0.6	32	20	0.04	0.23	1.2	0	0.34	6	0	1.04
F1055	1 serving	140	294	196	252	2.5	0.8	0.9	44	28	0.06	0.32	1.6	0	0.48	9	0	1.46
F84	Yoghurt,plain,low fat,unsweetened	100	210	130	160	T	0.5	1.3	5	6	0.10	0.33	1.2	0.09	0.31	8	0	0.01
F84	1 cup	242	508	315	387	T	1.2	3.1	12	15	0.24	0.80	2.9	0.22	0.75	19	0	0.02
F57	Yoghurt,plain,unsweetened	100	160	96	120	T	0.4	0.8	49	4	0.04	0.24	0.8	0.05	0.23	8	1	T
F57	1 cup	241	386	231	289	T	1.0	1.9	118	10	0.10	0.58	1.9	0.12	0.55	19	1	T
G	EGGS																	
G1001	Egg,chicken,whole,boiled	100	140	190	52	1.8	1.1	23.0	101	0	0.05	0.44	0.1	0.06	2.55	66	0	1.75
G1001	1 medium egg (size 5)	43	60	82	22	0.8	0.5	9.9	44	0	0.02	0.19	0	0.03	1.10	28	0	0.75
G1001	1 standard egg (size 6)	53	74	101	28	1.0	0.6	12.2	54	0	0.03	0.23	0.1	0.03	1.35	35	0	0.92
G1001	1 large egg (size 7)	56	78	106	29	1.0	0.6	12.9	57	0	0.03	0.25	0.1	0.03	1.43	37	0	0.98
G1002	Egg,chicken,whole,fried in vegetable oil	100	194	295	72	4.2	1.7	15.7	299	4	0.05	0.38	4.1	0.33	1.30	40	0	2.71
G1002	1 large egg (size 7)	53	103	156	38	2.2	0.9	8.3	158	2	0.03	0.20	2	0.17	0.69	21	0	1.44
G1003	Egg,chicken,whole,poached	100	140	190	52	1.8	1.1	21.0	101	0	0.05	0.44	3.8	0.06	3.07	66	0	1.78
G1003	1 large egg (size 7)	60	84	114	31	1.1	0.7	12.6	61	0	0.03	0.26	2.3	0.04	1.84	39	0	1.07
G1009	Egg,chicken,whole,scrambled,milk 3.5%,l	100	140	190	52	1.8	1.1	23.0	101	0	0.04	0.32	3.2	0.06	2.37	66	0	1.70
G1009	1 large egg (size 7)	62	87	118	32	1	1	14	63	0	0	0	2	0	1.47	41	0	1.05

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
G1004	Egg,chicken,white,raw	100	88	187	45	11.2	0	0	0	0	0	T	T	T	0	0	0	180	3.9
G1004	1 large egg (size 7)	40	35	75	18	4.5	0	0	0	0	0	T	T	T	0	0	0	72	1.6
G1008	Egg,chicken,whole,raw	100	77	529	126	13.1	8.1	0.3	0	0.3	0	2.1	3.8	0.7	0.2	0.3	420	140	45.0
G1008	1 large egg (size 7)	57	44	302	72	7.5	4.6	0.2	0	0.2	0	1.2	2.2	0.4	0.1	0.1	239	80	25.7
G1012	Egg,chicken,whole,raw,free range,super	100	77	565	135	13.0	9.1	0.3	0	0.3	0	2.8	4.7	1.6	0.1	0.2	410	150	38.0
G1012	1 large egg (size 7)	57	44	322	77	7.4	5.2	0.2	0	0.2	0	1.6	2.7	0.9	0	0.1	234	86	21.7
G1013	Egg,chicken,whole,supermarket,fried w/o	100	71	704	168	16.1	11.4	0.3	0	0.3	0	2.6	4.1	0.9	0.1	0.3	430	140	46.0
G1013	1 large egg (size 7)	34	24	239	57	5.5	3.9	0.1	0	0.1	0	1	1	0	0	0.1	146	48	15.6
G1005	Egg,chicken,yolk,supermarket,raw	100	52	1430	342	17.1	30.3	0.2	0	0.2	0	9.5	17.3	3.3	0.1	3.0	1155	13	130.0
G1005	1 large egg (size 7)	16	8	229	55	2.7	4.8	0.0	0	0.0	0	1.5	2.8	0.5	0	0.2	185	2	20.8
G1014	Egg,chicken,yolk,supermarket,cooked	100	45	1597	382	19.3	33.6	0.5	0	0.5	0	9.5	17.3	3.3	0.2	2.0	1155	59	150.0
G1014	1 large egg (size 7)	17	8	272	65	3.3	5.7	0.1	0	0.1	0	1.6	2.9	0.6	0	0.2	196	10	25.5
H	FAST FOODS																		
H137	Beef,with cashews	100	51	1270	304	16.0	24.6	4.0	1.0	1.2	3.2	6.8	9.4	6.6	0.2	0	40	497	2.0
H137	1 cup	253	130	3220	769	40.0	62.2	10.0	3.0	3.0	8.1	17.2	23.8	16.7	0.4	0	101	1260	5.1
H80	Beef satay	100	61	676	162	22.9	6.9	2.0	0	1.5	0.2	2.1	3.0	1.1	0.2	0	52	420	0.7
H80	1 cup	253	154	1710	410	57.9	17.5	5.1	0	3.8	0.5	5.3	7.6	2.8	0.4	0	132	1063	1.8
H8*	Burger,'Big Mac',McDonald's	100	46	1120	270	13.1	15.6	19.2	0.5	3.1	16.1	5.7	5.4	2.4	0	0.6	22	536	1.3
H8*	1 burger	204	94	2285	551	26.7	31.8	39.2	1.0	6.3	32.8	11.6	11.0	4.9	0	1.1	45	1093	2.7
H24	Burger,'Filet-o-Fish',McDonald's	100	40	1190	286	11.9	15.5	24.7	2.7	3.1	21.6	6.3	4.0	3.5	0	2.0	41	447	10.8
H24	1 burger	136	54	1620	389	16.2	21.1	33.6	3.7	4.2	29.3	8.6	5.5	4.7	0	2.8	56	608	14.7
H10*	Burger,'Quarter Pounder w/ Cheese',McD	100	44	1130	270	17.5	14.8	16.8	0.4	3.2	13.6	6.4	5.6	0.9	0	0.7	30	623	2.7
H10	1 burger	185	81	2091	500	32.4	27.4	31.1	0.7	5.9	25.2	11.8	10.4	1.7	0	0	56	1153	5.0
H2	Burger,bacon	100	49	1060	254	12.1	13.1	21.8	0.5	3.4	18.4	5.2	5.9	1.1	0	0.9	29	780	1.7
H2	1 burger	268	131	2830	681	32.4	35.1	58.4	1.3	9.1	49.3	13.9	15.8	2.9	0	0	78	2090	4.5
H3	Burger,cheese	100	48	1080	260	13.6	13.3	21.4	0.5	4.1	17.3	5.6	5.4	1.3	0	0.7	34	760	2.7
H3	1 burger	255	122	2760	663	34.7	33.9	54.6	1.3	10.5	44.1	14.3	13.8	3.3	0	0	87	1940	6.9
H4*	Burger,cheese,McDonald's	100	41	1139	272	15.1	12.6	26.0	0.5	4.5	21.5	6.0	4.0	0.8	0	0.7	30	743	2.7
H4	1 burger	137	56	1466	352	20.7	17.3	35.6	0.7	6.2	29.5	8.2	5.5	1.1	0	0	41	1018	3.7
H6	Burger,hamburger	100	51	933	224	10.7	10.2	22.4	0.5	3.9	18.5	3.7	4.4	1.0	0	0.7	26	660	0.6
H6	1 burger	172	88	1610	385	18.4	17.5	38.5	0.9	6.7	31.8	6.4	7.6	1.7	0	0	45	1140	1.0
H7*	Burger,hamburger,McDonald's	100	42	1040	251	13.3	9.9	27.3	1.5	4.9	22.4	4.1	4.3	0.9	0	0.7	28	605	1.3
H7	1 burger	98	41	1019	246	13.0	9.7	26.8	1.5	4.8	22.0	4.0	4.2	0.9	0	0	27	593	1.3
H17	Chicken,crumbed fried,breast,KFC	100	51	1140	273	25.6	16.3	6.0	0.7	0.1	5.9	5.2	8.3	1.9	0	0	90	500	8.9
H17	1 piece	89	45	1020	243	22.8	14.5	5.3	0.6	0.1	5.3	4.6	7.4	1.7	0	0	80	445	7.9
H18	Chicken,crumbed fried,drumstick,KFC	100	49	1020	245	22.3	13.7	8.3	1.8	T	8.3	5.6	5.7	1.2	0	1.2	52	790	8.9
H18	1 piece	78	38	794	190	17.2	10.6	6.5	1.4	T	6.5	4.4	4.4	0.9	0	0.9	40	612	6.9
H19	Chicken,crumbed fried,thigh,KFC	100	45	1460	348	18.6	27.8	5.9	0.6	0	5.9	8.8	14.0	3.4	0	1.2	104	490	8.9
H19	1 piece	82	36	1190	285	15.3	22.8	4.8	0.5	0	4.8	7.2	11.5	2.8	0	0.9	85	402	7.3

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
G1004	Egg,chicken,white,raw	100	150	13	5	0	0	8.4	0	0	0.01	0.50	0.1	0.01	0.05	19	0	0
G1004	1 large egg (size 7)	40	60	5	2	T	T	3.4	0	0	T	0.20	0	T	0.02	8	0	0
G1008	Egg,chicken,whole,raw	100	140	190	51	1.7	1.0	23.0	222	0	0.10	0.47	0	0.05	3.40	125	0	1.50
G1008	1 large egg (size 7)	57	80	108	29	1.0	0.6	13.1	127	0	0.06	0.27	0	0.03	1.94	71	0	0.86
G1012	Egg,chicken,whole,raw,free range,super	100	150	180	49	1.7	1.1	23.0	219	0	0.04	0.47	0	0.06	4.12	140	0	0.25
G1012	1 large egg (size 7)	57	86	103	28	1.0	0.6	13.1	125	0	0.02	0.27	0	0.03	2.35	80	0	0.14
G1013	Egg,chicken,whole,supermarket,fried w/o	100	140	190	52	1.8	1.1	23.0	101	0	0.05	0.44	0.1	0.06	4.11	66	0	1.75
G1013	1 large egg (size 7)	34	48	65	18	0.6	0.4	7.8	34	0	0.02	0.15	0	0.02	1.40	22	0	0.60
G1005	Egg,chicken,yolk,supermarket,raw	100	31	150	40	0.9	0.9	56.0	726	129	0.15	0.62	0.1	0.16	9.30	395	0	1.75
G1005	1 large egg (size 7)	16	5	24	6	0.1	0.1	9.0	116	21	0.02	0.10	0.0	0.02	1.49	63	0	0.28
G1014	Egg,chicken,yolk,supermarket,cooked	100	130	620	160	4.0	4.3	62.5	726	129	0.13	0.53	0.1	0.12	9.50	240	0	1.75
G1014	1 large egg (size 7)	17	22	105	27	0.7	0.7	10.6	123	22	0.02	0.09	0	0.02	1.62	41	0	0.30
H FAST FOODS																		
H137	Beef,with cashews	100	327	193	15	2.6	3.2	5.0	7	26	0.11	0.14	6.8	0.12	1.00	14	2	T
H137	1 cup	253	827	488	38	6.6	8.1	13.0	18	66	0.29	0.35	17.2	0.31	2.50	35	5	T
H80	Beef satay	100	319	227	11	3.0	4.1	5.0	1	5	0.07	0.18	10.1	0.38	3.34	12	1	T
H80	1 cup	253	807	574	28	7.6	10.4	12.7	3	13	0.18	0.46	25.6	0.96	8.45	30	3	T
H8*	Burger,'Big Mac',McDonald's	100	172	161	53	1.9	2.2	3.0	16	10	0.11	0.11	4.5	0.14	2.09	7	1	0.37
H8*	1 burger	204	351	328	108	3.9	4.5	6.1	33	20	0.22	0.22	9.2	0.29	4.26	14	2	0.75
H24	Burger,'Filet-o-Fish',McDonald's	100	165	134	62	1.7	3.5	6.0	24	20	0.11	0.07	3.1	0.10	0.68	5	1	0.05
H24	1 burger	136	224	182	84	2.3	4.8	8.0	33	27	0.15	0.10	4.2	0.14	0.92	7	1	0.07
H10*	Burger,'Quarter Pounder w/ Cheese',McD	100	214	175	78	1.9	3.2	3.0	59	100	0.10	0.12	5.4	0.13	1.00	9	2	0.37
H10	1 burger	185	396	324	144	3.5	5.9	5.6	109	185	0.19	0.22	10.0	0.24	1.85	17	3	0.68
H2	Burger,bacon	100	190	107	20	1.7	1.7	3.0	52	10	0.08	0.17	4.4	0.15	1.09	17	2	T
H2	1 burger	268	509	287	54	4.6	4.6	8.0	139	27	0.21	0.46	11.8	0.40	2.92	46	5	T
H3	Burger,cheese	100	210	163	83	1.7	2.0	3.0	49	90	0.05	0.16	4.3	0.12	0.93	16	2	0.03
H3	1 burger	255	536	416	212	4.3	5.1	8.0	125	230	0.13	0.41	11.0	0.31	2.37	41	5	0.08
H4*	Burger,cheese,McDonald's	100	214	184	87	2.0	3.4	3.0	49	90	0.15	0.13	5.1	0.13	1.05	5	2	0.03
H4	1 burger	137	293	252	119	2.7	4.7	4.1	67	123	0.21	0.18	7.0	0.18	1.44	7	3	0.04
H6	Burger,hamburger	100	190	110	21	1.7	2.0	3.0	17	60	0.05	0.13	3.8	0.11	0.78	16	2	T
H6	1 burger	172	327	189	36	2.9	3.4	5.0	29	103	0.09	0.22	6.5	0.19	1.34	28	3	T
H7*	Burger,hamburger,McDonald's	100	217	130	33	2.0	2.8	3.0	17	60	0.15	0.09	5.2	0.13	0.92	7	2	T
H7	1 burger	98	213	127	32	2.0	2.7	2.9	17	59	0.15	0.09	5.1	0.13	0.90	7	2	T
H17	Chicken,crumbed fried,breast,KFC	100	300	188	14	0.8	0.7	14.0	45	0	0.08	0.20	11.5	0.35	0.37	5	0	T
H17	1 piece	89	267	167	13	0.7	0.6	12.0	40	0	0.07	0.18	10.2	0.31	0.33	4	0	T
H18	Chicken,crumbed fried,drumstick,KFC	100	260	190	32	0.9	2.0	25.8	40	0	T	0.27	9.2	0.17	0.21	19	0	T
H18	1 piece	78	202	147	25	0.7	1.6	20.0	31	0	T	0.21	7.2	0.13	0.16	15	0	T
H19	Chicken,crumbed fried,thigh,KFC	100	240	162	15	1.3	1.5	14.0	45	0	0.07	0.23	9.9	0.22	0.56	6	0	T
H19	1 piece	82	197	133	12	1.1	1.2	11.0	37	0	0.06	0.19	8.1	0.18	0.46	5	0	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
H16	Chicken,crumbed fried,wing,KFC	100	39	1530	367	20.9	28.4	6.9	0.5	0.1	6.8	9.4	14.5	3.0	0	1.2	116	700	8.9
H16	1 piece	37	15	568	136	7.7	10.5	2.6	0.2	T	2.5	3.5	5.4	1.1	0	0.9	43	259	3.3
H126	Chicken,with garlic & chilli sauce	100	64	777	186	16.5	10.5	5.0	0	1.9	3.2	2.0	2.7	4.9	0	1.2	71	798	1.5
H126	1 cup	253	162	1970	471	41.7	26.6	13.0	0	4.8	8.1	5.0	6.9	12.4	0	0.9	180	2020	3.8
H173	Chop suey,chicken,lean & fat,stir-fried	100	78	435	104	7.0	6.0	5.7	1.7	4.0	1.7	2.1	2.5	0.9	0	0.2	19	167	4.5
H173	1 cup	253	198	1100	263	17.6	15.1	14.4	4.3	10.2	4.2	5.2	6.3	2.3	0	0.4	48	423	11.5
H71	Chop suey,pork	100	76	513	123	8.8	8.8	2.1	2.9	1.4	0.7	3.7	4.0	0.4	0	0.1	15	550	4.5
H71	1 cup	253	193	1300	311	22.3	22.3	5.3	7.3	3.5	1.8	9.4	10.1	1.0	0	0.2	38	1390	11.5
H172	Chow mein,beef,stir-fried,homeade	100	74	590	141	9.4	9.4	4.5	1.3	2.6	1.8	3.8	3.9	0.8	0	0.1	26	39	4.5
H172	1 cup	253	187	1490	357	23.8	23.7	11.3	3.4	6.6	4.4	9.6	9.7	2.1	0	0.2	66	98	11.5
H199	Chow mein,chicken,frozen meal,microwa	100	75	363	88	6.2	1.0	13.5	1.6	2.3	11.2	0.4	0.5	0.1	0	0.1	5	434	3.5
H199	1 meal	330	246	1200	290	20.3	3.4	44.4	5.4	7.4	37.0	1.3	1.5	0.4	0	0.2	18	1430	11.6
H89	Chow mein,prawn,takeaway,RTE	100	73	605	145	5.6	10.9	6.1	2.9	0.4	5.7	4.0	4.3	1.6	0.1	0.1	26	330	4.5
H89	1 cup	253	185	1530	367	14.2	27.6	15.4	7.3	1.0	14.4	10.1	10.9	4.0	0.3	0.4	66	835	11.5
H20*	Coleslaw,KFC	100	77	460	110	1.0	5.3	15.4	2.0	8.3	7.1	0.9	0.9	2.0	0	0	12	82	0.7
H20	1 cup	200	154	950	228	2.0	10.5	30.8	4.0	16.5	14.2	1.8	1.8	4.0	0	0	24	164	1.4
H20	1 medium serving	413	318	1962	471	4.1	21.7	63.5	8.3	34.1	29.3	3.6	3.7	8.3	0	0	50	339	2.8
H225	Curry,Indian,Beef Korma,Takeaway	100	61	915	219	13.6	16.9	3.0	1.2	1.2	1.8	6.6	6.1	2.9	0	3.0	54	340	22.0
H225	1 container (16 x 11 x 3cm)	496	303	4540	1090	67.6	83.9	15.0	6.0	6.0	8.9	32.5	30.1	14.2	0	14.8	270	1690	109.1
H225	1 cup	248	152	2270	543	33.8	41.9	7.0	3.0	3.0	4.5	16.2	15.0	7.1	0	7.4	135	843	54.6
H226	Curry,Indian,Beef Madras,Takeaway	100	66	848	203	13.3	15.5	2.5	1.6	2.4	0.1	7.4	4.2	2.8	0	2.8	36	426	22.0
H226	1 container (16 x 11 x 3cm)	516	340	4380	1050	68.4	80.2	12.9	8.3	12.4	0.5	38.4	21.7	14.5	0	14.5	184	2200	113.5
H226	1 cup	252	166	2140	512	33.4	39.2	6.3	4.0	6.0	0.3	18.8	10.6	7.1	0	7.1	90	1070	55.4
H222	Curry,Indian,Butter Chicken,Takeaway	100	62	800	191	11.7	13.8	5.1	2.0	3.3	1.8	6.5	4.7	1.1	0.1	1.3	60	364	22.0
H222	1 container (16 x 11 x 3cm)	473	291	3780	903	55.2	65.4	24.1	9.0	15.6	8.5	30.7	22.1	5.4	0.4	6.0	282	1720	104.1
H222	1 cup	258	159	2060	493	30.1	35.7	13.2	5.0	8.5	4.6	16.8	12.0	3.0	0.2	3.2	154	939	56.8
H223	Curry,Indian,Chicken Masala,Takeaway	100	70	641	154	10.6	9.9	5.4	1.2	3.6	1.8	3.4	3.3	2.2	0	2.3	55	529	22.0
H223	1 container (16 x 11 x 3cm)	482	337	3090	742	51.2	47.9	26.0	5.8	17.4	8.7	16.4	16.0	10.7	0	11.0	265	2550	106.0
H223	1 cup	249	174	1600	383	26.5	24.8	13.4	3.0	9.0	4.5	8.5	8.3	5.5	0	5.7	137	1320	54.8
H227	Curry,Indian,Dhal Makani,Takeaway	100	66	678	163	4.6	12.4	8.3	3.2	4.4	3.9	5.8	3.8	1.7	0	1.8	0	475	30.0
H227	1 cup	497	328	3370	810	22.7	61.4	41.1	16.0	21.9	19.2	28.8	18.9	8.6	0	9.1	0	2360	149.1
H227	1 container (16 x 11 x 3cm)	260	171	1760	424	11.9	32.1	21.5	8.4	11.4	10.0	15.1	9.9	4.5	0	4.8	0	1240	78.0
H224	Curry,Indian,Rogan Josh,lamb,Takeaway	100	72	564	135	13.6	7.8	2.5	1.6	2.4	0.1	2.2	2.8	2.3	0	2.3	42	460	22.0
H224	1 cup	448	322	2530	605	60.9	35.1	11.2	7.2	10.8	0.4	9.8	12.4	10.1	0	10.3	187	2060	98.6
H224	1 container (16 x 11 x 3cm)	267	192	1510	360	36.3	20.9	6.7	4.3	6.4	0.3	5.9	7.4	6.0	0	6.2	112	1230	58.7
H219	Curry,Thai,Green,chicken,Takeaway	100	77	489	117	8.2	7.0	5.3	0.8	5.2	0.1	4.6	1.2	0.9	0	0.9	21	488	12.0
H219	1 cup	478	366	2340	559	39.2	33.7	25.1	3.9	24.6	0.5	21.8	5.9	4.3	0	4.4	102	2330	57.4
H219	1 container (9 x 7cm diam.)	249	191	1220	291	20.4	17.5	13.1	2.0	12.8	0.2	11.4	3.1	2.2	0	2.3	53	1220	29.9
H22	Fish,battered,deep fried	100	51	1260	301	15.2	20.3	14.6	0.3	0	14.6	9.9	7.9	0.7	0.1	0.5	41	314	16.6
H22	1 piece	146	75	1840	439	22.1	29.6	21.3	0.4	0	21.3	14.5	11.6	1.0	0.2	0.7	60	458	24.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
H16	Chicken,crumbed fried,wing,KFC	100	190	188	18	1.4	1.2	14.0	65	0	0.05	0.15	8.7	0.35	0.41	5	0	T
H16	1 piece	37	70	70	7	0.5	0.4	5.0	24	0	0.02	0.06	3.2	0.13	0.15	2	0	T
H126	Chicken,with garlic & chilli sauce	100	209	161	27	1.0	0.8	9.0	25	56	0.06	0.11	8.2	0.31	0.20	10	3	0.11
H126	1 cup	253	529	407	68	2.5	2.0	23.0	63	142	0.15	0.27	20.7	0.78	0.50	25	8	0.28
H173	Chop suey,chicken,lean & fat,stir-fried	100	246	99	23	0.6	0.5	3.7	220	1300	0.04	0.07	3.3	0.19	0.04	22	7	0
H173	1 cup	253	622	250	57	1.5	1.2	9.4	557	3290	0.09	0.18	8.3	0.48	0.09	56	18	0.01
H71	Chop suey,pork	100	170	103	26	1.3	2.6	3.6	70	13	0.29	0.15	5.4	0.20	0.22	18	11	T
H71	1 cup	253	430	261	66	3.3	6.6	9.1	177	33	0.74	0.38	13.6	0.50	0.56	46	28	T
H172	Chow mein,beef,stir-fried,homemade	100	221	102	17	1.5	2.6	3.4	10	58	0.05	0.10	4.2	0.10	0.80	16	34	0
H172	1 cup	253	559	258	42	3.7	6.5	8.6	25	147	0.13	0.30	10.6	0.25	2.00	40	86	0.01
H199	Chow mein,chicken,frozen meal,microwa	100	94	64	13	0.3	0.3	7.5	33	162	0.37	0.05	2.6	0.15	0.09	11	6	T
H199	1 meal	330	312	213	42	1.1	1.0	24.6	109	535	1.22	0.17	8.4	0.50	0.30	36	20	T
H89	Chow mein,prawn,takeaway,RTE	100	66	121	34	1.0	0.5	26.0	8	2	0.10	0.12	3.9	0.09	0.38	17	4	0
H89	1 cup	253	167	306	86	2.5	1.3	66.0	20	5	0.25	0.30	9.9	0.22	0.96	43	9	0
H20*	Coleslaw,KFC	100	160	31	35	0.4	0.2	1.0	67	400	0.03	0.01	0.4	0.10	0.16	34	20	0.15
H20	1 cup	200	320	62	70	0.8	0.4	2.0	134	800	0.06	0.02	0.8	0.20	0.32	68	40	0.30
H20	1 medium serving	413	661	128	145	1.7	0.8	4.1	277	1652	0.12	0.04	1.7	0.41	0.66	140	83	0.62
H225	Curry,Indian,Beef Korma,Takeaway	100	253	126	30	2.5	3.0	3.2	42	110	0.12	0.23	4.5	0.77	1.08	19	1	T
H225	1 container (16 x 11 x 3cm)	496	1260	625	149	12.4	14.8	15.9	209	546	0.60	1.14	22.5	3.82	5.36	94	5	T
H225	1 cup	248	627	312	74	6.2	7.4	7.9	105	273	0.30	0.57	11.2	1.91	2.68	47	2	T
H226	Curry,Indian,Beef Madras,Takeaway	100	361	134	21	2.5	2.8	3.0	49	150	0.12	0.23	4.4	0.76	0.96	19	1	T
H226	1 container (16 x 11 x 3cm)	516	1860	691	106	12.9	14.5	15.7	252	774	0.62	1.19	22.7	3.92	4.95	98	5	T
H226	1 cup	252	910	338	52	6.3	7.1	7.7	123	378	0.30	0.58	11.1	1.92	2.42	48	3	T
H222	Curry,Indian,Butter Chicken,Takeaway	100	365	125	37	1.8	1.0	5.6	136	214	0.11	0.20	7.3	1.21	0.08	8	0	T
H222	1 container (16 x 11 x 3cm)	473	1730	591	177	8.5	4.9	26.3	642	1010	0.52	0.95	34.5	5.72	0.38	38	0	T
H222	1 cup	258	942	323	96	4.6	2.7	14.3	350	552	0.28	0.52	18.8	3.12	0.21	21	0	T
H223	Curry,Indian,Chicken Masala,Takeaway	100	332	116	32	2.2	0.9	5.6	136	214	0.11	0.20	7.3	1.21	0.08	8	0	T
H223	1 container (16 x 11 x 3cm)	482	1600	559	152	10.4	4.1	26.8	654	1030	0.53	0.96	35.2	5.83	0.39	39	0	T
H223	1 cup	249	827	289	79	5.4	2.1	13.8	338	533	0.27	0.50	18.2	3.01	0.20	20	0	T
H227	Curry,Indian,Dhal Makani,Takeaway	100	263	75	39	2.9	0.6	7.5	115	180	0.10	0.04	1.3	0.11	0	22	6	T
H227	1 cup	497	1310	373	195	14.5	3.0	37.3	572	895	0.50	0.20	6.3	0.55	0	109	30	T
H227	1 container (16 x 11 x 3cm)	260	684	195	102	7.6	1.6	19.5	299	468	0.26	0.10	3.3	0.29	0	57	16	T
H224	Curry,Indian,Rogan Josh,lamb,Takeaway	100	314	127	19	2.5	2.4	3.0	42	110	0.12	0.23	4.5	0.77	0.96	19	1	T
H224	1 cup	448	1410	569	86	11.2	10.6	13.6	189	493	0.54	1.03	20.3	3.45	4.30	85	4	T
H224	1 container (16 x 11 x 3cm)	267	838	339	51	6.7	6.3	8.1	113	294	0.32	0.61	12.1	2.06	2.56	51	3	T
H219	Curry,Thai,Green,chicken,Takeaway	100	196	85	11	0.8	0.4	9.5	19	94	0.08	0.04	4.7	0.23	0.04	8	0	T
H219	1 cup	478	937	404	50	3.8	2.0	45.4	90	449	0.38	0.19	22.6	1.10	0.19	38	0	T
H219	1 container (9 x 7cm diam.)	249	488	211	26	2.0	1.0	23.7	47	234	0.20	0.10	11.8	0.57	0.10	20	0	T
H22	Fish,battered,deep fried	100	287	23	25	2.3	0.5	51.2	2	T	0.05	0.04	4.7	0.28	1.10	5	T	T
H22	1 piece	146	419	34	37	3.4	0.7	74.7	3	T	0.07	0.06	6.9	0.41	1.60	7	T	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
H57	Fish, cake, baked	100	52	991	238	11.6	12.8	19.2	0.6	3.7	15.5	1.3	6.9	3.4	0.1	3.1	26	806	2.1
H57	1 cake	76	39	753	181	8.8	9.7	14.6	0.5	2.8	11.8	1.0	5.3	2.6	0.1	2.2	20	613	1.6
H23	Fish, cake, deep fried in peanut oil	100	48	992	238	12.9	14.4	14.1	0.5	2.1	12.0	1.9	7.0	4.3	0.1	4.0	26	884	2.1
H23	1 cake (1.5 x 7 cm in diam.)	80	38	794	190	10.4	11.5	11.3	0.4	1.7	9.6	1.5	5.6	3.4	0.1	3.2	21	707	1.7
H194	Fish, fillet, crumbed, frozen, baked	100	56	826	198	11.0	12.0	11.7	1.1	T	11.7	1.3	7.2	2.6	0.1	2.5	14	275	2.9
H194	1 fillet	70	39	578	139	7.7	8.4	8.2	0.8	T	8.2	0.9	5.0	1.8	0.1	1.7	10	192	2.0
H195	Fish, fillet, crumbed, frozen, fried in veg oil	100	54	855	205	11.5	12.3	12.2	1.1	T	12.2	1.3	5.3	4.9	0.2	4.7	14	288	3.1
H195	1 fillet	65	35	556	133	7.5	8.0	8.0	0.7	T	8.0	0.9	3.5	3.2	0.1	3.1	9	187	2.0
H61	Fish, fingers, baked	100	57	875	210	9.0	10.3	20.3	0.7	1.0	19.3	1.6	5.2	2.6	0.1	2.4	32	436	3.2
H61	1 finger (8.3 x 2.2 x 1.3cm)	25	14	219	53	2.3	2.6	5.1	0.2	0.3	4.8	0.4	1.3	0.6	0	0.6	8	109	0.8
H65	Fish, fingers, deep fried in peanut oil	100	48	1120	270	9.6	15.4	23.1	0.5	1.2	21.9	2.5	7.2	4.4	0.1	4.0	34	452	3.2
H65	1 finger (8.3 x 2.2 x 1.3cm)	25	12	281	68	2.4	3.9	5.8	0.1	0.3	5.5	0.6	1.8	1.1	0	1.0	9	113	0.8
H66	Fried Rice, Chinese, Combination, Takeaw.	100	62	651	157	8.9	4.8	19.4	1.7	0.4	19.0	0.7	1.7	1.3	0	1.4	42	359	7.0
H66	1 container (18 x 12 x 5cm)	847	527	5510	1330	75.7	40.7	164.0	14.0	3.4	161.0	5.9	14.5	10.8	0	12.0	354	3040	59.3
H66	1 cup	157	98	1020	246	14.0	7.6	30.5	2.6	0.6	30.0	1.1	2.7	2.0	0	2.2	66	564	11.0
H228	Hamburger, 'Whopper', Burger King	100	47	1090	262	15.1	12.3	22.8	1.5	3.5	19.3	5.3	4.6	0.6	0	0.7	37	379	1.3
H228	1 burger	260	121	2840	681	39.3	32.0	59.3	4.0	9.1	50.2	13.8	11.9	1.5	0	1.6	96	985	3.4
H170	Muffin, 'McMuffin', egg, McDonald's	100	49	994	238	15.0	11.3	17.9	1.9	1.7	15.9	4.7	4.0	0.9	0.1	0.7	162	588	26.0
H170	1 Muffin	170	83	1690	404	25.5	19.2	30.4	3.2	2.9	27.0	7.9	6.8	1.5	0	1.2	275	999	44.2
H67	Noodles, Chinese, Chow Mein, Combinatio	100	78	416	100	7.3	6.0	4.2	3.0	0.6	3.6	1.5	2.3	1.6	0	1.4	25	383	8.0
H67	1 container (18 x 12 x 5cm)	877	685	3650	877	64.4	52.4	36.5	26.1	4.8	31.7	13.1	20.2	14.5	0	12.4	223	3360	70.2
H67	1 cup	194	152	807	194	14.2	11.6	8.1	5.8	1.1	7.0	2.9	4.5	3.2	0	2.7	49	743	15.5
H220	Noodles, Pad Thai, w/ Egg Chicken, Takea	100	58	825	199	7.5	8.1	24.1	1.1	5.1	19.0	1.3	3.1	3.1	0.2	3.0	29	392	8.0
H220	1 container (17 x 11 x 5cm)	628	364	5180	1250	46.9	50.6	151.0	7.1	32.0	119.0	8.0	19.7	19.3	1.2	19.0	181	2460	50.2
H220	1 cup	132	76	1090	263	9.9	10.6	31.8	1.5	6.7	25.0	1.7	4.1	4.1	0.2	4.0	38	517	10.6
H159*	Nugget, chicken, McDonald's	100	52	1230	294	14.5	21.1	12.7	0.9	0.5	12.2	7.0	8.0	1.5	0	1.4	81	455	3.2
H159	1 chicken nugget	18	9	216	52	2.6	3.8	2.3	0.2	0.1	2.2	1.3	1.4	0.3	0	0.2	15	82	0.6
H159	1 cup	147	76	1764	423	21.3	31.0	18.7	1.3	0.7	17.9	10.3	11.8	2.2	0	2.0	119	669	4.6
H221	Omelette, Egg Foo Young, w/ chic, Takeaw	100	68	773	185	12.5	14.3	1.5	0.9	0.5	1.0	2.8	5.7	4.8	0.1	4.7	139	421	31.0
H221	1 container (18 x 12 x 5cm)	679	464	5250	1260	84.9	97.2	10.4	6.3	3.4	7.0	19.2	38.5	32.4	0.7	31.9	945	2860	210.5
H221	1 cup	146	100	1130	270	18.3	20.9	2.2	1.3	0.7	1.5	4.1	8.3	7.0	0.1	6.9	203	615	45.3
H151*	Pancakes, McDonald's	100	56	714	172	4.3	4.5	28.8	1.9	4.0	24.8	0.6	1.5	1.6	0.1	1.4	29	347	0.3
H151	1 pancake	49	27	350	84	2.1	2.2	14.1	0.9	2.0	12.2	0.3	0.7	0.8	0	0.7	14	170	0.2
H27*	Pie, apple, McDonald's	100	48	1040	249	2.3	14.0	28.5	2.2	11.5	17.1	6.8	5.4	0.6	0	0.6	13	430	0.3
H27	1 pie	85	41	884	212	2.0	11.9	24.2	1.9	9.8	14.5	5.8	4.6	0.5	0	0.5	11	366	0.3
H30	Pie, meat, individual size	100	51	1130	270	7.7	18.6	17.9	1.9	0.9	17.0	8.5	7.8	1.3	0	0.4	19	600	0.8
H30	1 pie	172	88	1940	464	13.3	32.0	30.8	3.3	1.5	29.3	14.6	13.4	2.2	0	0.7	33	1030	1.3
H29	Pie, mince, family size, supermarket, RTE	100	53	869	209	8.1	11.0	19.4	2.3	0.9	18.5	5.9	3.4	0.4	0	0.4	14	455	0.8
H29	1 pie (18.5 diam. x 4cm)	635	338	5520	1330	51.4	69.8	123.0	14.9	5.7	117.0	37.8	21.9	2.3	0	2.3	90	2890	4.8
H29	1 slice (1/6 pie)	106	56	921	222	8.6	11.7	20.5	2.5	1.0	19.6	6.3	3.6	0.4	0	0.4	15	482	0.8

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
H57	Fish, cake, baked	100	89	81	41	0.5	0.5	39.0	219	5	0.07	0.05	5.2	0.09	0.70	4	T	T
H57	1 cake	76	68	62	31	0.4	0.4	30.0	166	4	0.05	0.04	4.0	0.07	0.50	3	T	T
H23	Fish, cake, deep fried in peanut oil	100	98	92	46	0.8	0.5	33.0	305	5	0.07	0.05	5.5	0.18	0.90	6	T	T
H23	1 cake (1.5 x 7 cm in diam.)	80	78	74	37	0.6	0.4	26.0	244	4	0.06	0.04	4.4	0.14	0.70	5	T	T
H194	Fish, fillet, crumbed, frozen, baked	100	221	157	16	0.2	0.4	18.4	T	0	0.07	0.24	3.4	0.10	0.46	2	T	T
H194	1 fillet	70	154	110	11	0.2	0.3	12.9	T	0	0.05	0.17	2.4	0.07	0.32	1	T	T
H195	Fish, fillet, crumbed, frozen, fried in veg oil	100	231	164	16	0.2	0.4	19.3	T	0	0.07	0.24	3.5	0.10	0.46	2	T	T
H195	1 fillet	65	150	107	11	0.2	0.3	12.5	T	0	0.04	0.15	2.3	0.07	0.30	1	T	T
H61	Fish, fingers, baked	100	192	170	12	1.0	0.4	41.0	387	5	0.08	0.05	4.2	0.06	0.80	4	T	T
H61	1 finger (8.3 x 2.2 x 1.3cm)	25	48	43	3	0.3	0.1	10.0	97	1	0.02	0.01	1.1	0.02	0.20	1	T	T
H65	Fish, fingers, deep fried in peanut oil	100	180	178	13	1.4	0.4	42.0	391	5	0.06	0.05	4.8	0.08	0.70	10	T	T
H65	1 finger (8.3 x 2.2 x 1.3cm)	25	45	45	3	0.4	0.1	11.0	98	1	0.02	0.01	1.2	0.02	0.20	3	T	T
H66	Fried Rice, Chinese, Combination, Takeaw.	100	107	74	11	0.6	1.2	6.5	18	2	0.08	0.08	2.2	0.06	0.20	6	0	T
H66	1 container (18 x 12 x 5cm)	847	906	629	97	4.9	9.9	55.1	152	17	0.68	0.68	18.6	0.51	1.70	51	0	T
H66	1 cup	157	168	117	18	0.9	1.8	10.2	28	3	0.13	0.13	3.5	0.09	0.30	9	0	T
H228	Hamburger, 'Whopper', Burger King	100	309	155	26	2.5	2.7	4.6	6	28	0.20	0.13	6.0	0.05	0.83	21	1	0
H228	1 burger	260	803	403	67	6.4	7.1	12.0	17	73	0.50	0.34	16.0	0.13	2.16	55	4	0
H170	Muffin, 'McMuffin', egg, McDonald's	100	120	220	140	1.7	1.4	20.2	247	160	0.03	0.20	3.7	0.12	0.83	33	1	0
H170	1 Muffin	170	204	374	238	2.9	2.4	34.3	420	272	0.05	0.34	6.3	0.20	1.41	56	2	0
H67	Noodles, Chinese, Chow Mein, Combinatio	100	132	61	17	0.7	0.7	5.0	92	196	0.08	0.12	3.1	0.17	0.30	15	11	T
H67	1 container (18 x 12 x 5cm)	877	1160	533	147	6.1	6.0	43.9	2140	1630	0.70	1.02	26.8	1.49	2.60	129	94	T
H67	1 cup	194	256	118	33	1.3	1.3	9.7	474	360	0.16	0.23	5.9	0.33	0.60	29	21	T
H220	Noodles, Pad Thai, w/ Egg Chicken, Takea	100	118	86	29	0.9	0.7	7.5	18	T	0.11	0.07	1.7	0.25	0.02	8	0	T
H220	1 container (17 x 11 x 5cm)	628	741	538	181	5.5	4.5	47.1	111	T	0.69	0.44	10.8	1.57	0.13	50	0	T
H220	1 cup	132	156	113	38	1.2	1.0	9.9	23	T	0.15	0.09	2.3	0.33	0.03	11	0	T
H159*	Nugget, chicken, McDonald's	100	356	278	8	0.6	0.9	T	T	0	0.17	0.10	7.9	0.26	1.10	11	0	0
H159	1 chicken nugget	18	64	50	1	0.1	0.2	T	T	0	0.03	0.02	1.4	0.05	0.20	2	0	0
H159	1 cup	147	523	409	12	0.9	1.3	T	T	0	0.25	0.15	11.6	0.38	1.62	16	0	0
H221	Omelette, Egg Foo Young, w/ chic, Takeaw	100	168	136	34	1.3	1.3	17.5	78	139	0.05	0.25	1.9	0.20	0.92	18	0	0.74
H221	1 container (18 x 12 x 5cm)	679	1140	923	230	9.0	9.0	119.0	517	874	0.34	1.70	12.8	1.40	6.25	122	0	5.02
H221	1 cup	146	245	199	49	1.9	1.9	25.6	111	188	0.07	0.37	2.7	0.30	1.34	26	0	1.08
H151*	Pancakes, McDonald's	100	129	296	48	0.5	0.4	T	17	12	0.10	0.09	1.5	0.06	0.22	8	0	0.20
H151	1 pancake	49	63	145	24	0.2	0.2	T	8	6	0.05	0.04	0.7	0.03	0.11	4	0	0.10
H27*	Pie, apple, McDonald's	100	86	39	13	0.4	0.3	T	2	13	0.01	0.02	0.9	0.06	0.09	4	T	0.57
H27	1 pie	85	73	33	11	0.3	0.3	T	2	11	0.01	0.02	0.8	0.05	0.08	3	T	0.48
H30	Pie, meat, individual size	100	113	150	12	1.3	0.7	1.8	10	0	0.05	0.14	3.3	0.07	2.00	5	0	0.07
H30	1 pie	172	194	258	21	2.2	1.2	3.1	17	0	0.09	0.24	5.7	0.12	3.00	9	0	T
H29	Pie, mince, family size, supermarket, RTE	100	140	82	19	1.5	1.8	4.1	32	78	T	0.09	2.6	0.08	0.39	11	0	0.07
H29	1 pie (18.5 diam. x 4cm)	635	889	518	117	9.5	11.1	25.7	204	495	T	0.57	16.6	0.51	2.48	70	0	T
H29	1 slice (1/6 pie)	106	148	86	20	1.6	1.9	4.3	34	83	T	0.10	2.8	0.08	0.41	12	0	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
H187	Pie,potato top,individual size,spmkt,RTE	100	55	810	195	6.4	9.5	21.0	2.6	1.0	20.0	4.6	3.2	0.4	0	0.4	13	440	0.8
H187	1 oval (13 x 9.8 x 3.6cm)	214	117	1730	417	13.6	20.3	44.9	5.6	2.0	42.9	9.8	6.9	0.8	0	0.8	28	942	1.6
H187	1 round (10 x 3.8cm)	200	110	1620	390	12.7	19.0	42.0	5.3	1.9	40.1	9.1	6.5	0.8	0	0.8	26	880	1.5
H190	Pizza,BBQchic,large,bkd,comm,thick crus	100	44	1000	241	12.6	6.3	33.5	4.1	4.0	29.6	3.0	1.8	0.6	0	0.0	19	548	3.8
H190	1 pizza (28.2 diam. x 2.35cm)	715	314	7160	1720	90.0	45.1	240.0	29.3	28.2	211.0	21.3	12.8	4.6	0	0.0	133	3920	27.2
H190	1 slice (1/8th pizza)	94	41	940	226	11.8	5.9	31.5	3.9	3.7	27.8	2.8	1.7	0.6	0	0.0	18	515	3.6
H176	Pizza,frozen,premium,meat lovers,bkd	100	45	887	213	13.1	8.3	22.2	2.8	1.1	21.1	4.4	2.7	0.5	0	0.4	16	680	5.0
H176	1 pizza (24.6 diam. x 2.5cm)	675	307	5990	1440	88.6	56.2	150.0	19.1	7.4	142.0	29.5	18.1	3.1	0.3	2.8	109	4590	33.8
H176	1 slice (1/6 pizza)	113	51	998	240	14.8	9.4	24.9	3.2	1.2	23.7	4.9	3.0	0.5	0	0.5	18	765	5.6
H179	Pizza,frzn,individual size,hawaiian bkd	100	41	999	240	10.0	8.9	30.1	3.4	0	30.1	4.4	2.8	0.9	0.1	0.8	4	430	3.0
H179	1 pizza (12.2 diam. x 1.8cm)	116	47	1160	278	11.6	10.3	35.0	3.9	0	35.0	5.1	3.2	1.1	0.2	0.9	4	499	3.5
H177	Pizza,frzn,prem,Hawaiian/house splcl bkd	100	46	851	205	12.1	6.5	24.6	2.9	2.6	22.0	3.3	2.1	0.5	0	0.4	14	610	5.0
H177	1 pizza (24.5 diam. x 3cm)	654	303	5570	1340	79.1	42.3	161.0	18.8	17.0	144.0	21.5	13.5	3.1	0.3	2.9	91	3990	32.7
H177	1 slice (1/6 pizza)	109	50	928	223	13.2	7.1	26.8	3.1	2.8	23.9	3.6	2.3	0.5	0	0.5	15	665	5.5
H191	Pizza,hawaiian,lge,bkd,comm,thick crust	100	47	948	228	11.1	5.5	33.7	4.1	4.5	29.2	2.6	1.4	0.6	0	0.5	19	494	3.8
H191	1 pizza (28.3 diam. x 2.25cm)	742	348	7030	1690	82.6	40.6	250.0	30.4	33.0	217.0	19.5	10.4	4.2	0	3.9	138	3670	28.2
H191	1 slice (1/8th pizza)	97	46	921	221	10.8	5.3	32.7	4.0	4.3	28.4	2.6	1.4	0.6	0	0.5	18	480	3.7
H189	Pizza,meat,large,bkd,comm,thick crust	100	41	1020	246	13.2	6.6	33.3	4.1	3.5	29.8	3.2	2.0	0.6	0	0.5	19	679	3.8
H189	1 pizza (27.8 diam. x 2.35cm)	700	284	7130	1720	92.3	46.4	233.0	28.7	24.2	209.0	22.2	13.7	4.1	0	3.9	130	4750	26.6
H189	1 slice (1/8th pizza)	91	37	926	224	12.0	6.0	30.2	3.7	3.1	27.1	2.9	1.8	0.5	0	0.5	17	617	3.5
H41	Pizza,supreme,regular,P'Hut,thin crust	100	52	923	222	12.8	8.8	22.9	1.5	0.9	22.0	3.4	3.1	1.5	0	0.8	11	640	3.1
H41	1 pizza	384	201	3540	852	49.2	33.8	87.9	5.8	3.5	84.5	13.1	11.9	5.8	0	2.9	42	2460	11.9
H41	1 slice (1/6th pizza)	64	34	591	142	8.2	5.6	14.7	1.0	0.6	14.1	2.2	2.0	1.0	0	0.6	7	410	2.0
H85	Pork,barbecued	100	71	528	127	20.2	3.7	3.1	0.1	3.0	0.1	1.3	1.5	0.5	0	0.1	64	328	0.9
H82	Pork,Chinese,Sweet & Sour,Takeaway	100	51	992	238	9.0	13.3	20.6	1.2	13.3	7.4	4.3	5.5	2.0	0	2.1	32	341	3.0
H82	1 container (18 x 12 x 5cm)	661	337	6560	1570	59.7	87.7	136.0	7.9	87.6	48.9	28.4	36.4	13.5	0	14.0	209	2250	19.8
H82	1 cup	195	99	1930	464	17.6	25.9	40.3	2.3	25.8	14.4	8.4	10.7	4.0	0	4.1	62	665	5.9
H125	Pork,spare ribs,barbecue sauce	100	71	493	118	12.7	2.1	9.0	0	9.1	0.4	0.8	0.8	0.2	0	0.1	40	423	0.9
H125	1 small rib without bone	25	18	123	30	3.2	0.5	2.0	0	2.3	0.1	0.2	0.2	0.1	0	0	10	106	0.2
H83	Pork,spare ribs,in black bean sauce	100	60	940	225	17.1	15.6	4.0	0	1.2	2.3	3.1	6.8	4.2	0	0.1	51	869	0.9
H83	1 small rib without bone	25	15	235	56	4.3	3.9	1.0	0	0.3	0.6	0.8	1.7	1.1	0	0	13	217	0.2
H124	Pork,with garlic & chilli sauce	100	64	766	183	15.6	10.6	5.0	0	1.8	3.0	2.1	2.7	4.9	0	0.1	74	816	0.9
H124	1 cup	253	163	1940	463	39.5	26.8	13.0	0	4.6	7.6	5.3	6.9	12.3	0	0	187	2060	2.4
H1039	Potato,fries,independent shops,plain cut	100	55	1015	243	3.5	10.7	26.4	5.2	0.3	26.4	4.3	3.6	0.6	0.1	0.1	6	180	8.5
H1039	1 average serve	326	152	3080	740	12.9	31.7	101.0	18.5	T	101.0	14.5	11.6	2.1	0	2.1	23	249	1.3
H1040	Potato,fries,indepdent shops,crinkle cut	100	53	1013	242	3.4	11.0	32.4	3.5	0.3	32.4	4.3	3.8	0.7	0.1	0.7	5	200	7.2
H1040	1 average serve	326	150	3160	760	12.9	36.9	94.1	18.5	T	94.1	17.9	13.0	1.8	0	1.8	32	249	1.3
H1041	Potato,fries,KFC	100	52	1025	245	3.7	10.9	33.1	3.3	1.0	32.1	4.6	3.3	0.8	0	0.8	0	370	0.1
H1041	1 small serve	96	49	951	229	3.6	8.8	33.9	3.2	T	33.9	4.5	3.1	0.6	0	0.6	0	195	0.1
H1041	1 large serve	127	65	1260	305	4.7	11.7	45.0	4.2	T	45.0	6.0	4.2	0.8	0	0.7	0	259	0.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
H187	Pie,potato top,individual size,spmkt,RTE	100	210	70	17	1.8	1.0	3.4	53	31	T	0.08	6.5	0.10	0.46	10	4	T
H187	1 oval (13 x 9.8 x 3.6cm)	214	449	150	36	3.9	2.0	7.2	114	65	T	0.17	14.0	0.21	0.98	21	9	T
H187	1 round (10 x 3.8cm)	200	420	140	34	3.6	1.9	6.7	106	61	T	0.16	13.1	0.20	0.92	20	8	T
H190	Pizza,BBQchic,large,bkd,comm,thick crus	100	181	185	144	0.8	1.3	7.9	60	17	0.16	0.19	3.7	0.06	0.33	20	5	0.10
H190	1 pizza (28.2 diam. x 2.35cm)	715	1290	1323	1030	5.4	9.5	56.5	430	118	1.14	1.36	26.2	0.43	2.36	143	37	0.72
H190	1 slice (1/8th pizza)	94	170	174	135	0.7	1.3	7.4	57	15	0.15	0.18	3.5	0.06	0.31	19	5	0.09
H176	Pizza,frozen,premium,meat lovers,bkd	100	230	250	190	0.9	1.6	9.1	72	109	0.24	0.17	3.8	0.06	0.58	20	T	0.06
H176	1 pizza (24.6 diam. x 2.5cm)	675	1550	1688	1280	6.2	10.8	61.4	483	738	1.62	1.15	25.3	0.41	3.92	135	T	0.41
H176	1 slice (1/6 pizza)	113	259	281	214	1.0	1.8	10.2	81	123	0.27	0.19	4.2	0.07	0.65	23	T	0.07
H179	Pizza,frzn,individual size,hawaiian bkd	100	180	170	150	0.8	1.3	7.2	81	109	0.23	0.16	3.1	0.06	0.15	20	T	0.06
H179	1 pizza (12.2 diam. x 1.8cm)	116	209	197	174	0.9	1.5	8.3	94	127	0.27	0.19	3.6	0.07	0.17	23	T	0.07
H177	Pizza,frzn,prem,Hawaiian/house splcl bkd	100	200	220	190	1.0	1.5	9.1	65	109	0.26	0.17	3.6	0.06	0.35	21	T	0.06
H177	1 pizza (24.5 diam. x 3cm)	654	1310	1439	1240	6.4	9.8	59.5	425	715	1.70	1.11	23.2	0.39	2.29	137	T	0.39
H177	1 slice (1/6 pizza)	109	218	240	207	1.1	1.6	9.9	71	119	0.28	0.19	3.9	0.07	0.38	23	T	0.07
H191	Pizza,hawaiian,lge,bkd,comm,thick crust	100	176	160	140	0.7	1.3	7.9	49	15	0.16	0.19	3.8	0.06	0.19	21	5	0.10
H191	1 pizza (28.3 diam. x 2.25cm)	742	1310	1187	1040	5.3	9.5	58.6	361	111	1.19	1.41	27.8	0.45	1.41	156	38	0.74
H191	1 slice (1/8th pizza)	97	171	155	136	0.7	1.2	7.7	47	15	0.16	0.18	3.6	0.06	0.18	20	5	0.10
H189	Pizza,meat,large,bkd,comm,thick crust	100	195	205	161	1.1	1.8	7.9	49	13	0.16	0.19	3.9	0.06	0.33	51	5	0.10
H189	1 pizza (27.8 diam. x 2.35cm)	700	1370	1435	1130	7.4	12.7	55.3	340	88	1.12	1.33	27.6	0.42	2.31	357	36	0.70
H189	1 slice (1/8th pizza)	91	177	186	146	1.0	1.7	7.2	44	11	0.15	0.17	3.6	0.05	0.30	46	5	0.09
H41	Pizza,supreme,regular,P'Hut,thin crust	100	170	166	105	1.3	1.6	6.0	50	108	0.07	0.10	3.6	0.12	0.46	34	1	0.06
H41	1 pizza	384	653	637	403	5.0	6.1	23.0	192	415	0.27	0.38	13.8	0.46	1.77	131	4	0.23
H41	1 slice (1/6th pizza)	64	109	106	67	0.8	1.0	4.0	32	69	0.05	0.06	2.3	0.08	0.29	22	1	0.04
H85	Pork,barbecued	100	538	280	14	1.7	3.0	9.4	28	166	0.46	0.15	7.6	0.16	0.36	3	3	T
H82	Pork,Chinese,Sweet & Sour,Takeaway	100	158	96	15	1.8	1.4	2.4	5	28	0.25	0.05	2.0	0.06	0.28	3	8	T
H82	1 container (18 x 12 x 5cm)	661	1040	635	97	11.8	9.5	15.9	33	185	1.65	0.30	13.2	0.42	1.82	20	53	T
H82	1 cup	195	307	187	29	3.5	2.8	4.7	10	55	0.49	0.09	3.9	0.13	0.54	6	16	T
H125	Pork,spare ribs,barbecue sauce	100	347	183	10	1.3	2.0	6.0	8	49	0.19	0.11	5.0	0.08	0.20	3	1	T
H125	1 small rib without bone	25	87	46	3	0.3	1.0	2.0	2	12	0.05	0.03	1.3	0.02	0.05	1	T	T
H83	Pork,spare ribs,in black bean sauce	100	460	242	14	1.6	2.0	8.0	1	0	0.30	0.14	6.0	0.10	0.30	17	1	T
H83	1 small rib without bone	25	115	61	4	0.4	0.5	2.0	0	0	0.08	0.04	1.5	0.03	0.08	4	0	T
H124	Pork,with garlic & chilli sauce	100	398	234	25	1.5	2.0	9.0	19	56	0.37	0.19	5.7	0.12	0.30	9	3	0.11
H124	1 cup	253	1010	592	63	3.8	5.1	23.0	48	142	0.94	0.48	14.4	0.30	0.80	23	8	0.28
H1039	Potato,fries,independent shops,plain cut	100	550	100	9	0.8	0.5	0.5	T	0	0.12	0.06	3.5	0.12	0	16	2	0
H1039	1 average serve	326	2090	424	27	3.0	1.9	4.2	T	0	0.39	0.20	11.5	0.39	0	52	5	0
H1040	Potato,fries,indepdent shops,crinkle cut	100	540	115	9	0.8	0.5	0.5	T	0	0.12	0.06	3.5	0.12	0	17	0	0
H1040	1 average serve	326	2090	424	27	3.0	1.9	4.2	T	0	0.39	0.20	11.5	0.39	0	55	5	0
H1041	Potato,fries,KFC	100	630	160	10	1.0	0.6	0.4	T	0	0.11	0.04	3.3	0.08	0	41	T	0
H1041	1 small serve	96	602	153	10	0.9	0.6	0.3	T	0	0.11	0.04	3.1	0.08	0	39	T	0
H1041	1 large serve	127	799	203	13	1.2	0.8	0.4	T	0	0.14	0.05	4.1	0.10	0	51	T	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
H1042	Potato,fries,McDonald's	100	36	1273	304	4.8	14.8	38.0	3.3	0.5	37.5	1.1	8.6	2.2	0.6	0.1	14	223	0.1
H1042	1 small serve	66	24	781	188	3.1	9.1	23.3	2.2	T	23.3	4.3	3.6	0.3	0	0.3	9	147	0.1
H1042	1 medium serve	149	54	1780	427	7.1	20.8	53.0	5.0	T	53.0	9.9	8.1	0.7	0.1	0.6	22	335	0.1
H1042	1 large serve	226	82	2680	645	10.8	31.4	79.9	7.5	T	79.9	14.9	12.2	1.0	0.1	0.9	32	505	0.2
H152	Potato,hashbrown,McDonald's	100	60	876	211	2.0	11.3	25.2	2.2	T	25.2	5.1	4.3	0.2	0	0.2	14	516	0.4
H152	1 piece	68	41	596	143	1.3	7.7	17.2	1.5	T	17.2	3.5	2.9	0.1	0	0.1	10	351	0.3
H1045	Potato and Gravy,KFC	100	80	279	67	1.6	1.0	12.6	1.4	0.5	12.1	0.5	0.3	0.1	0	0	2	328	1.1
H1045	1 regular serve	130	104	363	87	2.1	1.3	16.4	1.8	0.7	15.7	0.7	0.4	0.1	0	0	3	426	1.4
H1045	1 large serve	530	424	1479	355	8.6	5.2	67.0	7.2	2.7	64.1	2.7	1.6	0.5	0	0	11	1738	5.8
H88	Prawns,garlic	100	73	465	112	16.9	3.1	4.0	0	3.2	0.4	0.5	0.7	1.4	0.5	0	122	571	29.4
H88	3 pieces	75	55	349	84	12.7	2.3	3.0	0	2.4	0.3	0.4	0.5	1.1	0.4	0	92	428	22.1
H1036	Roll,Deli choices,McDonalds	100	53	810	194	11.3	5.9	23.8	4.0	4.2	19.6	1.3	2.7	1.4	0	nd	34	386	4.7
H1036	1 Roll	251	133	2034	487	28.4	14.7	59.6	10.0	10.6	49.2	3.3	6.8	3.5	0	nd	85	969	11.8
H1037	Roll,Deli choices,'lite' McDonalds	100	57	688	165	11.5	3.0	22.5	4.0	5.9	16.6	0.7	1.1	1.1	0	nd	20	335	2.3
H1037	1 Roll	278	158	1913	457	31.8	8.2	62.6	11.1	16.3	46.1	1.8	3.1	3.1	0	nd	56	930	6.4
H218	Salad,Thai,Beef,Takeaway	100	77	390	94	10.8	2.5	7.0	1.2	6.6	0.5	1.1	1.1	0.1	0	0	21	706	2.0
H218	1 container (17 x 11 x 3cm)	391	301	1530	368	42.1	9.7	27.5	4.7	25.6	1.9	4.3	4.1	0.4	0	0	83	2760	7.8
H218	1 cup	214	165	835	201	23.1	5.3	15.1	2.6	14.0	1.1	2.4	2.3	0.2	0	0	45	1510	4.3
H1043	Sausage roll,individual size,microwaved	100	41	1177	281	8.6	15.0	28.0	1.7	2.4	25.6	6.8	5.1	0.7	0.1	0.5	28	550	1.7
H1043	1 sausage roll	110	45	1294	309	9.5	16.5	30.8	1.8	2.6	28.2	7.5	5.6	0.8	0.1	0.6	31	605	1.9
H1044	Sausage roll,party size,baked	100	44	1153	276	9.1	15.5	25.1	1.6	2.8	22.3	7.0	4.2	0.9	0.1	0.5	27	540	0.8
H1044	1 sausage roll	41	18	473	113	3.7	6.3	10.3	0.7	1.1	9.1	2.9	1.7	0.4	0	0.2	11	221	0.3
H1002	Sausage roll,with cheese,party size	100	41	1277	305	10.1	18.5	24.7	1.5	2.2	22.5	9.0	5.4	0.7	0	0.3	28	550	1.9
H1002	1 sausage roll (5.1 x 4 x 3.6cm)	37	15	472	113	3.7	6.8	9.1	0.6	0.8	8.3	3.3	2.0	0.2	0	0	10	204	0.7
H1003	Savoury,bacon & egg,pastry base,party s	100	42	1189	284	12.8	18.3	19.3	1.5	2.2	17.1	9.3	5.6	0.9	0	0	105	620	12.0
H1003	1 savoury (5.3 diam. X 2.3cm)	45	19	535	128	5.8	8.2	8.7	0.7	1.0	7.7	4.2	2.5	0.4	0	0	47	279	5.4
H1004	Savoury,mince,pastry enclosed,party size	100	47	1093	261	7.9	15.6	24.4	1.4	2.0	22.4	7.5	4.9	0.8	0	0	26	430	0.8
H1004	1 savoury (5.6 diam. X 2.6cm)	53	25	579	138	4.2	8.2	12.9	0.7	1.1	11.9	4.0	2.6	0.4	0	0	14	228	0.4
H1005	Savoury,mince & cheese,pastry enclosed	100	44	1131	270	8.6	16.3	23.8	1.4	1.3	22.5	7.4	5.4	0.6	0	0	29	400	1.0
H1005	1 savoury (5.1 diam. X 2.7cm)	60	26	673	161	5.1	9.7	14.1	0.8	0.8	13.4	4.4	3.2	0.3	0	0	17	238	0.6
H1006	Savoury,potato top,pastry base	100	56	872	208	6.0	11.3	21.8	1.8	1.0	20.8	5.1	3.4	0.6	0	0	17	390	1.1
H1006	1 savoury (5.6 diam. X 2.9cm)	59	33	514	123	3.5	6.6	12.9	1.1	0.6	12.3	3.0	2.0	0.4	0	0	10	230	0.6
H52	Saveloy,battered,deep fried	100	44	1290	308	11.9	20.8	18.4	0.3	3.3	15.1	9.1	8.9	0.8	0	0.6	23	1020	7.7
H52	1 sausage	138	61	1780	425	16.4	28.7	25.4	0.4	4.6	20.8	12.6	12.3	1.1	0	0.9	32	1410	10.6
H132	Seafood with vegetables comb.,stir fried	100	75	494	118	14.3	5.9	1.3	0.5	0.7	0.2	1.1	1.2	2.9	0.2	0	72	399	4.5
H132	1 cup	253	190	1250	299	36.2	14.9	3.3	1.3	1.8	0.5	2.7	3.1	7.4	0.5	0	182	1010	11.5
H216	Soup,Chinese,chicken sweetcorn,Takeav	100	85	238	57	5.8	1.7	4.7	0.9	1.1	3.6	0.5	0.8	0.2	0	0	30	274	0.4
H216	1 container (9 x 8cm diam.)	571	487	1360	325	33.2	9.6	26.8	5.1	6.0	20.8	3.1	4.7	1.2	0	0	170	1570	2.4
H216	1 cup	264	225	628	150	15.3	4.4	12.4	2.4	2.8	9.6	1.4	2.2	0.6	0	0	79	723	1.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
H1042	Potato,fries,McDonald's	100	630	160	10	1.0	0.6	0.4	T	0	0.11	0.04	3.6	0.08	0	41	T	0
H1042	1 small serve	66	413	105	7	0.6	0.4	0.2	T	0	0.07	0.03	2.3	0.05	0	27	T	0
H1042	1 medium serve	149	941	239	15	1.4	0.9	0.5	T	0	0.16	0.06	5.3	0.12	0	61	T	0
H1042	1 large serve	226	1420	361	23	2.2	1.4	0.8	T	0	0.25	0.09	8.0	0.18	0	91	T	0
H152	Potato,hashbrown,McDonald's	100	470	80	11	0.6	0.5	T	14	0	0.32	0.03	2.6	0.06	0.02	4	8	0
H152	1 piece	68	319	54	7	0.4	0.3	T	9	0	0.22	0.02	1.8	0.04	0.01	3	5	0
H1045	Potato and Gravy,KFC	100	170	52	11	0.7	0.2	0.4	5	30	0.06	0.04	1.1	0.21	0.03	12	6	0
H1045	1 regular serve	130	221	68	14	0.9	0.3	0.5	7	39	0.08	0.05	1.4	0.27	0.04	16	8	0
H1045	1 large serve	530	901	276	58	3.7	1.1	2.1	27	159	0.32	0.21	5.8	1.11	0.16	64	32	0
H88	Prawns,garlic	100	196	178	46	2.2	0.9	39.0	41	T	0.03	0.04	6.0	0.10	1.40	6	2	T
H88	3 pieces	75	147	134	35	1.7	0.7	29.3	31	T	0.02	0.03	4.5	0.08	1.05	5	2	T
H1036	Roll,Deli choices,McDonalds	100	201	177	93	0.9	1.0	2.8	18	23	0.30	0.08	6.5	0.05	0.20	16	1	0.36
H1036	1 Roll	251	505	444	233	2.3	2.5	7.0	45	58	0.75	0.19	16.3	0.13	0.50	40	3	0.90
H1037	Roll,Deli choices,'lite' McDonalds	100	201	177	93	0.9	1.0	2.8	9	12	0.30	0.08	6.5	0.05	0.20	16	1	0.20
H1037	1 Roll	278	559	492	259	2.5	2.8	7.8	25	33	0.83	0.22	18.1	0.14	0.56	44	3	0.56
H218	Salad,Thai,Beef,Takeaway	100	264	93	20	1.3	1.8	3.5	16	95	0.05	0.07	3.6	0.11	0.86	12	3	T
H218	1 container (17 x 11 x 3cm)	391	1030	364	76	5.1	7.0	13.7	59	354	0.20	0.27	13.9	0.43	3.36	47	13	T
H218	1 cup	214	565	199	42	2.8	3.8	7.5	32	194	0.11	0.15	7.6	0.24	1.84	26	7	T
H1043	Sausage roll,individual size,microwaved	100	150	140	28	1.0	0.8	5.6	6	57	0.13	0.06	0.9	0.06	0.28	29	1	0.29
H1043	1 sausage roll	110	165	154	31	1.1	0.9	6.2	7	63	0.14	0.07	1.0	0.07	0.31	32	1	0.32
H1044	Sausage roll,party size,baked	100	160	95	26	0.9	0.8	4.9	6	57	0.13	0.06	0.9	0.06	0.22	22	1	0.25
H1044	1 sausage roll	41	66	39	11	0.4	0.3	2.0	3	23	0.05	0.02	0.4	0.02	0.09	9	0	0.10
H1002	Sausage roll,with cheese,party size	100	150	110	68	0.9	1.0	5.5	35	70	0.13	0.09	0.9	0.06	0.33	26	0	0.07
H1002	1 sausage roll (5.1 x 4 x 3.6cm)	37	56	41	25	0.3	0.4	2.0	13	26	0.05	0.03	0.3	0.02	0.12	9	0	0.03
H1003	Savoury,bacon & egg,pastry base,party s	100	160	230	144	1.1	1.1	13.8	95	10	0.17	0.22	0.9	0.06	0.47	35	0	0.45
H1003	1 savoury (5.3 diam. X 2.3cm)	45	72	104	65	0.5	0.5	6.2	43	5	0.07	0.10	0.4	0.03	0.21	16	0	0.20
H1004	Savoury,mince,pastry enclosed,party size	100	120	75	12	1.1	0.8	2.8	10	0	0.05	0.22	0.9	0.06	0.43	37	0	0.07
H1004	1 savoury (5.6 diam. X 2.6cm)	53	64	40	6	0.6	0.4	1.5	5	0	0.03	0.12	0.5	0.03	0.23	19	0	0.04
H1005	Savoury,mince & cheese,pastry enclosed	100	110	100	66	0.7	1.1	4.5	15	0	0.05	0.22	0.9	0.06	0.22	27	0	0.06
H1005	1 savoury (5.1 diam. X 2.7cm)	60	65	60	39	0.4	0.7	2.7	9	0	0.03	0.13	0.5	0.04	0.13	16	0	0.03
H1006	Savoury,potato top,pastry base	100	240	73	11	0.9	0.6	2.0	10	0	0.05	0.22	0.9	0.06	0.36	18	0	0.07
H1006	1 savoury (5.6 diam. X 2.9cm)	59	142	43	6	0.5	0.3	1.2	6	0	0.03	0.13	0.5	0.04	0.21	10	0	0.04
H52	Saveloy,battered,deep fried	100	120	98	35	2.0	5.8	2.0	0	0	0.05	0.09	3.4	0.05	0.26	35	T	0.23
H52	1 sausage	138	166	135	48	2.8	8.0	3.0	0	0	0.07	0.12	4.7	0.07	0.36	48	T	0.32
H132	Seafood with vegetables comb.,stir fried	100	272	170	32	0.9	1.0	40.0	22	34	0.06	0.06	4.7	0.15	1.00	13	3	1.00
H132	1 cup	253	688	430	81	2.3	2.5	101.0	56	86	0.15	0.14	11.9	0.38	2.50	33	8	2.53
H216	Soup,Chinese,chicken sweetcorn,Takeav	100	102	55	5	0.5	0.3	5.0	23	110	0.01	0.03	0.5	0.01	0.05	22	0	T
H216	1 container (9 x 8cm diam.)	571	582	312	30	2.6	1.6	28.6	130	628	0.06	0.17	2.9	0.06	0.29	126	0	T
H216	1 cup	264	269	144	14	1.2	0.7	13.2	60	290	0.03	0.08	1.3	0.03	0.13	58	0	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg	
H217	Soup,Thai,Tom Yam Gai,Chicken,Takeav	100	87	167	40	5.8	1.3	1.2	1.0	1.0	0.2	0.4	0.7	0.2	0	0	18	599	2.0	
H217	1 cup	454	396	758	182	26.2	6.0	5.6	5.0	5.0	1.1	2.0	3.0	0.8	0	0	84	2720	9.1	
H217	1 container (9 x 7cm diam.)	235	205	392	94	13.6	3.1	2.9	2.0	2.0	0.6	1.0	1.6	0.4	0	0	43	1410	4.7	
H212	Spring roll,trad,w/ meat,comm,deep fried	100	54	1100	264	5.6	16.3	23.6	2.3	3.0	20.6	6.5	4.2	0.8	0	0.4	11	491	4.1	
H212	1 roll (12 x 4.5 x 3cm)	121	65	1330	319	6.7	19.8	28.6	2.7	3.6	25.0	7.9	5.1	1.0	0	0.5	14	594	5.0	
H212	1 mini roll 1 roll (8 x 3 x 2.5cm)	43	23	472	114	2.4	7.0	10.2	1.0	1.3	8.9	2.8	1.8	0.3	0	0.2	5	211	1.8	
H208	Spring roll,traditional,w/ meat,comm,bkd	100	59	989	238	5.3	14.2	22.2	2.1	2.8	19.4	5.5	3.6	0.7	0	0.9	11	463	4.1	
H208	1 roll (12 x 4.5 x 3cm)	121	71	1200	288	6.4	17.2	26.9	2.6	3.4	23.5	6.7	4.3	0.8	0	1.1	13	560	4.9	
H208	1 mini roll 1 roll (8 x 3 x 2.5cm)	43	25	425	102	2.3	6.1	9.6	0.9	1.2	8.4	2.4	1.5	0.3	0	0.4	5	199	1.7	
H211	Spring roll,vegetarian,commercial,baked	100	64	794	191	3.1	10.0	22.2	2.3	2.8	19.4	5.5	3.3	0.7	0	0.7	0	428	T	
H211	1 roll (12 x 4.5 x 3cm)	108	69	858	206	3.3	10.8	24.0	2.5	3.0	21.0	6.0	3.6	0.7	0	0.7	0	462	T	
H131	Stirfry,Chinese,beef black bean,Takeawa	100	82	323	77	6.3	4.4	2.8	1.6	2.0	0.8	0.8	1.4	1.7	0	1.8	14	480	8.0	
H131	1 container (18 x 12 x 5cm)	804	659	2600	619	50.3	35.0	22.5	13.2	16.1	6.4	6.3	11.6	14.0	0	14.1	114	3860	64.3	
H131	1 cup	247	202	798	190	15.4	10.7	6.9	4.1	4.9	2.0	1.9	3.6	4.3	0	4.3	35	1190	19.8	
H136	Stirfry,Chinese,chic cashew nut,Takeawa	100	75	466	111	7.7	7.7	2.1	2.0	0.5	1.6	1.3	3.7	2.2	0	2.1	27	389	4.0	
H136	1 container (18 x 12 x 5cm)	828	625	3860	919	63.9	63.8	17.4	16.6	4.1	13.3	11.0	30.9	18.0	0	17.8	227	3220	33.1	
H136	1 cup	205	155	955	228	15.8	15.8	4.3	4.1	1.0	3.3	2.7	7.6	4.5	0	4.4	56	797	8.2	
H55	Sundae,chocolate,McDonald's	100	62	622	148	3.4	2.1	28.2	0	25.0	3.2	1.7	1.2	0.2	0	0	11	82	0.5	
H55	1 sundae	198	123	1490	360	8.5	9.3	60.6	T	59.8	0.8	6.1	2.4	0.4	0	0	22	194	1.0	
H68	Sweet & sour fish	100	77	579	139	8.9	5.9	12.6	0	7.0	5.6	1.0	1.2	3.2	0.3	0	38	169	13.0	
H68	1 cup	253	195	1470	352	22.5	14.9	31.9	0	17.7	14.2	2.6	2.9	8.1	0.8	0	96	428	32.9	
J	FATS AND OILS																			
J39	Chefade	100	1	3680	878	0.2	97.5	0	0	0	0	46.4	39.5	3.3	0.5	3.2	71	35	0.5	
J39	1 tablespoon	12	T	441	105	T	11.7	0	0	0	0	5.6	4.7	0.3	0.1	0.4	9	4	0.1	
J1013	Dairy blend,butter/canola oil	100	25	2763	660	1.0	72.4	1.0	0	1.0	0	35.9	23.5	6.8	1.7	4.4	145	450	1.2	
J1013	1 teaspoon	5	1	138	33	0.1	3.6	0.1	0	0.1	0	1.8	1.2	0.3	0.1	0.2	7	23	0.1	
J7	Lard	100	1	3730	891	0.1	99.0	0	0	0	0	41.8	41.6	9.0	0.0	10.2	71	2	0.5	
J7	1 tablespoon	12	T	448	107	T	11.9	0	0	0	0	5.0	5.0	1.1	0.0	1.2	9	T	0.1	
J1001*	Margarine,Mono canola (70% fat)	100	28	2656	635	0.5	70.0	0.5	0	0.5	0	16.3	31.3	16.6	5.4	11.2	1	390	0.5	
J1001*	1 teaspoon	5	1	133	32	0	3.5	0	0	0	0	0.8	1.6	0.8	0.3	0.6	0	20	0	
J1002	Margarine,Mono canola (70% fat),Summ	100	27	2675	639	0.3	70.6	0.5	0	0.5	0	12.8	26.6	25.1	2.2	22.7	0	740	0.5	
J1002	1 teaspoon	5	1	134	32	0	3.5	0	0	0	0	0.6	1.3	1.3	0.1	1.1	0	37	0	
J1003*	Margarine,Mono canola,(50% fat),fortified	100	47	1935	462	0	51.1	0.5	0	0.5	0	11.2	23.7	12.2	4.0	8.3	0	390	0.5	
J1003*	1 teaspoon	5	2	97	23	0	2.6	0	0	0	0	0.6	1.2	0.6	0.2	0.4	0	20	0	
J1004	Margarine,Mono canola,(50% fat),Summ	100	41	2199	526	0	58.1	0.5	0	0.5	0	9.5	21.0	23.4	1.0	22.4	0	320	0	
J1004	1 teaspoon	5	2	110	26	0	2.9	0	0	0	0	0.5	1.1	1.2	0.1	1.1	0	16	0	
J1009	Margarine,Mono olive blend,(75% fat),Oli	100	29	2650	633	0	70.3	0	0	0	0	18.0	29.8	17.4	2.2	15.2	0	370	0.5	
J1009	1 teaspoon	5	1	133	32	0	3.5	0	0	0	0	0.9	1.5	0.9	0.1	0.8	0	19	0	
J1010*	Margarine,Mono olive blend,(70% fat),Oli	100	30	2623	627	0.3	69.2	0.5	0	0.5	0	17.6	35.9	10.7	2.2	8.5	0	362	0.5	
J1010*	1 teaspoon	5	1	131	31	0	3.5	0	0	0	0	0.9	1.8	0.5	0.1	0.4	0	18	0	

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
H217	Soup,Thai, Tom Yam Gai,Chicken,Takeav	100	147	61	11	0.3	0.3	2.0	21	110	0.01	0.01	1.1	0.08	0.03	1	0	T
H217	1 cup	454	667	275	51	1.3	1.2	9.0	94	499	0.05	0.05	4.8	0.36	0.14	5	0	T
H217	1 container (9 x 7cm diam.)	235	345	142	26	0.7	0.6	5.0	49	259	0.02	0.02	2.5	0.19	0.07	2	0	T
H212	Spring roll,trad,w/ meat,comm,deep fried	100	102	39	21	0.7	0.7	4.2	9	43	0.01	0.05	3.1	0.02	0.16	4	0	T
H212	1 roll (12 x 4.5 x 3cm)	121	124	47	25	0.9	0.8	5.1	11	53	0.01	0.06	3.8	0.03	0.20	5	0	T
H212	1 mini roll 1 roll (8 x 3 x 2.5cm)	43	44	17	9	0.3	0.3	1.8	4	19	T	0.02	1.3	0.01	0.07	2	0	T
H208	Spring roll,traditional,w/ meat,comm,bkd	100	97	38	20	0.7	0.6	4.0	8	36	0.01	0.05	2.9	0.02	0.15	4	0	T
H208	1 roll (12 x 4.5 x 3cm)	121	117	46	24	0.8	0.8	4.8	9	44	0.01	0.06	3.5	0.02	0.18	5	0	T
H208	1 mini roll 1 roll (8 x 3 x 2.5cm)	43	42	16	9	0.3	0.3	1.7	3	16	T	0.02	1.2	0.01	0.07	2	0	T
H211	Spring roll,vegetarian,commercial,baked	100	76	23	22	0.8	0.2	2.4	6	36	0.01	0.05	2.8	0.02	0	4	0	0
H211	1 roll (12 x 4.5 x 3cm)	108	82	25	24	0.8	0.2	2.5	7	39	0.01	0.05	3.0	0.02	0	4	0	0
H131	Stirfry,Chinese,beef black bean,Takeawa	100	192	66	20	1.3	1.2	3.0	8	32	0.11	0.13	5.2	0.26	0.69	10	8	T
H131	1 container (18 x 12 x 5cm)	804	1540	533	162	10.8	9.3	24.0	67	257	0.88	1.01	41.4	2.09	5.55	80	64	T
H131	1 cup	247	474	164	50	3.3	2.9	7.0	21	79	0.27	0.31	12.7	0.64	1.70	25	20	T
H136	Stirfry,Chinese, chic cashew nut,Takeawa	100	198	96	21	0.8	0.7	6.5	50	258	0.07	0.12	6.7	0.23	0.04	13	2	T
H136	1 container (18 x 12 x 5cm)	828	1640	797	176	7.0	5.5	53.8	412	2140	0.58	0.96	55.8	1.90	0.33	108	17	T
H136	1 cup	205	406	197	43	1.7	1.4	13.3	102	529	0.14	0.24	13.8	0.47	0.08	27	4	T
H55	Sundae,chocolate,McDonald's	100	124	135	98	0.6	0.3	0.7	43	23	0.04	0.24	1.5	0.03	0.38	7	1	0.05
H55	1 sundae	198	246	267	194	1.2	0.6	1.3	85	46	0.08	0.48	3.0	0.07	0.75	14	3	0.10
H68	Sweet & sour fish	100	225	141	29	0.7	0.3	16.0	11	12	0.03	0.02	2.6	0.06	0.33	9	3	0
H68	1 cup	253	569	357	73	1.8	0.8	40.0	28	30	0.07	0.06	6.6	0.15	0.83	23	8	0.01
J	FATS AND OILS																	
J39	Chefade	100	5	11	6	0.2	2.0	2.0	23	23	T	T	T	T	T	T	0	T
J39	1 tablespoon	12	1	1	1	T	T	T	3	3	T	T	T	T	T	T	0	T
J1013	Dairy blend,butter/canola oil	100	26	17	21	0.3	0.4	1.0	871	690	T	T	0.1	T	T	T	T	4.39
J1013	1 teaspoon	5	1	1	1	0	0	0.1	44	35	0	0	0	0	0	0	0	0.22
J7	Lard	100	1	3	1	0.1	0.1	1.8	T	0	T	T	T	T	T	T	0	T
J7	1 tablespoon	12	T	0	T	T	T	0.2	T	0	T	T	T	T	T	T	0	T
J1001*	Margarine,Mono canola (70% fat)	100	41	10	11	0.1	0	1.0	1008	470	T	T	T	T	T	T	0	14.70
J1001*	1 teaspoon	5	2	1	1	0	0	0.1	50	24	0	0	0	0	0	0	0	0.74
J1002	Margarine,Mono canola (70% fat),Summ	100	16	12	14	0.1	0	1.0	1070	230	T	T	T	T	T	T	0	14.70
J1002	1 teaspoon	5	1	1	1	0	0	0.1	54	12	0	0	0	0	0	0	0	0.74
J1003*	Margarine,Mono canola,(50% fat),fortified	100	27	2	1	0.1	0	1.0	1200	810	T	T	T	T	T	T	0	15.90
J1003*	1 teaspoon	5	1	0	0	0	0	0.1	60	41	0	0	0	0	0	0	0	0.80
J1004	Margarine,Mono canola,(50% fat),Summ	100	22	2	1	0.1	0	1.0	80	480	T	T	T	T	T	T	0	0
J1004	1 teaspoon	5	1	0	0	0	0	0.1	4	24	0	0	0	0	0	0	0	0
J1009	Margarine,Mono olive blend,(75% fat),Oli	100	24	2	0	0.1	0	1.0	5	530	T	T	T	T	T	T	0	0
J1009	1 teaspoon	5	1	0	0	0	0	0.1	0	27	0	0	0	0	0	0	0	0
J1010*	Margarine,Mono olive blend,(70% fat),Oli	100	19	5	4	0.1	0	1.0	951	0	T	T	T	T	T	T	T	10.00
J1010*	1 teaspoon	5	1	0	0	0	0	0.1	48	0	0	0	0	0	0	0	0	0.50

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
J1011*	Margarine,Mono olive blend,(55% fat),Oli	100	44	2082	497	0.3	54.9	0.5	0	0.5	0	14.0	28.6	6.5	1.8	6.5	0	370	0.5
J1011*	1 teaspoon	5	2	104	25	0	2.7	0	0	0	0	0.7	1.4	0.3	0.1	0.3	0	19	0
J1012	Margarine,Mono olive blend,(55% fat),Oli	100	44	2096	501	0	55.6	0	0	0	0	13.9	22.6	13.9	1.7	12.2	0	358	0.5
J1012	1 teaspoon	5	2	105	25	0	2.8	0	0	0	0	0.7	1.1	0.7	0.1	0.6	0	18	0
J1008*	Margarine,Poly,(50% fat),Flora Light	100	49	1881	449	0.1	48.6	2.8	0	T	2.8	11.3	13.6	20.6	1.5	19.1	0	600	0
J1008*	1 teaspoon	5	2	94	22	0	2.4	0.1	0	0	0.1	0.6	0.7	1.0	0.1	1.0	0	30	0
J1005*	Margarine,Poly,(70% fat),fortified	100	28	2664	637	0.5	70.3	0.3	0	0.3	0	16.3	24.9	24.1	3.5	20.6	2	605	0
J1005*	1 teaspoon	5	1	133	32	0	3.5	0	0	0	0	0.8	1.2	1.2	0.2	1.0	0	30	0
J1006*	Margarine,Poly,(70% fat),reduced salt,for	100	28	2663	637	0.5	70.2	0.5	0	0.5	0	16.1	25.0	23.8	3.5	20.3	2	370	0
J1006*	1 teaspoon	5	1	133	32	0	3.5	0	0	0	0	0.8	1.3	1.2	0.2	1.0	0	19	0
J1007	Margarine,Poly,(60% fat),'Sunrise'	100	39	2282	546	0.5	60.1	0.5	0	0.5	0	14.1	20.5	20.7	2.0	18.6	0	360	0
J1007	1 teaspoon	5	2	114	27	0	3.0	0	0	0	0	0.7	1.0	1.0	0.1	0.9	0	18	0
J13	Oil,canola	100	T	3730	891	T	99.0	0	0	0	0	7.4	56.8	27.2	9.6	19.8	0	T	0.5
J13	1 tablespoon	14	T	522	125	T	13.9	0	0	0	0	1.0	8.0	3.8	1.3	2.8	0	T	0.1
J10	Oil, Olive	100	T	3760	897	T	99.6	0.2	0	0.2	0	16.6	65.3	11.8	0.6	11.2	0	T	0.5
J10	1 tablespoon	14	T	526	126	T	13.9	T	0	T	0	2.3	9.1	1.6	0.1	1.6	0	T	0.1
J14	Oil,safflower	100	T	3750	896	T	99.5	0	0	0	0	11.4	19.2	64.1	1.2	63.2	0	T	0.5
J14	1 tablespoon	14	T	525	125	T	13.9	0	0	0	0	1.6	2.7	9.0	0.2	8.9	0	T	0.1
J24	Oil,sesame	100	T	3750	896	T	99.5	0	0	0	0	14.2	39.5	41.5	0.5	40.8	0	T	0.5
J24	1 tablespoon	14	T	525	125	T	13.9	0	0	0	0	2.0	5.5	5.8	0.1	5.7	0	T	0.1
J15	Oil,soybean	100	T	3720	887	T	98.6	0	0	0	0	14.9	19.4	56.7	7.9	51.4	0	T	0.5
J15	1 tablespoon	14	T	520	124	T	13.8	0	0	0	0	2.1	2.7	7.9	1.1	7.2	0	T	0.1
J19	Oil,sunflower	100	T	3760	897	T	99.7	0	0	0	0	11.7	21.1	61.7	0.3	61.6	0	T	0.5
J19	1 tablespoon	14	T	526	126	T	14.0	0	0	0	0	1.6	3.0	8.6	0	8.6	0	T	0.1
J31	Oil,vegetable,blend	100	T	3730	891	T	99.0	0	0	0	0	10.5	45.1	36.5	8.0	29.6	0	T	0.5
J31	1 tablespoon	14	T	522	125	T	13.9	0	0	0	0	1.5	6.3	5.1	1.1	4.2	0	T	0.1
K	FINFISH																		
K179	Eel,smoked	100	66	699	167	16.8	11.1	T	0	T	0	2.5	4.1	3.5	0.4	0.7	121	1910	21.6
K179	1 cup, flaked	144	95	1010	240	24.2	16.0	T	0	T	0	3.6	5.9	5.0	0.5	0.9	174	2760	31.1
K56	Flounder,flesh,baked	100	71	524	126	24.1	3.1	0.3	0	0.3	0	0.7	0.8	0.7	0.5	0.2	70	112	21.6
K56	1 fillet	104	74	545	131	25.1	3.2	0.3	0	0.3	0	0.7	0.8	0.8	0.5	0.2	73	116	22.5
K56	1 cup flaked	144	103	755	181	34.7	4.5	0.4	0	0.4	0	1.0	1.1	1.0	0.7	0.2	101	161	31.1
K60	Hoki,flesh,baked	100	76	421	101	22.0	1.3	0.3	0	0.3	0	0.3	0.4	0.3	0.3	0	54	56	24.4
K60	1/2 fillet	122	92	514	123	26.8	1.6	0.4	0	0.4	0	0.4	0.5	0.4	0.4	0.1	66	68	29.8
K61	Hoki,flesh,deep fried in peanut oil	100	66	717	172	23.8	8.4	0.2	0	0.2	0	1.6	3.3	2.7	0.5	2.2	58	76	24.4
K61	1/2 fillet	119	79	853	205	28.3	10.0	0.2	0	0.2	0	1.9	3.9	3.2	0.6	2.6	69	90	29.0
K165	Kahawai,flesh,baked	100	69	546	131	26.2	2.7	0.4	0	0.4	0	1.0	0.6	0.6	0.5	0	68	64	21.6
K165	1/2 fillet	119	82	650	156	31.2	3.2	0.5	0	0.5	0	1.2	0.7	0.8	0.7	0	81	76	25.7
K165	1 cup flaked	144	99	786	189	37.7	3.9	0.6	0	0.6	0	1.4	0.8	0.9	0.8	0.1	98	92	31.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
J1011*	Margarine,Mono olive blend,(55% fat),Oli	100	27	4	7	0.1	0	1.0	966	0	0	0.01	0.2	T	T	0	0	10.00
J1011*	1 teaspoon	5	1	0	0	0	0	0.1	48	0	0	0	0	0	0	0	0	0.50
J1012	Margarine,Mono olive blend,(55% fat),Oli	100	24	3	1	0.1	0	1.0	1	630	T	T	T	T	T	0	0	0
J1012	1 teaspoon	5	1	0	0	0	0	0.1	0	32	0	0	0	0	0	0	0	0
J1008*	Margarine,Poly,(50% fat),Flora Light	100	34	4	3	0.1	0	1.0	1320	6	T	T	T	5.00	5.00	1000	0	10.00
J1008*	1 teaspoon	5	2	0	0	0	0	0.1	66	0	0	0	0	0.25	0.25	50	0	0.50
J1005*	Margarine,Poly,(70% fat),fortified	100	18	8	8	0.2	0	1.0	1040	220	T	T	T	T	T	T	0	12.84
J1005*	1 teaspoon	5	1	0	0	0	0	0.1	52	11	0	0	0	0	0	0	0	0.64
J1006*	Margarine,Poly,(70% fat),reduced salt,for	100	20	9	9	0.1	0	1.0	1088	200	T	T	T	T	T	T	0	17.20
J1006*	1 teaspoon	5	1	0	0	0	0	0.1	54	10	0	0	0	0	0	0	0	0.86
J1007	Margarine,Poly,(60% fat),'Sunrise'	100	23	2	0	0.1	0	1.0	880	560	T	T	T	T	T	T	0	0
J1007	1 teaspoon	5	1	0	0	0	0	0.1	44	28	0	0	0	0	0	0	0	0
J13	Oil,canola	100	T	0	T	T	T	T	T	T	T	T	T	T	T	0	T	0
J13	1 tablespoon	14	T	0	T	T	T	T	T	T	T	T	T	T	0	T	0	0
J10	Oil, Olive	100	T	1	T	0.4	T	T	T	T	T	T	T	T	0	T	0	0
J10	1 tablespoon	14	T	0	T	0.1	T	T	T	T	T	T	T	T	0	T	0	0
J14	Oil,safflower	100	T	0	T	T	T	T	T	T	T	T	T	T	0	T	0	0
J14	1 tablespoon	14	T	0	T	T	T	T	T	T	T	T	T	0	T	0	0	
J24	Oil,sesame	100	T	0	T	T	T	T	T	T	T	T	T	T	0	T	0	0
J24	1 tablespoon	14	T	0	T	T	T	T	T	T	T	T	T	0	T	0	0	
J15	Oil,soybean	100	T	0	T	T	0.2	T	T	T	T	T	T	T	0	T	0	0
J15	1 tablespoon	14	T	0	T	T	T	T	T	T	T	T	T	0	T	0	0	
J19	Oil,sunflower	100	T	0	T	T	T	T	T	T	T	T	T	T	0	T	0	0
J19	1 tablespoon	14	T	0	T	T	T	T	T	T	T	T	T	0	T	0	0	
J31	Oil,vegetable,blend	100	T	0	T	0.3	0.2	T	T	T	T	T	T	T	0	T	0	0
J31	1 tablespoon	14	T	0	T	T	T	T	T	T	T	T	T	0	T	0	0	
K	FINFISH																	
K179	Eel,smoked	100	402	232	20	0.9	2.1	53.9	1030	T	0.16	0.33	6.3	0.25	2.00	11	2	4.70
K179	1 cup, flaked	144	579	334	29	1.3	3.0	77.6	1480	T	0.24	0.47	9.1	0.36	3.00	16	3	6.77
K56	Flounder,flesh,baked	100	550	292	30	1.0	0.9	81.0	16	T	0.05	0.03	6.6	0.10	0.63	18	0	5.00
K56	1 fillet	104	572	304	31	1.0	0.9	84.0	17	T	0.05	0.03	6.9	0.10	0.66	19	0	5.20
K56	1 cup flaked	144	792	420	43	1.4	1.3	117.0	23	T	0.07	0.04	9.5	0.10	0.91	26	0	7.20
K60	Hoki,flesh,baked	100	328	166	9	0.2	0.3	69.0	15	T	0.03	0.01	4.9	0.05	0.90	18	0	5.00
K60	1/2 fillet	122	400	203	11	0.2	0.4	84.0	18	T	0.04	0.01	6.0	0.06	1.10	22	0	6.10
K61	Hoki,flesh,deep fried in peanut oil	100	521	264	13	0.5	0.4	58.0	9	T	0.02	T	7.1	0.08	1.10	28	0	4.00
K61	1/2 fillet	119	620	314	15	0.6	0.5	69.0	11	T	0.02	T	8.4	0.10	1.30	33	0	4.76
K165	Kahawai,flesh,baked	100	50	294	7	2.1	0.6	59.0	95	T	0.05	0.04	7.3	0.10	1.72	12	0	5.00
K165	1/2 fillet	119	60	350	8	2.5	0.7	70.2	113	T	0.06	0.05	8.7	0.10	2.05	14	1	5.95
K165	1 cup flaked	144	72	423	10	3.1	0.8	85.0	137	T	0.07	0.06	10.5	0.10	2.48	17	1	7.20

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
K157	Kahawai,flesh,deep fried in peanut oil	100	62	775	185	25.2	9.3	0.3	0	0.3	0	1.9	3.4	2.7	0.3	1.8	58	54	16.6
K157	1/2 fillet	142	88	1100	263	35.8	13.2	0.4	0	0.4	0	2.8	4.9	3.9	0.4	2.6	82	77	23.6
K78	Orange Roughy,flesh,baked	100	68	730	175	20.4	10.2	0.3	0	0.3	0	0.5	8.1	0.4	0.2	0.2	82	59	42.9
K78	1/2 fillet	125	86	913	219	25.5	12.8	0.4	0	0.4	0	0.7	10.1	0.5	0.2	0.3	103	74	53.6
K78	1 cup, cooked, flaked	144	99	1050	252	29.4	14.7	0.4	0	0.4	0	0.8	11.6	0.6	0.3	0.3	118	85	61.8
K79	Orange Roughy,flesh,deepfried,peanut oi	100	65	797	191	22.6	11.0	0.3	0	0.3	0	1.3	6.4	2.3	0.3	2.0	54	74	42.9
K79	1/2 fillet	133	87	1060	254	30.1	14.6	0.4	0	0.4	0	1.8	8.5	3.0	0.3	2.7	72	98	57.1
K79	1 cup, cooked, flaked	144	94	1150	275	32.5	15.8	0.4	0	0.4	0	1.9	9.2	3.3	0.4	2.9	78	107	61.8
K167	Salmon,flesh,smoked,export quality	100	68	558	133	23.0	4.6	0	0	0	0	0.9	1.8	1.6	1.3	0	48	1710	27.4
K167	1 cup, flaked	144	98	804	192	33.0	6.6	0	0	0	0	1.3	2.6	2.3	1.9	0	69	2460	39.5
K40	Salmon,Red,canned	100	70	653	156	20.3	8.2	0.3	0	0.3	0	2.0	3.1	2.1	1.7	0	90	570	27.4
K40	1 cup	240	169	1570	374	48.7	19.7	0.7	0	0.7	0	4.9	7.5	4.9	4.0	0.1	216	1370	65.8
K42	Sardines,drained solids,canned	100	58	913	218	23.7	13.6	0.3	0	0.3	0	2.6	4.2	5.6	1.2	0	100	650	23.0
K42	1 sardine	12	7	110	26	2.8	1.6	T	0	T	0	0.3	0.9	0.3	0.2	0	12	78	2.8
K89	Snapper,flesh,baked	100	70	556	133	25.2	3.4	0.4	0	0.4	0	0.9	0.8	0.7	0.6	0.1	53	99	56.0
K89	1 fillet	107	75	595	142	27.0	3.6	0.4	0	0.4	0	1.0	0.8	0.8	0.6	0.1	57	106	59.9
K90	Snapper,flesh,deep fried in peanut oil	100	68	643	154	24.0	6.3	0.3	0	0.3	0	1.8	2.0	1.6	0.7	0.9	43	85	56.0
K90	1 fillet	94	64	604	145	22.6	5.9	0.3	0	0.3	0	1.7	1.9	1.5	0.7	0.8	40	80	52.6
K92	Snapper,flesh,microwaved	100	72	524	126	22.2	3.9	0.4	0	0.4	0	1.3	1.1	0.8	0.5	0.2	49	99	56.0
K92	1 fillet	135	98	707	170	30.0	5.3	0.5	0	0.5	0	1.7	1.5	1.1	0.7	0.2	66	134	75.6
K64	Tarakihi,flesh,baked	100	73	461	111	24.4	1.3	0.3	0	0.3	0	0.3	0.3	0.5	0.4	0.1	91	97	48.4
K64	1 fillet	140	102	645	155	34.2	1.8	0.4	0	0.4	0	0.4	0.4	0.6	0.5	0.1	127	136	67.8
K65	Tarakihi,flesh,deep fried in peanut oil	100	69	579	139	25.2	4.1	0.2	0	0.2	0	0.8	1.5	1.4	0.3	1.1	104	82	48.4
K65	1 fillet	136	94	787	189	34.3	5.6	0.3	0	0.3	0	1.1	2.0	1.9	0.4	1.5	141	112	65.8
K101	Tuna,in brine,canned,drained	100	69	560	134	26.1	3.2	0.3	0	0.3	0	0.8	0.6	1.2	0.3	0	53	211	23.0
K101	1 can	185	128	1040	248	48.3	5.8	0.6	0	0.6	0	1.5	1.1	2.2	0.6	0	98	390	42.6
K187	Tuna,in oil,canned,drained	100	61	813	195	25.3	10.4	0	0	0	0	1.1	1.7	4.4	0.1	4.3	60	382	12.7
K187	1 cup	180	110	1460	351	45.5	18.7	0	0	0	0	2.0	3.1	7.9	0.2	7.7	108	688	22.9
K189	Tuna,in spring water,canned,drained	100	73	468	112	25.3	1.2	0	0	0	0	0.4	0.2	0.3	0.2	0.1	61	288	12.7
K189	1 cup	180	131	842	202	45.5	2.2	0	0	0	0	0.7	0.3	0.5	0.4	0.1	109	518	22.9
L	FRUIT																		
L18	Apple,combined cultivars,fl&s,fresh	100	85	203	49	0.3	0.6	10.7	1.4	9.9	0.8	0.1	T	0.3	0	0	0	1	0.2
L18	1 apple	130	110	264	64	0.4	0.7	13.9	1.9	12.9	1.1	0.2	T	0.4	0	0	0	1	0.3
L18	1 cup, sliced	116	98	235	57	0.3	0.7	12.4	1.7	11.5	1.0	0.2	T	0.3	0	0	0	1	0.2
L16	Apples,cooking,fl&jui,stewed w/o sugar	100	88	150	36	0.3	0.3	8.2	1.6	7.9	0.3	0.1	T	0.1	0	0	0	2	0.2
L16	1 cup	180	158	270	65	0.5	0.5	14.8	2.9	14.2	0.5	0.1	T	0.2	0	0	0	4	0.3
L23	Apricot,flesh & skin,fresh	100	86	206	50	0.8	0.4	9.3	0.9	8.4	T	T	0.2	0.1	0	0	0	3	0.1
L23	1 apricot	54	46	111	27	0.4	0.2	5.0	0.5	4.5	T	T	0.1	0.1	0	0	0	1	0.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
K157	Kahawai,flesh,deep fried in peanut oil	100	42	249	6	1.8	0.5	50.0	76	T	0.04	0.03	6.9	0.09	1.46	10	0	4.00
K157	1/2 fillet	142	60	354	9	2.6	0.7	71.0	108	T	0.06	0.04	9.8	0.13	2.07	14	0	5.68
K78	Orange Roughy,flesh,baked	100	297	145	9	2.0	0.3	101.0	126	T	0.01	0.02	5.0	0.12	0.40	10	T	5.00
K78	1/2 fillet	125	371	181	11	3.0	0.4	126.0	158	T	0.01	0.03	6.3	0.15	0.50	13	T	6.25
K78	1 cup, cooked, flaked	144	428	209	13	3.0	0.5	145.0	181	T	0.01	0.03	7.2	0.17	0.60	14	T	7.20
K79	Orange Roughy,flesh,deepfried,peanut oi	100	412	207	15	1.9	0.3	109.0	70	T	0.03	0.01	5.7	0.07	0.50	13	T	4.00
K79	1/2 fillet	133	548	275	20	2.5	0.5	145.0	93	T	0.04	0.01	7.6	0.09	0.70	17	T	5.32
K79	1 cup, cooked, flaked	144	593	298	22	2.7	0.5	157.0	101	T	0.04	0.01	8.2	0.10	0.70	19	T	5.76
K167	Salmon,flesh,smoked,export quality	100	265	230	29	0.5	0.4	24.0	13	0	0.19	0.17	9.1	0.28	3.00	2	0	17.00
K167	1 cup, flaked	144	382	331	41	0.7	0.6	35.0	19	0	0.27	0.24	13.1	0.40	4.00	3	0	24.48
K40	Salmon,Red,canned	100	300	240	93	1.4	0.9	19.5	90	T	0.04	0.18	10.8	0.45	4.00	12	T	4.00
K40	1 cup	240	720	576	223	3.4	2.0	46.8	216	T	0.10	0.43	25.9	1.08	9.60	29	T	9.60
K42	Sardines,drained solids,canned	100	430	520	550	2.9	3.0	34.0	68	T	0.04	0.36	12.6	0.48	14.00	8	1	11.00
K42	1 sardine	12	52	62	66	0.4	0.4	4.0	8	T	T	0.04	1.5	0.06	1.70	1	T	1.32
K89	Snapper,flesh,baked	100	608	330	22	0.7	0.6	120.0	35	T	0.10	0.02	8.6	0.10	0.63	18	0	5.00
K89	1 fillet	107	651	353	24	0.7	0.7	128.0	37	T	0.10	0.02	9.2	0.10	0.67	19	0	5.35
K90	Snapper,flesh,deep fried in peanut oil	100	652	353	23	0.8	0.7	128.0	28	T	0.10	0.02	8.9	0.09	0.63	18	0	4.00
K90	1 fillet	94	613	332	22	0.7	0.6	120.0	26	T	0.10	0.02	8.4	0.08	0.59	17	0	3.76
K92	Snapper,flesh,microwaved	100	563	305	21	0.7	0.6	110.0	35	T	0.10	0.02	8.0	0.10	0.63	18	0	5.00
K92	1 fillet	135	760	412	28	0.9	0.8	149.0	47	T	0.10	0.03	10.8	0.10	0.85	24	0	6.75
K64	Tarakihī,flesh,baked	100	531	264	25	0.5	0.4	40.0	10	T	0.02	0.02	7.0	0.10	0.63	18	T	5.00
K64	1 fillet	140	743	370	35	0.8	0.6	56.0	14	T	0.03	0.03	9.8	0.10	0.88	25	T	7.00
K65	Tarakihī,flesh,deep fried in peanut oil	100	605	302	29	0.6	0.4	46.0	8	T	0.03	0.03	7.6	0.09	0.63	18	T	4.00
K65	1 fillet	136	823	411	39	0.8	0.6	63.0	11	T	0.04	0.04	10.3	0.12	0.86	24	T	5.44
K101	Tuna,in brine,canned,drained	100	230	194	7	0.6	0.6	67.0	30	0	0.05	0.03	7.0	0.09	0.70	20	T	5.80
K101	1 can	185	426	359	14	1.0	1.2	124.0	56	0	0.09	0.06	13.0	0.17	1.30	37	T	10.73
K187	Tuna,in oil,canned,drained	100	271	201	12	1.1	0.9	47.2	T	1	0.04	0.13	21.5	2.48	4.33	4	0	3.00
K187	1 cup	180	488	362	22	2.0	1.7	84.9	T	2	0.07	0.23	38.6	4.46	7.79	7	0	5.40
K189	Tuna,in spring water,canned,drained	100	239	180	9	1.2	0.9	47.2	T	0	0.04	0.11	17.9	2.04	3.29	4	0	4.00
K189	1 cup	180	430	324	16	2.2	1.5	84.9	T	0	0.07	0.20	32.2	3.67	5.92	7	0	7.20
L	FRUIT																	
L18	Apple,combined cultivars,fl&s,fresh	100	72	7	5	0.2	T	0.1	7	44	0.02	0.01	0.1	T	0	3	8	0
L18	1 apple	130	94	9	6	0.2	T	0.1	10	57	0.03	0.01	0.2	T	0	4	10	0
L18	1 cup, sliced	116	84	8	5	0.2	T	0.1	9	51	0.02	0.01	0.2	T	0	3	9	0
L16	Apples,cooking,fl&jui,stewed w/o sugar	100	100	14	3	0.3	0.1	0.1	7	39	0.03	0.02	0.1	0.02	0	2	12	0
L16	1 cup	180	180	25	5	0.5	0.2	0.2	12	70	0.05	0.04	0.2	0.04	0	4	22	0
L23	Apricot,flesh & skin,fresh	100	242	22	14	0.4	0.2	0.2	861	5170	0.03	0.08	0.9	0.10	0	9	7	0
L23	1 apricot	54	131	12	7	0.2	0.1	0.1	465	2790	0.02	0.04	0.5	0.05	0	5	4	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
L213	Apricots,canned in juice	100	88	176	43	0.6	0.1	9.9	1.9	9.7	0.2	T	T	T	0	0	0	3	1.5
L213	1 cup	215	189	378	92	1.4	0.1	21.2	4.0	20.9	0.4	T	T	T	0	0	0	7	3.2
L213	1 cup, halves	231	203	407	99	1.5	0.1	22.8	4.3	22.4	0.4	T	T	T	0	0	0	8	3.4
L214	Apricots,canned in syrup,drained	100	83	281	68	1.0	0	16.0	0.9	16.0	0	0	0	0	0	0	0	3	1.5
L214	1 cup	208	172	584	141	2.1	0	33.3	1.9	33.3	0	0	0	0	0	0	0	6	3.1
L26	Apricots,dried	100	31	911	220	4.3	0.2	48.8	7.7	44.9	1.0	T	0.1	T	0	0	0	37	2.2
L26	10 halves	35	11	319	77	1.5	0.1	17.1	2.7	15.7	0.4	T	T	T	0	0	0	13	0.8
L26	1 cup	137	43	1250	301	5.9	0.3	66.9	10.5	61.5	1.4	T	0.1	0.1	0	0	0	51	3.0
L25	Apricots,fruit & juice,stewed w/o sugar	100	88	98	24	0.4	0.1	5.4	2.3	5.4	0	T	T	T	0	0	0	3	1.5
L25	1 cup	260	229	255	62	1.0	0.2	14.0	6.0	14.0	0	T	0.1	T	0	0	0	8	3.9
L22	Apricots,fruit and syrup,canned	100	68	455	110	0.5	T	27.0	2.5	27.0	0	T	T	T	0	0	0	1	1.5
L22	1 cup	272	184	1240	299	1.4	0.1	73.4	6.8	73.4	0	T	0.1	T	0	0	0	3	4.1
L30	Avocado,Haas,flesh,fresh	100	63	1010	240	1.8	25.6	0.7	4.4	0.6	0.1	4.1	16.1	3.3	0.1	0.0	0	21	0.1
L30	1 avocado	162	102	1630	389	2.8	41.5	1.1	7.1	1.0	0.2	6.6	26.0	5.3	0.2	0.0	0	34	0.2
L185	Banana,cooking,in unsalted water,boiled	100	69	453	110	0.8	0.2	26.2	2.6	5.3	20.9	0.1	T	T	0	0	0	4	0.1
L185	1 whole	140	96	634	154	1.1	0.3	36.7	3.6	7.4	29.3	0.1	T	0.1	0	0	0	6	0.1
L185	1 cup	201	138	911	221	1.6	0.4	52.7	5.2	10.7	42.0	0.2	T	0.1	0	0	0	8	0.2
L32	Banana,flesh,fresh	100	72	431	104	1.1	0.4	24.1	1.5	22.6	1.5	0.1	0.1	0.1	0	0	0	1	0.1
L32	1 banana	128	92	552	133	1.4	0.5	30.8	1.9	28.9	1.9	0.2	0.1	0.2	0	0	0	1	0.2
L34	Blackberries,fresh	100	82	207	50	1.3	0.5	10.1	3.7	10.1	0	T	0.1	0.3	0	0	0	4	0.2
L34	1 cup	123	101	255	62	1.6	0.6	12.4	4.6	12.4	0	T	0.1	0.4	0	0	0	5	0.3
L39	Blueberries,Jersey,unsweetened,frozen	100	83	224	54	0.7	0.4	12.0	1.6	11.8	0.2	T	T	0.3	0	0	0	6	0.2
L39	1 cup	164	137	367	89	1.1	0.7	19.7	2.6	19.4	0.4	T	0.1	0.4	0	0	0	10	0.3
L40	Boysenberry,fresh	100	85	184	44	1.1	0.7	7.2	3.0	7.1	0.1	T	0.1	0.5	0	0	0	3	0.2
L40	1 cup	133	113	245	59	1.5	0.9	9.6	4.0	9.4	0.1	T	0.1	0.6	0	0	0	4	0.3
L45	Cherries,flesh & skin,fresh	100	80	256	62	0.9	0.3	14.0	0.8	13.9	0.1	0.1	0.1	0.1	0	0	0	3	0.1
L45	1 cup	150	119	384	93	1.4	0.4	21.0	1.3	20.9	0.1	0.1	0.1	0.1	0	0	0	5	0.2
L45	10 cherries	67	53	172	42	0.6	0.2	9.4	0.6	9.3	0.1	T	T	0.1	0	0	0	2	0.1
L50	Currants,Black,fresh	100	82	275	67	0.9	0.4	14.8	3.0	14.8	0	T	0.1	0.2	0	0	0	2	0.2
L50	1 cup	118	97	325	79	1.1	0.5	17.5	3.5	17.5	0	T	0.1	0.3	0	0	0	2	0.2
L49	Currants,dried	100	22	1160	281	2.3	0.5	66.7	1.6	64.9	1.8	0.2	T	0.2	0	0	0	20	2.5
L49	1 cup	154	34	1780	433	3.5	0.8	103.0	2.5	99.9	2.8	0.3	T	0.3	0	0	0	31	3.9
L62	Dates,dried,flesh and skin	100	23	1200	292	3.3	0.3	67.9	4.0	66.5	1.4	T	T	T	0	0	0	5	1.5
L62	10 dates	83	19	999	242	2.7	0.2	56.4	3.0	55.2	1.2	T	T	T	0	0	0	4	1.2
L62	1 cup chopped	188	42	2260	549	6.2	0.6	128.0	8.0	125.0	2.6	T	T	T	0	0	0	9	2.8
L67	Feijoas,comb.cultivars,flesh,fresh	100	85	156	38	0.7	0.4	8.0	3.6	7.7	0.3	T	T	T	0	0	0	3	0.1
L67	1 average	30	26	47	11	0.2	0.1	2.4	1.1	2.3	0.1	T	T	T	0	0	0	1	0
L68	Figs,dried,whole fruit	100	28	1030	249	3.6	1.6	54.5	7.5	52.6	1.9	0.3	0.3	0.7	0	0	0	39	0.8
L68	1 cup	210	60	2160	523	7.6	3.4	115.0	15.8	111.0	4.0	0.6	0.7	1.4	0	0	0	82	1.7
L68	1 fig	16	5	164	40	0.6	0.3	8.7	1.2	8.4	0.3	T	0.1	0.1	0	0	0	6	0.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
L213	Apricots,canned in juice	100	217	3	12	0.3	0.1	T	35	210	0.01	0.02	1.2	0.06	0	2	4	0
L213	1 cup	215	467	7	26	0.5	0.2	T	75	452	0.02	0.04	2.5	0.13	0	4	9	0
L213	1 cup, halves	231	501	8	28	0.6	0.2	T	81	485	0.02	0.05	2.7	0.14	0	5	9	0
L214	Apricots,canned in syrup,drained	100	135	14	19	0.5	0.2	T	133	800	0.03	0.02	0.7	0.06	0	2	4	0
L214	1 cup	208	281	29	40	1.0	0.4	T	277	1660	0.06	0.04	1.5	0.12	0	4	8	0
L26	Apricots,dried	100	1510	120	67	3.1	0.8	0.7	108	645	0.01	0.20	3.2	0.14	0	11	1	0
L26	10 halves	35	529	42	23	1.1	0.3	0.2	38	226	T	0.07	1.1	0.05	0	4	T	0
L26	1 cup	137	2070	164	92	4.2	1.1	0.9	147	884	0.01	0.27	4.4	0.19	0	15	1	0
L25	Apricots,fruit & juice,stewed w/o sugar	100	270	18	15	0.3	0.1	0.1	18	110	0.03	0.04	0.5	0.04	0	2	5	0
L25	1 cup	260	702	47	39	0.8	0.3	0.2	48	286	0.08	0.10	1.3	0.10	0	4	13	0
L22	Apricots,fruit and syrup,canned	100	260	13	12	0.7	0.1	0.1	26	155	0.02	0.01	0.4	0.05	0	5	2	0
L22	1 cup	272	707	35	33	1.9	0.3	0.2	70	422	0.05	0.03	1.1	0.14	0	14	5	0
L30	Avocado,Haas,flesh,fresh	100	520	52	8	1.5	0.8	0.2	22	130	0.04	0.18	1.9	0.26	0	66	7	0
L30	1 avocado	162	842	84	13	2.4	1.3	0.4	36	211	0.07	0.29	3.1	0.42	0	107	12	0
L185	Banana,cooking,in unsalted water,boiled	100	400	34	5	0.5	0.2	1.1	19	116	0.03	0.04	0.7	0.24	0	22	9	0
L185	1 whole	140	560	48	7	0.7	0.3	1.5	27	162	0.04	0.06	1.0	0.34	0	31	13	0
L185	1 cup	201	804	68	10	1.0	0.4	2.2	38	233	0.06	0.08	1.4	0.48	0	44	18	0
L32	Banana,flesh,fresh	100	340	25	5	0.3	0.2	1.6	13	75	0.04	0.07	0.8	0.51	0	10	8	0
L32	1 banana	128	435	32	6	0.4	0.2	2.0	16	96	0.05	0.09	1.0	0.65	0	13	10	0
L34	Blackberries,fresh	100	210	24	63	0.9	0.3	0.1	13	76	0.03	0.04	0.6	0.05	0	34	20	0
L34	1 cup	123	258	30	77	1.1	0.4	0.1	16	93	0.04	0.05	0.7	0.06	0	42	25	0
L39	Blueberries,Jersey,unsweetened,frozen	100	70	13	11	0.5	0.3	0.1	34	204	0.02	0.01	0.6	0.06	0	7	10	0
L39	1 cup	164	115	21	18	0.9	0.4	0.2	56	335	0.03	0.02	1.0	0.10	0	11	16	0
L40	Boysenberry,fresh	100	150	19	24	0.8	0.5	0.1	50	301	0.01	0.02	1.1	0.01	0	63	9	0
L40	1 cup	133	200	25	32	1.0	0.7	0.1	67	400	0.01	0.03	1.5	0.01	0	84	12	0
L45	Cherries,flesh & skin,fresh	100	211	21	16	0.7	0.1	0.7	4	26	0.03	T	0.6	0.05	0	6	20	0
L45	1 cup	150	317	32	23	1.1	0.1	1.0	6	39	0.04	T	0.9	0.08	0	9	30	0
L45	10 cherries	67	141	14	11	0.5	0.1	0.4	3	17	0.02	T	0.4	0.04	0	4	13	0
L50	Currants,Black,fresh	100	295	34	48	1.0	0.3	0.2	27	160	0.02	0.05	0.3	0.06	0	3	160	0
L50	1 cup	118	348	40	57	1.2	0.3	0.2	32	189	0.02	0.06	0.4	0.08	0	4	189	0
L49	Currants,dried	100	710	40	95	1.8	0.5	0.9	5	30	0.03	0.08	1.0	0.30	0	11	T	0
L49	1 cup	154	1090	62	146	2.8	0.8	1.5	8	46	0.05	0.12	1.5	0.46	0	17	T	0
L62	Dates,dried,flesh and skin	100	750	64	68	1.6	0.3	1.4	8	50	0.07	0.04	3.5	0.15	0	21	T	0
L62	10 dates	83	623	53	56	1.3	0.2	1.2	7	42	0.06	0.03	2.9	0.13	0	17	T	0
L62	1 cup chopped	188	1410	120	128	3.0	0.5	2.6	15	94	0.13	0.08	6.6	0.28	0	39	T	0
L67	Feijoas,comb.cultivars,flesh,fresh	100	124	14	6	0.1	0.1	0.2	5	31	T	0.01	0.3	0.05	0	T	30	0
L67	1 average	30	37	4	2	T	T	0.1	2	9	T	T	0.1	0.01	0	T	9	0
L68	Figs,dried,whole fruit	100	780	67	200	1.4	0.5	1.0	2	9	0.05	0.09	1.0	0.25	0	9	1	0
L68	1 cup	210	1640	141	420	2.9	1.1	2.1	4	19	0.11	0.19	2.1	0.53	0	19	2	0
L68	1 fig	16	125	11	32	0.2	0.1	0.2	T	1	0.01	0.01	0.2	0.04	0	1	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
L73	Fruit salad,fresh	100	84	221	54	0.6	0.4	12.0	1.4	11.5	0.5	0.1	0.1	0.1	0	0	0	2	0.1
L73	1 cup	237	198	524	128	1.4	0.8	28.4	3.3	27.3	1.2	0.2	0.2	0.3	0	0	0	5	0.3
L74	Fruit salad,fruit and syrup,canned	100	71	410	99	0.3	0.1	24.3	2.6	24.3	0	T	T	T	0	0	0	2	1.4
L74	1 cup	263	187	1080	260	0.8	0.3	63.9	6.8	63.9	0	T	0.1	0.1	0	0	0	5	3.8
L78	Gooseberries,flesh,skin & seeds,fresh	100	84	182	44	0.6	0.6	9.1	2.4	9.1	0	T	0.1	0.4	0	0	0	1	0.2
L78	1 cup	158	132	288	70	0.9	0.9	14.4	3.7	14.4	0	0.1	0.1	0.6	0	0	0	2	0.3
L80	Grapefruit,flesh,fresh	100	91	96	23	0.6	0.1	5.0	1.2	5.0	0	T	T	T	0	0	0	1	0.2
L80	1 grapefruit	236	214	227	54	1.4	0.2	11.8	2.8	11.8	0	0.1	T	0.1	0	0	0	2	0.5
L82	Grapes,Black,flesh,fresh	100	81	270	65	0.6	0.1	15.5	0.7	15.5	0	T	T	T	0	0	0	2	0.5
L82	1 cup	172	139	464	112	1.0	0.2	26.7	1.2	26.7	0	0.1	T	0.1	0	0	0	3	0.8
L82	10 grapes	54	44	146	35	0.3	0.1	8.4	0.4	8.4	0	T	T	T	0	0	0	1	0.3
L83	Grapes,White,flesh & skin,fresh	100	79	279	68	0.6	0.1	16.1	0.8	16.1	0	T	T	T	0	0	0	2	0.5
L83	1 cup	169	134	472	115	1.0	0.2	27.2	1.4	27.2	0	0.1	T	0.1	0	0	0	3	0.8
L89	Kiwifruit,fl & sds,comb. cultivars,fresh	100	84	202	49	0.9	0.6	9.3	1.6	8.8	0.5	T	T	T	0	0	0	4	0.1
L89	1 kiwifruit	100	84	202	49	0.9	0.6	9.3	1.6	8.8	0.5	T	T	T	0	0	0	4	0.1
L1013	Kiwifruit,Zespri,Hayward,green,fl&sds,fresh	100	83	250	60	1.0	0.5	15.0	1.7	10.8	0.4	0	0	0	0	0	0	2	0
L1013	1 kiwifruit	91	75	228	55	0.9	0.5	13.7	1.5	9.9	0.3	0	0	0	0	0	0	2	0
L1001	Kiwifruit,Zespri,Gold,fl & sds,fresh	100	83	125	30	1.2	0.2	11.2	2.0	11.0	0.2	0	0	0	0	0	0	3	0
L1001	1 kiwifruit	86	71	107	26	1.0	0.2	9.6	1.7	9.4	0.2	0	0	0	0	0	0	3	0
L183	Lemon,flesh,fresh	100	92	59	14	0.8	0.3	2.1	1.9	2.1	0	T	T	T	0	0	0	3	0.2
L183	1 medium	58	54	34	8	0.5	0.2	1.2	1.1	1.2	0	T	T	T	0	0	0	2	0.1
L183	1 cup, sectioned	224	207	132	31	1.8	0.7	4.7	4.2	4.7	0	T	T	T	0	0	0	7	0.5
L91	Lemon,juice,freshly extracted	100	91	84	20	0.3	0.2	1.6	0.1	1.6	0	T	T	0.1	0	0	0	2	0.2
L91	1 tablespoon	16	15	13	3	T	T	0.3	T	0.3	0	T	T	T	0	0	0	T	0
L97	Lychees,fruit & syrup,canned	100	79	299	72	0.4	T	17.7	0.5	17.7	0	T	T	T	0	0	0	2	1.4
L97	1 cup	267	212	798	192	1.1	T	47.3	1.3	47.3	0	T	T	T	0	0	0	5	3.8
L194	Mandarin,flesh,fresh	100	85	202	49	1.4	0.4	9.9	1.4	9.9	0	T	T	T	0	0	0	3	0.2
L194	1 medium (5-6 cm diam.)	86	73	174	42	1.2	0.4	8.5	1.2	8.5	0	T	T	T	0	0	0	2	0.2
L194	1 cup	195	165	394	96	2.7	0.8	19.2	2.6	19.2	0	T	T	T	0	0	0	5	0.4
L101*	Mango,flesh,fresh	100	83	257	62	0.5	0.2	14.6	3.1	14.1	0.5	T	0.1	T	0	0	0	7	0.1
L101*	1 mango	203	169	522	126	1.0	0.4	29.6	6.3	28.6	1.0	0.1	0.2	0.1	0	0	0	14	0.3
L101*	1 cup, sliced	176	146	452	109	0.9	0.4	25.7	5.5	24.8	0.9	0.1	0.1	0.1	0	0	0	12	0.2
L100	Mangoes,fruit and syrup,canned	100	83	279	68	0.3	0.1	16.4	0.7	16.3	0.1	T	T	T	0	0	0	3	0.1
L100	1 cup	260	215	725	177	0.8	0.3	42.6	1.8	42.4	0.3	0.1	0.1	T	0	0	0	8	0.3
L105	Melon,Honeydew,flesh,fresh	100	89	189	46	1.2	0.2	9.8	0.9	9.8	0	T	T	T	0	0	0	32	0.1
L105	1 cup, diced	172	152	325	79	2.1	0.3	16.9	1.5	16.9	0	T	T	T	0	0	0	55	0.2
L106	Melon,Rock,comb. cultivars,flesh,fresh	100	90	126	30	1.1	0.1	6.3	1.3	6.1	0.2	T	T	T	0	0	0	7	0.1
L106	1 cup, diced	168	151	212	50	1.9	0.2	10.6	2.1	10.2	0.3	T	T	T	0	0	0	12	0.2
L196	Mixed fruit,dried	100	18	1190	289	2.3	0.9	67.9	5.6	67.9	0	0.3	0	0.3	0	0	0	78	1.7
L196	1 cup	174	31	2070	503	4.0	1.6	118.0	9.7	118.0	0	0.5	0	0.5	0	0	0	136	3.0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
L73	Fruit salad,fresh	100	180	16	13	0.3	0.1	0.4	7	43	0.02	0.02	0.4	0.10	0	1	14	0
L73	1 cup	237	427	38	31	0.6	0.2	0.9	17	102	0.04	0.05	1.0	0.24	0	2	33	0
L74	Fruit salad,fruit and syrup,canned	100	120	10	8	1.0	0.2	0.4	50	300	0.02	0.01	0.3	0.01	0	4	3	0
L74	1 cup	263	316	26	21	2.6	0.5	1.0	132	789	0.05	0.03	0.8	0.03	0	11	8	0
L78	Gooseberries,flesh,skin & seeds,fresh	100	170	19	19	0.6	0.1	0.1	30	180	0.04	0.03	0.4	0.02	0	4	40	0
L78	1 cup	158	269	30	30	1.0	0.2	0.2	47	284	0.06	0.05	0.6	0.03	0	6	63	0
L80	Grapefruit,flesh,fresh	100	230	16	17	0.3	0.1	0.1	0	0	0.05	0.02	0.3	0.03	0	12	40	0
L80	1 grapefruit	236	543	38	40	0.7	0.2	0.2	0	0	0.12	0.05	0.7	0.07	0	28	94	0
L82	Grapes,Black,flesh,fresh	100	320	16	9	0.3	0.1	0.2	9	54	0.04	0.02	0.4	0.10	0	6	4	0
L82	1 cup	172	550	28	15	0.5	0.2	0.3	15	93	0.07	0.03	0.7	0.17	0	10	7	0
L82	10 grapes	54	173	9	5	0.2	0.1	0.1	5	29	0.02	0.01	0.2	0.05	0	3	2	0
L83	Grapes,White,flesh & skin,fresh	100	250	22	12	0.3	0.1	0.2	15	91	0.04	0.02	0.4	0.10	0	6	4	0
L83	1 cup	169	423	37	20	0.5	0.2	0.3	25	154	0.07	0.03	0.7	0.17	0	10	7	0
L89	Kiwifruit,fl & sds,comb. cultivars,fresh	100	236	23	26	0.3	0.1	0.1	10	59	0.01	0.02	0.8	0.16	0	T	93	0
L89	1 kiwifruit	100	236	23	26	0.3	0.1	0.1	10	59	0.01	0.02	0.8	0.16	0	T	93	0
L1013	Kiwifruit,Zespri, Hayward,green,fl&sds,fresh	100	279	33	31	0.2	0.1	0.6	10	40	0.17	0.04	0.3	0.05	0	34	87	0
L1013	1 kiwifruit	91	254	30	28	0.2	0.1	0.5	9	36	0.16	0.03	0.2	0.05	0	31	79	0
L1001	Kiwifruit,Zespri,Gold,fl & sds,fresh	100	280	24	25	0.6	0.2	0.5	5	19	0.01	0.03	0.3	0.06	0.10	34	109	0
L1001	1 kiwifruit	86	241	21	22	0.5	0.2	0.4	4	16	0	0.03	0.2	0.05	0.09	29	93	0
L183	Lemon,flesh,fresh	100	135	15	26	0.4	0.1	1.0	1	7	0.05	0.02	0.3	0.08	0	11	52	0
L183	1 medium	58	78	9	15	0.2	0.1	1.0	1	4	0.03	0.01	0.2	0.05	0	6	30	0
L183	1 cup, sectioned	224	302	34	58	0.9	0.2	2.0	3	16	0.11	0.04	0.7	0.18	0	25	116	0
L91	Lemon,juice,freshly extracted	100	140	10	8	0.1	0.1	T	2	11	0.02	0.01	0.1	0.05	0	13	50	0
L91	1 tablespoon	16	22	2	1	T	T	T	T	2	T	T	T	0.01	0	2	8	0
L97	Lychees,fruit & syrup,canned	100	75	12	4	0.7	0.2	0.8	T	T	0.03	0.03	0.3	0.01	0	1	8	0
L97	1 cup	267	200	32	11	1.9	0.5	2.1	T	T	0.08	0.08	0.8	0.03	0	2	21	0
L194	Mandarin,flesh,fresh	100	253	30	30	0.2	0.1	0.3	11	67	0.08	0.06	0.1	0.02	0	36	42	0
L194	1 medium (5-6 cm diam.)	86	217	26	26	0.2	0.1	0.3	10	57	0.07	0.05	0.1	0.02	0	31	36	0
L194	1 cup	195	493	59	58	0.4	0.2	0.6	22	130	0.16	0.12	0.2	0.04	0	70	81	0
L101*	Mango,flesh,fresh	100	190	13	10	0.5	0.2	0.1	200	1200	0.03	0.04	0.4	0.13	0	3	30	0
L101*	1 mango	203	386	26	20	1.0	0.4	0.2	406	2440	0.06	0.08	0.8	0.25	0	6	61	0
L101*	1 cup, sliced	176	334	23	18	0.9	0.4	0.2	352	2110	0.05	0.07	0.7	0.22	0	5	53	0
L100	Mangoes,fruit and syrup,canned	100	100	10	10	0.4	0.3	0.1	200	1200	0.02	0.03	0.2	0.04	0	1	10	0
L100	1 cup	260	260	26	26	1.0	0.8	0.1	520	3120	0.05	0.08	0.5	0.10	0	2	26	0
L105	Melon,Honeydew,flesh,fresh	100	436	18	28	0.4	0.2	0.1	6	35	0.03	0.06	1.2	0.06	0	59	50	0
L105	1 cup, diced	172	750	31	48	0.7	0.4	0.2	10	60	0.05	0.10	2.1	0.10	0	101	86	0
L106	Melon,Rock,comb. cultivars,flesh,fresh	100	372	13	7	0.4	0.3	0.1	34	205	0.01	0.01	0.7	0.06	0	24	27	0
L106	1 cup, diced	168	625	22	13	0.7	0.4	0.2	57	344	0.01	0.02	1.2	0.10	0	40	46	0
L196	Mixed fruit,dried	100	530	72	64	1.8	0.4	T	1	8	0.10	0	0.7	0.22	0	15	0	0
L196	1 cup	174	922	125	111	3.1	0.7	T	2	14	0.17	0	1.2	0.38	0	26	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
L111	Nectarine,flesh and skin,fresh	100	87	163	39	1.1	0.4	7.8	1.5	7.8	T	T	0.1	0.2	0	0	0	2	0.1
L111	1 nectarine	143	125	233	56	1.6	0.6	11.2	2.1	11.2	0.1	0.1	0.2	0.2	0	0	0	3	0.1
L112*	Olives,in brine,bottled	100	77	459	110	0.9	11.0	1.8	2.9	0	1.8	1.6	7.7	1.2	0.1	0.8	0	2250	4.5
L112*	1 olive	3	2	13	3	T	0.3	0.1	0.1	0	0.1	T	0.2	T	0	0	0	63	0.1
L114	Orange,flesh,fresh	100	87	168	41	0.9	0.3	8.6	1.0	8.5	0.1	0.1	0.1	0.1	0	0	0	3	0.2
L114	1 orange	128	111	215	52	1.1	0.4	11.0	1.3	10.8	0.2	0.1	0.1	0.1	0	0	0	3	0.3
L113	Orange,juice,freshly extracted	100	88	169	41	0.6	0.2	9.2	0.1	9.2	0	T	0.1	0.1	0	0	0	2	0.9
L113	1 cup	258	226	436	106	1.5	0.5	23.7	0.3	23.7	0	0.1	0.2	0.2	0	0	0	5	2.4
L116	Passion fruit,flesh and seeds,fresh	100	85	188	45	2.8	0.5	7.4	3.3	7.4	0	T	T	T	0	0	0	28	0.1
L116	1 passionfruit	18	15	34	8	0.5	0.1	1.3	0.6	1.3	0	T	T	T	0	0	0	5	0
L124	Peaches,canned,syrup drained	100	83	225	55	0.9	0.1	12.5	0.9	12.5	0	T	T	T	0	0	0	3	1.3
L124	1 cup	208	172	468	114	1.9	0.2	26.0	1.9	26.0	0	T	0.1	0.1	0	0	0	6	2.7
L206	Peaches,canned in juice	100	87	166	40	0.6	T	9.4	0.8	9.4	0	T	T	T	0	0	0	4	1.3
L206	1 cup, sliced	264	231	438	106	1.7	0.1	24.7	2.1	24.7	0	T	T	T	0	0	0	11	3.5
L126	Peaches,flesh and skin,fresh	100	88	158	38	1.0	0.5	7.3	1.7	7.3	T	T	0.2	0.2	0	0	0	4	0.1
L126	1 peach	138	121	218	52	1.4	0.8	10.1	2.3	10.1	0.1	0.1	0.2	0.3	0	0	0	6	0.1
L126	1 cup, sliced	136	119	215	52	1.4	0.7	9.9	2.3	9.9	0.1	0.1	0.2	0.3	0	0	0	6	0.1
L219	Pear,Nashi,flesh,fresh	100	86	166	40	0.2	0.1	9.6	1.0	9.6	0	0	0	0	0	0	0	1	0.1
L219	1 pear	151	131	251	60	0.3	0.2	14.5	1.4	14.5	0	0	0	0	0	0	0	1	0.2
L204	Pears,canned in pear juice	100	87	152	37	0.5	0	8.7	1.4	8.7	0	0	0	0	0	0	0	5	1.4
L204	1 half with liquid	95	82	144	35	0.5	0	8.3	1.3	8.3	0	0	0	0	0	0	0	5	1.4
L204	1 cup	258	223	392	95	1.3	0	22.4	3.6	22.4	0	0	0	0	0	0	0	13	3.7
L141	Pears,comb.cultivars,canned,w/syrup	100	82	270	65	0.3	0.1	15.8	1.7	15.7	0.1	T	T	T	0	0	0	6	0.9
L141	1 cup	268	219	724	174	0.8	0.3	42.3	4.6	42.1	0.4	T	0.1	0.1	0	0	0	15	2.4
L140	Pears,combined cultivars,fl&s,fresh	100	85	212	51	0.4	0.4	11.6	2.1	11.5	0.1	T	0.1	0.1	0	0	0	3	0.1
L140	1 cup, sliced	175	149	371	89	0.6	0.7	20.3	3.6	20.1	0.1	0.1	0.2	0.3	0	0	0	5	0.2
L140	1 pear	148	126	314	75	0.5	0.6	17.2	3.1	17.0	0.1	0.1	0.2	0.2	0	0	0	4	0.2
L178	Persimmon,flesh,fresh	100	80	280	68	0.6	0.2	15.9	2.9	15.9	0	T	0.1	0.1	0	0	0	4	0.1
L178	1 persimmon	75	60	210	51	0.4	0.2	11.9	2.2	11.9	0	T	0.1	0.1	0	0	0	3	0.1
L142	Pineapple,canned,w/o syrup	100	82	255	62	0.6	0.1	14.6	1.0	14.6	0	T	T	0.1	0	0	0	1	1.5
L142	1 cup	186	152	474	115	1.1	0.2	27.2	1.9	27.2	0	T	T	0.1	0	0	0	1	2.8
L143	Pineapple,canned,w/syrup	100	77	332	80	0.3	T	19.8	0.8	19.8	0	0	0	0	0	0	0	1	1.5
L143	1 cup, chopped	269	207	893	215	0.8	T	53.3	2.0	53.3	0	0	0	0	0	0	0	3	4.1
L198	Pineapple,can in pineapple juice,drained	100	85	180	44	0.7	0	10.2	0.5	10.2	0	0	0	0	0	0	0	4	1.5
L198	1 slice (7cm diam. x 1cm thick)	40	34	72	18	0.3	0	4.1	0.2	4.1	0	0	0	0	0	0	0	2	0.6
L198	1 cup	198	168	356	87	1.4	0	20.2	1.0	20.2	0	0	0	0	0	0	0	8	3.0
L144	Pineapple,flesh,fresh	100	87	202	49	0.4	0.2	11.4	1.2	11.4	0	T	T	0.1	0	0	0	2	0.1
L144	1 cup, chopped	164	142	331	80	0.7	0.3	18.7	2.0	18.7	0	T	0.1	0.2	0	0	0	3	0.2
L144	1 slice (1.5 x 9cm diam.)	110	95	222	54	0.4	0.2	12.5	1.3	12.5	0	T	T	0.1	0	0	0	2	0.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
L111	Nectarine,flesh and skin,fresh	100	210	20	5	0.3	0.1	0.1	60	362	0.01	0.01	0.6	0.04	0	4	4	0
L111	1 nectarine	143	300	29	7	0.4	0.1	0.1	86	518	0.01	0.02	0.9	0.06	0	6	6	0
L112*	Olives,in brine,bottled	100	91	17	61	1.0	0.2	T	30	180	T	T	0.1	0.02	0	T	1	0
L112*	1 olive	3	3	0	2	T	T	T	1	5	T	T	T	T	0	T	T	0
L114	Orange,flesh,fresh	100	160	21	29	0.1	0.1	0.1	14	85	T	0.03	1.0	0.06	0	4	36	0
L114	1 orange	128	205	27	37	0.2	0.1	0.1	18	109	T	0.04	1.3	0.08	0	5	46	0
L113	Orange,juice,freshly extracted	100	180	22	12	0.3	T	T	8	50	0.08	0.02	0.3	0.04	0	28	50	0
L113	1 cup	258	464	57	31	0.8	T	T	21	129	0.21	0.05	0.8	0.10	0	72	129	0
L116	Passion fruit,flesh and seeds,fresh	100	350	54	16	1.1	0.8	T	2	10	0.03	0.10	1.9	T	0	T	20	0
L116	1 passionfruit	18	63	10	3	0.2	0.1	T	T	2	0.01	0.02	0.3	T	0	T	4	0
L124	Peaches,canned,syrup drained	100	85	18	2	0.3	0.2	0.1	103	617	0.03	0.03	0.4	0.03	0	8	4	0
L124	1 cup	208	177	37	4	0.6	0.4	0.2	214	1280	0.06	0.06	0.8	0.06	0	17	8	0
L206	Peaches,canned in juice	100	128	17	6	0.3	0.1	T	38	228	0.01	0.02	0.7	0.02	0	3	4	0
L206	1 cup, sliced	264	338	45	16	0.7	0.3	T	100	602	0.02	0.05	1.8	0.05	0	9	10	0
L126	Peaches,flesh and skin,fresh	100	224	21	7	0.4	0.2	0.1	80	477	0.01	0.02	0.8	0.08	0	3	10	0
L126	1 peach	138	309	29	9	0.5	0.2	0.1	110	658	0.01	0.02	1.1	0.10	0	4	13	0
L126	1 cup, sliced	136	305	29	9	0.5	0.2	0.1	109	649	0.01	0.02	1.1	0.10	0	4	13	0
L219	Pear,Nashi,flesh,fresh	100	110	8	3	0.1	0.1	T	T	T	T	T	T	0.02	0	3	4	0
L219	1 pear	151	166	12	5	0.2	0.1	T	T	T	T	T	T	0.03	0	5	6	0
L204	Pears,canned in pear juice	100	100	10	6	0.3	0.2	T	0	0	0	0.01	0.1	0.03	0	4	1	0
L204	1 half with liquid	95	95	10	6	0.3	0.2	T	0	0	0	0.01	0.1	0.03	0	4	1	0
L204	1 cup	258	258	26	15	0.8	0.5	T	0	0	0	0.03	0.3	0.08	0	10	3	0
L141	Pears,comb.cultivars,canned,w/syrup	100	56	5	6	0.4	0.1	0.1	3	15	0.01	0.01	0.2	0.04	0	8	1	0
L141	1 cup	268	150	13	16	1.1	0.4	0.4	7	40	0.03	0.02	0.5	0.11	0	21	3	0
L140	Pears,combined cultivars,fl&s,fresh	100	96	11	11	0.4	0.1	0.2	2	10	0.01	0.01	0.3	0.04	0	8	3	0
L140	1 cup, sliced	175	167	19	19	0.8	0.2	0.4	4	18	0.02	0.02	0.5	0.07	0	14	5	0
L140	1 pear	148	142	16	16	0.6	0.1	0.3	3	15	0.02	0.01	0.4	0.06	0	12	4	0
L178	Persimmon,flesh,fresh	100	146	17	18	0.4	0.1	0.2	178	1070	0.02	0.06	0.4	0.02	0	8	10	0
L178	1 persimmon	75	110	13	14	0.3	0.1	0.2	134	800	0.02	0.05	0.3	0.02	0	6	8	0
L142	Pineapple,canned,w/o syrup	100	55	8	4	0.2	0.1	0.1	4	22	0.03	0.02	0.3	0.09	0	5	10	0
L142	1 cup	186	102	15	7	0.4	0.2	0.2	7	41	0.06	0.04	0.6	0.17	0	9	19	0
L143	Pineapple,canned,w/syrup	100	94	5	13	0.4	0.1	0.1	7	40	0.05	0.02	0.2	0.07	0	5	12	0
L143	1 cup, chopped	269	253	13	35	1.1	0.2	0.3	19	108	0.13	0.05	0.5	0.19	0	14	32	0
L198	Pineapple,can in pineapple juice,drained	100	140	5	6	0.5	0.3	T	3	15	0.03	0.03	0.3	0.09	0	1	14	0
L198	1 slice (7cm diam. x 1cm thick)	40	56	2	2	0.2	0.1	T	1	6	0.01	0.01	0.1	0.04	0	T	6	0
L198	1 cup	198	277	10	12	1.0	0.6	T	6	30	0.06	0.06	0.6	0.18	0	2	28	0
L144	Pineapple,flesh,fresh	100	250	8	12	0.4	0.1	0.8	10	60	0.08	0.02	0.3	0.09	0	5	25	0
L144	1 cup, chopped	164	410	13	20	0.7	0.2	1.3	16	98	0.13	0.03	0.5	0.15	0	8	41	0
L144	1 slice (1.5 x 9cm diam.)	110	275	9	13	0.4	0.1	0.9	11	66	0.09	0.02	0.3	0.10	0	6	28	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
L155	Plum,combined cultivars,fl&s,fresh	100	85	265	64	0.9	0.6	13.9	1.3	13.8	0.1	T	0.3	0.1	0	0	0	4	0.1
L155	1 plum	49	42	130	31	0.4	0.3	6.8	0.7	6.8	T	T	0.2	0.1	0	0	0	2	0.1
L155	1 cup, sliced	174	149	461	111	1.5	1.0	24.2	2.3	24.0	0.1	0.1	0.5	0.2	0	0	0	6	0.2
L148	Plums,canned,syrup drained	100	71	505	122	0.5	0.1	29.9	1.2	29.8	0.1	T	0.1	T	0	0	0	8	1.4
L148	1 plum	49	35	247	60	0.2	0.1	14.7	0.6	14.6	0.1	T	T	T	0	0	0	4	0.7
L154	Plums,cooking,stewed w/o sugar	100	86	139	34	0.5	0.4	7.0	1.3	6.8	0	T	0.2	0.1	0	0	0	2	0.1
L154	1 cup	263	227	366	89	1.3	1.0	18.0	3.4	17.9	0	0.1	0.5	0.2	0	0	0	5	0.3
L157	Prunes,dried,flesh and skin	100	37	789	191	2.8	0.4	43.9	6.4	31.0	1.5	T	0.2	0.1	0	0	0	7	0.8
L157	1 cup	170	63	1340	325	4.8	0.7	74.6	10.9	52.7	2.6	T	0.4	0.1	0	0	0	12	1.3
L157	10 prunes	84	31	663	160	2.4	0.3	36.9	5.4	26.0	1.3	T	0.2	0.1	0	0	0	6	0.7
L159	Prunes,dried,stewed w/o sugar	100	70	415	100	1.4	0.3	23.0	3.3	19.5	0	T	0.2	0.1	0	0	0	3	0.8
L159	1 cup	224	156	930	224	3.1	0.7	52.0	7.4	43.7	0	T	0.4	0.1	0	0	0	7	1.8
L161	Raisins,seedless	100	21	1180	285	3.3	0.5	66.9	2.8	66.9	T	0.2	T	0.2	0	0	0	10	1.7
L161	1 cup	137	29	1620	391	4.5	0.7	91.8	3.9	91.8	T	0.3	T	0.2	0	0	0	14	2.3
L161	20 raisins	9	2	102	25	0.3	T	5.8	0.3	5.8	T	T	T	T	0	0	0	1	0.1
L163	Raspberries,fresh	100	88	118	28	1.1	0.6	4.7	2.4	4.6	0.1	T	0.1	0.4	0	0	0	2	0.2
L163	1 cup	136	119	160	38	1.4	0.8	6.4	3.2	6.3	0.1	T	0.1	0.5	0	0	0	3	0.3
L169	Rhubarb,w/o sugar,stewed	100	95	27	7	0.6	T	1.0	1.6	1.0	0	T	T	T	0	0	0	2	0.7
L169	1 cup	265	251	72	19	1.6	0.1	2.7	4.3	2.7	0	T	T	T	0	0	0	5	1.8
L168	Rhubarb,w/sugar,stewed	100	85	189	46	0.5	T	10.9	1.2	10.9	0	T	T	T	0	0	0	2	0.7
L168	1 cup	270	230	510	124	1.4	0.1	29.4	3.2	29.4	0	T	T	T	0	0	0	5	1.9
L172	Strawberries,fresh	100	89	137	33	0.8	0.4	6.7	1.3	6.6	0.1	T	0.1	0.2	0	0	0	2	0.2
L172	5 strawberries	28	25	38	9	0.2	0.1	1.9	0.4	1.8	T	T	T	0.1	0	0	0	1	0.1
L172	1 cup	158	141	216	52	1.2	0.6	10.5	2.1	10.4	0.1	T	0.1	0.4	0	0	0	4	0.3
L173	Sultanas	100	16	1300	316	2.8	0.4	75.0	2.0	73.2	1.8	0.2	T	0.1	0	0	0	36	1.7
L173	1 cup	153	25	2000	483	4.3	0.6	115.0	3.1	112.0	2.8	0.2	T	0.2	0	0	0	55	2.6
L174	Tamarillo,Red,flesh and seeds,fresh	100	86	130	31	2.0	0.4	3.8	3.3	3.5	0.3	0.1	0.1	0.2	0	0	0	1	0.1
L174	1 tamarillo	60	52	78	19	1.2	0.2	2.3	2.0	2.1	0.2	T	T	0.1	0	0	0	1	0.1
L179	Tangelo,flesh,fresh	100	86	142	35	0.6	0.1	7.8	1.7	7.8	0	T	T	T	0	0	0	4	0.2
L179	1 tangelo	90	77	128	32	0.5	0.1	7.0	1.5	7.0	0	T	T	T	0	0	0	4	0.2
L176	Tangerine,flesh,fresh	100	87	150	36	0.9	0.2	7.7	1.3	7.7	0	T	0.1	0.1	0	0	0	2	0.2
L176	1 tangerine	84	73	126	30	0.8	0.2	6.5	1.1	6.5	0	T	0.1	0.1	0	0	0	2	0.2
L176	1 cup, sectioned	259	225	389	93	2.3	0.5	19.9	3.4	19.9	0	0.1	0.2	0.2	0	0	0	5	0.5
L177	Watermelon,flesh,fresh	100	94	98	24	0.4	0.2	5.1	0.2	5.1	0	T	T	T	0	0	0	4	0.1
L177	1 slice (2.5 x 25.5 x 12cm)	213	200	209	51	0.9	0.4	10.9	0.4	10.9	0	T	T	T	0	0	0	9	0.3
L177	1 cup	169	159	166	41	0.7	0.3	8.6	0.3	8.6	0	T	T	T	0	0	0	7	0.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
L155	Plum,combined cultivars,fl&s,fresh	100	191	20	7	0.4	0.1	0.2	70	417	0.01	0.01	0.8	0.06	0	2	3	0
L155	1 plum	49	94	10	3	0.2	0.1	0.1	34	204	T	T	0.4	0.03	0	1	2	0
L155	1 cup, sliced	174	332	35	12	0.7	0.2	0.4	122	726	0.01	0.01	1.4	0.10	0	4	6	0
L148	Plums,canned,syrup drained	100	100	10	7	0.7	0.1	0.2	80	479	0.02	0.01	0.8	0.07	0	2	2	0
L148	1 plum	49	49	5	3	0.3	T	0.1	39	235	0.01	0.01	0.4	0.04	0	1	1	0
L154	Plums,cooking,stewed w/o sugar	100	160	12	12	0.3	0.1	0.2	15	92	0.04	0.03	0.6	0.03	0	1	3	0
L154	1 cup	263	421	32	32	0.8	0.2	0.5	39	242	0.11	0.08	1.6	0.08	0	3	8	0
L157	Prunes,dried,flesh and skin	100	700	58	52	1.1	0.5	1.0	73	435	0.08	0.16	1.3	0.19	0	4	2	0
L157	1 cup	170	1190	99	88	1.9	0.9	1.7	124	740	0.14	0.27	2.2	0.32	0	7	3	0
L157	10 prunes	84	588	49	44	0.9	0.4	0.8	61	365	0.07	0.13	1.1	0.16	0	3	2	0
L159	Prunes,dried,stewed w/o sugar	100	197	19	9	1.5	0.1	0.3	38	229	0.02	0.04	0.7	0.10	0	T	3	0
L159	1 cup	224	441	43	20	3.4	0.2	0.7	85	513	0.04	0.09	1.5	0.20	0	T	7	0
L161	Raisins,seedless	100	680	84	53	1.2	0.2	3.5	5	30	0.28	0.04	0.1	0	0	4	T	0
L161	1 cup	137	934	115	73	1.6	0.3	4.8	7	41	0.38	0.05	0.1	0	0	5	T	0
L161	20 raisins	9	59	7	5	0.1	T	0.3	T	3	0.02	T	T	0	0	T	T	0
L163	Raspberries,fresh	100	170	20	19	0.4	0.4	0.1	0	0	T	0.01	0.5	0.06	0	33	14	0
L163	1 cup	136	231	27	26	0.5	0.5	0.1	0	0	0.01	0.02	0.7	0.08	0	45	19	0
L169	Rhubarb,w/o sugar,stewed	100	400	19	93	0.4	T	0.1	9	55	0.01	0.03	0.4	0.02	0	4	8	0
L169	1 cup	265	1060	50	246	1.1	0.1	0.2	24	146	0.02	0.08	1.1	0.05	0	11	21	0
L168	Rhubarb,w/sugar,stewed	100	360	18	84	0.3	T	0.1	8	50	0.01	0.03	0.4	0.02	0	4	7	0
L168	1 cup	270	972	49	227	0.8	0.1	0.2	22	135	0.02	0.08	1.1	0.05	0	11	19	0
L172	Strawberries,fresh	100	151	18	21	0.4	0.2	0.1	1	6	0.01	T	0.5	0.05	0	19	46	0
L172	5 strawberries	28	42	5	6	0.1	0.1	T	T	2	T	T	0.1	0.01	0	5	13	0
L172	1 cup	158	239	29	33	0.6	0.3	0.2	2	9	0.01	T	0.8	0.08	0	30	72	0
L173	Sultanas	100	911	95	56	2.0	0.5	1.1	4	23	0.18	0.05	0.7	0.25	0	27	T	0
L173	1 cup	153	1390	145	86	3.1	0.8	1.7	6	35	0.28	0.08	1.1	0.38	0	41	T	0
L174	Tamarillo,Red,flesh and seeds,fresh	100	321	39	11	0.6	0.2	0.1	189	1140	0.04	0.02	0.6	0.20	0	4	30	0
L174	1 tamarillo	60	193	23	6	0.3	0.1	0.1	114	681	0.03	0.01	0.4	0.12	0	2	18	0
L179	Tangelo,flesh,fresh	100	140	10	22	0.3	0.3	0.1	58	347	0.05	0.03	0.4	0.07	0	20	28	0
L179	1 tangelo	90	126	9	20	0.3	0.3	0.1	52	312	0.05	0.03	0.4	0.06	0	18	25	0
L176	Tangerine,flesh,fresh	100	160	17	42	0.3	0.1	0.1	17	100	0.07	0.02	0.3	0.07	0	21	30	0
L176	1 tangerine	84	134	14	35	0.3	0.1	0.1	14	84	0.06	0.02	0.3	0.06	0	18	25	0
L176	1 cup, sectioned	259	414	44	109	0.8	0.3	0.3	44	259	0.18	0.05	0.8	0.18	0	54	78	0
L177	Watermelon,flesh,fresh	100	120	8	5	0.3	0.2	T	3	20	0.02	0.02	0.3	0.07	0	2	8	0
L177	1 slice (2.5 x 25.5 x 12cm)	213	256	17	11	0.6	0.4	T	6	43	0.04	0.04	0.6	0.15	0	4	17	0
L177	1 cup	169	203	14	8	0.5	0.3	T	5	34	0.03	0.03	0.5	0.12	0	3	14	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
M	MEAT																		
M188	Beef,blade steak,l&f,trlm,stewed,drained	100	56	1040	248	30.2	14.1	0	0	0	0	6.2	6.2	0.4	0.1	0.1	92	51	0.7
M188	1 cup	190	107	1970	471	57.4	26.8	0	0	0	0	11.8	11.7	0.7	0.2	0.2	175	97	1.3
M542	Beef,composite cuts,lean,cooked	100	63	757	181	30.4	6.6	0	0	0	0	2.8	2.7	0.3	0.1	0.1	81	55	0.7
M542	1 cup	200	127	1510	362	60.8	13.2	0	0	0	0	5.6	5.4	0.6	0.2	0.2	162	110	1.4
M2	Beef,cornd,silverside,lean&fat,boiled	100	48	1360	326	27.6	23.9	0	0	0	0	10.0	11.4	1.0	0	0.5	82	73	2.5
M2	1 slice (12.5 x 2.5 x 0.5cm)	28	14	381	91	7.7	6.7	0	0	0	0	2.8	3.2	0.3	0	0.1	23	20	0.7
M10	Beef,cornd beef,canned	100	51	1450	347	22.4	28.4	0.5	0	0.5	0	12.3	13.1	0.4	0.1	0.5	99	640	2.5
M10	1 slice (7.5 x 5 x 0.5cm)	28	14	407	97	6.3	8.0	0.1	0	0.1	0	3.4	3.7	0.1	0	0.1	28	179	0.7
M191	Beef,fillet steak,lean,grilled	100	63	745	178	27.9	7.4	0	0	0	0	3.1	3.0	0.3	0.1	0.1	87	59	0.7
M191	1 steak	137	86	1020	244	38.2	10.1	0	0	0	0	4.3	4.2	0.4	0.1	0.1	119	81	1.0
M191	1 cup, cooked, diced	142	89	1060	253	39.6	10.5	0	0	0	0	4.5	4.3	0.4	0.2	0.2	123	84	1.0
M397	Beef,fillet steak,lean & fat,grilled	100	61	830	198	27.1	10.0	0	0	0	0	4.4	4.1	0.7	0.3	0.5	86	58	0.7
M397	1 steak	173	106	1440	343	46.9	17.3	0	0	0	0	7.6	7.1	1.2	0.5	0.8	149	100	1.2
M16	Beef,kidney,stewed	100	64	718	172	25.6	7.7	0	0	0	0	3.3	2.0	0.5	0.1	0	517	400	10.5
M16	1 cup, diced	149	96	1070	256	38.1	11.5	0	0	0	0	4.8	3.0	0.7	0.1	0	770	596	15.6
M20	Beef,mince,lean,stewed	100	70	625	150	23.9	6.0	0	0	0	0	2.6	2.5	0.3	0	0	67	37	1.0
M20	1 cup	170	119	1060	255	40.6	10.2	0	0	0	0	4.4	4.3	0.5	0	0	114	63	1.7
M328	Beef,mince,lean&fat(12%),stewed	100	64	893	213	22.3	13.8	0	0	0	0	6.0	5.7	0.6	0.1	0	68	39	1.0
M328	1 cup	260	165	2320	554	58.0	35.9	0	0	0	0	15.6	14.9	1.5	0.1	0	177	101	2.6
M544*	Beef,mince,lean&fat(6%),fried	100	61	869	208	29.9	9.8	0	0	0	0	4.3	4.1	0.4	0	0	81	63	1.0
M544*	1 cup	170	103	1480	354	50.8	16.7	0	0	0	0	7.3	7.0	0.7	0	0	138	107	1.7
M27*	Beef,rump steak,lean,grilled	100	67	663	159	27.3	5.5	0	0	0	0	2.3	2.3	0.5	0.1	0.1	71	52	0.7
M27*	1 steak	160	107	1060	254	43.7	8.8	0	0	0	0	3.7	3.6	0.8	0.2	0.2	113	84	1.1
M27*	1 cup, cooked, diced	142	95	941	226	38.8	7.8	0	0	0	0	3.3	3.2	0.7	0.1	0.1	100	74	1.0
M26	Beef,rump steak,lean&fat,trimmed,grilled	100	65	765	183	26.6	8.5	0	0	0	0	3.8	3.6	0.3	0.1	0	71	52	0.7
M26	1 steak	172	112	1320	315	45.8	14.6	0	0	0	0	6.5	6.2	0.5	0.1	0	122	89	1.2
M26	1 cup, cooked, diced	142	92	1090	260	37.8	12.1	0	0	0	0	5.3	5.1	0.4	0.1	0	101	74	1.0
M49	Beef,schnitzel,crumbed,fried	100	55	896	215	31.4	8.1	4.0	0.2	0.5	3.5	3.4	3.9	0.4	0.1	0.2	42	110	0.7
M49	1 schnitzel (15 x 10 x 1cm)	145	79	1300	312	45.5	11.7	6.0	0.3	0.7	5.1	4.9	5.6	0.6	0.2	0.4	61	160	1.0
M206	Beef,scotch fillet,lean,grilled	100	62	815	195	28.5	9.0	0	0	0	0	3.8	3.7	0.4	0.1	0.1	87	57	0.7
M206	1 steak	170	105	1390	332	48.5	15.3	0	0	0	0	6.4	6.3	0.7	0.2	0.2	148	97	1.2
M206	1 cup, cooked, diced	142	87	1160	277	40.5	12.8	0	0	0	0	5.4	5.2	0.6	0.2	0.2	124	81	1.0
M36	Beef,sirloin roast,lean,roasted	100	64	726	174	27.7	7.0	0	0	0	0	2.7	2.9	0.5	0.1	0.3	61	56	0.7
M36	1 slice (9.7 x 8.2 x 0.5cm)	42	27	305	73	11.6	2.9	0	0	0	0	1.1	1.2	0.2	0.0	0.1	26	24	0.3
M226*	Beef,sirloin steak,lean,grilled	100	64	763	183	28.1	7.8	0	0	0	0	3.3	3.2	0.3	0.1	0.2	68	55	0.7
M226*	1 steak	145	93	1110	265	40.7	11.3	0	0	0	0	4.8	4.6	0.5	0.1	0.3	99	80	1.0
M226*	1 cup, cooked, diced	142	91	1080	260	39.9	11.1	0	0	0	0	4.7	4.5	0.5	0.1	0.3	97	78	1.0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
M	MEAT																	
M188	Beef,blade steak,l&f,trlm,stewed,drained	100	244	163	5	4.0	9.3	13.6	5	18	0.15	0.24	11.1	0.39	3.10	15	0	T
M188	1 cup	190	464	310	10	7.6	17.7	25.8	10	34	0.29	0.46	21.1	0.74	5.90	29	0	T
M542	Beef,composite cuts,lean,cooked	100	400	227	5	3.8	6.3	8.7	T	T	0.15	0.21	10.7	0.34	2.60	11	0	T
M542	1 cup	200	799	454	10	7.6	12.5	17.5	T	T	0.30	0.42	21.4	0.68	5.20	22	0	T
M2	Beef,corned,silverside,lean&fat,boiled	100	200	150	12	2.8	6.3	3.3	7	T	0.04	0.30	10.2	0.25	2.00	13	0	T
M2	1 slice (12.5 x 2.5 x 0.5cm)	28	56	42	3	0.8	1.8	0.9	2	T	0.01	0.08	2.9	0.07	0.56	4	0	T
M10	Beef,corned beef,canned	100	180	110	9	2.0	5.1	T	21	7	T	0.19	10.0	0.16	2.47	2	1	T
M10	1 slice (7.5 x 5 x 0.5cm)	28	50	31	3	0.6	1.4	T	6	2	T	0.05	2.8	0.04	0.69	1	T	T
M191	Beef,filet steak,lean,grilled	100	478	258	5	4.3	4.2	12.5	T	T	0.19	0.24	10.9	0.32	2.40	10	0	T
M191	1 steak	137	654	353	7	5.8	5.7	17.2	T	T	0.26	0.33	14.9	0.44	3.30	14	0	T
M191	1 cup, cooked, diced	142	678	366	8	6.0	5.9	17.8	T	T	0.27	0.34	15.5	0.45	3.40	14	0	T
M397	Beef,filet steak,lean & fat,grilled	100	462	249	5	4.2	4.0	12.0	3	8	0.13	0.14	10.5	0.44	1.40	14	0	T
M397	1 steak	173	799	431	9	7.3	6.9	20.8	5	14	0.22	0.24	18.2	0.76	2.40	24	0	T
M16	Beef,kidney,stewed	100	180	300	16	8.0	3.0	70.0	323	439	0.25	2.10	10.3	0.30	31.00	75	10	T
M16	1 cup, diced	149	268	447	24	11.9	4.5	104.0	481	654	0.37	3.13	15.4	0.45	46.20	112	15	T
M20	Beef,mince,lean,stewed	100	254	154	5	2.7	4.7	3.6	T	T	0.11	0.17	7.9	0.28	1.63	11	0	T
M20	1 cup	170	432	262	9	4.6	8.0	6.1	T	T	0.19	0.29	13.4	0.48	2.77	19	0	T
M328	Beef,mince,lean&fat(12%),stewed	100	241	153	5	2.8	4.3	3.4	3	T	0.10	0.16	7.5	0.26	1.50	10	0	T
M328	1 cup	260	627	398	13	7.3	11.2	8.8	8	T	0.30	0.42	19.5	0.68	3.90	26	0	T
M544*	Beef,mince,lean&fat(6%),fried	100	460	242	5	3.4	5.9	7.7	3	8	0.17	0.34	10.3	0.30	2.70	14	0	T
M544*	1 cup	170	782	411	9	5.8	10.0	13.1	5	14	0.29	0.58	17.5	0.50	4.60	24	0	T
M27*	Beef,rump steak,lean,grilled	100	410	228	4	3.4	5.0	4.1	T	T	0.13	0.18	9.5	0.24	2.10	10	0	T
M27*	1 steak	160	655	365	7	5.5	8.0	6.5	T	T	0.21	0.29	15.2	0.38	3.40	16	0	T
M27*	1 cup, cooked, diced	142	582	324	6	4.8	7.1	5.8	T	T	0.18	0.26	13.5	0.34	3.00	14	0	T
M26	Beef,rump steak,lean&fat,trimmed,grilled	100	397	220	5	3.3	4.7	4.1	3	8	0.11	0.13	9.6	0.40	1.30	12	0	T
M26	1 steak	172	683	378	9	5.7	8.1	7.1	6	14	0.19	0.22	16.6	0.70	2.20	21	0	T
M26	1 cup, cooked, diced	142	564	312	7	4.7	6.7	5.8	5	11	0.16	0.18	13.7	0.60	1.80	17	0	T
M49	Beef,schnitzel,crumbed,fried	100	420	280	10	1.6	1.0	4.3	6	T	0.06	0.27	13.7	0.32	1.00	4	0	T
M49	1 schnitzel (15 x 10 x 1cm)	145	609	406	15	2.3	1.5	6.2	9	T	0.09	0.39	19.9	0.46	1.45	6	0	T
M206	Beef,scotch fillet,lean,grilled	100	420	230	4	3.3	6.7	4.0	T	T	0.06	0.07	10.2	0.55	1.60	12	0	T
M206	1 steak	170	714	391	8	5.6	11.4	6.8	T	T	0.10	0.12	17.3	0.94	2.70	20	0	T
M206	1 cup, cooked, diced	142	596	327	6	4.7	9.5	5.7	T	T	0.09	0.10	14.5	0.78	2.30	17	0	T
M36	Beef,sirloin roast,lean,roasted	100	464	240	5	4.0	5.5	3.9	T	T	0.09	0.14	9.5	0.18	1.50	11	0	T
M36	1 slice (9.7 x 8.2 x 0.5cm)	42	195	101	2	1.7	2.3	1.6	T	T	0.04	0.06	4.0	0.08	0.60	5	0	T
M226*	Beef,sirloin steak,lean,grilled	100	440	230	6	3.8	5.8	3.9	T	T	0.19	0.24	9.2	0.32	2.40	12	0	T
M226*	1 steak	145	638	334	9	5.5	8.4	5.7	T	T	0.28	0.35	13.4	0.46	3.50	17	0	T
M226*	1 cup, cooked, diced	142	625	327	9	5.4	8.2	5.5	T	T	0.27	0.34	13.1	0.45	3.40	17	0	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
M46*	Beef,topside roast,lean,roasted	100	62	766	183	33.9	5.3	0	0	0	0	2.3	2.2	0.4	0.1	0.2	79	47	1.0
M46*	1 slice (10.5 x 5.5 x 0.5cm)	42	26	322	77	14.2	2.2	0	0	0	0	0.9	0.9	0.2	0	0.1	34	21	0.4
M51	Beef,veal,fillet,lean,roasted	100	55	961	230	31.6	11.5	0	0	0	0	4.8	5.5	0.5	0.1	0.3	115	97	0.7
M51	1 slice (9.4 x 8.0 x 0.5cm)	39	22	375	90	12.3	4.5	0	0	0	0	1.9	2.1	0.2	0	0.1	45	38	0.3
M53	Beef and sheep tongue,canned	100	64	889	213	16.0	16.5	0	0	0	0	6.4	8.2	1.0	0.1	0	110	1050	1.5
M53	1 slice (7.5 x 5 x 0.5cm)	20	13	178	43	3.2	3.3	0	0	0	0	1.3	1.6	0.2	0	0	22	210	0.3
M54	Beef patty,frozen,fried	100	53	1100	262	20.4	17.3	6.2	0	0.5	5.7	7.3	8.2	1.4	0.4	1.1	71	880	0.7
M54	1 patty (1.0 x 7.5cm diam.)	61	32	668	160	12.4	10.6	3.8	0	0.3	3.5	4.4	5.0	0.4	0.2	0.6	43	537	0.4
M1012	Chicken,breast,deli-cooked,supermarket	100	68	559	134	28.8	2.1	0	0	0.3	0	0.6	1.0	0.3	0	0.3	93	325	0.8
M1012	1 single breast	150	102	839	201	43.1	3.2	0	0	0.4	0	0.9	1.5	0.5	0	0.4	140	488	1.2
M232	Chicken,breast,flesh,grilled	100	62	694	166	31.2	4.6	0	0	0	0	1.5	2.3	0.6	0	0.5	112	65	0.5
M232	1 single breast	107	66	743	178	33.4	4.9	0	0	0	0	1.6	2.5	0.5	0	0.5	120	70	0.5
M339	Chicken,breast,lean&fat,roasted	100	69	673	161	24.6	7.0	0	0	0	0	2.2	3.6	0.8	0	0.7	79	76	0.5
M339	1 single breast	161	111	1080	259	39.6	11.2	0	0	0	0	3.6	5.7	1.2	0.1	1.1	127	122	0.8
M339	1 cup, cooked, diced	143	98	962	230	35.2	9.9	0	0	0	0	3.2	5.1	1.1	0.1	1.0	113	108	0.7
M1016	Chicken,drumstick,deli-cooked,supermarl	100	65	709	169	26.9	6.9	0	0	0.3	0	2.0	3.5	1.1	0.1	1.0	150	360	0.9
M1016	1 drumstick	30	20	213	51	8.1	2.1	0	0	0.1	0	0.6	1.0	0.3	0	0.3	45	108	0.3
M247	Chicken,drumstick,flesh,grilled	100	67	697	167	26.4	6.8	0	0	0	0	2.2	3.5	0.8	0	0.7	149	109	0.8
M247	1 drumstick	44	29	307	73	11.6	3.0	0	0	0	0	1.0	1.5	0.3	0	0.3	66	48	0.4
M247	1 cup, cooked, diced	143	95	997	239	37.8	9.7	0	0	0	0	3.1	4.9	1.1	0.1	1.0	213	156	1.1
M352	Chicken,drumstick,l,f&s,rstd,w/oven bag	100	63	930	222	22.7	14.6	0	0	0	0	4.6	7.6	1.6	0.1	1.5	130	98	0.8
M352	1 drumstick	58	37	539	129	13.2	8.5	0	0	0	0	2.7	4.4	0.9	0.1	0.9	75	57	0.5
M352	1 cup, cooked, diced	143	90	1330	317	32.5	20.9	0	0	0	0	6.6	10.8	2.3	0.2	2.1	186	140	1.1
M239	Chicken,flesh,cooked	100	66	714	171	24.0	8.3	0	0	0	0	2.7	4.2	0.9	0.1	0.9	129	82	0.5
M239	1/4 chicken	135	89	964	231	32.4	11.2	0	0	0	0	3.6	5.7	1.2	0.1	1.2	174	111	0.7
M239	1 cup, cooked, diced	135	89	964	231	32.4	11.2	0	0	0	0	3.6	5.7	1.2	0.1	1.2	174	111	0.7
M255	Chicken,leg,flesh,grilled	100	63	823	197	24.2	11.1	0	0	0	0	3.6	5.6	1.2	0.1	1.2	148	93	0.8
M255	1 leg	95	60	782	187	23.0	10.5	0	0	0	0	3.4	5.4	1.2	0.1	1.1	141	88	0.8
M255	1 cup, cooked, diced	143	90	1180	282	34.6	15.9	0	0	0	0	5.1	8.1	1.8	0.1	1.6	212	133	1.1
M1015	Chicken,skin,deli-cooked,supermarket	100	49	1494	357	18.1	31.6	0	0	0.3	0	9.7	15.5	4.7	0.4	4.3	142	340	19.0
M1015	1/4 chicken	15	7	224	54	2.7	4.7	0	0	0	0	1.5	2.3	0.7	0	0.6	21	51	2.9
M1013	Chicken,thigh,deli-cooked,supermarket	100	66	698	167	23.9	7.9	0	0	0.3	0	2.4	3.9	1.2	1.1	0.1	128	330	1.5
M1013	1 thigh	55	36	384	92	13.2	4.3	0	0	0.1	0	1.3	2.1	0.7	0.6	0.1	70	182	0.8
M337	Chicken,thigh,flesh,roasted	100	67	764	183	22.9	10.1	0	0	0	0	3.3	5.1	1.1	0.1	1.1	120	95	0.8
M337	1 thigh	86	57	657	157	19.7	8.7	0	0	0	0	2.8	4.4	1.0	0.1	0.9	103	82	0.7
M337	1 cup, cooked, diced	143	95	1090	262	32.8	14.5	0	0	0	0	4.7	7.4	1.6	0.1	1.5	172	136	1.1
M350	Chicken,thigh,l,f&s,rstd in oven bag	100	60	1070	257	19.7	19.8	0	0	0	0	6.3	10.3	1.6	0.1	1.5	120	84	0.8
M350	1 thigh	119	72	1280	306	23.4	23.5	0	0	0	0	7.5	12.3	1.9	0.1	1.8	143	100	1.0
M350	1 cup, cooked, diced	143	86	1540	368	28.2	28.3	0	0	0	0	9.0	14.7	2.3	0.2	2.1	172	121	1.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
M46*	Beef,topside roast,lean,roasted	100	450	205	4	3.8	6.2	5.1	T	T	0.13	0.18	13.6	0.24	2.31	11	0	T
M46*	1 slice (10.5 x 5.5 x 0.5cm)	42	181	86	2	1.5	1.9	3.3	T	T	0.05	0.08	5.7	0.10	0.90	5	0	T
M51	Beef,veal,fillet,lean,roasted	100	430	360	4	1.6	5.4	4.0	T	T	0.06	0.27	13.7	0.32	1.00	4	0	T
M51	1 slice (9.4 x 8.0 x 0.5cm)	39	168	140	2	0.6	2.1	1.6	T	T	0.02	0.11	5.3	0.13	0.39	2	0	T
M53	Beef and sheep tongue,canned	100	97	140	11	2.5	2.3	5.9	T	T	0.04	0.39	6.3	0.04	5.00	2	0	T
M53	1 slice (7.5 x 5 x 0.5cm)	20	19	28	2	0.5	0.5	1.2	T	T	0.01	0.08	1.3	0.01	1.00	T	0	T
M54	Beef patty,frozen,fried	100	340	250	33	3.1	4.2	2.3	3	15	0.02	0.23	8.0	0.20	2.00	15	0	T
M54	1 patty (1.0 x 7.5cm diam.)	61	207	153	20	1.9	2.6	1.4	2	9	0.01	0.14	4.9	0.12	1.22	9	0	T
M1012	Chicken,breast,deli-cooked,supermarket	100	370	300	7	0.3	0.8	29.8	35	0	0.20	0.15	10.8	0.29	0.30	20	0	0.12
M1012	1 single breast	150	555	450	10	0.5	1.3	44.7	52	0	0.30	0.23	16.2	0.44	0.44	30	0	0.18
M232	Chicken,breast,flesh,grilled	100	390	260	14	1.9	1.0	15.3	15	T	0.10	0.11	14.4	0.59	0.60	10	0	T
M232	1 single breast	107	417	278	15	2.0	1.1	16.4	16	T	0.11	0.12	15.4	0.63	0.60	11	0	T
M339	Chicken,breast,lean&fat,roasted	100	180	239	14	0.7	1.2	13.6	17	T	0.06	0.11	12.1	0.25	0.25	10	0	T
M339	1 single breast	161	290	385	22	1.1	1.9	21.9	27	T	0.10	0.18	19.5	0.40	0.40	16	0	T
M339	1 cup, cooked, diced	143	258	342	20	1.0	1.7	19.4	24	T	0.09	0.16	17.3	0.36	0.36	14	0	T
M1016	Chicken,drumstick,deli-cooked,supermarl	100	350	260	11	0.8	2.2	37.3	35	0	0.20	0.27	6.6	0.22	0.82	20	0	0.14
M1016	1 drumstick	30	105	78	3	0.2	0.7	11.2	10	0	0.06	0.08	2.0	0.07	0.25	6	0	0.04
M247	Chicken,drumstick,flesh,grilled	100	310	200	9	1.9	2.7	18.4	50	T	0.05	0.23	8.9	0.53	1.80	23	0	T
M247	1 drumstick	44	136	88	4	0.8	1.2	8.1	22	T	0.02	0.10	3.9	0.23	0.80	10	0	T
M247	1 cup, cooked, diced	143	443	286	12	2.7	3.9	26.3	72	T	0.07	0.33	12.7	0.76	2.60	34	0	T
M352	Chicken,drumstick,l,f&s,rstd,w/oven bag	100	212	187	10	1.1	2.4	16.0	52	T	0.05	0.22	9.9	0.34	1.19	20	0	T
M352	1 drumstick	58	123	108	6	0.6	1.4	9.3	30	T	0.03	0.13	5.7	0.20	0.69	12	0	T
M352	1 cup, cooked, diced	143	303	267	14	1.5	3.4	22.9	74	T	0.07	0.31	14.2	0.49	1.70	29	0	T
M239	Chicken,flesh,cooked	100	295	200	14	2.0	1.8	16.0	20	T	0.07	0.16	9.4	0.65	0.52	17	0	T
M239	1/4 chicken	135	398	270	19	2.7	2.4	22.0	27	T	0.09	0.22	12.7	0.88	0.70	23	0	T
M239	1 cup, cooked, diced	135	398	270	19	2.7	2.4	22.0	27	T	0.09	0.22	12.7	0.88	0.70	23	0	T
M255	Chicken,leg,flesh,grilled	100	270	200	25	2.6	2.5	18.4	50	T	0.11	0.17	8.4	0.37	1.31	23	0	T
M255	1 leg	95	257	190	24	2.5	2.4	17.5	48	T	0.10	0.16	8.0	0.35	1.24	22	0	T
M255	1 cup, cooked, diced	143	386	286	36	3.7	3.6	26.3	72	T	0.16	0.24	12.0	0.53	1.87	34	0	T
M1015	Chicken,skin,deli-cooked,supermarket	100	280	280	21	0.9	1.0	22.8	35	0	0.20	0.16	7.1	0.29	0.56	20	0	0.08
M1015	1/4 chicken	15	42	42	3	0.1	0.2	3.4	5	0	0.03	0.02	1.1	0.04	0.08	3	0	0.01
M1013	Chicken,thigh,deli-cooked,supermarket	100	310	250	10	0.9	2.2	28.5	35	0	0.19	0.26	7.1	0.22	0.50	20	0	0.12
M1013	1 thigh	55	171	138	5	0.5	1.2	15.7	19	0	0.10	0.14	3.9	0.12	0.28	11	0	0.07
M337	Chicken,thigh,flesh,roasted	100	239	199	13	1.1	2.2	17.2	50	T	0.05	0.26	10.2	0.37	1.31	23	0	T
M337	1 thigh	86	205	171	11	0.9	1.9	14.8	43	T	0.04	0.22	8.8	0.32	1.13	20	0	T
M337	1 cup, cooked, diced	143	341	285	19	1.5	3.2	24.6	72	T	0.07	0.37	14.6	0.53	1.87	34	0	T
M350	Chicken,thigh,l,f&s,rstd in oven bag	100	225	176	12	1.1	1.9	15.5	53	T	0.05	0.22	9.5	0.33	1.16	19	0	T
M350	1 thigh	119	267	209	15	1.3	2.2	18.4	63	T	0.06	0.26	11.3	0.39	1.38	23	0	T
M350	1 cup, cooked, diced	143	321	252	18	1.5	2.7	22.2	76	T	0.07	0.31	13.6	0.47	1.66	28	0	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
M264	Chicken,wing,flesh,grilled	100	62	779	186	26.8	8.8	0	0	0	0	2.8	4.5	1.0	0.1	0.9	156	88	0.8
M264	1 wing	21	13	164	39	5.6	1.8	0	0	0	0	0.6	0.9	0.2	0	0.2	33	18	0.2
M351	Chicken,wing,l,f&s,roasted in oven bag	100	59	1110	264	20.5	20.2	0	0	0	0	6.3	10.4	2.2	0.2	2.0	107	80	0.8
M351	1 wing	49	29	541	129	10.0	9.9	0	0	0	0	3.1	5.1	1.1	0.1	1.0	52	39	0.4
M75	Duck,lean,w/o skin,roasted	100	64	788	189	25.3	9.7	0	0	0	0	2.7	5.2	1.4	0	1.1	160	96	1.5
M75	1/4 duck	110	71	867	208	27.8	10.7	0	0	0	0	2.9	5.8	1.3	0	1.1	176	106	1.7
M75	1 cup, cooked, diced	148	95	1170	280	37.4	14.4	0	0	0	0	3.9	7.8	1.7	0	2.1	237	142	2.2
M301*	Lamb,comp.cuts,lean,cooked	100	61	855	205	27.5	10.5	0	0	0	0	5.4	3.9	0.3	0	0.2	94	78	3.2
M301*	1 cup, diced	190	115	1630	390	52.3	20.0	0	0	0	0	10.2	7.4	0.5	0.1	0.4	179	148	6.1
M553	Lamb,comp.cuts,lean&fat,trimmed,cooked	100	51	1340	320	23.0	25.3	0	0	0	0	12.9	9.1	0.6	0	0.2	94	70	3.2
M553	1 cup	200	102	2680	640	46.0	50.6	0	0	0	0	25.8	18.1	1.3	0	0.4	187	140	6.5
M298	Lamb,forequarter,lean,cooked	100	60	927	222	26.2	13.0	0	0	0	0	6.6	4.2	0.9	0.3	0.5	87	72	3.2
M298	1 slice (6.0 x 8.0 x 0.5cm)	27	16	250	60	7.1	3.5	0	0	0	0	1.8	1.3	0.2	0.0	0.1	23	20	0.9
M151	Lamb,kidney,fried	100	67	648	155	24.6	6.3	0	0	0	0	2.5	1.6	1.4	0.4	0.3	610	270	6.8
M151	1 whole	28	19	181	43	6.9	1.8	0	0	0	0	0.7	0.4	0.4	0.1	0.1	171	76	1.9
M151	1 cup, sliced	150	100	972	233	36.9	9.5	0	0	0	0	3.8	2.4	2.1	0.6	0.5	915	405	10.3
M313	Lamb,leg steak,lean,grilled	100	65	728	174	26.0	7.8	0	0	0	0	3.4	2.8	0.7	0.1	0.5	91	70	0.8
M313	1 steak	58	38	422	101	15.1	4.5	0	0	0	0	2.2	1.6	0.1	0	0.2	52	47	0.4
M313	1 cup, cooked, diced	142	92	1030	247	36.9	11.1	0	0	0	0	5.5	4.0	0.3	0.1	0.7	128	115	1.1
M155	Lamb,liver in flour,fried	100	58	968	232	22.9	14.0	3.5	0.1	T	1.7	5.4	4.0	2.8	0.6	0.7	400	190	5.8
M155	1 slice (9 x 5 x 1cm)	40	23	387	93	9.2	5.6	1.4	T	T	0.7	2.2	1.6	1.1	0.2	0.3	160	76	2.3
M157	Lamb,midloin chop,lean,grilled	100	58	869	208	31.4	9.2	0	0	0	0	4.5	3.3	1.1	0.2	0.5	110	91	4.6
M157	1 chop	32	19	278	67	10.0	2.9	0	0	0	0	1.4	1.1	0.4	0.1	0.2	35	29	1.5
M157	1 cup, cooked, diced	148	86	1290	308	46.5	13.5	0	0	0	0	6.7	4.9	1.7	0.3	0.7	163	135	6.8
M330	Lamb,rump chop,lean,grilled	100	61	814	195	28.9	8.8	0	0	0	0	4.5	3.3	1.2	0.2	0.7	100	80	3.2
M330	1 chop	56	34	456	109	16.2	4.9	0	0	0	0	2.5	1.8	0.6	0.1	0.4	56	45	1.8
M330	1 cup, cooked, diced	142	87	1160	277	41.0	12.5	0	0	0	0	6.4	4.6	1.7	0.3	1.3	142	114	4.6
M154	Lamb,short-cut leg,lean,roasted	100	64	675	161	24.6	7.0	0	0	0	0	3.5	2.5	0.6	0.2	0.4	90	61	3.2
M154	1 slice (10 x 8.0 x 0.5cm)	42	27	284	68	10.3	2.9	0	0	0	0	1.5	1.1	0.3	0.1	0.2	38	26	1.4
M166	Lamb,shoulder,lean,roasted	100	63	887	212	24.2	12.8	0	0	0	0	6.0	4.6	0.6	0.1	0.4	79	76	3.2
M166	1 slice (6 x 8 x 0.5cm)	27	17	239	57	6.5	3.5	0	0	0	0	1.7	1.2	0.2	0	0.1	21	20	0.9
M319	Lamb,shoulder chop,lean,stewed	100	58	970	232	28.3	13.2	0	0	0	0	6.7	4.9	0.9	0.2	0.5	94	69	3.2
M319	1 chop	40	23	388	93	11.3	5.3	0	0	0	0	2.7	2.0	0.4	0.1	0.3	38	27	1.3
M319	1 cup, cooked, diced	148	86	1440	343	41.9	19.5	0	0	0	0	10.0	7.3	1.7	0.3	0.7	139	101	4.8
M531	Muttonbird,lean and fat,cooked	100	60	871	208	21.0	13.8	0	0	1.0	0	4.2	7.7	0.8	0.1	0.5	97	2070	1.5
M531	1 cup, diced	140	84	1220	291	29.4	19.3	0	0	0	0	5.8	10.8	1.1	0.2	0.9	136	2900	2.1
M531	1 thin slice (5 x 4 x 0.3cm)	7	4	61	15	1.5	1.0	0	0	0	0	0.3	0.5	0.1	0	0.0	7	145	0.1
M619	Pork,bacon,rashers,lean & fat,grilled	100	47	1350	323	20.6	26.5	0.4	0	0.4	0	13.7	15.1	2.5	0	2.1	70	1050	1.1
M619	1 cup, cooked, diced	120	57	1620	388	24.7	31.8	0.5	0	0.5	0	16.4	18.2	3.0	0	2.4	84	1260	1.3

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
M264	Chicken,wing,flesh,grilled	100	270	180	22	1.6	1.7	7.2	15	T	0.04	0.05	10.2	0.25	0.23	10	0	T
M264	1 wing	21	57	38	5	0.3	0.4	1.5	3	T	0.01	0.01	2.1	0.05	0.05	2	0	T
M351	Chicken,wing,l,f&s,roasted in oven bag	100	213	159	11	1.1	1.5	13.8	32	T	0.05	0.11	10.2	0.24	0.44	10	0	T
M351	1 wing	49	104	78	5	0.5	0.7	6.8	16	T	0.02	0.05	5.0	0.12	0.22	5	0	T
M75	Duck,lean,w/o skin,roasted	100	270	200	13	2.7	2.6	1.9	23	0	0.26	0.47	10.5	0.25	3.00	10	0	T
M75	1/4 duck	110	297	220	14	3.0	2.9	2.1	25	0	0.29	0.52	11.6	0.28	3.30	11	0	T
M75	1 cup, cooked, diced	148	400	296	19	4.0	3.9	2.8	34	0	0.38	0.70	15.5	0.37	4.44	15	0	T
M301*	Lamb,comp.cuts,lean,cooked	100	281	190	19	2.5	4.7	6.0	11	T	0.17	0.39	10.3	0.32	2.40	10	0	T
M301*	1 cup, diced	190	533	361	36	4.7	9.0	11.4	21	T	0.32	0.74	19.5	0.61	4.60	19	0	T
M553	Lamb,comp.cuts,lean&fat,trimmed,cooked	100	238	165	20	2.2	3.7	5.6	10	T	0.16	0.43	11.9	0.29	2.30	9	0	T
M553	1 cup	200	476	330	40	4.4	7.3	11.1	20	T	0.32	0.86	23.8	0.58	4.60	18	0	T
M298	Lamb,forequarter,lean,cooked	100	238	166	22	2.1	6.0	6.1	10	T	0.13	0.36	8.3	0.31	2.70	11	0	T
M298	1 slice (6.0 x 8.0 x 0.5cm)	27	64	45	6	0.6	1.6	1.6	3	T	0.04	0.10	2.3	0.08	0.70	3	0	T
M151	Lamb,kidney,fried	100	340	360	13	12.0	4.1	51.0	163	20	0.56	2.30	14.9	0.30	79.00	79	9	0.40
M151	1 whole	28	95	101	4	3.4	1.2	14.0	46	6	0.16	0.64	4.2	0.08	22.10	22	3	0.11
M151	1 cup, sliced	150	510	540	20	18.0	6.2	77.0	245	30	0.84	3.45	22.4	0.45	119.00	119	14	0.60
M313	Lamb,leg steak,lean,grilled	100	440	260	12	2.4	4.7	5.0	T	T	0.17	0.50	9.8	0.14	2.28	9	0	T
M313	1 steak	58	106	151	8	2.0	2.6	2.4	T	T	0.10	0.30	5.7	0.08	1.86	5	0	T
M313	1 cup, cooked, diced	142	260	369	18	4.8	6.4	6.0	T	T	0.24	0.70	13.9	0.20	4.54	13	0	T
M155	Lamb,liver in flour,fried	100	300	400	12	10.0	4.4	10.0	20600	60	0.26	4.40	20.1	0.49	81.00	240	12	0.50
M155	1 slice (9 x 5 x 1cm)	40	120	160	5	4.0	1.8	4.0	8240	24	0.10	1.76	8.0	0.20	32.40	96	5	0.20
M157	Lamb,midloin chop,lean,grilled	100	345	240	27	3.1	3.9	6.1	11	T	0.29	0.55	11.6	0.41	2.30	8	0	T
M157	1 chop	32	110	77	9	1.0	1.2	2.0	4	T	0.09	0.18	3.7	0.13	0.70	3	0	T
M157	1 cup, cooked, diced	148	511	355	40	4.5	5.8	9.0	16	T	0.43	0.81	17.2	0.61	3.40	12	0	T
M330	Lamb,rump chop,lean,grilled	100	320	220	15	2.6	4.6	6.4	10	T	0.29	0.55	9.5	0.38	1.70	9	0	T
M330	1 chop	56	179	123	8	1.5	2.6	3.6	6	T	0.16	0.31	5.3	0.21	1.00	5	0	T
M330	1 cup, cooked, diced	142	454	312	21	3.7	6.5	9.1	14	T	0.41	0.78	13.5	0.54	2.40	13	0	T
M154	Lamb,short-cut leg,lean,roasted	100	241	180	6	2.2	4.5	5.9	10	T	0.10	0.50	11.8	0.14	2.60	10	0	T
M154	1 slice (10 x 8.0 x 0.5cm)	42	101	76	3	0.9	1.9	2.5	4	T	T	0.20	5.0	0.06	1.10	4	0	T
M166	Lamb,shoulder,lean,roasted	100	261	163	8	1.8	5.4	5.3	10	T	0.22	0.45	7.2	0.14	1.60	10	0	T
M166	1 slice (6 x 8 x 0.5cm)	27	70	44	2	0.5	1.5	1.4	3	T	0.06	0.12	1.9	0.04	0.40	3	0	T
M319	Lamb,shoulder chop,lean,stewed	100	215	168	36	2.4	6.6	6.8	13	T	0.28	0.49	8.2	0.18	3.30	11	0	T
M319	1 chop	40	86	67	14	1.0	2.6	2.7	5	T	0.11	0.20	3.3	0.07	1.30	4	0	T
M319	1 cup, cooked, diced	148	318	249	53	3.5	9.7	10.0	19	T	0.41	0.73	12.1	0.27	4.90	16	0	T
M531	Muttonbird,lean and fat,cooked	100	236	182	63	4.0	2.2	76.0	121	0	0.38	0.73	49.4	0.02	7.00	10	0	T
M531	1 cup, diced	140	330	255	88	5.6	3.1	106.0	169	0	0.53	1.03	69.2	0.03	9.80	14	0	T
M531	1 thin slice (5 x 4 x 0.3cm)	7	17	13	4	0.3	0.2	5.0	8	0	0.03	0.05	3.5	T	0.50	1	0	T
M619	Pork,bacon,rashers,lean & fat,grilled	100	284	263	9	1.4	2.8	18.0	T	T	0.42	0.25	8.1	0.37	0.08	3	1	T
M619	1 cup, cooked, diced	120	341	316	11	1.6	3.4	22.0	T	T	0.50	0.30	9.8	0.44	0.10	4	1	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
M618	Pork,bacon,rashers,lean and fat,fried	100	47	1380	330	20.6	27.3	0.4	0	0.4	0	13.7	15.1	2.5	0	2.1	70	1050	1.1
M618	1 cup, cooked, diced	120	56	1660	396	24.7	32.8	0.5	0	0.5	0	16.4	18.2	3.0	0	2.4	84	1260	1.3
M124	Pork,ham	100	68	609	146	16.8	8.7	0	0	0	0	2.9	4.2	0.5	0	0.2	55	1360	3.7
M124	1 slice (8 x 4 x 0.5 cm)	18	12	110	26	3.0	1.6	0	0	0	0	0.5	0.8	0.1	0	0	10	244	0.7
M533	Pork,leg roast,lean,roasted	100	63	725	174	31.8	5.2	0	0	0	0	2.2	2.0	0.8	0	0.7	106	85	0.9
M533	1 leg roast	844	534	6120	1470	268.0	43.5	0	0	0	0	18.7	16.6	3.1	0	4.8	895	717	7.8
M533	1 cup, cooked, diced	142	90	1030	247	45.2	7.3	0	0	0	0	3.1	2.8	0.5	0	1.4	151	121	1.3
M94	Pork,leg shank,lean & fat,rstd	100	55	1090	260	23.9	18.3	0	0	0	0	7.7	7.6	1.9	0.2	1.5	96	79	0.9
M94	1 slice (12.5 x 9.0 x 0.5cm)	58	32	632	151	13.9	10.6	0	0	0	0	4.5	4.4	0.8	0.1	0.8	56	46	0.5
M285	Pork,leg steak,lean,grilled	100	73	502	120	23.5	2.9	0	0	0	0	1.1	1.2	0.3	0	0.2	89	95	0.9
M285	1 leg steak	82	60	412	98	19.3	2.4	0	0	0	0	0.9	1.0	0.2	0	0.1	73	78	0.8
M285	1 cup, cooked, diced	148	108	743	178	34.8	4.3	0	0	0	0	1.7	1.7	0.4	0	0.3	132	141	1.4
M411	Pork,leg steak,lean,stewed	100	62	731	175	35.1	3.9	0	0	0	0	1.7	1.5	0.3	0	0.2	139	55	0.9
M411	1 leg steak	82	51	599	144	28.8	3.2	0	0	0	0	1.4	1.2	0.2	0	0.1	114	45	0.8
M411	1 cup, cooked, diced	148	92	1080	259	51.9	5.7	0	0	0	0	2.4	2.2	0.4	0	0.3	206	81	1.4
M286	Pork,leg steak,lean&fat,grilled	100	69	590	141	22.9	5.5	0	0	0	0	2.2	2.3	0.5	0	0.3	89	84	0.9
M286	1 leg steak	86	60	507	121	19.7	4.7	0	0	0	0	1.9	2.0	0.4	0	0.2	77	72	0.8
M286	1 cup, cooked, diced	142	99	838	200	32.5	7.8	0	0	0	0	3.2	3.3	0.7	0	0.4	126	119	1.3
M434	Pork,loin,medallion,lean,grilled	100	61	764	183	32.4	5.9	0	0	0	0	2.5	2.3	0.6	0	0.3	109	85	0.9
M434	1 medallion	74	45	565	135	24.0	4.4	0	0	0	0	1.9	1.7	0.3	0	0.2	81	63	0.7
M434	1 cup, cooked, diced	148	90	1130	271	48.0	8.8	0	0	0	0	3.8	3.3	0.6	0	0.4	161	126	1.4
M99	Pork,loin chops,lean,grilled	100	61	736	176	29.4	6.5	0	0	0	0	2.8	2.5	1.1	0	1.0	95	94	0.9
M99	1 chop	68	42	500	120	20.0	4.4	0	0	0	0	1.9	1.7	0.3	0	0.7	65	64	0.6
M99	1 cup, cooked, diced	148	91	1090	260	43.5	9.6	0	0	0	0	4.1	3.7	0.7	0	1.5	141	139	1.4
M98	Pork,midloin chop,lean & fat,grilled	100	59	863	207	28.0	10.5	0	0	0	0	4.5	4.3	1.1	0	0.9	94	92	0.9
M98	1 chop	85	50	734	176	23.8	8.9	0	0	0	0	3.8	3.6	0.7	0	0.7	80	78	0.8
M98	1 cup, cooked, diced	148	87	1280	306	41.4	15.5	0	0	0	0	6.6	6.3	1.2	0	1.4	139	136	1.4
M409	Pork,schnitzel,lean,fried	100	65	671	161	31.5	3.9	0	0	0	0	1.7	1.5	0.4	0	0.4	100	71	0.9
M409	1 piece	98	63	658	158	30.9	3.8	0	0	0	0	1.6	1.4	0.3	0	0.4	98	70	0.9
M409	1 cup, cooked, diced	142	92	953	229	44.7	5.5	0	0	0	0	2.3	2.1	0.4	0	0.6	142	101	1.3
M429	Pork,scotch fillet,lean,grilled	100	60	867	207	30.2	9.6	0	0	0	0	4.1	3.7	1.1	0	0.8	106	98	0.9
M429	1 fillet steak	74	44	642	153	22.3	7.1	0	0	0	0	3.1	2.7	0.5	0	0.6	78	73	0.7
M429	1 cup, cooked, diced	148	89	1280	306	44.7	14.2	0	0	0	0	6.1	5.4	1.0	0	1.5	157	145	1.4
M278	Pork,shoulder,lean,roasted	100	57	955	228	29.2	12.4	0	0	0	0	4.5	5.6	1.5	0.2	1.2	110	72	0.9
M278	1 slice (10 x 8.5 x 0.5cm)	45	26	430	103	13.1	5.6	0	0	0	0	2.0	2.5	0.5	0.1	0.6	50	32	0.4
M465	Pork,shoulder roast,l,f&s,roasted	100	55	1150	276	27.3	18.5	0	0	0	0	7.8	7.7	1.7	0.2	1.5	95	87	0.9
M465	1 shoulder roast	948	522	10900	2620	259.0	175.0	0	0	0	0	74.0	73.1	13.6	1.9	14.0	901	825	8.8
M465	1 cup, cooked, diced	142	78	1640	392	38.8	26.3	0	0	0	0	11.1	11.0	2.0	0.3	2.1	135	124	1.3
M126	Rabbit,flesh,stewed	100	64	746	179	27.3	7.7	0	0	0	0	3.2	1.5	2.5	0	0.4	105	32	1.5
M126	1 cup	148	95	1100	265	40.4	11.4	0	0	0	0	4.7	2.2	3.7	0	0.6	155	47	2.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
M618	Pork,bacon,rashers,lean and fat,fried	100	284	263	9	1.4	2.8	18.0	T	T	0.42	0.25	8.1	0.37	0.08	3	1	T
M618	1 cup, cooked, diced	120	341	316	11	1.6	3.4	22.0	T	T	0.50	0.30	9.7	0.44	0.10	4	1	T
M124	Pork,ham	100	287	223	8	1.1	2.1	3.1	1	T	0.60	0.24	7.4	0.31	0.75	3	2	T
M124	1 slice (8 x 4 x 0.5 cm)	18	52	40	1	0.2	0.4	0.6	T	T	0.10	0.04	1.3	0.06	0.14	1	T	T
M533	Pork,leg roast,lean,roasted	100	560	331	12	1.5	3.8	17.0	T	T	0.56	0.10	11.1	0.12	0.54	2	1	T
M533	1 leg roast	844	4730	2794	101	12.7	32.1	144.0	T	T	4.73	0.84	93.7	0.97	4.56	15	7	T
M533	1 cup, cooked, diced	142	795	470	17	2.1	5.4	24.1	T	T	0.80	0.14	15.8	0.16	0.77	3	1	T
M94	Pork,leg shank,lean & fat,rstd	100	371	221	11	2.0	3.0	14.7	T	T	0.56	0.09	8.4	0.37	0.45	2	1	T
M94	1 slice (12.5 x 9.0 x 0.5cm)	58	215	128	6	1.2	1.7	8.5	T	T	0.33	0.05	4.9	0.22	0.26	1	0	T
M285	Pork,leg steak,lean,grilled	100	686	392	9	2.0	3.4	13.1	T	T	0.64	0.21	9.4	0.16	0.44	5	1	T
M285	1 leg steak	82	563	321	7	1.6	2.8	10.7	T	T	0.53	0.18	7.7	0.13	0.36	4	1	T
M285	1 cup, cooked, diced	148	1020	580	13	3.0	5.0	19.4	T	T	0.95	0.32	13.9	0.23	0.65	8	1	T
M411	Pork,leg steak,lean,stewed	100	464	307	8	2.3	4.7	6.8	T	T	0.38	0.09	11.0	0.11	0.38	1	1	T
M411	1 leg steak	82	380	252	7	1.9	3.9	5.6	T	T	0.31	0.07	9.0	0.09	0.31	1	1	T
M411	1 cup, cooked, diced	148	687	454	12	3.3	7.0	10.1	T	T	0.56	0.13	16.3	0.16	0.56	2	1	T
M286	Pork,leg steak,lean&fat,grilled	100	566	342	7	1.6	3.2	12.8	T	T	0.43	0.21	8.2	0.10	0.39	4	1	T
M286	1 leg steak	86	487	294	6	1.4	2.8	11.0	T	T	0.37	0.18	7.1	0.09	0.34	3	1	T
M286	1 cup, cooked, diced	142	804	486	10	2.3	4.5	18.2	T	T	0.61	0.29	11.6	0.15	0.55	6	1	T
M434	Pork,loin,medallion,lean,grilled	100	649	374	10	1.9	3.6	16.8	T	T	0.58	0.05	11.0	0.12	0.52	1	1	T
M434	1 medallion	74	480	277	7	1.4	2.7	12.4	T	T	0.43	0.04	8.1	0.09	0.38	1	1	T
M434	1 cup, cooked, diced	148	961	554	15	2.8	5.3	24.9	T	T	0.86	0.07	16.3	0.18	0.77	2	1	T
M99	Pork,loin chops,lean,grilled	100	585	377	27	1.7	3.5	9.7	T	T	0.40	0.04	9.8	0.09	0.51	2	0	T
M99	1 chop	68	398	256	18	1.2	2.4	6.6	T	T	0.27	0.03	6.7	0.06	0.35	1	0	T
M99	1 cup, cooked, diced	148	866	558	40	2.5	5.2	14.4	T	T	0.59	0.06	14.6	0.13	0.75	3	0	T
M98	Pork,midloin chop,lean & fat,grilled	100	559	358	26	1.7	3.3	9.5	T	T	0.38	0.04	9.4	0.09	0.49	2	0	T
M98	1 chop	85	475	304	22	1.4	2.8	8.1	T	T	0.32	0.04	8.0	0.08	0.42	2	0	T
M98	1 cup, cooked, diced	148	827	530	38	2.5	4.9	14.1	T	T	0.56	0.06	13.9	0.14	0.73	3	0	T
M409	Pork,schnitzel,lean,fried	100	572	349	7	2.0	3.4	6.6	T	T	0.81	0.07	10.9	0.16	0.51	1	1	T
M409	1 piece	98	561	342	7	1.9	3.3	6.5	T	T	0.79	0.07	10.7	0.16	0.50	1	1	T
M409	1 cup, cooked, diced	142	812	496	10	2.8	4.8	9.4	T	T	1.15	0.10	15.5	0.23	0.72	2	1	T
M429	Pork,scotch fillet,lean,grilled	100	682	382	10	2.4	6.3	16.7	T	T	0.72	0.11	10.5	0.15	0.82	2	1	T
M429	1 fillet steak	74	505	283	7	1.7	4.7	12.4	T	T	0.53	0.08	7.8	0.11	0.61	1	1	T
M429	1 cup, cooked, diced	148	1010	565	15	3.5	9.3	24.7	T	T	1.07	0.16	15.5	0.22	1.21	2	1	T
M278	Pork,shoulder,lean,roasted	100	390	240	20	2.0	4.5	9.9	T	T	0.61	0.27	9.3	0.51	0.50	6	0	T
M278	1 slice (10 x 8.5 x 0.5cm)	45	176	108	9	0.9	2.0	4.5	T	T	0.28	0.12	4.2	0.23	0.23	3	0	T
M465	Pork,shoulder roast,l,f&s,roasted	100	458	259	17	2.0	4.2	9.4	T	T	0.41	0.15	8.3	0.10	0.61	2	1	T
M465	1 shoulder roast	948	4340	2455	161	19.0	39.8	89.1	T	T	3.85	1.39	78.7	0.97	5.82	19	5	T
M465	1 cup, cooked, diced	142	650	368	24	2.8	6.0	13.3	T	T	0.58	0.21	11.8	0.15	0.87	3	1	T
M126	Rabbit,flesh,stewed	100	210	200	11	1.9	2.0	T	6	0	0.07	0.28	13.6	0.50	12.00	4	0	T
M126	1 cup	148	311	296	16	2.8	2.9	T	9	0	0.10	0.41	20.1	0.74	17.80	6	0	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
M502	Sheep,mutton,flaps,dry fried	100	48	1410	336	22.4	27.4	0	0	0	0	14.6	10.1	2.8	1.4	1.4	109	45	3.2
M502	1 cup, diced	142	68	2000	477	31.9	38.9	0	0	0	0	20.8	14.4	5.0	2.0	2.0	155	64	4.6
M178	Turkey,flesh,fat&skin,roasted	100	63	777	186	28.9	7.8	0	0	0	0	2.9	3.3	1.1	0.1	1.0	112	232	1.5
M178	1 slice (7.5 x 5.3 x 1.9cm)	85	53	660	158	24.6	6.6	0	0	0	0	2.4	2.8	1.0	0.1	0.9	95	197	1.3
M179	Turkey,flesh,roasted	100	65	671	161	30.6	4.2	0	0	0	0	1.6	1.7	0.7	0.1	0.6	111	229	1.5
M179	1 slice (7.5 x 5.3 x 1.9cm)	85	55	570	137	26.0	3.6	0	0	0	0	1.4	1.5	0.6	0.1	0.5	94	195	1.3
M185	Venison,Red Deer,leg,roasted	100	68	655	157	26.6	1.7	0	0	0	0	2.8	1.8	0.7	0	0.1	73	62	0.4
M185	1 slice (10 x 8.5 x 0.5cm)	45	30	295	71	12.0	2.5	0	0	0	0	1.3	0.8	0.3	0	0.1	33	28	0.2
M1020	Vension,Leg Medallion,Hind leg muscle,c	100	68	550	130	28.7	1.7	0	0	0	0	0.7	0.5	0.2	0	0.1	74	51	0.4
M1020	1 serving	100	68	550	130	28.7	1.7	0	0	0	0	0.7	0.5	0.2	0	0.1	74	51	0.4
M1021	Vension,Stir Fry,Hind leg muscles,cookec	100	62	654	154	35.2	1.5	0	0	0	0	0.6	0.4	0.2	0	0.1	90	58	1.8
M1021	1 serving	100	62	654	154	35.2	1.5	0	0	0	0	0.6	0.4	0.2	0	0.1	90	58	1.8
M1022	Vension,Diced,Forequarter muscles,cook	100	67	539	127	28.0	1.7	0	0	0	0	0.7	0.5	0.2	0	0.1	80	63	0.5
M1022	1 serving	100	67	539	127	28.0	1.7	0	0	0	0	0.7	0.5	0.2	0	0.1	80	63	0.5
M1023	Vension,Mince,Trim and whole muscles,c	100	64	643	153	29.8	3.7	0	0	0	0	2.0	1.0	0.2	0	0.1	94	101	0.9
M1023	1 serving	100	64	643	153	29.8	3.7	0	0	0	0	2.0	1.0	0.2	0	0.1	94	101	0.9
N	MEAT PRODUCTS																		
N40	Beef,corned,silverside,lean	100	76	412	99	18.0	3.0	0	0	0	0	1.1	1.3	0.1	0	0	47	1090	2.5
N40	1 cup, diced	142	108	585	141	25.5	4.2	0	0	0	0	1.6	1.8	0.2	0	0	67	1550	3.6
N40	1 thin slice (11cm)	22	17	91	22	4.0	0.7	0	0	0	0	0.2	0.3	T	0	0	10	240	0.6
N89	Beef,frzn meal,w/ mashed potato veg,RTI	100	79	290	70	7.1	1.7	6.5	2.9	1.9	4.6	0.8	0.6	0.1	0	0.2	21	282	1.0
N89	1 meal	410	324	1190	287	29.1	7.1	26.5	11.7	7.6	18.9	3.1	2.3	0.6	0	0.6	85	1160	4.1
N85	Beef,frzn meal,w/ roast potato veg,RTE	100	79	338	81	7.1	1.1	10.8	2.9	1.9	9.0	0.5	0.4	0.1	0	0.1	14	282	1.0
N85	1 meal	425	336	1440	344	30.1	4.6	45.9	12.2	7.9	38.1	2.0	1.5	0.4	0	0.4	58	1200	4.3
N4	Cornish pastie	100	39	1370	329	8.0	20.4	28.4	0.9	2.7	25.7	10.2	7.5	1.4	0	0.7	49	590	0.8
N4	1 pastie	140	55	1920	461	11.2	28.6	39.8	1.3	3.8	36.0	14.3	10.5	2.0	0	1.0	69	826	1.1
N6	Frankfurters,precooked	100	60	1150	274	9.5	25.0	2.7	0.1	T	2.7	9.9	11.2	1.9	0	0.9	46	980	7.7
N6	1 frankfurter (12.5 x 2.5cm diam.)	57	34	653	156	5.4	14.3	1.5	0.1	T	1.5	5.6	6.4	1.1	0	0.4	26	559	4.4
N65	Ham,sliced,sandwich	100	71	439	105	13.0	5.1	1.8	0	T	1.8	1.8	2.2	0.5	0	0.5	30	1500	4.0
N65	1 slice (10 x 10 x 0.25cm)	29	20	127	30	3.8	1.5	0.5	0	T	0.5	0.5	0.6	0.1	0	0.1	9	435	1.2
N58	Nugget,chicken,crumbed,baked	100	48	1060	255	15.7	14.2	16.0	3.6	0.8	15.2	2.2	5.2	5.7	0.1	5.5	33	455	10.5
N58	1 nugget (5.9 x 3.7 x 1.5cm)	21	10	219	53	3.2	2.9	3.3	0.7	0.2	3.1	0.5	1.1	1.2	0	1.1	7	94	2.2
N57	Nugget,chicken,crumbed,fried in veg oil	100	48	1050	251	15.8	14.4	14.5	3.6	T	14.5	1.8	7.7	3.9	0.7	3.1	22	590	8.0
N57	1 nugget (5.5 x 3.6 x 1.5cm)	18	8	183	44	2.8	2.5	2.5	0.6	T	2.5	0.3	1.3	0.7	0.1	0.5	4	103	1.4
N31	Pastrami,beef	100	47	1390	332	17.2	29.2	0	0	0	0	10.4	14.5	1.0	0.2	0.6	93	1230	8.0
N31	1 slice	28	13	389	93	4.8	8.2	0	0	0	0	2.9	4.1	0.3	0	0.2	26	344	2.2
N22	Pate,chicken liver	100	51	1480	353	13.1	32.7	1.6	T	1.0	0.6	9.4	11.8	2.9	0	2.1	155	854	1.4
N22	1 tablespoon	14	7	207	49	1.8	4.6	0.2	T	0.1	0.1	1.3	1.7	0.4	0	0.2	22	120	0.2
N23	Pate,pork liver	100	51	1320	316	13.1	28.9	0.9	T	0.3	0.6	8.3	10.4	2.6	0	0.3	155	854	1.4
N23	1 tablespoon	14	7	185	44	1.8	4.0	0.1	T	T	0.1	1.2	1.5	0.4	0	0	22	120	0.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
M502	Sheep,mutton,flaps,dry fried	100	152	206	18	2.0	3.2	2.0	4	T	0.11	0.40	11.8	0.10	2.80	7	0	T
M502	1 cup, diced	142	216	293	26	2.8	4.5	3.0	6	T	0.16	0.60	16.8	0.10	4.00	10	0	T
M178	Turkey,flesh,fat&skin,roasted	100	231	224	14	1.4	2.5	17.5	32	T	0.03	0.15	14.3	0.20	3.06	9	0	T
M178	1 slice (7.5 x 5.3 x 1.9cm)	85	196	190	12	1.2	2.1	14.9	27	T	0.03	0.13	12.2	0.17	2.60	7	0	T
M179	Turkey,flesh,roasted	100	238	233	14	1.4	2.7	18.0	20	T	0.03	0.15	13.9	0.20	3.32	9	0	T
M179	1 slice (7.5 x 5.3 x 1.9cm)	85	202	198	12	1.2	2.3	15.3	17	T	0.03	0.13	11.8	0.17	2.82	8	0	T
M185	Venison,Red Deer,leg,roasted	100	325	242	8	4.2	3.3	2.0	T	0	0.21	0.41	13.2	0.37	3.00	6	T	T
M185	1 slice (10 x 8.5 x 0.5cm)	45	146	109	4	1.9	1.5	0.9	T	0	0.10	0.19	5.9	0.17	1.00	3	T	T
M1020	Vension,Leg Medallion,Hind leg muscle,c	100	394	286	3	4.8	4.4	17.7	T	0	0.24	0.62	12.3	0.27	1.86	4	0	T
M1020	1 serving	100	394	286	3	4.8	4.4	17.7	T	0	0.24	0.62	12.3	0.27	1.86	4	0	T
M1021	Vension,Stir Fry,Hind leg muscles,cookec	100	508	323	4	5.1	4.8	8.4	T	0	0.25	0.65	15.9	0.34	1.96	5	0	T
M1021	1 serving	100	508	323	4	5.1	4.8	8.4	T	0	0.25	0.65	15.9	0.34	1.96	5	0	T
M1022	Vension,Diced,Forequarter muscles,cook	100	411	275	4	3.8	5.6	8.5	T	0	0.19	0.53	12.3	0.28	1.61	4	0	T
M1022	1 serving	100	411	275	4	3.8	5.6	8.5	T	0	0.19	0.53	12.3	0.28	1.61	4	0	T
M1023	Vension,Mince,Trim and whole muscles,c	100	497	284	6	4.1	7.8	9.9	T	0	0.12	0.31	14.1	0.18	2.42	4	0	T
M1023	1 serving	100	497	284	6	4.1	7.8	9.9	T	0	0.12	0.31	14.1	0.18	2.42	4	0	T
N	MEAT PRODUCTS																	
N40	Beef,cornd,silverside,lean	100	200	299	5	0.1	2.3	8.7	12	0	0.03	0.20	9.7	0.10	0.97	12	0	0.70
N40	1 cup, diced	142	284	425	8	0.1	3.3	12.4	17	0	0.04	0.28	13.8	0.14	1.38	17	0	0.99
N40	1 thin slice (11cm)	22	44	66	1	T	0.5	1.9	3	0	0.01	0.04	2.1	0.02	0.21	3	0	0.15
N89	Beef,frzn meal,w/ mashed potato veg,RTI	100	198	84	15	0.9	1.3	1.7	51	308	0.11	0.09	3.7	0.22	0.42	1	7	T
N89	1 meal	410	812	343	62	3.6	5.3	7.0	211	1260	0.45	0.37	15.1	0.90	1.72	5	30	T
N85	Beef,frzn meal,w/ roast potato veg,RTE	100	198	84	15	0.9	1.3	1.7	51	308	0.11	0.09	3.7	0.22	0.42	1	7	T
N85	1 meal	425	842	355	64	3.7	5.4	7.2	218	1310	0.47	0.38	15.6	0.94	1.79	5	31	T
N4	Cornish pastie	100	190	110	60	1.5	1.0	1.9	16	T	0.10	0.06	3.3	0.12	1.00	3	0	T
N4	1 pastie	140	266	154	84	2.1	1.4	2.7	22	T	0.14	0.08	4.6	0.17	1.40	4	0	T
N6	Frankfurters,precooked	100	98	130	34	1.5	1.4	1.8	28	55	0.08	0.12	3.0	0.03	1.00	1	1	T
N6	1 frankfurter (12.5 x 2.5cm diam.)	57	56	74	19	0.9	0.8	1.0	16	31	0.05	0.07	1.7	0.02	0.57	1	1	T
N65	Ham,sliced,sandwich	100	250	240	8	0.9	1.5	15.9	T	T	0.12	0.13	5.8	0.13	0.30	2	0	2.10
N65	1 slice (10 x 10 x 0.25cm)	29	73	70	2	0.3	0.4	4.6	T	T	0.03	0.04	1.7	0.04	0.09	1	0	0.61
N58	Nugget,chicken,crumbed,baked	100	232	195	58	1.7	1.1	12.8	19	0	0.07	0.07	6.8	0.25	0.10	15	0	T
N58	1 nugget (5.9 x 3.7 x 1.5cm)	21	48	40	12	0.3	0.2	2.6	4	0	0.02	0.02	1.4	0.05	T	3	0	T
N57	Nugget,chicken,crumbed,fried in veg oil	100	270	220	52	1.5	0.9	11.0	16	0	0.09	0.07	6.3	0.13	0.10	24	0	T
N57	1 nugget (5.5 x 3.6 x 1.5cm)	18	47	39	9	0.3	0.2	1.9	3	0	0.02	0.01	1.1	0.02	T	4	0	T
N31	Pastrami,beef	100	228	150	9	1.9	4.3	0	T	T	0.10	0.17	7.2	0.18	1.76	7	3	T
N31	1 slice	28	64	42	3	0.5	1.2	0	T	T	0.03	0.05	2.0	0.05	0.49	2	1	T
N22	Pate,chicken liver	100	133	226	10	9.2	3.6	7.0	10800	8	0.05	1.40	10.6	0.25	7.20	T	22	T
N22	1 tablespoon	14	19	32	1	1.3	0.5	1.0	1510	1	0.01	0.20	1.5	0.04	1.00	T	3	T
N23	Pate,pork liver	100	133	226	35	7.1	3.6	7.0	10800	8	0.03	0.80	7.0	0.25	7.20	T	15	T
N23	1 tablespoon	14	19	32	5	1.0	0.5	1.0	1510	1	T	0.10	1.0	0.04	1.00	T	2	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
N12	Pie,pork,individual size	100	37	1560	374	9.8	27.0	22.9	0.9	1.6	21.3	12.4	11.1	2.0	0.1	1.0	52	720	0.8
N12	1 pie (3 x 10cm diam.)	190	70	2960	711	18.6	51.3	43.5	1.7	3.0	40.5	23.6	21.1	3.8	0.2	2.0	99	1370	1.4
N87	Pork,frzn meal,w/ mashed potato veg,RTI	100	79	327	79	6.4	1.1	10.8	2.9	1.9	9.0	0.5	0.4	0.1	0	0.2	14	346	1.0
N87	1 meal	450	357	1470	356	29.0	4.9	48.7	12.9	8.3	40.3	2.2	1.7	0.4	0	0.7	62	1560	4.5
N2	Sausage,black pudding,fried	100	44	1270	304	12.9	21.9	13.7	0.1	0.8	12.9	8.5	10.1	2.2	0.1	1.3	68	1210	8.0
N2	1 slice (4 x 2cm diam.)	30	13	380	91	3.9	6.6	4.1	T	0.2	3.9	2.5	3.0	0.7	0	0.4	20	363	2.4
N44	Sausage,deep fried	100	52	1320	316	15.3	25.2	6.9	0.7	2.7	4.2	11.3	10.8	1.2	0	0.7	48	860	8.0
N44	1 sausage	79	41	1040	250	12.1	19.9	5.5	0.6	2.1	3.3	8.9	8.5	0.9	0	0.5	38	679	6.3
N63	Sausage,fresh,dry fried,asst meats&flvr	100	55	921	221	12.7	15.6	7.3	2.3	T	7.3	7.2	5.4	0.6	0.1	0.4	30	880	8.0
N63	1 sausage (11.8 x 3.0cm)	78	43	718	172	9.9	12.2	5.7	1.8	T	5.7	5.6	4.2	0.4	0.1	0.3	24	686	6.3
N64	Sausage,fresh,grilled,asst meats & flvr	100	52	1160	279	13.9	20.8	9.0	2.6	T	9.0	10.0	7.3	0.6	0.1	0.5	30	703	8.0
N64	1 sausage (11.8 x 3.00cm)	78	40	908	218	10.8	16.2	7.0	2.0	T	7.0	7.8	5.7	0.5	0.1	0.4	24	548	6.3
N10	Sausage,ham and chicken luncheon	100	64	925	221	12.2	16.5	5.9	1.7	0	5.9	6.8	6.2	0.7	0	0.6	116	1220	31.9
N10	1 slice	25	16	231	55	3.1	4.1	1.5	0.4	0	1.5	1.7	1.6	0.2	0	0.2	29	306	8.0
N10	1 cup, shaved	123	79	1140	272	15.0	20.3	7.3	2.1	0	7.3	8.4	7.6	0.9	0	0.8	143	1500	39.2
N16	Sausage,pork,dry fried	100	45	1320	316	13.8	24.5	10.1	0.7	1.4	8.7	10.8	10.4	1.2	0	1.2	53	1050	8.0
N16	1 sausage	71	32	938	224	9.8	17.4	7.2	0.5	1.0	6.2	7.7	7.4	0.8	0	0.8	38	746	5.7
N17	Sausage,pork,grilled	100	45	1320	317	13.3	24.6	10.6	0.7	1.1	9.5	9.6	11.5	1.9	0	1.3	53	1000	8.0
N17	1 sausage	71	32	940	225	9.4	17.5	7.5	0.5	0.8	6.7	6.8	8.1	1.4	0	0.8	38	710	5.7
N61	Sausage,precooked,grilled,asst meats & flvr	100	51	980	235	12.8	16.3	9.3	2.5	1.3	8.0	6.9	6.4	0.9	0.1	0.8	41	1030	8.0
N61	1 sausage (11.3 x 2.8cm)	70	36	686	165	8.9	11.4	6.5	1.8	0.9	5.6	4.9	4.5	0.6	0.1	0.5	29	720	5.6
N15	Sausage,salami,uncooked	100	28	2060	492	19.3	45.2	1.9	0.1	0.9	1.0	18.2	20.5	3.6	0	3.0	79	1850	1.0
N15	1 slice (0.2 x 5.5cm diam.)	5	1	103	25	1.0	2.3	0.1	T	T	0.1	0.9	1.0	0.2	0	0	4	93	0.1
N43	Saveloy,boiled	100	62	903	216	14.5	15.4	5.0	2.3	0	5.0	6.4	5.6	0.8	0	0.4	61	640	7.7
N43	1 saveloy	85	53	768	184	12.3	13.1	4.2	2.0	0	4.2	5.4	4.7	0.7	0	0.3	51	544	6.5
P	MISCELLANEOUS																		
P14*	'Bovril'	100	39	747	179	40.4	0.7	2.8	0	0.2	2.5	0.2	0.1	0.4	0	0	T	4800	5.5
P14*	1 teaspoon	7	3	49	12	2.6	T	0.2	0	T	0.2	T	T	T	0	0	T	312	0.4
P15*	'Marmite' Sanitarium	100	38	680	163	18.3	1.3	20.9	11.5	11.8	10.0	0.2	0.2	0.8	0	0	0	3400	5.5
P15*	1 teaspoon	7	3	45	11	1.2	0.1	1.4	T	0.7	0.7	T	T	0.1	0	0	0	286	0.4
P80	'Nutella'	100	1	2090	503	7.4	27.6	56.2	3.6	55.4	0.8	3.4	14.0	6.5	0	5	T	47	13.0
P80	1 cup	286	3	5970	1440	21.0	78.8	161.0	10.4	158.0	2.3	9.8	40.1	18.6	0	15	T	133	37.1
P80	1 tablespoon	14	T	293	70	1.0	3.9	7.9	0.5	7.8	0.1	0.5	2.0	0.9	0	6	T	7	1.8
P61*	'Vegemite',Kraft	100	43	740	177	26.7	0.3	8.1	0	0.2	7.9	0	0	0	0	0	0	3060	4.5
P61*	1 teaspoon	7	3	35	9	1.7	T	0.3	0	0	0.3	0	0	0	0	0	0	427	0.3
P68	Coffee whitener,powder	100	2	2320	558	4.8	35.5	54.9	0	54.9	0	32.5	1.0	0	0	0	0	181	0
P68	1 tablespoon	8	T	188	45	0.4	2.9	4.4	0	4.4	0	2.6	0.1	0	0	0	0	15	0
P16*	'Oxo' Cubes	100	9	951	228	38.3	3.4	11.1	0	2.2	8.9	0.8	0.6	1.9	0.2	0	T	10300	44.0
P16*	1 cube	5	1	48	11	1.9	0.2	0.6	0	0.1	0.4	T	T	0.1	0	0	T	515	2.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg	
N12	Pie,pork,individual size	100	150	120	47	1.4	1.0	13.0	17	T	0.16	0.09	3.9	0.06	1.00	3	T	T	
N12	1 pie (3 x 10cm diam.)	190	285	228	89	2.7	1.9	25.0	32	T	0.30	0.17	7.4	0.11	1.90	6	T	T	
N87	Pork,frzn meal,w/ mashed potato veg,RTI	100	229	105	16	0.6	0.8	7.7	78	467	0.08	0.09	2.7	0.21	0.10	1	7	T	
N87	1 meal	450	1030	473	71	2.8	3.5	34.7	350	2100	0.36	0.41	12.3	0.95	0.45	5	32	T	
N2	Sausage,black pudding,fried	100	140	110	35	20.0	1.3	17.0	T	T	0.09	0.07	3.8	0.04	1.00	5	1	T	
N2	1 slice (4 x 2cm diam.)	30	42	33	11	6.0	0.4	5.0	T	T	0.03	0.02	1.1	0.01	0.30	2	T	T	
N44	Sausage,deep fried	100	110	177	13	2.3	4.3	1.9	10	0	0.10	0.14	5.1	0.18	1.20	2	1	T	
N44	1 sausage	79	87	140	10	1.8	3.4	1.5	8	0	0.10	0.11	4.0	0.14	0.90	2	1	T	
N63	Sausage,fresh,dry fried,asst meats&flvr	100	200	220	14	1.6	1.9	4.4	7	40	T	0.13	5.0	0.11	1.05	11	1	T	
N63	1 sausage (11.8 x 3.0cm)	78	156	172	11	1.3	1.5	3.4	5	31	T	0.10	3.9	0.09	0.82	8	1	T	
N64	Sausage,fresh,grilled,asst meats & flvr	100	179	185	13	1.1	1.6	4.6	4	25	T	0.10	4.0	0.08	0.30	4	1	T	
N64	1 sausage (11.8 x 3.00cm)	78	140	144	10	0.8	1.2	3.6	3	20	T	0.08	3.0	0.07	0.23	3	1	T	
N10	Sausage,ham and chicken luncheon	100	130	300	24	1.0	1.7	11.4	2	10	0.66	0.07	2.5	0.03	0.67	1	2	T	
N10	1 slice	25	33	75	6	0.2	0.4	2.9	T	3	0.17	0.02	0.6	0.01	0.17	T	1	T	
N10	1 cup, shaved	123	160	369	30	1.2	2.0	14.1	2	12	0.81	0.09	3.1	0.04	0.82	1	2	T	
N16	Sausage,pork,dry fried	100	200	210	55	1.5	1.7	2.0	22	11	0.01	0.16	7.3	0.07	1.00	2	1	T	
N16	1 sausage	71	142	149	39	1.1	1.2	1.4	16	8	0.01	0.11	5.2	0.05	0.71	1	1	T	
N17	Sausage,pork,grilled	100	200	220	53	1.5	1.6	2.0	24	11	0.02	0.15	6.8	0.06	1.00	3	1	T	
N17	1 sausage	71	142	156	38	1.1	1.1	1.4	17	8	0.01	0.11	4.8	0.04	0.71	2	1	T	
N61	Sausage,precooked,grilled,asst meats & flvr	100	145	239	56	1.5	1.4	8.7	5	29	T	0.11	4.3	0.07	0.52	16	1	T	
N61	1 sausage (11.3 x 2.8cm)	70	101	167	39	1.1	1.0	6.1	4	20	T	0.07	3.0	0.05	0.37	11	1	T	
N15	Sausage,salami,uncooked	100	160	160	10	1.0	1.7	5.5	24	57	0.21	0.23	8.2	0.15	1.00	3	1	T	
N15	1 slice (0.2 x 5.5cm diam.)	5	8	8	1	0.1	0.1	0.3	1	3	0.01	0.01	0.4	0.01	0.05	T	T	T	
N43	Saveloy,boiled	100	140	220	36	1.6	1.9	T	T	0	0.35	0.08	3.3	T	0.54	8	0	0.90	
N43	1 saveloy	85	119	187	31	1.4	1.6	T	T	0	0.30	0.07	2.8	T	4.59	7	0	0.77	
P	MISCELLANEOUS																		
P14*	`Bovril'	100	1200	590	40	14.0	1.8	6.2	0	0	9.10	7.40	85.0	0.53	8.30	1040	0	0	
P14*	1 teaspoon	7	78	38	3	0.9	0.1	0.4	0	0	0.59	0.48	5.5	0.03	0.54	68	0	0	
P15*	`Marmite' Sanitarium	100	1950	602	14	36.0	3.4	0.2	0	0	11.00	8.40	50.0	1.07	10.00	2000	0	0	
P15*	1 teaspoon	7	50	39	1	2.3	0.2	T	0	0	1.00	0.55	4.0	0.07	0.70	130	0	0	
P80	`Nutella'	100	466	218	149	2.7	1.3	T	22	129	T	0.29	5.4	0.24	0	65	7	0.96	
P80	1 cup	286	1330	622	425	7.7	3.7	T	62	368	T	0.83	15.3	0.69	0	184	19	2.74	
P80	1 tablespoon	14	65	31	21	0.4	0.2	T	3	18	T	0.04	0.8	0.03	0	9	1	0.13	
P61*	`Vegemite',Kraft	100	1370	1030	60	3.6	7.1	17.2	0	0	11.00	8.60	50.0	1.60	1.00	2000	0	0	
P61*	1 teaspoon	7	89	67	4	0.2	0.5	1.1	0	0	T	T	3.6	0.10	T	75	0	0	
P68	Coffee whitener,powder	100	810	420	22	1.1	0.5	0	0	0	0	0	0.7	0	0	0	0	0	
P68	1 tablespoon	8	66	34	2	0.1	T	0	0	0	0	0	0.1	0	0	0	0	0	
P16*	`Oxo' Cubes	100	730	360	180	24.5	0.4	2.9	4	23	0.12	0.13	9.5	0.10	0	128	0	0	
P16*	1 cube	5	37	18	9	1.2	T	0.1	T	1	0.01	0.01	0.5	T	0	6	0	0	

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
P10	Salt,table	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	38100	39.0
P10	1 teaspoon	6	T	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2170	2.2
P11	Vinegar	100	96	62	15	0.4	0	0.6	0	0.6	0	0	0	0	0	0	0	20	0.3
P11	1 tablespoon	15	14	9	2	0.1	0	0.1	0	0.1	0	0	0	0	0	0	0	3	0
P59	Vinegar,cider	100	96	89	21	0.1	0	0.6	0	0.6	0	0	0	0	0	0	0	1	0.3
P59	1 tablespoon	15	14	13	3	T	0	0.1	0	0.1	0	0	0	0	0	0	0	T	0
P13*	Yeast,baker's,dried	100	3	1234	169	35.6	1.5	32.0	23.3	0	3.2	T	T	T	0	0	0	50	5.5
P13*	1 tablespoon	9	1	63	15	3.2	0.1	3.0	2.1	T	0.3	T	T	T	0	0	0	5	0.5
P1001*	`Vege Spread' Gluten free,Freedom Fds	100	43	740	177	7.6	0.2	38.8	0	7.6	31.2	0	0	0	0	0	0	3860	5.5
P1001*	1 serving	5	2	37	9	0.4	0	1.9	0	0.4	1.6	0	0	0	0	0	0	193	0.3
Q	NUTS AND SEEDS																		
Q1	Almonds,raw	100	5	2550	610	21.0	55.6	6.4	7.4	3.9	2.5	4.4	38.0	10.4	0	0	0	6	2.0
Q1	1 cup	155	7	3960	946	32.6	86.2	9.9	11.4	6.0	3.9	6.8	58.9	16.1	0	0	0	9	3.1
Q1	10 almonds	12	1	306	73	2.5	6.7	0.8	0.9	0.5	0.3	0.5	4.6	1.3	0	0	0	1	0.2
Q4	Brazil nuts,raw	100	9	2830	677	12.0	68.2	3.8	4.3	1.6	2.2	17.4	22.4	25.4	0	0	0	2	20.0
Q4	1 cup	152	13	4310	1030	18.2	104.0	5.8	6.5	2.4	3.3	26.5	34.0	38.7	0	0	0	3	30.4
Q4	10 brazil nuts	38	3	1080	257	4.6	25.9	1.4	1.6	0.6	0.8	6.6	8.5	9.7	0	0	0	1	7.6
Q40	Cashew nuts,raw	100	4	2440	585	17.7	49.2	17.8	5.9	5.5	12.3	8.4	31.1	7.5	0	0	0	11	11.0
Q40	1 cup	148	7	3620	866	26.2	72.8	26.3	8.7	8.1	18.2	12.4	46.0	11.1	0	0	0	16	16.3
Q37	Cashew nuts,roasted,unsalted	100	4	2500	598	17.0	49.2	21.9	5.9	5.5	16.4	8.5	31.9	7.7	0	0	0	6	9.0
Q37	1 cup	148	5	3700	885	25.0	72.8	32.4	8.7	8.1	24.3	12.6	47.2	11.4	0	0	0	9	13.3
Q5	Cashew nuts,salted,roasted	100	2	2640	633	16.4	51.3	26.4	2.8	6.1	20.3	8.7	32.5	7.8	0	0	0	290	11.0
Q5	1 cup	148	3	3910	937	24.3	75.9	39.1	4.1	9.0	30.0	12.9	48.1	11.5	0	0	0	429	16.3
Q9	Coconut,desiccated	100	2	2530	605	5.6	62.0	6.1	19.2	5.7	0.4	53.3	4.1	1.1	0	0	0	28	3.0
Q9	1 tablespoon	6	T	152	36	0.3	3.7	0.4	1.2	0.3	T	3.2	0.3	0.1	0	0	0	2	0.2
Q8	Coconut,flesh,raw	100	45	1470	351	3.2	36.0	3.5	7.3	3.2	0.3	30.9	2.4	0.6	0	0	0	16	1.0
Q8	1 cup	94	42	1380	330	3.0	34.0	3.3	6.9	3.0	0.3	29.1	2.2	0.6	0	0	0	15	0.9
Q8	1 piece (5 x 5 x 1.3cm)	45	20	661	158	1.4	16.0	1.6	3.3	1.4	0.1	13.9	1.1	0.3	0	0	0	7	0.5
Q26	Coconut cream,canned	100	79	729	174	1.3	18.1	1.5	0.6	1.5	0	16.3	0.8	0	0	0	0	17	1.0
Q26	1 cup	222	174	1620	386	3.0	40.2	3.2	1.3	3.2	0	36.1	1.7	0	0	0	0	38	2.2
Q26	1 tablespoon	12	9	87	21	0.2	2.2	0.2	0.1	0.2	0	2.0	0.1	0	0	0	0	2	0.1
Q49	Coconut cream,lite,canned	100	93	330	79	0.8	8.2	0.5	T	0.5	0	7.6	0.4	0	0	0	0	6	1.0
Q49	1 cup	230	214	759	182	1.8	18.9	1.1	0.1	1.1	0	17.4	0.8	0	0	0	0	14	2.3
Q49	1 tablespoon	12	11	40	9	0.1	1.0	0.1	T	0.1	0	0.9	T	0	0	0	0	1	0.1
Q10	Coconut milk,raw	100	92	90	22	0.3	0.2	4.7	T	4.7	0	0.2	T	T	0	0	0	110	1.0
Q10	1 cup	254	234	229	56	0.8	0.5	11.9	T	11.9	0	0.4	T	T	0	0	0	279	2.5
Q7	Hazelnuts,raw	100	5	2620	627	17.0	59.8	5.2	7.4	4.2	1.0	5.7	42.4	8.7	0	0	0	T	17.0
Q7	1 cup, chopped	137	6	3600	859	23.2	82.0	7.1	10.1	5.7	1.4	7.9	58.1	11.9	0	0	0	T	23.3
Q19	Macadamia nuts,oil roasted	100	2	3180	760	7.3	76.5	10.6	5.3	8.9	1.7	11.5	60.4	1.3	0	0	0	260	9.0
Q19	1 cup	144	2	4580	1090	10.5	110.0	15.3	7.6	12.8	2.4	16.5	86.9	1.9	0	0	0	374	13.0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
P10	Salt,table	100	131	3	30	0.2	0	0	0	0	0	0	0	0	0	0	0	0
P10	1 teaspoon	6	7	0	2	0.0	T	T	0	0	0	0	0	0	0	0	0	0
P11	Vinegar	100	89	32	15	0.5	T	0.3	0	0	0	0	0	0	0	0	0	0
P11	1 tablespoon	15	13	5	2	0.1	T	T	0	0	0	0	0	0	0	0	0	0
P59	Vinegar,cider	100	100	9	6	0.6	0	1.0	0	0	0	0	0	0	0	0	0	0
P59	1 tablespoon	15	15	1	1	0.1	0	T	0	0	0	0	0	0	0	0	0	0
P13*	Yeast,baker's,dried	100	2000	1290	80	20.0	8.0	24.1	T	T	2.33	4.00	42.6	2.00	T	4000	T	0
P13*	1 tablespoon	9	180	116	7	1.8	0.7	2.2	T	T	0.21	0.36	3.8	0.18	T	360	T	0
P1001*	`Vege Spread' Gluten free,Freedom Fds	100	1370	1030	60	3.6	7.1	17.2	0	0	12.00	16.00	110.0	1.60	1.00	2000	0	0
P1001*	1 serving	5	69	52	3	0.2	0.4	0.9	0	0	0.60	0.80	5.5	0.08	0.05	100	0	0
Q	NUTS AND SEEDS																	
Q1	Almonds,raw	100	860	440	250	4.2	3.1	1.6	2	9	0.24	0.92	5.3	0.10	0	96	1	0
Q1	1 cup	155	1330	682	388	6.5	4.8	2.5	2	14	0.37	1.43	8.2	0.16	0	149	1	0
Q1	10 almonds	12	103	53	30	0.5	0.4	0.2	T	1	0.03	0.11	0.6	0.01	0	12	0	0
Q4	Brazil nuts,raw	100	760	590	180	2.8	4.2	1270.0	2	9	1.00	0.12	4.2	0.17	0	4	1	0
Q4	1 cup	152	1160	897	274	4.3	6.4	1930.0	3	14	1.52	0.18	6.4	0.26	0	6	1	0
Q4	10 brazil nuts	38	289	224	68	1.1	1.6	482.0	1	3	0.38	0.05	1.6	0.07	0	1	0	0
Q40	Cashew nuts,raw	100	550	530	34	5.0	5.5	29.0	1	6	0.64	0.19	6.3	0.49	0	67	0	0
Q40	1 cup	148	814	784	50	7.4	8.1	43.0	1	9	0.95	0.28	9.3	0.73	0	99	0	0
Q37	Cashew nuts,roasted,unsalted	100	644	511	31	6.2	5.2	20.1	1	6	0.48	0.22	7.3	0.22	0	58	0	0
Q37	1 cup	148	953	756	46	9.2	7.7	29.7	1	9	0.71	0.33	10.8	0.33	0	86	0	0
Q5	Cashew nuts,salted,roasted	100	655	520	32	6.3	5.3	20.5	1	6	0.49	0.22	7.4	0.22	0	59	0	0
Q5	1 cup	148	969	770	47	9.3	7.8	30.3	1	9	0.73	0.33	11.0	0.33	0	88	0	0
Q9	Coconut,desiccated	100	750	160	22	3.6	1.7	3.2	0	0	0.06	0.04	1.8	0.30	0	9	0	0
Q9	1 tablespoon	6	45	10	1	0.2	0.1	0.2	0	0	T	T	0.1	T	0	1	0	0
Q8	Coconut,flesh,raw	100	417	89	12	2.0	0.5	1.8	0	0	0.03	0.02	1.0	0.04	0	25	2	0
Q8	1 cup	94	392	84	11	1.9	0.4	1.7	0	0	0.03	0.02	0.9	0.04	0	24	2	0
Q8	1 piece (5 x 5 x 1.3cm)	45	188	40	5	0.9	0.2	0.8	0	0	0.01	0.01	0.4	0.02	0	11	1	0
Q26	Coconut cream,canned	100	149	38	5	0.7	0.3	1.0	0	0	0.01	0.01	0.5	0.04	0	14	3	0
Q26	1 cup	222	331	84	11	1.5	0.7	2.0	0	0	0.02	0.02	1.2	0.09	0	31	6	0
Q26	1 tablespoon	12	18	5	1	0.1	T	T	0	0	T	T	0.1	T	0	2	0	0
Q49	Coconut cream,lite,canned	100	49	12	3	0.2	0.1	0.3	0	0	T	T	0.2	0.01	0	4	1	0
Q49	1 cup	230	113	28	6	0.5	0.2	0.7	0	0	0.01	0.01	0.4	0.03	0	9	2	0
Q49	1 tablespoon	12	6	1	T	T	T	T	0	0	T	T	T	T	0	T	0	0
Q10	Coconut milk,raw	100	310	37	29	0.1	0.2	1.7	0	0	0.05	0.09	0.2	0.03	0	11	2	0
Q10	1 cup	254	787	94	74	0.3	0.4	4.3	0	0	0.12	0.23	0.5	0.08	0	27	5	0
Q7	Hazelnuts,raw	100	900	280	179	2.0	2.1	76.0	3	16	0.48	0.08	6.0	0.16	0	116	1	0
Q7	1 cup, chopped	137	1230	384	245	2.7	2.9	104.0	4	22	0.66	0.11	8.2	0.22	0	159	1	0
Q19	Macadamia nuts,oil roasted	100	329	200	45	1.8	1.1	7.0	1	6	0.21	0.11	5.8	0.28	0	27	0	0
Q19	1 cup	144	474	288	65	2.6	1.6	10.0	1	9	0.30	0.16	8.4	0.40	0	39	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
Q38	Macadamia nuts,unroasted	100	3	2990	715	8.3	73.7	4.5	5.3	3.8	0.7	11.0	58.2	1.3	0	0	0	5	9.0
Q38	1 cup, chopped	140	4	4190	1000	11.6	103.0	6.3	7.4	5.3	1.0	15.5	81.4	1.8	0	0	0	7	12.6
Q11	Mixed nuts,raw	100	3	2520	603	22.6	52.5	10.1	6.0	4.0	6.1	7.5	23.5	18.0	0	0	0	346	12.0
Q11	1 cup	150	4	3780	905	34.0	78.7	15.2	9.0	6.0	9.2	11.3	35.3	27.0	0	0	0	519	18.0
Q94	Nuts,Pecan,dried,raw	100	5	2910	695	7.8	67.6	13.8	4.7	12.0	1.8	5.4	42.2	16.7	0	0	0	1	2.3
Q94	20 halves	28	1	826	197	2.2	19.2	3.9	1.3	3.4	0.5	1.5	12.0	4.8	0	0	0	T	0.7
Q94	1 cup (halves)	108	5	3140	751	8.4	73.1	14.9	5.1	13.0	1.9	5.9	45.5	18.1	0	0	0	1	2.5
Q48	Peanut butter,smth&crhy,no sugar salt ad	100	2	2390	571	28.8	47.9	6.3	6.8	3.3	3.0	8.0	24.0	12.8	0	12.1	0	5	5.1
Q48	1 tablespoon	13	T	299	71	3.6	6.0	0.8	0.9	0.4	0.4	1.0	3.0	1.6	0	1.5	0	1	0.6
Q46	Peanut butter,smth&crhy,sugar&salt adde	100	2	2440	583	28.8	47.9	9.4	6.8	5.4	4.0	8.0	24.0	12.8	0	12.1	0	237	5.1
Q46	1 tablespoon	13	T	315	75	3.7	6.2	1.2	0.9	0.7	0.5	1.0	3.1	1.6	0	1.6	0	31	0.7
Q14	Peanuts,raw	100	5	2390	570	24.3	49.0	8.0	8.0	3.0	5.0	9.2	23.4	13.9	0	0	0	6	1.1
Q14	1 cup	156	7	3720	889	37.9	76.4	12.5	12.5	4.7	7.8	14.3	36.4	21.7	0	0	0	9	1.7
Q15	Peanuts,salted,dry roasted	100	2	2610	623	25.0	53.0	11.5	6.4	3.9	7.6	8.1	23.2	18.6	0	0	0	335	0.7
Q15	1 cup	150	3	3910	935	37.5	80.0	17.3	9.6	5.9	11.4	12.1	34.8	28.0	0	0	0	8	1.1
Q15	10 peanuts	18	T	469	112	4.5	10.0	2.1	1.2	0.7	1.4	1.5	4.2	3.4	0	0	0	1	0.1
Q16	Peanuts,salted,oil roasted	100	2	2510	600	26.4	49.3	12.6	6.0	4.3	8.3	9.2	23.5	14.0	0	0	0	433	0.7
Q16	1 cup	150	3	3760	900	39.5	74.0	18.9	9.0	6.5	12.4	13.9	35.2	21.0	0	0	0	650	1.1
Q16	10 peanuts	18	T	451	108	4.7	8.9	2.3	1.1	0.8	1.5	1.7	4.2	2.5	0	0	0	78	0.1
Q21	Pine nuts,raw	100	7	2520	603	24.0	50.7	12.6	1.9	9.5	3.1	7.8	19.2	21.5	0	0	0	4	12.0
Q21	1 tablespoon	10	1	252	60	2.4	5.1	1.3	0.2	1.0	0.3	0.8	1.9	2.1	0	0	0	T	1.2
Q22	Pistachio nuts,raw	100	4	2610	625	20.6	54.4	13.2	6.0	11.4	1.8	6.9	36.8	8.3	0	0	0	6	12.0
Q22	1 cup	130	5	3400	813	26.8	70.7	17.2	7.8	14.8	2.3	9.0	47.9	10.7	0	0	0	8	15.6
Q22	15 pistachio nuts	23	1	601	144	4.7	12.5	3.0	1.4	2.6	0.4	1.6	8.5	1.9	0	0	0	1	2.8
Q42	Seeds,pumpkin & squash,kernel,dried,raw	100	7	2370	566	24.5	45.9	13.9	5.3	1.1	12.8	8.7	14.3	20.9	0	0	0	18	4.2
Q42	1 cup	138	10	3270	781	33.9	63.3	19.1	7.3	1.5	17.7	12.0	19.7	28.8	0	0	0	25	5.8
Q95	Sesame seeds,whole,dried,raw	100	5	2310	552	17.7	49.7	8.5	7.9	5.5	3.0	7.0	18.8	21.8	0	0	0	11	2.3
Q95	1 cup	144	7	3330	795	25.5	71.5	12.3	11.4	7.9	4.4	10.0	27.0	31.4	0	0	0	16	3.3
Q95	1 tablespoon	9	T	208	50	1.6	4.5	0.8	0.7	0.5	0.3	0.6	1.7	2.0	0	0	0	1	0.2
Q41	Sunflower seeds,kernel,dried,raw	100	5	2530	605	22.8	49.6	17.0	6.0	1.6	14.8	5.2	9.5	32.7	0	0	0	3	4.2
Q41	1 cup	144	8	3640	871	32.8	71.4	24.5	9.0	2.3	21.3	7.5	13.6	47.1	0	0	0	4	6.0
Q27	Tahini	100	3	2650	634	20.4	60.7	1.4	8.2	1.1	0.3	7.5	22.5	28.0	0	0	0	79	2.3
Q27	1 tablespoon	16	1	424	101	3.3	9.7	0.2	1.3	0.2	0.1	1.2	3.6	4.5	0	0	0	13	0.4
Q17	Walnuts,raw	100	4	2930	699	25.7	64.5	4.0	5.2	2.8	1.2	6.5	12.4	42.5	0	0	0	1	9.0
Q17	1 cup	114	4	3340	797	29.3	73.5	4.6	5.9	3.2	1.4	7.5	14.1	48.5	0	0	0	1	10.3
Q17	1 walnut	5	T	146	35	1.3	3.2	0.2	0.3	0.1	0.1	0.3	0.6	2.1	0	0	0	T	0.5

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
Q38	Macadamia nuts,unroasted	100	368	136	70	2.4	1.7	7.0	0	0	0.35	0.11	3.8	0.20	0	16	0	0
Q38	1 cup, chopped	140	515	190	98	3.4	2.4	10.0	0	0	0.49	0.15	5.4	0.27	0	22	0	0
Q11	Mixed nuts,raw	100	514	417	37	1.2	2.2	5.0	1	7	0.38	0.30	13.8	0.30	0	50	1	0
Q11	1 cup	150	771	626	55	1.8	3.3	8.0	2	11	0.57	0.50	20.7	0.44	0	76	1	0
Q94	Nuts,Pecan,dried,raw	100	392	291	36	2.1	5.5	5.3	4	25	0.85	0.13	3.9	0.19	0	39	2	0
Q94	20 halves	28	111	83	10	0.6	1.6	1.5	1	7	0.24	0.04	1.1	0.05	0	11	1	0
Q94	1 cup (halves)	108	423	314	39	2.3	5.9	5.7	5	27	0.92	0.14	4.2	0.20	0	42	2	0
Q48	Peanut butter,smth&crhy,no sugar salt ad	100	480	320	32	1.4	1.8	11.0	1	5	T	0.14	21.4	0.05	0	81	T	0
Q48	1 tablespoon	13	60	40	4	0.2	0.2	1.4	T	1	T	0.02	2.7	0.01	0	10	T	0
Q46	Peanut butter,smth&crhy,sugar&salt adde	100	480	320	32	1.4	1.8	11.0	1	5	T	0.14	21.0	0.05	0	81	T	0
Q46	1 tablespoon	13	62	41	4	0.2	0.2	1.4	T	1	T	0.02	3.0	0.01	0	10	T	0
Q14	Peanuts,raw	100	680	370	61	2.0	3.0	10.5	1	4	0.90	0.10	21.3	0.36	0	110	0	0
Q14	1 cup	156	1060	577	95	3.1	4.6	16.4	2	6	1.40	0.16	33.2	0.55	0	172	0	0
Q15	Peanuts,salted,dry roasted	100	540	388	31	1.2	2.4	4.6	1	4	0.35	0.15	22.8	0.30	0	145	0	0
Q15	1 cup	150	810	582	47	1.8	3.6	6.9	2	6	0.53	0.23	34.2	0.50	0	218	0	0
Q15	10 peanuts	18	97	70	6	0.2	0.4	0.8	T	1	0.06	0.03	4.1	0.10	0	26	0	0
Q16	Peanuts,salted,oil roasted	100	682	517	88	1.8	6.6	4.5	1	0	0.25	0.11	20.0	0.26	0	126	0	0
Q16	1 cup	150	1020	776	132	2.8	10.0	6.8	0	0	0.38	0.16	30.0	0.38	0	189	0	0
Q16	10 peanuts	18	123	93	16	0.3	1.2	0.8	0	0	0.05	0.02	3.6	0.05	0	23	0	0
Q21	Pine nuts,raw	100	599	508	26	9.2	4.3	5.3	2	10	0.81	0.19	8.7	0.34	0	54	2	0
Q21	1 tablespoon	10	60	51	3	0.9	0.4	0.5	T	1	0.08	0.02	0.9	0.03	0	5	T	0
Q22	Pistachio nuts,raw	100	1090	503	135	6.8	1.4	5.3	22	130	0.82	0.17	5.8	0.34	0	58	7	0
Q22	1 cup	130	1420	654	176	8.8	1.8	6.9	29	169	1.07	0.23	7.5	0.44	0	75	9	0
Q22	15 pistachio nuts	23	251	116	31	1.6	0.3	1.2	5	30	0.19	0.04	1.3	0.08	0	13	2	0
Q42	Seeds,pumpkin & squash,kernel,dried,raw	100	807	1170	43	15.0	7.5	6.0	38	228	0.21	0.32	8.9	0.22	0	58	2	0
Q42	1 cup	138	1110	1615	59	20.7	10.3	8.0	52	315	0.29	0.44	12.2	0.31	0	79	3	0
Q95	Sesame seeds,whole,dried,raw	100	468	629	975	14.6	7.8	11.3	1	5	0.79	0.25	10.7	0.79	0	97	0	0
Q95	1 cup	144	674	906	1400	21.0	11.2	16.3	1	7	1.14	0.36	15.4	1.14	0	139	0	0
Q95	1 tablespoon	9	42	57	88	1.3	0.7	1.0	T	T	0.07	0.02	1.0	0.07	0	9	0	0
Q41	Sunflower seeds,kernel,dried,raw	100	689	705	116	6.8	5.1	49.0	5	30	2.29	0.25	9.5	0.77	0	227	1	0
Q41	1 cup	144	992	1015	167	9.8	7.3	71.0	7	43	3.30	0.36	13.7	1.11	0	328	2	0
Q27	Tahini	100	190	730	330	5.1	5.2	11.4	1	7	0.95	0.25	9.8	0.76	0	99	0	0
Q27	1 tablespoon	16	30	117	53	0.8	0.8	1.8	T	1	0.15	0.04	1.6	0.12	0	16	0	0
Q17	Walnuts,raw	100	575	320	129	3.3	2.3	58.0	4	21	0.32	0.07	3.4	0.92	0	83	3	0
Q17	1 cup	114	655	365	147	3.8	2.6	66.1	4	24	0.36	0.08	3.9	1.05	0	95	4	0
Q17	1 walnut	5	29	16	6	0.2	0.1	2.9	T	1	0.02	T	0.2	0.05	0	4	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
R	RECIPES																		
R461	Beef with vegetables, stir-fried	100	75	507	121	12.7	6.5	3.1	1.7	3.0	0.1	2.3	2.6	0.9	nd	nd	26	25	0.7
R461	1 cup	210	158	1070	254	26.7	13.6	6.5	3.6	6.2	0.2	4.9	5.5	2.0	nd	nd	55	53	1.5
R584	Biscuit, filled, Ginger Kisses, baked	100	18	1900	456	3.1	28.2	47.5	0.8	25.2	22.3	13.6	9.0	3.3	nd	nd	65	44	11.5
R584	1 biscuit	25	5	475	114	0.8	7.1	11.9	0.2	6.3	5.6	3.4	2.3	0.8	nd	nd	16	11	2.9
R578	Bread, garlic, baked	100	13	1910	458	7.3	27.6	45.1	2.9	1.9	43.2	14.9	6.8	3.7	nd	nd	49	632	0.3
R578	1 slice (12 x 10 x 1.3cm)	41	5	782	188	3.0	11.3	18.5	1.2	0.8	17.7	6.1	2.8	1.5	nd	nd	20	259	0.1
R579	Bread, Rewena, baked	100	8	1380	334	11.9	1.3	68.6	4.3	1.0	67.6	0.2	0.1	0.6	nd	nd	0	424	5.7
R579	1 slice	100	8	1380	334	11.9	1.3	68.6	4.3	1.0	67.6	0.2	0.1	0.6	nd	nd	0	424	5.7
R10	Bun, bath/chelsea	100	21	1500	360	7.8	14.1	50.5	1.9	19.7	30.8	7.9	2.7	0.7	nd	nd	65	283	0.3
R10	1 bun	85	18	1270	306	6.6	12.0	42.9	1.6	16.7	26.2	6.7	2.3	0.6	nd	nd	55	241	0.3
R580	Bun, hot cross, baked	100	35	1050	254	7.0	3.4	48.8	2.3	18.3	30.5	1.4	0.9	0.6	nd	nd	16	21	0.3
R580	1 bun	68	24	714	173	4.7	2.3	33.2	1.6	12.4	20.7	1.0	0.6	0.4	nd	nd	11	14	0.2
R466	Bun, roll, white, cheese & bacon topping	100	34	1070	257	10.2	3.6	46.0	2.9	1.9	44.1	1.7	1.0	0.4	nd	nd	10	821	1.6
R466	1 roll	89	30	948	229	9.1	3.2	41.0	2.5	1.7	39.2	1.5	0.9	0.4	nd	nd	9	731	1.4
R159	Cake, banana, uniced	100	34	1320	317	4.5	12.9	45.8	1.3	23.7	22.0	8.1	3.1	0.6	nd	nd	72	267	8.7
R159	1 slice (9.5 x 6.5 x 2.5cm)	85	29	1120	269	3.8	11.0	38.9	1.1	20.1	18.7	6.9	2.6	0.5	nd	nd	61	227	7.4
R570	Cake, carrot with cream cheese icing	100	31	1600	384	3.6	23.8	38.8	1.2	28.7	10.1	5.1	9.8	7.3	nd	nd	57	71	13.0
R570	1 1-layer cake (23cm diam. x 3.8cm)	800	246	12800	3070	29.0	190.0	310.0	9.5	230.0	80.8	41.0	78.7	58.5	nd	nd	458	568	104.0
R570	1/8 cake	100	31	1600	384	3.6	23.8	38.8	1.2	28.7	10.1	5.1	9.8	7.3	nd	nd	57	71	13.0
R13	Cake, cheesecake	100	41	1630	390	3.6	31.5	22.9	0.5	14.4	8.4	19.2	8.3	1.2	nd	nd	110	265	13.8
R13	1 slice (8.5 x 6.5 x 3cm)	190	77	3090	741	6.8	59.9	43.5	1.0	27.4	16.0	36.4	15.8	2.3	nd	nd	209	504	26.2
R14	Cake, chocolate, butter icing	100	20	1590	383	6.2	15.1	55.5	1.6	36.9	18.6	9.0	4.0	0.7	nd	nd	121	255	17.6
R14	1/8 cake	79	16	1260	303	4.9	11.9	43.8	1.3	29.2	14.7	7.1	3.1	0.6	nd	nd	96	201	13.9
R16	Cake, fruitcake, rich	100	23	1420	341	3.9	11.0	56.3	1.2	45.1	11.1	6.8	2.6	0.5	nd	nd	68	118	9.8
R16	1 slice (7.5 x 5 x 1.5cm)	45	11	637	153	1.8	5.0	25.3	0.5	20.3	5.0	3.1	1.2	0.2	nd	nd	31	53	4.4
R17	Cake, fruitcake, rich, with icing	100	20	1490	359	4.2	11.5	59.6	1.4	51.9	7.7	5.0	4.5	1.1	nd	nd	53	85	7.0
R17	1 slice (7.5 x 5 x 1.5cm)	45	9	671	162	1.9	5.2	26.8	0.6	23.4	3.5	2.2	2.0	0.5	nd	nd	24	38	3.2
R25	Casserole, cauliflower cheese	100	81	406	97	4.8	6.1	5.8	1.7	3.6	2.2	3.8	1.5	0.3	nd	nd	17	256	3.1
R25	1 serving	170	138	690	165	8.2	10.4	9.9	2.9	6.1	3.7	6.5	2.6	0.5	nd	nd	29	435	5.3
R27	Casserole, chicken with vegetables	100	82	364	87	8.2	4.5	3.5	1.0	2.0	1.5	0.9	1.2	2.1	nd	nd	33	125	1.3
R27	1 serving	187	153	681	163	15.3	8.4	6.5	1.9	3.7	2.8	1.7	2.2	3.9	nd	nd	62	234	2.4
R29	Casserole, hot pot	100	74	440	106	8.4	4.4	8.1	1.5	2.4	5.8	2.0	1.8	0.1	nd	nd	22	718	2.0
R29	1 cup	253	188	1110	268	21.3	11.1	20.5	3.8	6.1	14.7	5.0	4.6	0.4	nd	nd	56	1820	5.1
R460	Casserole, mince, lean & fat, w/ veg, stewed	100	62	997	239	15.3	18.2	3.4	1.1	2.3	1.0	7.7	7.0	1.1	nd	nd	47	360	1.0
R460	1 cup	253	156	2520	605	38.7	46.0	8.6	2.8	5.9	2.6	19.5	17.7	2.7	nd	nd	120	911	2.6
R389	Chicken, stir-fried with veges	100	71	611	146	12.9	8.5	4.0	2.0	2.5	1.0	1.5	3.9	2.5	nd	nd	34	338	1.0
R389	1 cup	210	149	1283	307	27.1	17.9	8.4	4.2	5.3	2.1	3.2	8.2	5.3	nd	nd	71	710	2.1
R33	Chili Con Carne	100	72	498	119	11.8	4.6	7.7	2.4	3.6	3.8	1.3	1.4	0.9	nd	nd	28	137	1.1
R33	1 cup	253	182	1260	301	29.9	11.6	19.5	6.1	9.1	9.6	3.3	3.5	2.3	nd	nd	71	347	2.8

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
R	RECIPES																	
R461	Beef with vegetables, stir-fried	100	406	149	29	1.6	2.1	2.9	183	1100	0.06	0.33	4.6	0.16	0.77	30	28	0.01
R461	1 cup	210	853	313	60	3.4	4.3	6.1	384	2310	0.13	0.69	9.7	0.34	1.62	63	59	0.01
R584	Biscuit, filled, Ginger Kisses, baked	100	54	78	11	0.7	0.3	3.5	43	27	0.06	0.06	0.8	0.05	0.13	6	0	0.67
R584	1 biscuit	25	14	20	3	0.2	0.1	0.9	11	7	0.02	0.02	0.2	0.01	0.03	2	T	0.17
R578	Bread, garlic, baked	100	154	110	38	1.0	0.8	4.3	0	0	0.25	0.08	3.1	0.01	0	18	2	0.75
R578	1 slice (12 x 10 x 1.3cm)	41	63	45	16	0.4	0.3	1.8	0	0	0.10	0.03	1.3	0.01	0	7	1	0.31
R579	Bread, Rewena, baked	100	214	121	22	1.5	0.8	8.2	T	T	0.32	0.09	2.7	0.20	0	16	0	0
R579	1 slice	100	214	121	22	1.5	0.8	8.2	T	T	0.32	0.09	2.7	0.20	0	16	0	0
R10	Bun, bath/chelsea	100	254	114	55	1.3	0.8	7.0	163	129	0.20	0.16	2.2	0.14	0.20	30	0	0.28
R10	1 bun	85	216	97	47	1.1	0.7	6.0	139	110	0.20	0.14	1.9	0.12	0.20	26	0	0.24
R580	Bun, hot cross, baked	100	207	95	45	1.0	0.5	4.6	10	5	0.16	0.10	1.6	0.13	0.07	10	1	0.09
R580	1 bun	68	141	64	31	0.7	0.4	3.1	7	3	0.11	0.07	1.1	0.09	0.05	7	0	0.06
R466	Bun, roll, white, cheese & bacon topping	100	186	139	78	1.1	1.2	5.1	12	9	0.37	0.12	4.2	0.04	0.15	29	0	0.01
R466	1 roll	89	166	124	70	1.0	1.1	4.5	11	8	0.33	0.11	3.7	0.04	0.13	26	0	0.01
R159	Cake, banana, uniced	100	161	103	25	1.0	0.7	3.5	153	129	0.06	0.07	1.5	0.13	0.20	7	1	0.30
R159	1 slice (9.5 x 6.5 x 2.5cm)	85	137	88	21	0.9	0.6	3.0	130	110	0.05	0.06	1.3	0.11	0.20	6	1	0.26
R570	Cake, carrot with cream cheese icing	100	111	131	26	0.6	0.4	3.6	257	1200	0.06	0.08	1.0	0.06	0.17	9	2	0.25
R570	1 1-layer cake (23cm diam. x 3.8cm)	800	888	1048	207	5.0	2.8	28.8	2060	9600	0.50	0.65	7.9	0.45	1.36	70	16	2.00
R570	1/8 cake	100	111	131	26	0.6	0.4	3.6	257	1200	0.06	0.08	1.0	0.06	0.17	9	2	0.25
R13	Cake, cheesecake	100	117	118	58	0.5	0.5	2.9	326	299	0.03	0.13	1.0	0.04	0.30	6	2	0.33
R13	1 slice (8.5 x 6.5 x 3cm)	190	222	224	110	1.0	1.0	5.5	619	568	0.06	0.26	1.9	0.07	0.60	11	4	0.63
R14	Cake, chocolate, butter icing	100	170	189	38	1.9	1.2	5.4	161	109	0.06	0.09	1.9	0.05	0.40	9	T	0.50
R14	1/8 cake	79	134	149	30	1.5	0.9	4.3	127	86	0.05	0.07	1.5	0.04	0.30	7	T	0.40
R16	Cake, fruitcake, rich	100	455	65	82	1.8	0.7	3.1	129	106	0.04	0.08	1.3	0.14	0.20	7	T	0.29
R16	1 slice (7.5 x 5 x 1.5cm)	45	205	29	37	0.8	0.3	1.4	58	48	0.02	0.04	0.6	0.06	0.10	3	T	0.13
R17	Cake, fruitcake, rich, with icing	100	379	80	76	1.6	0.7	2.6	90	73	0.04	0.12	1.3	0.10	0.10	8	0	0.22
R17	1 slice (7.5 x 5 x 1.5cm)	45	171	36	34	0.7	0.3	1.2	41	33	0.02	0.05	0.6	0.05	T	4	0	0.10
R25	Casserole, cauliflower cheese	100	295	115	113	0.4	0.6	0.7	65	62	0.05	0.13	1.3	0.14	0.18	21	22	0.05
R25	1 serving	170	502	196	192	0.7	1.0	1.2	111	105	0.09	0.22	2.2	0.24	0.31	36	37	0.09
R27	Casserole, chicken with vegetables	100	149	68	13	0.5	0.6	5.1	111	621	0.03	0.05	3.7	0.09	0.08	6	3	T
R27	1 serving	187	279	127	24	0.9	1.1	9.5	208	1161	0.06	0.09	6.9	0.17	0.15	11	6	T
R29	Casserole, hot pot	100	387	91	14	1.5	2.4	3.0	131	781	0.03	0.04	3.5	0.03	0.80	9	6	T
R29	1 cup	253	979	230	35	3.8	6.1	7.6	331	1980	0.07	0.10	8.9	0.08	2.00	23	15	T
R460	Casserole, mince, lean & fat, w/ veg, stewed	100	308	146	14	2.5	3.0	3.4	130	770	0.08	0.10	6.0	0.07	1.00	18	3	0
R460	1 cup	253	779	369	34	6.4	7.7	8.6	329	1950	0.21	0.25	15.0	0.18	3.00	46	9	0.01
R389	Chicken, stir-fried with veges	100	330	160	29	1.1	0.7	6.0	153	867	0.06	0.10	6.6	0.25	0.08	11	8	T
R389	1 cup	210	693	336	61	2.3	1.5	12.6	321	1821	0.13	0.21	13.9	0.53	0.17	23	17	T
R33	Chili Con Carne	100	230	92	22	1.7	2.3	2.0	14	82	0.05	0.07	4.9	0.10	0.34	34	11	T
R33	1 cup	253	582	233	56	4.3	5.8	5.1	35	207	0.13	0.18	12.4	0.25	0.86	86	28	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
R435	Chop suey,Tongan	100	78	465	112	8.4	6.0	6.0	1.0	1.9	4.0	2.2	2.5	0.7	nd	nd	24	67	2.6
R435	1 cup	253	198	1180	283	21.3	15.2	15.0	3.0	4.8	10.1	5.5	6.4	1.8	nd	nd	61	170	6.6
R434	Chow mein,Island	100	75	570	136	11.5	8.7	3.0	1.0	2.8	0.6	3.2	3.7	1.0	nd	nd	34	93	0.8
R434	1 cup	253	190	1440	344	29.1	22.0	8.0	3.0	7.1	1.5	8.2	9.4	2.5	nd	nd	86	235	2.0
R35	Chutney,tomato	100	61	587	142	1.1	0.2	34.0	1.0	34.0	0.4	T	T	0.1	nd	nd	0	125	0
R35	1 serving	10	6	59	14	0.1	0	3.4	0.1	3.4	0	0	0	0	nd	nd	0	13	0
R484	Coffee,cafe latte,caffeinated	100	93	121	29	2.0	1.3	2.4	0	2.4	0	0.7	0.3	0.1	nd	nd	4	32	0.2
R484	1 cup	272	252	329	79	5.5	3.4	6.6	0	6.6	0	2.0	0.8	0.2	nd	nd	11	86	0.4
R36	Coleslaw	100	83	397	95	1.3	6.4	8.1	1.5	8.1	T	0.8	1.3	4.0	nd	nd	9	212	0
R36	1 cup	200	166	794	190	2.6	12.8	16.2	3.0	16.2	0.1	1.6	2.5	8.0	nd	nd	18	424	0
R431	Cook Island coconut buns	100	29	1260	303	6.1	6.7	54.6	2.1	9.6	45.0	5.5	0.3	0.3	nd	nd	0	197	1.0
R431	1 bun (7.9cm)	61	18	769	185	3.7	4.1	33.3	1.3	5.9	27.5	3.4	0.2	0.2	nd	nd	0	120	0.6
R590	Crabmeat-stick,battered,fried	100	57	822	197	10.5	10.2	15.9	0.7	1.2	14.7	3.7	3.9	1.8	nd	nd	42	521	27.5
R590	1 stick	67	38	551	132	7.0	6.8	10.7	0.5	0.8	9.8	2.5	2.6	1.2	nd	nd	28	349	18.4
R550	Croissant,filled with cheese&ham/bacon	100	35	1450	348	15.0	22.2	22.0	0.5	3.7	18.3	11.7	5.4	1.1	nd	nd	66	719	1.6
R550	1 filled croissant	118	41	1710	411	18.0	26.2	26.0	0.6	4.3	21.6	13.8	6.4	1.2	nd	nd	78	848	1.9
R38	Crumpet	100	54	701	170	5.0	0.7	35.8	1.9	0.2	35.5	0.1	T	0.3	nd	nd	0	509	1.4
R38	1 crumpet (1.5 x 9.0cm diam.)	40	22	280	68	2.0	0.3	14.3	0.7	0.1	14.2	T	T	0.1	nd	nd	0	204	0.6
R148	Custard square	100	36	1290	311	3.2	12.2	47.2	0.6	34.2	13.0	6.3	4.0	0.9	nd	nd	44	145	7.6
R148	1 piece	75	27	969	233	2.4	9.2	35.4	0.5	25.7	9.8	4.7	3.0	0.7	nd	nd	33	109	5.7
R40	Dahl,chick peas,cooked	100	66	494	119	8.4	2.1	16.7	3.5	1.0	15.1	0.5	0.1	1.0	nd	nd	0	850	0.4
R40	1 cup	173	114	855	206	14.5	3.6	28.8	6.1	1.7	26.1	0.9	0.2	1.8	nd	nd	0	1470	0.8
R554	Dip made w/ reduced fat cream & soup m	100	65	926	222	3.5	19.5	8.0	0.4	4.9	3.2	12.0	5.1	0.6	nd	nd	62	637	6.1
R554	1 tablespoon	15	10	143	34	0.5	3.0	1.2	0.1	0.8	0.5	2.0	0.8	0.1	nd	nd	10	98	0.9
R583	Doughnut,filled with fresh cream,sugar	100	27	1640	394	5.3	23.3	40.7	2.9	16.8	23.9	11.3	9.3	1.2	nd	nd	34	193	3.0
R583	1 doughnut	136	37	2230	536	7.2	31.7	55.4	3.9	22.8	32.5	15.4	12.7	1.6	nd	nd	46	262	4.1
R42	Eclairs w/ choc. icing & cream filling	100	44	1360	327	3.5	20.9	31.1	0.5	24.2	6.9	12.7	5.5	0.8	nd	nd	99	102	2.8
R42	1 éclair	42	18	571	137	1.5	8.8	13.1	0.2	10.2	2.9	5.3	2.3	0.3	nd	nd	42	43	1.2
R376	Falafel,vegetarian,fried	100	57	814	195	6.8	12.9	13.0	6.0	2.0	10.8	1.3	6.1	4.5	nd	nd	T	470	1.0
R376	1 patty (approx. 5.6cm diam.)	17	10	138	33	1.2	2.2	2.0	1.0	T	1.8	0.2	1.0	0.8	nd	nd	T	80	0.2
R376	1 ball (approx 5cm diam.)	43	24	350	84	2.9	5.5	6.0	3.0	1.0	4.6	0.6	2.6	1.9	nd	nd	T	202	0.4
R437	Filled ham roll	100	50	1200	288	8.7	20.1	18.1	1.3	1.2	16.9	6.2	7.6	4.8	nd	nd	34	505	4.0
R437	1 roll (15 cm long)	230	115	2760	662	20.0	46.2	41.6	3.0	2.8	38.9	14.3	17.5	11.0	nd	nd	78	1162	9.2
R479	Fish,crumbed,baked/grilled	100	62	715	172	17.5	5.2	13.7	0.5	0.7	13.0	1.7	2.0	0.9	nd	nd	75	211	16.6
R479	1 cup, flaked	132	81	944	227	23.1	6.9	18.1	0.6	0.9	17.0	2.2	2.6	1.2	nd	nd	99	279	21.9
R479	1 nugget	21	13	150	36	3.7	1.1	2.9	0.1	0.1	3.0	0.4	0.4	0.2	nd	nd	16	44	3.5
R480	Fish,crumbed,fried	100	52	994	238	19.3	11.2	15.1	0.5	0.7	14.4	3.9	4.5	1.8	nd	nd	85	236	16.6
R480	1 cup, flaked	132	69	1310	314	25.5	14.8	19.9	0.7	1.0	19.0	5.1	5.9	2.4	nd	nd	112	312	21.9
R480	1 nugget	21	11	209	50	4.1	2.4	3.2	0.1	0.2	3.0	0.8	0.9	0.4	nd	nd	18	50	3.5

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
R435	Chop suey,Tongan	100	216	85	18	1.3	2.4	3.0	62	364	0.08	0.07	4.1	0.14	1.10	17	6	T
R435	1 cup	253	546	215	46	3.3	6.1	8.0	157	921	0.20	0.17	10.4	0.35	2.80	43	15	T
R434	Chow mein,Island	100	311	113	26	1.9	3.4	4.0	83	491	0.11	0.10	6.0	0.20	1.60	21	7	T
R434	1 cup	253	787	286	66	4.8	8.6	10.0	210	1240	0.27	0.25	15.2	0.51	4.00	53	18	T
R35	Chutney,tomato	100	260	35	20	0.6	0.2	0.5	48	289	0	0.01	0.5	0.02	0	8	7	0
R35	1 serving	10	26	4	2	0.1	0	0.1	5	29	0	0	0.1	0	0	1	1	0
R484	Coffee,cafe latte,caffeinated	100	159	58	70	0.1	0.2	0.4	15	5	0.01	0.20	3.2	0.02	0.15	3	1	0.01
R484	1 cup	272	432	159	191	0.3	0.7	1.0	41	13	0.04	0.50	8.7	0.06	0.41	8	2	0.02
R36	Coleslaw	100	180	41	36	0.4	0.2	0.1	4	12	0.03	0.03	0.3	0.07	0.10	18	8	0.04
R36	1 cup	200	360	82	72	0.8	0.3	0.2	8	24	0.06	0.06	0.6	0.14	0.20	36	16	0.08
R431	Cook Island coconut buns	100	149	222	35	1.5	0.6	2.0	T	T	0.12	0.02	1.9	0.05	0	15	1	0
R431	1 bun (7.9cm)	61	91	135	21	0.9	0.4	1.2	T	T	0.07	0.01	1.2	0.03	0	9	0	0
R590	Crabmeat-stick,battered,fried	100	138	228	48	0.6	0.5	2.5	31	2	0.08	0.09	2.0	0.06	1.00	6	0	0.12
R590	1 stick	67	92	153	32	0.4	0.3	1.7	21	2	0.05	0.06	1.0	0.04	1.00	4	0	0.08
R550	Croissant,filled with cheese&ham/bacon	100	190	256	155	1.1	1.6	7.4	125	29	0.22	0.17	4.5	0.11	0.43	44	1	0.35
R550	1 filled croissant	118	224	302	183	1.3	1.9	8.7	148	34	0.26	0.20	5.3	0.13	0.51	52	1	0.41
R38	Crumpet	100	110	99	17	1.2	0.6	2.0	T	T	0.10	0.08	1.9	0.05	T	35	T	0
R38	1 crumpet (1.5 x 9.0cm diam.)	40	44	40	7	0.5	0.2	0.8	T	T	0.04	0.03	0.8	0.02	T	14	T	0
R148	Custard square	100	87	61	42	0.6	0.4	2.0	71	54	0.04	0.07	0.9	0.03	0.20	3	1	0.16
R148	1 piece	75	65	46	32	0.5	0.3	1.5	53	41	0.03	0.05	0.7	0.02	0.20	2	1	0.12
R40	Dahl,chick peas,cooked	100	400	130	64	3.1	1.9	0.7	87	210	0.14	0.05	1.6	0.08	0	37	3	0.05
R40	1 cup	173	692	225	111	5.4	3.3	1.2	151	363	0.24	0.09	2.8	0.14	0	64	5	0.09
R554	Dip made w/ reduced fat cream & soup m	100	177	79	81	0.5	0.3	0.7	138	170	0.06	0.19	1.0	0.06	0.27	7	1	0.12
R554	1 tablespoon	15	27	12	13	0.1	0.1	0.1	21	26	0.01	0.03	T	0.01	0.04	1	0	0.02
R583	Doughnut,filled with fresh cream,sugar	100	85	74	31	0.7	0.5	7.7	49	38	0.25	0.08	2.1	0.02	0.03	16	0	0.02
R583	1 doughnut	136	115	100	42	0.9	0.7	10.5	67	52	0.34	0.11	2.9	0.03	0.04	22	0	0.03
R42	Eclairs w/ choc. icing & cream filling	100	91	69	30	0.8	0.5	3.3	179	132	0.04	0.08	1.0	0.03	0.27	5	0	0.33
R42	1 éclair	42	38	29	13	0.3	0.2	1.4	75	55	0.02	0.04	0.4	0.01	0.11	2	0	0.14
R376	Falafel,vegetarian,fried	100	509	111	105	5.3	1.0	1.0	157	939	0.12	0.08	2.1	0.14	0	66	15	0
R376	1 patty (approx. 5.6cm diam.)	17	87	19	18	0.9	0.2	T	27	160	0.02	0.01	0.4	0.02	0	11	3	0
R376	1 ball (approx 5cm diam.)	43	219	48	45	2.3	0.4	T	68	404	0.05	0.04	0.9	0.06	0	28	6	0
R437	Filled ham roll	100	158	130	113	0.7	1.1	2.8	140	375	0.15	0.10	2.9	0.08	0.30	17	5	0.60
R437	1 roll (15 cm long)	230	363	299	260	1.6	2.5	6.4	322	863	0.35	0.23	6.7	0.18	0.69	39	12	1.38
R479	Fish,crumbed,baked/grilled	100	309	185	21	1.2	0.5	40.0	27	3	0.09	0.06	5.2	0.10	0.73	24	0	3.30
R479	1 cup, flaked	132	408	244	28	1.6	0.7	53.0	36	3	0.12	0.07	6.9	0.10	0.96	32	0	4.36
R479	1 nugget	21	65	39	4	0.3	0.1	8.0	6	1	0.02	0.01	1.1	T	0.15	5	0	0.69
R480	Fish,crumbed,fried	100	341	205	23	1.4	0.6	45.0	33	7	0.09	0.06	5.8	0.11	0.75	25	0	3.70
R480	1 cup, flaked	132	450	271	31	1.8	0.8	59.0	44	9	0.11	0.08	7.7	0.15	0.99	33	0	4.88
R480	1 nugget	21	72	43	5	0.3	0.1	9.0	7	1	0.02	0.01	1.2	0.02	0.16	5	0	0.78

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
R564	Fish,with coconut cream,raw	100	83	308	74	9.5	3.1	2.1	0.6	2.0	0.1	2.3	0.3	0.2	nd	nd	26	238	20.6
R564	1 cup	253	210	779	187	24.1	7.7	5.2	1.4	5.1	0.1	5.7	0.7	0.6	nd	nd	67	602	52.1
R607	Fritters,whitebait,shallow fried	100	44	1110	265	13.0	12.6	25.0	1.4	1.9	23.1	4.6	4.9	1.9	nd	nd	80	69	16.6
R607	1 cup	113	50	1250	299	15.0	14.2	28.0	1.6	2.2	26.1	5.1	5.5	2.1	nd	nd	91	77	18.8
R607	1 fritter	63	28	696	167	8.0	7.9	16.0	0.9	1.2	14.6	2.9	3.1	1.2	nd	nd	51	43	10.5
R48	Gravy,dried,low fat,prepared with water	100	92	105	25	1.2	1.2	2.4	T	T	2.4	0.4	0.5	0.2	nd	nd	T	588	0.5
R48	1 cup	260	239	273	65	3.1	3.1	6.2	T	T	6.2	1.1	1.2	0.6	nd	nd	T	1530	1.3
R465	Gravy,mutton,homemade	100	81	414	99	2.9	7.6	4.8	0.6	0	4.8	3.8	2.8	0.2	nd	nd	10	37	0.5
R465	1 cup	260	211	1080	257	7.5	19.7	12.6	1.6	0	12.6	9.9	7.3	0.5	nd	nd	26	96	1.3
R552	Hotdog,with sauce,American	100	51	1010	242	7.1	13.0	24.1	1.9	4.7	19.4	5.0	5.3	1.6	nd	nd	21	812	4.0
R552	1 hot dog	167	85	1680	404	11.9	22.0	40.2	3.2	7.9	32.4	8.4	8.8	2.7	nd	nd	35	1360	6.7
R372	Hummus,homemade	100	57	1120	268	4.6	24.2	8.0	4.0	0.6	7.8	3.9	14.9	3.9	nd	nd	T	273	0.6
R372	1 tablespoon	15	9	168	40	0.7	3.6	1.0	1.0	0.1	1.2	0.6	2.2	0.6	nd	nd	T	41	0.1
R50	Jelly,with water	100	84	261	63	1.2	0	14.6	0	14.6	0	0	0	0	nd	nd	0	5	1.0
R50	1 cup	291	244	760	183	3.5	0	42.5	0	42.5	0	0	0	0	nd	nd	0	15	2.9
R394	Kebab,lamb,Mediterranean	100	66	891	213	19.0	15.2	T	0	T	0	7.2	6.7	0.7	nd	nd	65	62	4.7
R394	1 kebab	100	66	891	213	19.0	15.2	T	0	T	0	7.2	6.7	0.7	nd	nd	65	62	4.7
R513	Kumara,chips,deep fried	100	56	770	186	1.6	6.3	30.7	3.7	15.8	14.9	0.1	T	0.1	nd	nd	0	112	0.3
R513	1 cup	100	56	770	186	1.6	6.3	30.7	3.7	15.8	14.9	0.1	T	0.1	nd	nd	0	112	0.3
R513	1 wedge	15	8	116	28	0.2	0.9	4.6	0.6	2.4	2.2	T	T	T	nd	nd	0	17	0
R387	Lamb,stim-fried with vegetables	100	74	536	128	11.8	7.0	4.0	1.0	2.6	1.1	1.9	2.9	1.6	nd	nd	33	366	2.8
R387	1 cup	210	155	1126	269	24.8	14.7	8.4	2.1	5.5	2.3	4.0	6.1	3.4	nd	nd	69	769	5.9
R402	Laplap:cabbage,cassava,coconut	100	67	616	149	1.4	5.3	23.8	1.7	3.5	20.0	4.6	0.3	0.1	nd	nd	0	8	0.6
R402	1 cup	145	97	893	216	2.0	7.7	34.5	2.5	5.1	29.0	6.7	0.4	0.2	nd	nd	0	12	0.9
R462	Lasagne,beef,mince	100	76	517	124	6.5	7.6	7.3	0.8	3.2	4.1	3.7	2.5	0.6	nd	nd	19	55	1.0
R462	1 lasagna (18 x 30cm diam.)	1860	1410	9620	2310	122.0	142.0	135.0	15.1	59.9	75.5	67.9	45.9	10.4	nd	nd	348	1030	18.8
R462	1 piece (3 x 5cm)	310	236	1600	384	20.3	23.6	22.6	2.5	10.0	12.6	11.3	7.7	1.7	nd	nd	58	172	3.1
R462	1 cup	264	201	1370	327	17.3	20.1	19.2	2.1	8.5	10.7	9.6	6.5	1.5	nd	nd	49	146	2.7
R55	Macaroni cheese	100	72	605	145	6.0	8.5	11.2	0.5	2.4	8.8	5.3	2.1	0.3	nd	nd	24	343	5.3
R55	1 serve	270	194	1634	392	16.2	23.0	30.2	1.4	6.5	23.8	14.3	5.7	0.8	nd	nd	65	926	14.3
R473	Mayonnaise,prep w/condensed milk,hma	100	51	856	206	6.0	5.2	33.9	0.1	33.9	0.1	3.1	1.4	0.2	nd	nd	20	389	35.0
R473	1 tablespoon	15	8	128	31	0.9	0.8	5.1	T	5.1	T	0.5	0.2	T	nd	nd	3	58	5.3
R39	Meat,curried	100	68	673	161	9.6	10.1	8.0	1.6	5.9	2.1	3.2	3.2	3.0	nd	nd	25	480	1.0
R39	1 cup	251	171	1690	404	24.1	25.4	20.1	4.1	14.8	5.3	8.0	8.1	7.6	nd	nd	63	1210	2.5
R58	Meat Loaf	100	55	921	221	19.6	10.2	12.7	1.2	1.6	11.2	3.5	4.0	0.6	nd	nd	86	573	8.5
R58	1 serving	112	62	1032	248	22.0	11.4	14.2	1.3	1.8	12.5	3.9	4.5	0.7	nd	nd	96	642	9.5
R59	Meringue	100	25	1220	296	4.3	0	69.6	0	69.6	0	T	T	T	nd	nd	0	82	1.0
R59	1 meringue (7.5cm diam.)	30	8	366	89	1.3	0	20.9	0	20.9	0	T	T	T	nd	nd	0	25	0.3
R59	1 cup, pieces	20	5	244	59	0.9	0	13.9	0	13.9	0	T	T	T	nd	nd	0	16	0.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
R564	Fish,with coconut cream,raw	100	315	119	16	0.4	0.3	23.0	26	120	0.03	0.02	3.1	0.06	0.32	18	10	1.80
R564	1 cup	253	797	301	40	1.1	0.7	58.0	66	304	0.08	0.04	7.8	0.14	0.81	46	24	4.55
R607	Fritters,whitebait,shallow fried	100	292	219	72	1.2	0.8	25.0	34	4	0.14	0.17	3.5	0.13	0.49	17	1	1.60
R607	1 cup	113	330	247	81	1.3	0.9	28.0	38	4	0.16	0.19	4.0	0.15	0.55	19	1	1.81
R607	1 fritter	63	184	138	45	0.7	0.5	16.0	21	2	0.09	0.11	2.2	0.08	0.31	11	0	1.01
R48	Gravy,dried,low fat,prepared with water	100	13	17	9	0.2	0.1	0.3	0	0	0.02	0.04	0.4	0.01	0	4	0	0
R48	1 cup	260	34	44	23	0.5	0.3	0.8	0	0	0.04	0.11	1.0	0.03	0	10	0	0
R465	Gravy,mutton,homemade	100	64	29	1	0.2	T	0.6	T	0	0.01	0.04	7.3	0.01	0.13	2	0	0
R465	1 cup	260	167	76	4	0.4	0.1	1.5	T	0	0.03	0.10	19.0	0.03	0.34	5	0	0
R552	Hotdog,with sauce,American	100	178	108	40	1.3	1.0	2.7	48	61	0.18	0.08	2.8	0.05	0.30	16	2	0.18
R552	1 hot dog	167	297	180	67	2.1	1.6	4.5	80	102	0.30	0.14	4.7	0.09	0.50	27	3	0.30
R372	Hummus,homemade	100	192	100	51	1.7	0.8	1.0	T	1	0.10	0.04	1.5	0.13	0	79	3	0
R372	1 tablespoon	15	29	15	8	0.3	0.1	T	T	T	0.01	0.01	0.2	0.02	0	12	T	0
R50	Jelly,with water	100	5	1	7	0.4	T	0.4	0	0	0	0	0	0	0	0	0	0
R50	1 cup	291	15	3	20	1.2	T	1.2	0	0	0	0	0	0	0	0	0	0
R394	Kebab,lamb,Mediterranean	100	230	167	8	1.9	3.4	4.1	13	20	0.15	0.30	7.9	0.26	1.60	27	0	T
R394	1 kebab	100	230	167	8	1.9	3.4	4.1	13	20	0.15	0.30	7.9	0.26	1.60	27	0	T
R513	Kumara,chips,deep fried	100	834	65	22	0.8	0.4	0.3	29	170	0.18	0.09	2.2	0.19	0	16	41	0
R513	1 cup	100	834	65	22	0.8	0.4	0.3	29	170	0.18	0.09	2.2	0.19	0	16	41	0
R513	1 wedge	15	125	10	3	0.1	0.1	0.1	4	26	0.03	0.01	0.3	0.03	0	2	6	0
R387	Lamb, stir-fried with vegetables	100	321	123	28	1.4	2.0	3.0	152	879	0.10	0.20	4.3	0.18	1.00	16	5	T
R387	1 cup	210	674	258	59	2.9	4.2	6.3	319	1846	0.21	0.42	9.0	0.38	2.10	34	11	0
R402	Laplap:cabbage,cassava,coconut	100	304	53	26	0.5	0.5	0.8	1	3	0.05	0.02	0.6	0.25	0	22	12	0
R402	1 cup	145	441	77	38	0.7	0.7	1.2	1	4	0.07	0.03	0.9	0.36	0	32	17	0
R462	Lasagne,beef,mince	100	169	96	57	0.8	1.1	1.7	27	92	0.04	0.09	2.1	0.05	0.24	6	7	0.05
R462	1 lasagna (18 x 30cm diam.)	1860	3140	1789	1060	15.6	19.9	31.6	502	1710	0.65	1.64	39.1	0.95	4.46	117	130	1.00
R462	1 piece (3 x 5cm)	310	524	298	176	2.6	3.3	5.3	84	285	0.11	0.27	6.5	0.16	0.74	20	22	0.17
R462	1 cup	264	446	254	150	2.2	2.8	4.5	71	243	0.09	0.23	5.5	0.14	0.63	17	18	0.14
R55	Macaroni cheese	100	102	132	146	0.3	0.8	1.0	93	76	0.04	0.13	1.2	0.03	0.28	3	0	0.08
R55	1 serve	270	275	356	394	0.8	2.2	2.7	251	205	0.11	0.35	3.2	0.08	0.76	8	1	0.21
R473	Mayonnaise,prep w/condensed milk,hma	100	217	148	186	0.3	0.6	3.5	41	22	0.06	0.32	1.1	0.04	0.37	8	2	3.30
R473	1 tablespoon	15	33	22	28	T	0.1	0.5	6	3	0.01	0.05	0.2	0.01	0.06	1	0	0.50
R39	Meat,curried	100	210	71	33	2.9	2.5	2.1	T	T	0.02	0.09	3.2	0.10	1.00	5	2	T
R39	1 cup	251	527	178	83	7.3	6.3	5.3	T	T	0.05	0.23	8.0	0.25	2.51	13	5	T
R58	Meat Loaf	100	282	199	23	2.3	3.7	4.6	15	3	0.09	0.11	9.4	0.33	1.00	10	2	0.12
R58	1 serving	112	316	223	26	2.6	4.1	5.2	17	3	0.10	0.12	10.5	0.37	1.12	11	2	0.13
R59	Meringue	100	68	15	4	0.2	0.1	2.5	0	0	T	0.16	1.3	T	0.04	3	0	0
R59	1 meringue (7.5cm diam.)	30	20	4	1	0.1	T	0.7	0	0	T	0.05	0.4	T	0.01	1	0	0
R59	1 cup, pieces	20	14	3	1	0.1	T	0.5	0	0	T	0.03	0.3	T	0.01	1	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
R60	Meringue, filled with cream	100	40	1550	371	3.0	26.8	29.5	0	29.5	0	16.7	6.7	0.8	nd	nd	70	49	5.0
R60	1 meringue (7.5cm diam.)	45	18	696	167	1.4	12.1	13.3	0	13.3	0	7.5	3.0	0.4	nd	nd	32	22	2.3
R1001	Milo, made with trim milk (1.5%fat)	100	80	395	87	4.1	4.0	10.6	0.4	8.4	2.2	2.1	0.8	0.1	nd	nd	9	55	7.8
R1001	1 cup	280	224	1105	244	11.4	11.1	29.8	1.0	23.6	6.2	6.0	2.3	0.3	nd	nd	25	153	21.8
R543	Milo, made with water	100	95	77	18	0.9	0.4	2.7	0.1	2.1	0.5	0.3	0.1	T	nd	nd	2	15	1.3
R543	1 cup	255	243	196	46	2.4	1.1	6.8	0.3	5.5	1.4	0.6	0.3	T	nd	nd	5	38	3.4
R61	Moussaka	100	66	811	194	9.3	13.4	9.1	0.8	2.9	6.2	4.7	4.9	3.1	nd	nd	40	320	3.0
R61	1 cup	224	147	1820	435	20.8	30.0	20.4	1.8	6.5	13.9	10.5	11.0	7.0	nd	nd	90	717	6.7
R486	Muffin, savoury, with cheese	100	40	1120	269	10.5	11.3	31.4	1.8	2.3	29.1	5.8	3.2	1.1	nd	nd	54	502	8.7
R486	1 medium muffin (6 x 7.5cm diam.)	110	44	1230	296	11.6	12.4	34.5	2.0	2.5	32.0	6.4	3.5	1.2	nd	nd	59	552	9.5
R486	1 small muffin (4 x 6cm diam.)	48	19	537	129	5.0	5.4	15.1	0.9	1.1	14.0	2.8	1.5	0.5	nd	nd	26	241	4.2
R471	Muffin, sweet with fruit	100	41	1050	253	7.1	7.9	38.4	1.8	13.0	25.4	3.7	2.4	1.0	nd	nd	38	389	8.7
R471	1 medium muffin (6 x 7.5cm diam.)	124	50	1300	314	8.8	9.8	47.6	2.3	16.0	31.5	4.6	3.0	1.2	nd	nd	48	482	10.7
R471	1 small muffin (4 x 6cm diam.)	48	20	504	121	3.4	3.8	18.4	0.9	6.0	12.2	1.8	1.2	0.5	nd	nd	18	187	4.2
R363	Nachos, with beans, cheese & sour cream	100	68	635	153	6.0	8.5	13.0	3.0	4.0	8.0	3.6	3.0	1.1	nd	nd	12	258	1.3
R363	1 cup	191	130	1210	292	11.5	16.2	25.0	6.0	8.0	15.0	6.9	5.7	2.1	nd	nd	23	493	2.5
R363	1 nacho	17	12	108	26	1.0	1.4	2.0	1.0	1.0	1.0	0.6	0.5	0.2	nd	nd	2	44	0.2
R62	Omelette, cheese	100	58	1140	272	15.3	23.3	0.2	0	0.2	0	12.8	6.5	1.1	nd	nd	279	963	44.2
R62	1 egg omelette	78	45	888	212	11.9	18.2	0.2	0	0.2	0	10.0	5.1	0.8	nd	nd	218	751	34.5
R62	1 cup	256	149	2910	696	39.2	59.6	0.6	0	0.6	0	32.7	16.6	2.8	nd	nd	714	2470	113.2
R63	Omelette, plain	100	70	812	194	10.2	16.9	0.3	0	0.3	0	7.7	5.5	1.2	nd	nd	366	1120	63.7
R63	1 omelette	64	45	520	124	6.5	10.8	0.2	0	0.2	0	4.9	3.5	0.8	nd	nd	234	719	40.8
R63	1 cup	232	163	1880	450	23.6	39.2	0.7	0	0.7	0	17.9	12.7	2.8	nd	nd	849	2610	147.8
R163	Pancake, plain	100	54	822	198	7.4	4.5	32.2	1.2	2.8	29.5	2.0	1.3	0.5	nd	nd	67	129	16.3
R163	1 pancake (15cm diam.)	36	19	296	71	2.7	1.6	11.6	0.5	1.0	10.6	0.7	0.5	0.2	nd	nd	24	46	5.9
R581	Papadom, fried	100	2	1940	465	26.9	29.8	22.3	10.0	12.3	10.0	4.6	8.7	14.7	nd	nd	2	9	0.3
R581	1 papadom	6	T	116	28	1.6	1.8	1.3	0.6	0.7	0.6	0.3	0.5	0.9	nd	nd	T	1	0
R582	Papadom, microwaved	100	3	1870	449	27.8	27.3	23.0	10.3	12.7	10.3	3.4	7.5	14.7	nd	nd	T	9	0.3
R582	1 papadom	6	T	112	27	1.7	1.6	1.0	0.6	0.8	0.6	0.2	0.5	0.9	nd	nd	T	1	0
R527	Parsnip, baked	100	79	263	64	2.1	0.2	13.3	4.7	10.5	2.8	T	0.1	T	nd	nd	0	21	0.7
R527	1 cup pieces	155	122	408	99	3.2	0.4	20.6	7.3	16.3	4.3	0.1	0.1	0.1	nd	nd	0	32	1.1
R70	Pastry, 'Danish',	100	30	1580	380	6.3	23.2	36.5	1.7	6.4	30.2	15.0	5.3	0.9	nd	nd	96	396	10.6
R70	1 whole	52	16	823	198	3.3	12.1	19.0	0.9	3.3	15.7	7.8	2.8	0.4	nd	nd	50	206	5.5
R155	Pastry, filo, baked	100	2	1520	368	12.2	3.2	72.7	3.0	1.9	70.8	0.5	0.7	1.8	nd	nd	0	790	0.5
R155	2 ready-rolled sheets	21	1	320	77	2.6	0.7	15.3	1.0	0.4	14.9	0.1	0.1	0.4	nd	nd	0	166	0.1
R71	Pastry, flaky, cooked	100	24	1900	457	4.5	33.2	35.0	1.5	0.4	34.6	17.7	10.9	2.2	nd	nd	49	350	0.5
R71	1 sheet (8 x 8 x 0.5cm)	34	8	647	155	1.5	11.3	11.9	0.5	0.1	11.8	6.0	3.7	0.8	nd	nd	17	119	0.2
R207	Pastry, puff, cooked	100	33	1520	365	4.9	21.7	37.6	1.6	0.4	37.2	14.4	4.8	0.8	nd	nd	52	354	1.1
R207	1 ready-rolled sheet	125	41	1900	456	6.1	27.1	47.0	2.0	0.5	46.5	18.1	6.0	1.0	nd	nd	65	443	1.3

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
R60	Meringue, filled with cream	100	91	40	38	0.1	0.2	2.0	225	186	0.04	0.14	0.8	0.02	0.18	3	1	0.10
R60	1 meringue (7.5cm diam.)	45	41	18	17	0.1	0.1	0.9	101	84	0.02	0.07	0.4	0.01	0.08	1	0	0.05
R1001	Milo, made with trim milk (1.5%fat)	100	151	53	146	2.2	0.4	0.5	80	14	0.20	0.27	1.0	0.04	0.31	5	9	1.80
R1001	1 cup	280	423	148	410	6.2	1.0	1.5	223	38	0.55	0.76	2.7	0.10	0.87	13	26	5.04
R543	Milo, made with water	100	58	34	35	1.0	0.7	0.7	22	1	0.09	0.05	0.4	0.01	0.10	1	4	0.56
R543	1 cup	255	148	87	88	2.6	1.9	1.7	56	3	0.22	0.13	1.0	0.03	0.25	2	10	1.43
R61	Moussaka	100	350	130	88	1.3	1.8	2.0	41	65	0.06	0.15	3.6	0.17	1.00	8	4	0.07
R61	1 cup	224	784	291	197	2.9	4.0	4.5	92	146	0.13	0.34	8.1	0.38	2.24	18	9	0.16
R486	Muffin, savoury, with cheese	100	197	312	169	0.9	1.0	5.5	79	50	0.16	0.21	2.5	0.12	0.31	13	1	0.27
R486	1 medium muffin (6 x 7.5cm diam.)	110	217	343	186	1.0	1.0	6.1	87	55	0.18	0.23	2.8	0.13	0.34	14	1	0.30
R486	1 small muffin (4 x 6cm diam.)	48	95	150	81	0.4	T	2.6	38	24	0.08	0.10	1.2	0.06	0.15	6	0	0.13
R471	Muffin, sweet with fruit	100	229	236	87	0.9	0.6	4.7	51	35	0.14	0.14	1.7	0.14	0.24	11	2	0.24
R471	1 medium muffin (6 x 7.5cm diam.)	124	284	293	108	1.2	0.8	5.8	63	43	0.17	0.17	2.1	0.17	0.30	14	2	0.30
R471	1 small muffin (4 x 6cm diam.)	48	110	113	42	0.5	0.3	2.3	24	17	0.07	0.07	0.8	0.07	0.12	5	1	0.12
R363	Nachos, with beans, cheese & sour cream	100	364	121	105	1.1	0.8	1.0	71	263	0.09	0.09	2.1	0.09	0.10	24	15	0.03
R363	1 cup	191	695	231	201	2.1	1.5	2.0	136	502	0.17	0.17	4.0	0.17	0.20	46	29	0.06
R363	1 nacho	17	62	21	18	0.2	0.1	T	12	45	0.02	0.02	0.4	0.02	T	4	3	0.01
R62	Omelette, cheese	100	115	290	283	1.7	2.0	9.9	210	105	0.08	0.25	4.1	0.12	1.30	21	0	1.07
R62	1 egg omelette	78	90	226	221	1.3	1.6	7.7	164	82	0.06	0.20	3.2	0.09	1.00	16	0	0.83
R62	1 cup	256	294	742	724	4.4	5.1	25.3	538	269	0.20	0.64	10.5	0.31	3.30	54	0	2.74
R63	Omelette, plain	100	133	191	45	2.4	1.2	13.8	197	70	0.08	0.26	3.2	0.14	1.40	28	T	1.48
R63	1 omelette	64	85	122	29	1.5	0.8	8.8	126	45	0.05	0.17	2.0	0.09	0.90	18	T	0.95
R63	1 cup	232	309	443	104	5.6	2.8	32.0	457	162	0.19	0.60	7.4	0.33	3.20	65	T	3.43
R163	Pancake, plain	100	175	129	83	1.2	0.7	4.5	35	13	0.11	0.17	2.2	0.05	0.40	9	1	0.26
R163	1 pancake (15cm diam.)	36	63	46	30	0.4	0.3	1.6	13	5	0.04	0.06	0.8	0.02	0.10	3	0	0.09
R581	Papadom, fried	100	1870	459	152	13.7	5.1	12.0	10	62	0.41	0.14	5.1	0.41	0	28	0	0
R581	1 papadom	6	112	28	9	0.8	0.3	1.0	1	4	0.02	0.01	0.3	0.02	0	2	0	0
R582	Papadom, microwaved	100	1930	474	158	14.2	5.2	12.0	10	61	0.43	0.13	4.9	0.38	0	28	0	0
R582	1 papadom	6	116	28	9	0.9	0.3	1.0	1	4	0.03	0.01	0.3	0.02	0	2	0	0
R527	Parsnip, baked	100	415	84	67	0.7	0.5	0.3	6	37	0.11	0.09	1.7	0.12	0	70	18	0
R527	1 cup pieces	155	643	131	104	1.1	0.8	0.4	10	57	0.17	0.14	2.6	0.19	0	109	28	0
R70	Pastry, 'Danish',	100	147	114	42	1.4	1.2	3.9	272	212	0.10	0.15	2.4	0.07	0.20	40	0	0.42
R70	1 whole	52	76	59	22	0.7	0.6	2.0	141	110	0.05	0.08	1.2	0.03	0.10	21	0	0.22
R155	Pastry, filo, baked	100	156	140	19	1.3	0.9	2.0	1	0	0.15	0.02	3.0	0.07	0	7	0	1.76
R155	2 ready-rolled sheets	21	33	29	4	0.3	0.2	T	T	0	0.03	T	1.0	0.01	0	1	0	0.37
R71	Pastry, flaky, cooked	100	85	62	16	1.0	0.7	2.1	178	145	0.07	0.01	1.3	0.02	T	5	1	0.17
R71	1 sheet (8 x 8 x 0.5cm)	34	29	21	5	0.3	0.2	0.7	61	49	0.02	T	0.4	0.01	T	2	T	0.06
R207	Pastry, puff, cooked	100	89	67	19	1.0	0.8	2.1	255	207	0.10	0.02	1.5	0.03	T	10	T	0.24
R207	1 ready-rolled sheet	125	112	84	24	1.3	1.1	2.6	318	259	0.13	0.03	1.9	0.04	T	13	T	0.30

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
R604	Pastry,savoury,egg&bacon,one crust,bak	100	53	1130	270	9.3	19.0	15.4	1.1	3.7	11.7	8.2	6.8	2.2	nd	nd	101	369	26.5
R604	1 party size	55	29	619	149	5.1	10.0	8.5	0.6	2.0	6.4	4.5	3.8	1.2	nd	nd	56	203	14.6
R206	Pastry,short,cooked	100	4	2070	498	6.4	26.6	58.3	1.9	15.6	42.7	18.1	6.0	1.3	nd	nd	100	432	1.1
R206	1 single crust pie shell (1 x 23cm dia	148	6	3070	737	9.5	39.4	86.3	2.8	23.1	63.1	26.9	8.8	1.9	nd	nd	148	639	1.6
R568	Pavlova,cream topped	100	34	1370	329	2.7	13.7	48.7	0.1	47.5	1.2	8.5	3.5	0.4	nd	nd	32	43	3.0
R568	1 Slice	60	20	822	197	1.6	8.2	29.2	0.1	28.5	0.7	5.1	2.1	0.2	nd	nd	19	26	1.8
R463	Pie,bacon and egg	100	59	1020	244	7.9	18.3	11.8	1.1	1.9	9.9	7.5	6.9	2.1	nd	nd	142	247	26.5
R463	1 individual pie	175	104	1780	427	13.8	32.0	20.7	1.9	3.3	17.3	13.2	12.0	3.6	nd	nd	249	432	46.4
R76	Pie,beef mince & vegetables,two crust	100	37	1400	337	15.5	20.3	23.0	1.1	0.3	22.7	9.8	6.5	1.3	nd	nd	60	269	0.8
R76	1 pie (11cm diam.)	227	85	3190	765	35.2	46.1	52.2	2.5	0.6	51.5	22.1	14.9	2.9	nd	nd	136	611	1.7
R83	Pie,chicken,two crust	100	49	1200	287	10.1	19.9	16.9	0.7	1.2	15.7	10.6	6.8	1.5	nd	nd	64	272	2.0
R83	1 pie (3 x 10cm diam.)	190	94	2280	545	19.2	37.8	32.1	1.3	2.3	29.8	20.2	13.0	2.9	nd	nd	122	517	3.8
R84	Pie,fish	100	74	528	127	7.1	5.7	11.8	1.1	1.3	10.5	2.1	2.0	0.7	nd	nd	20	210	10.8
R84	1 cup	220	164	1160	279	15.6	12.5	26.0	2.3	2.9	23.1	4.7	4.3	1.5	nd	nd	44	462	23.8
R88	Pie,fruit,one crust	100	59	773	186	2.0	7.9	26.8	1.8	15.0	11.8	2.7	2.9	0.9	nd	nd	12	120	0.4
R88	1 serving (6 x 6 x 2cm)	87	51	673	162	1.7	6.9	23.3	1.6	13.1	10.3	2.3	2.5	0.8	nd	nd	10	104	0.4
R90	Pie,lemon meringue	100	45	1160	279	3.7	14.2	34.2	0.5	21.1	13.1	7.6	4.6	1.0	nd	nd	87	151	12.4
R90	1 individual pie	62	28	720	173	2.3	8.8	21.2	0.3	13.1	8.1	4.7	2.9	0.6	nd	nd	54	94	7.7
R93	Pie,mince	100	12	1810	437	4.3	20.7	58.3	3.2	29.5	28.8	7.4	7.5	3.2	nd	nd	59	340	0.8
R93	1 individual pie	174	20	3160	760	7.5	36.0	101.0	5.6	51.3	50.1	12.8	13.0	5.6	nd	nd	103	592	1.3
R94	Pie,shepherd's	100	76	492	118	7.6	6.1	8.2	0.9	1.1	7.1	2.3	2.6	0.4	nd	nd	25	450	0.8
R94	1/8 pie (23cm diam.)	115	88	566	136	8.7	7.0	9.4	1.1	1.3	8.2	2.7	3.0	0.4	nd	nd	29	518	0.9
R95	Pie,steak and kidney	100	49	1190	284	15.2	18.3	14.7	0.8	0.2	14.5	6.7	7.2	1.6	nd	nd	125	680	0.7
R95	1 serving (7 x 7 x 3cm)	136	66	1610	386	20.7	24.9	20.0	1.1	0.3	19.7	9.1	9.7	2.2	nd	nd	170	925	1.0
R164	Pikelet,plain	100	43	988	239	6.7	4.0	43.9	1.1	17.0	27.0	1.8	1.2	0.4	nd	nd	61	301	14.8
R164	1 pikelet (1.5 x 9.0cm diam.)	40	17	395	96	2.7	1.6	17.6	0.5	6.8	10.8	0.7	0.5	0.2	nd	nd	24	120	5.9
R373	Pork,Chinese,simmered	100	47	1600	382	15.5	35.0	0	0	0.2	0.2	13.9	15.6	2.7	nd	nd	56	431	1.4
R373	1 cup	275	128	4400	1050	42.6	96.3	0	0	0.6	0.5	38.2	43.0	7.5	nd	nd	154	1190	3.9
R97	Pork,lean & fat,with vegetables,stewed	100	74	710	170	6.7	14.9	2.2	1.0	2.1	0.1	5.9	6.6	1.2	nd	nd	24	190	1.0
R97	1 cup	260	192	1850	442	17.4	38.7	5.7	2.6	5.5	0.3	15.3	17.2	3.1	nd	nd	62	494	2.6
R388	Pork,w/ veg & cashew nuts,stim fried	100	71	589	141	13.5	7.3	5.0	1.0	2.5	2.1	1.5	3.0	2.3	nd	nd	33	295	2.0
R388	1 cup	210	150	1240	296	28.4	15.3	11.0	2.0	5.3	4.4	3.2	6.3	4.8	nd	nd	69	620	4.2
R100	Pudding,apple crumble,baked	100	54	846	204	1.7	6.9	33.8	1.5	22.0	11.8	4.5	1.5	0.3	nd	nd	16	41	0.3
R100	1 cup	235	127	1990	479	4.0	16.2	79.4	3.6	51.7	27.7	10.7	3.5	0.8	nd	nd	38	96	0.8
R101	Pudding,bread and butter,baked	100	70	620	149	5.7	7.0	15.8	0.3	11.0	4.8	3.8	2.0	0.4	nd	nd	81	129	0.3
R101	1 cup	250	176	1550	373	14.3	17.5	39.5	0.8	27.5	12.0	9.4	5.0	1.0	nd	nd	203	323	0.8
R102	Pudding,Christmas	100	26	1380	332	5.7	11.0	52.0	1.5	31.0	21.1	5.2	4.3	0.7	nd	nd	45	252	T
R102	1 cup	264	69	3640	876	15.0	29.0	137.0	4.0	81.8	55.7	13.8	11.3	1.8	nd	nd	119	665	T
R103	Pudding,custard,plain	100	76	470	113	3.6	4.4	14.8	T	10.3	4.6	2.7	1.2	0.2	nd	nd	13	59	9.0
R103	1 cup	242	185	1140	273	8.7	10.6	35.8	T	24.9	11.1	6.5	2.9	0.4	nd	nd	31	143	21.8

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
R604	Pastry,savoury,egg&bacon,one crust,bak	100	242	191	88	1.4	1.0	8.9	92	56	0.14	0.21	3.2	0.11	0.43	16	2	0.70
R604	1 party size	55	133	105	48	0.7	0.5	4.9	51	31	0.08	0.12	1.8	0.06	0.24	9	1	0.39
R206	Pastry,short,cooked	100	133	85	23	0.9	0.5	5.0	311	243	0.20	0.09	1.6	0.11	0.20	9	T	0.44
R206	1 single crust pie shell (1 x 23cm dia	148	197	126	34	1.3	0.7	7.0	460	360	0.30	0.13	2.4	0.16	0.30	13	T	0.65
R568	Pavlova,cream topped	100	73	29	20	0.2	0.1	1.8	104	86	0.02	0.13	0.8	0.01	0.09	4	0	0.05
R568	1 Slice	60	44	18	12	0.1	0.1	1.1	62	52	0.01	0.08	0.5	0.01	0.05	2	0	0.03
R463	Pie,bacon and egg	100	166	138	43	1.3	0.9	8.1	131	300	0.13	0.18	2.6	0.13	0.42	20	2	0.72
R463	1 individual pie	175	291	242	75	2.3	1.5	14.2	229	525	0.23	0.32	4.6	0.23	0.74	35	3	1.26
R76	Pie,beef mince & vegetables,two crust	100	220	148	14	1.8	2.7	5.0	86	70	0.11	0.08	7.2	0.24	7.34	5	1	0.08
R76	1 pie (11cm diam.)	227	499	336	32	4.0	6.2	11.0	195	159	0.24	0.19	16.3	0.55	16.70	11	1	0.18
R83	Pie,chicken,two crust	100	165	104	37	0.9	0.8	7.0	110	86	0.10	0.11	3.3	0.18	0.22	5	1	0.10
R83	1 pie (3 x 10cm diam.)	190	314	198	70	1.7	1.5	13.0	209	163	0.18	0.20	6.3	0.33	0.42	10	1	0.19
R84	Pie,fish	100	310	92	40	0.4	0.4	17.4	31	4	0.07	0.09	2.4	0.22	1.00	6	2	0.17
R84	1 cup	220	682	202	88	0.9	0.9	38.3	68	9	0.15	0.20	5.3	0.48	2.20	13	4	0.37
R88	Pie,fruit,one crust	100	180	33	15	0.4	0.2	1.0	47	67	0.06	0.02	0.6	0.03	0	3	5	0.34
R88	1 serving (6 x 6 x 2cm)	87	157	29	13	0.3	0.2	1.0	41	58	0.05	0.02	0.5	0.03	0	3	4	0.30
R90	Pie,lemon meringue	100	79	58	16	0.8	0.4	4.0	101	66	0.06	0.07	1.0	0.05	0.30	6	7	0.34
R90	1 individual pie	62	49	36	10	0.5	0.2	2.0	63	41	0.04	0.04	0.6	0.03	0.20	4	4	0.21
R93	Pie,mince	100	150	55	19	1.1	0.4	2.4	91	5	0.11	0.02	1.5	0.08	0	5	0	0.80
R93	1 individual pie	174	261	96	33	1.9	0.7	4.2	158	9	0.19	0.03	2.6	0.14	0	9	0	1.39
R94	Pie,shepherd's	100	240	69	28	1.0	1.9	0.9	14	T	0.05	0.12	3.4	0.17	1.00	7	2	0.14
R94	1/8 pie (23cm diam.)	115	276	79	32	1.2	2.2	1.0	16	T	0.06	0.14	3.9	0.20	1.15	8	2	0.16
R95	Pie,steak and kidney	100	240	140	37	2.8	2.4	23.0	100	T	0.14	0.52	6.8	0.17	8.00	14	2	0.70
R95	1 serving (7 x 7 x 3cm)	136	326	190	50	3.8	3.3	31.0	136	T	0.19	0.71	9.3	0.23	10.90	19	3	0.95
R164	Pikelet,plain	100	159	195	86	1.2	0.6	4.1	32	12	0.10	0.16	1.9	0.05	0.40	8	1	0.23
R164	1 pikelet (1.5 x 9.0cm diam.)	40	64	78	34	0.5	0.2	1.6	13	5	0.04	0.06	0.8	0.02	0.20	3	0	0.09
R373	Pork,Chinese,simmered	100	236	126	10	1.0	1.8	8.0	3	T	0.27	0.16	5.2	0.18	0.90	4	1	T
R373	1 cup	275	649	347	28	2.8	5.0	22.0	8	T	0.74	0.43	14.3	0.50	2.50	11	3	T
R97	Pork,lean & fat,with vegetables,stewed	100	171	56	12	0.4	0.8	3.2	131	781	0.14	0.07	2.6	0.08	0.40	6	3	T
R97	1 cup	260	445	146	31	1.0	2.1	8.3	341	2030	0.37	0.18	6.8	0.20	1.00	16	8	T
R388	Pork,w/ veg & cashew nuts,stir fried	100	448	205	23	1.6	1.6	7.0	114	684	0.27	0.14	5.1	0.14	0.14	9	6	T
R388	1 cup	210	941	431	48	3.4	3.4	15.0	239	1440	0.56	0.29	10.7	0.29	0.28	19	13	T
R100	Pudding,apple crumble,baked	100	105	31	8	0.6	0.3	0.8	84	92	0.04	0.02	0.5	0.02	T	3	8	0.08
R100	1 cup	235	247	73	19	1.3	0.8	1.9	197	216	0.10	0.04	1.2	0.05	T	7	19	0.18
R101	Pudding,bread and butter,baked	100	207	125	120	0.7	0.7	3.6	87	34	0.05	0.20	1.5	0.06	0.50	7	1	0.32
R101	1 cup	250	518	313	300	1.8	1.8	9.0	218	85	0.13	0.50	3.8	0.16	1.30	18	3	0.80
R102	Pudding,Christmas	100	354	90	63	1.6	0.5	2.9	19	14	0.11	0.07	1.8	0.07	0.20	9	T	0.16
R102	1 cup	264	935	238	166	4.2	1.3	7.7	50	37	0.29	0.20	4.8	0.20	0.50	24	T	0.42
R103	Pudding,custard,plain	100	167	92	125	0.1	0.4	1.6	30	25	0.08	0.23	0.9	0.02	0.38	3	2	0.03
R103	1 cup	242	404	223	303	0.3	0.9	3.9	73	61	0.19	0.55	2.2	0.06	0.93	7	4	0.08

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
R104	Pudding,custard egg	100	78	463	111	5.5	5.4	10.1	0	10.1	0	2.7	1.7	0.3	nd	nd	87	74	22.1
R104	1 cup	257	202	1190	285	14.0	14.0	26.0	0	26.0	0	6.8	4.4	0.9	nd	nd	224	190	56.8
R209*	Pudding,milk and rice,canned	100	78	367	89	3.4	2.5	13.1	0.1	7.8	5.3	1.5	0.6	0.1	nd	nd	9	50	6.7
R209*	1 cup	250	194	918	223	8.5	6.3	32.8	0.3	19.5	13.3	3.7	1.6	0.2	nd	nd	23	125	16.8
R106	Pudding,rice,home made	100	73	512	123	4.0	4.1	17.6	0.2	9.6	8.0	2.5	1.1	0.2	nd	nd	12	39	10.0
R106	1 cup	250	183	1280	308	10.0	10.3	44.0	0.5	24.0	20.0	6.3	2.8	0.4	nd	nd	30	98	25.0
R454	Pudding,Samoan cocoa rice	100	52	896	216	4.2	6.2	35.9	0.9	15.6	20.3	4.3	1.1	0.2	nd	nd	6	30	9.0
R454	1 cup	250	130	2240	540	10.5	15.5	89.8	2.3	39.0	50.8	10.8	2.8	0.5	nd	nd	15	75	22.5
R495	Pudding,self-saucing,chocolate,baked	100	46	1060	254	4.0	10.1	36.9	1.0	26.0	10.9	4.9	3.2	1.1	nd	nd	29	21	8.5
R454	1 cup	250	115	2650	635	10.0	25.3	92.3	2.5	65.0	27.3	12.3	8.0	2.8	nd	nd	73	53	21.3
R109	Pudding,sponge,fruit,steamed	100	29	1450	350	5.5	15.5	47.0	1.2	23.6	23.3	9.6	3.7	0.7	nd	nd	97	238	13.0
R109	1 pudding	540	157	7840	1890	29.7	83.7	254.0	6.5	127.0	126.0	52.0	20.2	3.7	nd	nd	524	1290	70.2
R109	1 serving(1/6 of a pudding)	90	26	1310	315	5.0	14.0	42.3	1.1	21.2	21.0	8.7	3.4	0.6	nd	nd	87	214	11.7
R110	Pudding,sponge,treacle,steamed	100	30	1450	350	5.3	15.5	47.2	1.0	23.9	23.2	9.6	3.7	0.7	nd	nd	97	251	12.9
R110	1 cup	240	72	3480	840	12.7	37.2	113.3	2.4	57.4	55.7	23.0	8.9	1.7	nd	nd	233	602	31.0
R112	Quiche,Lorraine	100	49	1310	314	11.2	24.8	11.4	0.5	1.7	9.7	12.9	8.4	1.5	nd	nd	113	420	16.6
R112	1/4 pie (22.5cm diam.)	263	129	3450	826	29.5	65.2	30.0	1.3	4.5	25.6	33.9	22.0	4.0	nd	nd	297	1110	43.7
R500	Raisin,yoghurt coated	100	15	1470	356	3.6	8.0	67.4	1.5	65.9	1.5	4.7	2.5	0.4	nd	nd	2	67	14.4
R500	1 raisin	2	T	29	7	0.1	0.2	1.4	T	1.3	T	0.1	0.1	T	nd	nd	T	1	0.3
R113	Ratatouille	100	85	314	75	1.0	6.4	3.4	2.0	3.0	0.4	1.0	1.2	3.6	nd	nd	T	189	0.7
R113	1 cup	117	100	367	88	1.2	7.5	4.0	2.0	4.0	0.5	1.1	1.4	4.2	nd	nd	T	221	0.8
R610	Salad,Greek,with feta and olives	100	91	151	36	2.2	2.4	1.5	1.0	1.4	0.1	1.2	0.7	0.2	nd	nd	6	223	3.2
R610	1 cup	105	95	159	38	2.3	2.5	1.5	1.1	1.4	0.1	1.3	0.7	0.2	nd	nd	6	234	3.4
R99	Salad,potato	100	72	612	147	1.6	9.4	14.0	0.9	5.1	9.0	1.2	1.9	5.9	nd	nd	13	302	1.0
R99	1 cup	238	171	1460	350	3.8	22.4	33.3	2.1	12.1	21.4	2.8	4.4	14.0	nd	nd	31	719	2.4
R482	Salad,rice	100	73	356	86	1.9	0.3	19.1	1.1	8.6	10.5	0.1	0.1	0.1	nd	nd	0	5	0.3
R482	1 cup	244	179	869	210	4.6	0.7	46.6	2.7	20.9	25.6	0.2	0.2	0.2	nd	nd	0	13	0.8
R551	Salad,Tabbouleh	100	83	234	57	2.5	0.3	10.9	3.3	1.0	9.9	0.1	T	0.2	nd	nd	0	9	1.0
R551	1 cup	169	140	395	96	4.1	0.6	18.4	5.5	1.7	16.7	0.1	T	0.3	nd	nd	0	16	1.7
R377	Samosa,vegetable	100	55	816	196	4.4	8.8	24.9	3.2	1.6	23.3	1.0	3.9	3.2	nd	nd	0	517	1.1
R377	1 samosa	63	35	514	123	2.8	5.5	15.7	2.0	1.0	14.7	0.6	2.4	2.0	nd	nd	0	326	0.7
R433	Sandwich,cheese,toasted	100	28	1620	389	8.1	26.4	29.8	1.9	1.2	28.6	6.6	8.1	9.3	nd	nd	13	738	6.7
R433	1 sandwich	115	32	1870	447	9.3	30.4	34.3	2.2	1.4	32.9	7.6	9.4	10.7	nd	nd	15	849	7.7
R539	Sandwich,white bread,egg & lettuce	100	48	1050	253	7.0	13.9	24.9	1.6	1.7	23.2	5.0	4.5	3.0	nd	nd	93	506	10.0
R539	1 sandwich	116	56	1220	293	8.1	16.1	28.9	1.9	2.0	26.9	5.8	5.3	3.5	nd	nd	107	587	11.6
R532	Sandwich,white bread,fish	100	42	1180	283	9.7	15.2	27.0	1.7	1.2	25.9	5.3	4.6	4.3	nd	nd	23	612	10.7
R532	1 sandwich	103	43	1220	291	9.9	15.7	28.0	1.8	1.2	26.7	5.5	4.7	4.4	nd	nd	24	630	11.0
R528	Sandwich,whml,cheese&tomatoes,tstd	100	43	1300	312	9.9	21.4	19.9	2.6	1.7	18.2	10.4	5.9	3.3	nd	nd	40	567	1.6
R528	1 sandwich	134	58	1740	418	13.2	28.7	26.7	3.5	2.3	24.4	13.9	7.9	4.4	nd	nd	54	760	2.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
R104	Pudding,custard egg	100	188	131	121	0.6	0.6	3.6	71	15	0.04	0.22	1.4	0.06	0.60	7	1	0.34
R104	1 cup	257	483	337	311	1.5	1.5	9.3	182	39	0.10	0.56	3.6	0.15	1.50	18	3	0.87
R209*	Pudding,milk and rice,canned	100	140	80	93	0.2	0.4	0.9	33	20	0.03	0.14	1.2	0.02	T	4	0	0.02
R209*	1 cup	250	350	200	233	0.5	1.0	2.3	83	50	0.08	0.35	3.0	0.05	T	10	0	0.05
R106	Pudding,rice,home made	100	164	94	117	0.1	0.3	1.7	28	23	0.08	0.21	1.2	0.05	0.36	4	2	0.03
R106	1 cup	250	410	235	293	0.2	0.9	4.2	70	58	0.20	0.52	3.0	0.12	0.90	10	4	0.08
R454	Pudding,Samoan cocoa rice	100	189	100	75	0.4	0.5	1.0	29	10	0.04	0.12	1.5	0.10	0.20	11	1	0.02
R454	1 cup	250	473	250	188	1.0	1.3	2.5	73	25	0.10	0.30	3.8	0.25	0.50	28	3	0.05
R495	Pudding,self-saucing,chocolate,baked	100	86	127	40	0.4	0.3	2.8	14	2	0.06	0.08	0.9	0.05	0.10	5	0	0.24
R454	1 cup	250	215	318	100	1.0	0.8	7.0	35	5	0.15	0.20	2.3	0.13	0.25	13	1	0.60
R109	Pudding,sponge,fruit,steamed	100	174	183	49	1.3	0.8	4.1	182	132	0.07	0.08	1.5	0.06	0.30	8	0	0.41
R109	1 pudding	540	940	988	265	7.0	4.3	22.1	983	713	0.38	0.44	8.1	0.30	1.60	43	1	2.21
R109	1 serving(1/6 of a pudding)	90	157	165	44	1.2	0.7	3.7	164	119	0.06	0.07	1.4	0.05	0.30	7	0	0.37
R110	Pudding,sponge,treacle,steamed	100	193	178	80	1.7	0.8	3.9	182	129	0.06	0.08	1.6	0.04	0.30	7	0	0.41
R110	1 cup	240	463	427	192	4.1	1.9	9.4	437	310	0.14	0.19	3.8	0.10	0.72	17	0	0.98
R112	Quiche,Lorraine	100	167	205	176	0.9	1.3	7.0	131	79	0.13	0.19	3.1	0.11	0.60	7	1	0.38
R112	1/4 pie (22.5cm diam.)	263	439	539	463	2.4	3.4	18.0	345	208	0.34	0.50	8.2	0.28	1.60	18	3	1.00
R500	Raisin,yoghurt coated	100	732	82	113	1.3	0.3	1.5	10	41	0.10	0.18	1.1	0.24	0	6	2	0
R500	1 raisin	2	15	2	2	T	T	T	T	1	T	T	T	T	0	T	T	0
R113	Ratatouille	100	215	30	19	0.2	0.2	0.5	29	174	0.04	0.03	0.9	0.07	0	18	22	0
R113	1 cup	117	252	35	22	0.3	0.2	0.6	34	204	0.05	0.03	1.0	0.08	0	21	26	0
R610	Salad,Greek,with feta and olives	100	226	46	53	0.6	0.2	0.4	65	280	0.04	0.05	0.9	0.06	0.09	23	27	0.04
R610	1 cup	105	237	48	55	0.6	0.2	0.5	68	294	0.05	0.05	0.9	0.07	0.10	24	28	0.04
R99	Salad,potato	100	176	35	10	0.5	0.2	0.3	5	9	0.03	0.02	0.5	0.04	0.15	6	3	0.06
R99	1 cup	238	419	83	24	1.1	0.4	0.8	12	21	0.07	0.05	1.1	0.10	0.36	14	7	0.14
R482	Salad,rice	100	130	25	9	0.3	0.7	0.6	15	89	0.02	0.03	0.6	0.07	0	5	16	0
R482	1 cup	244	317	60	21	0.8	1.6	1.4	37	217	0.06	0.07	1.4	0.18	0	13	39	0
R551	Salad,Tabbouleh	100	196	67	33	1.2	0.4	0.1	112	670	0.21	0.02	1.7	0.49	0	38	19	0
R551	1 cup	169	331	113	56	2.0	0.7	0.1	189	1130	0.35	0.04	2.9	0.83	0	64	32	0
R377	Samosa,vegetable	100	333	91	21	1.9	0.7	1.3	6	38	0.11	0.02	2.0	0.04	0	10	6	0
R377	1 samosa	63	210	57	13	1.2	0.4	0.8	4	24	0.07	0.01	1.3	0.02	0	6	4	0
R433	Sandwich,cheese,toasted	100	126	132	120	0.8	1.0	3.2	227	238	0.18	0.09	2.9	0.02	0.10	14	T	1.70
R433	1 sandwich	115	145	152	138	0.9	1.2	3.7	261	274	0.21	0.10	3.3	0.02	0.10	16	T	1.96
R539	Sandwich,white bread,egg & lettuce	100	143	112	40	1.2	0.8	5.8	148	110	0.20	0.12	2.7	0.06	0.45	27	1	0.93
R539	1 sandwich	116	166	130	46	1.3	1.0	6.7	172	128	0.20	0.14	3.1	0.07	0.52	31	1	1.08
R532	Sandwich,white bread,fish	100	178	130	58	0.8	0.8	23.0	128	110	0.21	0.09	4.9	0.11	0.89	20	0	1.90
R532	1 sandwich	103	183	134	60	0.9	0.8	24.0	132	113	0.22	0.09	5.0	0.11	0.92	21	0	1.96
R528	Sandwich,whml,cheese&tomatoes,tstd	100	186	185	188	1.0	1.5	2.2	195	210	0.28	0.13	3.2	0.04	0.25	21	2	0.75
R528	1 sandwich	134	249	248	252	1.3	2.0	2.9	261	281	0.38	0.17	4.3	0.05	0.34	28	2	1.01

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
R114	Sauce,bolognese	100	75	584	140	8.0	10.9	2.4	1.3	1.6	0.8	3.4	4.4	2.6	nd	nd	25	440	1.6
R114	1 cup	248	186	1450	347	19.8	27.0	6.0	3.2	4.0	2.0	8.5	10.9	6.5	nd	nd	62	1090	4.0
R116	Sauce,cheese	100	68	796	191	7.6	14.3	7.9	0.2	3.7	4.2	9.2	3.4	0.4	nd	nd	40	426	8.4
R116	1 tablespoon	15	10	119	29	1.1	2.1	1.2	T	0.6	0.6	1.4	0.5	0.1	nd	nd	6	64	1.3
R593	Sauce,mustard	100	84	284	68	2.6	2.2	9.7	0.3	7.9	1.8	0.5	0.9	0.3	nd	nd	63	26	1.6
R593	1 tablespoon	16	14	45	11	0.4	0.4	1.6	T	1.3	0.3	0.1	0.1	T	nd	nd	10	4	0.3
R489	Sauce,pasta,tomato based,with vegetable	100	93	116	28	0.9	1.6	2.5	1.0	2.4	0.2	0.2	0.3	0.9	nd	nd	T	24	1.6
R489	1 cup	264	246	306	74	2.4	4.2	6.6	2.7	6.2	0.4	0.7	0.8	2.3	nd	nd	T	62	4.2
R591	Sauce,pesto,with basil	100	40	1960	467	5.2	47.5	4.8	1.5	1.8	2.9	7.8	28.8	8.2	nd	nd	0	233	6.0
R591	1 tablespoon	15	6	288	69	0.8	7.0	0.7	0.2	0.3	0.4	1.2	4.2	1.2	nd	nd	0	34	0.9
R119	Sauce,white,savoury	100	75	598	143	4.0	9.9	9.6	0.2	4.5	5.1	6.4	2.4	0.3	nd	nd	26	382	9.0
R119	1 tablespoon	18	13	108	26	0.7	1.8	1.7	T	0.8	0.9	1.2	0.4	0.1	nd	nd	5	69	1.6
R121	Sausage roll,flaky pastry	100	23	1980	475	7.2	36.2	30.1	1.6	0.6	29.5	13.3	14.6	3.7	nd	nd	57	550	3.9
R121	1 roll	50	12	991	238	3.6	18.1	15.1	0.8	0.3	14.8	6.6	7.3	1.9	nd	nd	29	275	2.0
R123	Scone,cheese	100	33	1360	327	9.0	16.1	36.6	1.4	1.6	35.0	10.4	3.6	0.6	nd	nd	42	640	4.0
R123	1 scone	50	17	681	164	4.5	8.1	18.3	0.7	0.8	17.5	5.2	1.8	0.3	nd	nd	21	320	2.0
R165	Scone,plain	100	38	1120	270	6.7	7.9	43.1	1.7	2.2	40.9	4.9	1.8	0.5	nd	nd	19	448	4.4
R165	1 scone	50	19	561	135	3.4	4.0	21.6	0.8	1.1	20.5	2.4	0.9	0.2	nd	nd	10	224	2.2
R125	Scone,wholemeal	100	33	1230	295	7.7	12.7	37.5	5.1	4.7	32.8	8.1	2.8	0.7	nd	nd	30	617	0.5
R125	1 scone	50	17	613	148	3.9	6.4	18.8	2.6	2.4	16.4	4.1	1.4	0.3	nd	nd	15	309	0.2
R166	Shortbread,homemade	100	11	2000	482	3.5	26.7	56.9	1.1	18.1	38.8	17.9	5.9	0.9	nd	nd	65	163	0.7
R166	1 piece	13	1	261	63	0.5	3.5	7.4	0.1	2.4	5.0	2.3	0.8	0.1	nd	nd	8	21	0.1
R541	Smoothie,made w/ milk,frt jui,frt & ygt	100	84	236	57	2.5	1.2	9.0	0.3	8.8	0.2	0.7	0.3	0.1	nd	nd	4	23	5.1
R541	1 cup	154	130	363	88	3.8	1.9	13.8	0.5	13.5	0.3	1.1	0.5	0.1	nd	nd	6	35	7.9
R130	Soup,lentil	100	78	362	87	4.9	3.0	10.1	1.5	1.9	8.2	0.9	1.1	1.3	nd	nd	2	296	3.0
R130	1 cup	258	202	934	224	12.6	8.0	26.1	3.9	4.9	21.2	2.2	2.7	3.3	nd	nd	5	764	7.7
R134	Stew,beef	100	78	499	120	9.6	7.5	3.4	0.8	1.6	1.8	3.1	3.5	0.4	nd	nd	30	400	0.7
R134	1 cup	254	197	1270	305	24.4	19.1	8.6	2.0	4.1	4.6	7.9	8.9	1.0	nd	nd	76	1020	1.8
R135	Stew,Irish	100	76	516	124	5.2	7.3	9.3	1.2	2.0	7.3	3.6	2.8	0.3	nd	nd	35	360	0.7
R135	1 cup	243	185	1250	301	12.6	17.7	22.6	2.8	4.9	17.7	8.9	6.9	0.8	nd	nd	85	875	1.7
R391	Sushi	100	79	301	73	3.6	0.7	12.1	1.0	3.3	8.8	0.2	0.3	0.1	nd	nd	6	278	4.3
R391	2 rolls	100	79	301	73	3.6	0.7	12.1	1.0	3.3	8.8	0.2	0.3	0.1	nd	nd	6	278	4.3
R391	1 cup	175	138	527	128	6.3	1.2	21.2	1.8	5.8	15.4	0.3	0.5	0.2	nd	nd	11	487	7.5
R361	Tacos,filled,vegetarian	100	55	920	221	6.9	12.6	20.0	4.0	5.0	15.0	5.2	4.6	1.7	nd	nd	15	328	1.9
R361	1 large taco	260	144	2390	575	17.9	32.8	52.0	10.0	13.0	39.0	13.6	12.0	4.5	nd	nd	39	853	4.9
R361	1 cup	129	71	1190	285	8.9	16.3	26.0	5.0	6.0	19.0	6.8	5.9	2.2	nd	nd	19	423	2.5
R138	Tart,custard	100	56	1050	253	5.2	17.3	19.0	0.7	5.2	13.8	9.4	5.7	1.2	nd	nd	65	191	11.3
R138	1 tart	80	45	842	202	4.2	13.8	15.2	0.6	4.2	11.1	7.5	4.6	1.0	nd	nd	52	153	9.0
R138	1 cup	230	128	2420	582	12.0	39.8	43.7	1.6	12.0	31.8	21.5	13.2	2.9	nd	nd	150	439	26.0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
R114	Sauce,bolognese	100	310	81	26	1.6	1.9	2.5	323	1940	0.06	0.12	3.3	0.16	1.00	10	5	T
R114	1 cup	248	769	201	64	4.0	4.7	6.2	801	4810	0.15	0.30	8.2	0.40	2.48	25	12	T
R116	Sauce,cheese	100	147	160	226	0.2	1.0	1.8	121	96	0.09	0.25	1.8	0.03	0.50	4	1	0.13
R116	1 tablespoon	15	22	24	34	T	0.2	0.3	18	14	0.01	0.04	0.3	0.01	0.10	1	0	0.02
R593	Sauce,mustard	100	28	45	8	0.5	0.2	4.6	20	T	0.02	0.05	0.7	0.03	0.20	6	0	0.25
R593	1 tablespoon	16	5	7	1	0.1	T	0.7	3	T	T	0.01	0.1	0.01	T	1	0	0.04
R489	Sauce,pasta,tomato based,with vegetable	100	115	24	12	0.3	0.1	0.4	73	440	0.01	0.03	0.4	0.06	0	8	12	0
R489	1 cup	264	304	63	33	0.7	0.4	0.9	193	1160	0.04	0.07	1.1	0.16	0	20	32	0
R591	Sauce,pesto,with basil	100	308	116	66	3.0	1.1	1.7	150	900	0.14	0.06	1.8	0.12	0	34	8	0
R591	1 tablespoon	15	45	17	10	0.4	0.2	0.2	22	132	0.02	0.01	0.3	0.02	0	5	1	0
R119	Sauce,white,savoury	100	163	93	117	0.2	0.5	1.7	98	80	0.09	0.24	1.1	0.03	0.35	3	1	0.10
R119	1 tablespoon	18	29	17	21	T	0.1	0.3	18	14	0.02	0.04	0.2	0.01	0.06	1	0	0.02
R121	Sausage roll,flaky pastry	100	110	97	18	1.4	0.7	2.4	125	T	0.29	0.04	3.0	0.06	T	4	0	1.11
R121	1 roll	50	55	49	9	0.7	0.4	1.2	63	T	0.15	0.02	1.5	0.03	T	2	0	0.56
R123	Scone,cheese	100	139	431	189	1.0	1.2	2.2	163	123	0.08	0.10	2.4	0.04	0.30	6	0	0.16
R123	1 scone	50	70	216	95	0.5	0.6	1.1	82	62	0.04	0.05	1.2	0.02	0.20	3	0	0.08
R165	Scone,plain	100	157	336	95	1.1	0.7	2.5	79	64	0.11	0.10	1.9	0.04	0.15	6	0	0.08
R165	1 scone	50	79	168	48	0.6	0.4	1.3	40	32	0.06	0.05	1.0	0.02	0.08	3	0	0.04
R125	Scone,wholemeal	100	254	518	105	2.2	2.0	3.0	146	113	0.12	0.09	2.5	0.05	0.11	12	0	0.13
R125	1 scone	50	127	259	53	1.1	1.0	1.5	73	57	0.06	0.04	1.3	0.03	0.06	6	0	0.07
R166	Shortbread,homemade	100	74	55	18	1.0	0.9	1.8	316	257	0.06	0.03	1.1	0.02	T	4	T	0.30
R166	1 piece	13	10	7	2	0.1	0.1	0.2	41	33	0.01	T	0.1	T	T	1	T	0.04
R541	Smoothie,made w/ milk,frt jui,frt & ygt	100	190	60	70	0.2	0.2	0.5	27	75	0.04	0.12	0.9	0.08	0.13	9	16	0.01
R541	1 cup	154	293	93	108	0.2	0.4	0.8	42	116	0.05	0.18	1.4	0.12	0.20	14	25	0.01
R130	Soup,lentil	100	172	62	37	1.7	0.5	0.4	64	227	0.05	0.05	1.1	0.06	0.05	7	2	0.20
R130	1 cup	258	444	160	95	4.4	1.3	1.0	165	586	0.14	0.13	2.8	0.15	0.13	18	5	0.52
R134	Stew,beef	100	200	73	19	1.2	1.8	1.7	267	1600	0.04	0.10	3.8	0.13	1.00	5	T	T
R134	1 cup	254	508	185	48	3.1	4.6	4.3	678	4060	0.10	0.25	9.7	0.33	2.54	13	T	T
R135	Stew,Irish	100	340	60	12	0.6	1.1	2.1	T	T	0.06	0.07	2.5	0.15	1.00	6	4	T
R135	1 cup	243	826	146	29	1.5	2.7	5.1	T	T	0.15	0.17	6.1	0.37	2.43	15	10	T
R391	Sushi	100	106	25	17	0.3	0.6	4.4	129	711	0.02	0.04	1.9	0.05	0.08	23	5	0
R391	2 rolls	100	106	25	17	0.3	0.6	4.4	129	711	0.02	0.04	1.9	0.05	0.08	23	5	0
R391	1 cup	175	186	44	30	0.6	1.0	7.7	226	1240	0.03	0.07	3.3	0.08	0.14	40	9	0
R361	Tacos,filled,vegetarian	100	301	146	132	1.3	1.0	2.0	58	134	0.08	0.10	2.0	0.13	0.10	27	9	0.04
R361	1 large taco	260	783	380	343	3.4	2.6	5.0	151	348	0.20	0.26	5.2	0.35	0.30	70	23	0.10
R361	1 cup	129	388	188	170	1.7	1.3	3.0	75	173	0.10	0.13	2.6	0.17	0.10	35	12	0.05
R138	Tart,custard	100	138	92	67	0.6	0.5	4.0	114	71	0.08	0.13	1.3	0.06	0.30	6	1	0.24
R138	1 tart	80	110	74	54	0.5	0.4	3.0	91	57	0.06	0.10	1.0	0.05	0.20	5	1	0.19
R138	1 cup	230	317	212	154	1.4	1.2	9.0	262	163	0.18	0.30	3.0	0.15	0.70	14	2	0.55

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
R143	Tart,fruit mince,one crust	100	22	1550	372	2.9	15.5	55.3	2.3	35.0	20.4	7.5	4.6	2.0	nd	nd	21	267	1.2
R143	1 individual pie	60	13	927	223	1.7	9.3	33.2	1.4	21.0	12.2	4.5	2.8	1.2	nd	nd	13	160	0.7
R146	Trifle	100	65	731	176	3.1	8.0	21.8	0.6	16.9	4.8	4.4	2.2	0.6	nd	nd	33	53	6.0
R146	1 cup	180	118	1320	317	5.6	14.4	39.2	1.1	30.4	8.6	7.9	4.0	1.1	nd	nd	59	95	10.8
R390	Vegetables, stir-fried	100	85	279	67	1.9	4.0	3.7	1.8	2.9	0.8	0.5	1.7	1.5	nd	nd	0	254	0.6
R390	1 serving	210	179	586	141	4.0	8.4	7.8	3.8	6.1	1.7	1.1	3.6	3.2	nd	nd	0	533	1.3
R450	Vegetarian chilli con carne	100	64	573	138	6.7	4.1	18.6	5.6	6.3	11.2	2.4	0.9	0.3	nd	nd	9	176	0.7
R450	1 cup	253	161	1450	349	17.0	10.4	47.1	14.2	15.9	28.3	6.0	2.4	0.9	nd	nd	23	445	1.8
S	SAUCES AND CONDIMENTS																		
S77	Dip,sour cream,asst flvr,30% fat,comm	100	59	1170	278	3.0	27.0	5.8	0.9	5.0	0.8	7.4	12.9	4.6	0	0	44	281	4.0
S77	1 cup	236	140	2750	656	7.2	63.8	13.6	2.0	11.8	1.8	17.4	30.5	10.9	0	0	103	663	9.4
S77	1 tablespoon	11	7	128	31	0.3	3.0	0.6	0.1	0.6	0.1	0.8	1.4	0.5	0	0	5	31	0.4
S79	Dip,sour cream,lite,asst flvr,7%fat,comm	100	74	491	118	6.4	7.0	7.3	1.2	6.7	0.7	4.1	2.1	0.1	0	0	27	404	11.0
S79	1 cup	264	196	1300	312	16.9	18.5	19.3	3.2	17.6	1.7	10.7	5.4	0.4	0	0	71	1070	29.0
S79	1 tablespoon	13	9	61	15	0.8	0.9	0.9	0.2	0.8	0.1	0.5	0.3	T	0	0	3	51	1.4
S29	Dressing,`Coleslaw`,Lite,Eta	100	74	433	105	0	2.6	20.4	0.5	8.2	12.2	0.6	0.8	2.3	0	0	0	770	1.6
S29	1 cup	250	184	1080	263	0	6.4	51.0	1.1	20.6	30.4	1.5	2.0	5.8	0.1	0	0	2330	4.1
S29	1 tablespoon	15	11	65	16	0	0.4	3.1	0.1	1.2	1.8	0.1	0.1	0.3	0	0	0	140	0.2
S28	Dressing,`French`,Kraft	100	76	432	104	0	8.0	8.0	0	5.9	2.2	0.6	4.7	2.0	0	1.4	0	390	0.8
S28	1 tablespoon	15	11	65	16	0	1.2	1.2	0	0.9	0.3	0.1	0.7	0.3	0	0.2	0	172	0.1
S31	Dressing,`Italian`,Kraft	100	79	595	142	0.9	12.8	5.9	0.3	5.9	0	1.0	7.3	3.5	0	1.4	0	285	0.8
S31	1 tablespoon	15	12	89	21	0.1	1.9	0.9	T	0.9	0	0.1	1.1	0.5	0	0.2	T	133	0.1
S45	Dressing,`Mayonnaise`,commercial	100	52	1360	325	0.6	27.6	18.6	0.2	14.8	3.8	3.1	11.1	11.6	0	9.5	5	607	1.6
S45	1 tablespoon	15	8	200	48	0.1	4.1	2.7	T	2.2	0.6	0.5	1.6	1.7	0	1.4	1	89	0.2
S64	Dressing,`Mayonnaise`,reduced fat,comr	100	53	1190	286	0.5	21.2	23.2	0	18.6	4.6	2.3	5.5	12.3	0	1.2	24	800	1.6
S64	1 tablespoon	14	7	164	39	0.1	2.9	3.2	0	2.6	0.6	0.3	0.8	1.7	0	0	3	110	0.2
S50	Dressing,`Thousand Island`,Eta	100	50	1500	359	0.9	32.7	15.4	0.8	15.4	0	4.9	8.1	17.5	0	15.5	12	905	1.6
S50	1 tablespoon	16	8	234	56	0.2	5.1	2.4	0.1	2.4	0	0.8	1.3	2.7	0	2.4	2	152	0.3
S7	Dressing,`Vinaigrette`	100	38	2000	478	0.7	48.3	10.0	0	9.5	0.5	7.0	11.1	28.1	0	0	T	787	0.8
S7	1 tablespoon	16	6	320	76	0.1	7.7	1.6	0	1.5	0.1	1.1	1.8	4.5	0	0	T	126	0.1
S21	Guacamole	100	78	518	124	1.3	12.3	2.0	3.0	2.0	0.1	2.0	7.7	1.6	0	0	0	126	0.1
S21	1 tablespoon	15	12	78	19	0.2	1.8	T	T	T	T	0.3	1.1	0.2	0	0	0	19	0
S73	Hummus,original,6.5% fat,commercial	100	68	547	131	6.9	6.2	11.9	4.2	0.6	11.3	0.8	2.4	2.7	0.0	2.7	0	300	1.0
S73	1 cup	260	177	1420	341	18.0	16.2	30.9	11.0	1.6	29.4	2.2	6.3	6.9	0.0	6.9	0	780	2.6
S73	1 tablespoon	12	8	66	16	0.8	0.8	1.4	0.5	0.1	1.4	0.1	0.3	0.3	0.0	0.3	0	36	0.1
S80	Pesto,basil,garlic,nuts,retail	100	37	439	1840	5.9	43.7	5.5		0.9	4.6	5.6	27.9	7.7	0	0	8	454	6.0
S80	1 serving	10	4	44	184	0.6	4.4	0.5	0	0.1	0.5	0.6	2.8	0.8	0	0	1	45	0.6
S2	Pickle,sweet	100	59	582	141	0.6	0.3	34.0	1.3	32.4	1.6	0.1	T	0.1	0	0	0	1700	2.7
S2	1 tablespoon	17	10	99	24	0.1	0.1	5.8	0.2	5.5	0.3	T	T	T	0	0	0	289	0.5

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
R143	Tart,fruit mince,one crust	100	154	45	26	1.4	0.5	1.4	71	62	0.04	0.01	0.9	0.06	T	1	T	0.07
R143	1 individual pie	60	92	27	16	0.9	0.3	0.8	43	37	0.03	0.01	0.5	0.03	T	1	T	0.04
R146	Trifle	100	144	71	67	0.5	0.4	2.0	70	103	0.05	0.11	1.1	0.02	0.25	3	5	0.11
R146	1 cup	180	259	128	121	0.9	0.7	4.0	126	185	0.08	0.20	2.0	0.04	0.45	5	9	0.19
R390	Vegetables, stir-fried	100	282	53	30	0.6	0.3	1.2	23	139	0.04	0.11	1.0	0.10	T	15	22	0
R390	1 serving	210	592	111	63	1.3	0.6	2.5	48	292	0.08	0.23	2.1	0.21	0	32	46	0
R450	Vegetarian chilli con carne	100	337	112	34	1.6	0.8	0.6	50	75	0.08	0.09	2.3	0.10	T	51	5	0.04
R450	1 cup	253	853	283	86	4.0	2.0	1.5	127	190	0.20	0.24	5.8	0.24	T	129	13	0.10
S	SAUCES AND CONDIMENTS																	
S77	Dip,sour cream,asst flvr,30% fat,comm	100	115	56	57	0.3	0.3	2.7	115	66	T	0.28	0.7	0.06	0.37	T	T	0.16
S77	1 cup	236	271	131	134	0.6	0.6	6.3	271	155	T	0.66	1.7	0.14	0.87	T	T	0.38
S77	1 tablespoon	11	13	6	6	T	T	0.3	13	7	T	0.03	0.1	0.01	0.04	T	T	0.02
S79	Dip,sour cream,lite,asst flvr,7%fat,comm	100	287	114	129	0.1	0.5	2.7	67	66	T	0.28	1.5	0.06	0.78	T	T	0.04
S79	1 cup	264	758	301	341	0.2	1.3	7.0	177	173	T	0.74	4.0	0.16	2.06	T	T	0.11
S79	1 tablespoon	13	36	14	16	T	0.1	0.3	8	8	T	0.04	0.2	0.01	0.10	T	T	0.01
S29	Dressing,'Coleslaw',Lite,Eta	100	5	3	4	0.2	0.1	T	10	22	0.06	0.03	0.4	T	0.41	1	1	0.70
S29	1 cup	250	14	7	9	0.6	0.4	T	24	55	0.15	0.08	1.0	T	1.03	3	2	1.75
S29	1 tablespoon	15	1	0	1	T	T	T	2	3	0.01	T	0.1	T	0.06	T	0	0.11
S28	Dressing,'French',Kraft	100	14	6	8	0.5	0.3	T	0	0	0.04	0.01	T	T	0	0	1	0
S28	1 tablespoon	15	2	1	1	0.1	0.1	T	0	0	0.01	T	T	T	0	0	0	0
S31	Dressing,'Italian',Kraft	100	33	79	8	0.2	0.2	T	0	0	0	0	T	T	T	T	0	0
S31	1 tablespoon	15	5	12	1	T	T	T	0	0	0	0	T	T	T	T	T	0
S45	Dressing,'Mayonnaise',commercial	100	11	12	8	0.6	0.3	T	6	1	0.06	0.03	0.1	T	0.41	6	1	0.30
S45	1 tablespoon	15	2	2	1	0.1	0.1	T	1	T	0.01	T	T	T	0.06	1	0	0.04
S64	Dressing,'Mayonnaise',reduced fat,comr	100	15	19	8	0.2	0	2.0	2	8	0.02	0.24	0.1	0.04	0	16	0	T
S64	1 tablespoon	14	2	3	1	T	0	T	T	1	T	0.03	T	0.01	0	2	0	T
S50	Dressing,'Thousand Island',Eta	100	151	31	16	1.0	0.5	T	18	70	0.06	0.03	0.2	T	0.41	6	1	0.10
S50	1 tablespoon	16	24	5	2	0.2	0.1	T	3	11	0.01	T	T	T	0.06	1	0	0.02
S7	Dressing,'Vinaigrette'	100	15	5	10	0.2	0.1	0.1	2	11	T	0	0	0.03	0.50	3	0	0.19
S7	1 tablespoon	16	2	1	2	T	T	T	T	2	T	0	0	T	0.10	T	0	0.03
S21	Guacamole	100	375	36	17	0.9	0.4	0.2	50	299	0.03	0.09	1.2	0.14	0	40	18	0
S21	1 tablespoon	15	56	5	3	0.1	0.1	T	8	45	0.01	0.01	0.2	0.02	0	6	3	0
S73	Hummus,original,6.5% fat,commercial	100	195	125	29	1.6	1.2	5.6	3	20	0.21	0.05	5.3	0.04	0	T	2	0
S73	1 cup	260	507	325	76	4.1	3.2	14.4	9	52	0.55	0.13	13.7	0.10	0	T	6	0
S73	1 tablespoon	12	23	15	3	0.2	0.2	0.7	T	2	0.03	0.01	0.6	T	0	T	0	0
S80	Pesto,basil,garlic,nuts,retail	100	229	117	158	1.4	1.1	5.5	180	929	T	0.20	2.8	0.25	0.44	34	T	0.02
S80	1 serving	10	23	12	16	0.1	0.1	0.6	18	93	0	0.02	0.3	0.03	0.04	3	0	0
S2	Pickle,sweet	100	110	11	19	2.0	1.4	0.2	10	59	0.03	0.01	0.3	0.07	0	T	T	0
S2	1 tablespoon	17	19	2	3	0.3	0.2	T	2	10	0.01	T	0.1	0.01	0	T	T	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
S46	Sauce, 'Tartar',Eta	100	26	2570	614	0.9	64.8	7.0	0.2	7.0	0	10.1	14.5	36.2	0.0	31.7	21	914	1.6
S46	1 cup	243	63	6250	1490	2.1	158.0	16.9	0.5	16.9	0	24.6	35.2	88.1	0.0	77.0	51	2220	4.0
S22	Sauce,chilli	100	72	344	83	1.3	0.8	17.7	1.1	17.3	0.4	T	T	T	0	0	0	2620	1.6
S22	1 tablespoon	17	12	58	14	0.2	0.1	3.0	0.2	2.9	0.1	T	T	T	0	0	0	445	0.3
S68	Sauce,pasta,chunky vege,tomato based	100	83	230	56	1.8	0.7	10.6	1.8	9.1	1.5	0.1	0.2	0.4	0	0	0	496	5.0
S68	1 jar	549	455	1260	307	10.1	3.7	57.9	10.0	50.0	8.0	0.5	1.0	2.0	0	0	0	2720	27.5
S68	1 cup	273	226	628	153	5.0	1.9	28.8	5.0	24.8	4.0	0.2	0.5	1.0	0	0	0	1350	13.7
S70	Sauce,simmer,butter chicken,heated	100	73	588	141	2.4	10.2	9.8	1.0	5.8	4.0	3.7	3.7	2.0	0	0.2	18	598	3.0
S70	1 can	536	392	3150	756	13.1	54.8	52.4	5.5	31.1	21.3	19.9	20.1	10.9	0	1.0	94	3210	16.1
S70	1 cup	268	196	1580	378	6.5	27.4	26.2	2.7	15.5	10.7	9.9	10.0	5.4	0	0.5	47	1600	8.0
S71	Sauce,simmer,satay,heated	100	73	567	136	4.1	8.0	12.0	1.6	8.7	3.3	2.0	3.7	1.7	0	0.1	0	497	2.0
S71	1 can	504	366	2860	685	20.6	40.2	60.5	7.8	43.9	16.7	9.9	18.4	8.6	0	0.6	0	2510	10.1
S71	1 cup	271	197	1540	369	11.1	21.6	32.6	4.2	23.6	9.0	5.3	9.9	4.6	0	0.3	0	1350	5.4
S69	Sauce,simmer,sweet & sour,heated	100	71	463	112	0.5	0.3	27.0	0.9	23.6	3.5	0.1	0.1	0.1	0	0	0	445	T
S69	1 jar	556	394	2570	623	2.9	1.2	150.0	4.8	131.0	19.4	0.4	0.4	0.4	0	0	0	2470	T
S69	1 cup	283	201	1310	317	1.5	0.6	76.5	2.5	66.7	9.9	0.2	0.2	0.2	0	0	0	1260	T
S11	Sauce,soy	100	72	135	32	5.4	T	2.7	0	1.7	1.0	T	T	T	0	0	0	6310	1.6
S11	1 tablespoon	18	13	24	6	1.0	T	0.5	0	0.3	0.2	T	T	T	0	0	0	1140	0.3
S44	Sauce,tomato	100	70	432	105	1.1	0.1	24.9	1.3	24.4	0.5	T	T	T	0	0	0	615	1.4
S44	1 tablespoon	17	11	71	17	0.2	T	4.1	0.2	4.0	0.1	T	T	T	0	0	0	101	0.2
S14	Sauce,Worcestershire	100	73	320	77	1.3	0.2	17.6	0	16.9	0.7	T	T	T	0	0	2	1060	1.6
S14	1 tablespoon	18	13	58	14	0.2	T	3.2	0	3.0	0.1	T	T	T	0	0	T	191	0.3
S6	Tomato puree	100	75	330	80	5.0	0.4	14.2	2.5	14.1	0.1	0.1	0.1	0.2	0	0	0	240	1.4
S6	1 tablespoon	16	12	53	13	0.8	0.1	2.3	0.4	2.3	T	T	T	T	0	0	0	38	0.2
T	SHELLFISH																		
T31	Cockles,boiled	100	85	161	39	8.5	0.5	T	0	0	T	0.2	0.1	0.2	0	0	47	350	172.0
T31	1 cup	25	21	40	10	2.1	0.1	T	0	0	T	0.1	T	0.1	0	0	12	88	43.0
T40	Crab meat stick,imitation,surimi	100	74	349	84	12.0	1.3	6.0	0	0	6.0	0.3	0.2	0.7	0.2	0	20	841	6.5
T40	1 cup, chunks or flakes	133	98	464	112	16.0	1.7	8.0	0	0	8.0	0.4	0.3	0.9	0.2	0	27	1120	8.6
T40	1 stick	41	30	143	34	4.9	0.5	2.0	0	0	2.0	0.1	0.1	0.3	0	0	8	345	2.7
T25	Fritters,Paua,deep fried	100	48	1090	261	8.1	13.2	27.5	1.5	13.3	14.2	4.8	2.7	0.4	0	0	50	471	172.0
T25	1 paua fritter	184	88	2000	480	14.9	24.3	50.6	2.8	24.5	26.1	8.8	4.9	0.7	0.1	0	92	867	316.5
T25	1 cup	113	54	1230	295	9.2	14.9	31.1	1.7	15.0	16.0	5.4	3.0	0.5	0	0	57	532	194.4
T26	Kina,roe,raw	100	81	394	94	10.8	5.4	0.6	0	0.6	0	1.8	2.1	0.3	0	0	348	823	245.0
T26	1 tablespoon	14	11	55	13	1.5	0.8	0.1	0	0.1	0	0.3	0.3	T	0	0	49	115	34.3
T28	Muszel,Green,flesh,marinated	100	71	537	129	19.2	3.8	4.4	0	4.4	T	1.1	0.6	1.5	1.2	0	48	460	211.0
T28	1 cup	158	112	848	204	30.3	6.0	7.0	0	7.0	T	1.7	1.0	2.3	1.9	0	76	727	333.4
T27	Muszel,Green,flesh,smoked	100	61	823	197	22.8	10.6	2.6	0	0.5	T	2.8	2.3	3.9	3.0	0	29	1590	172.0
T27	1 cup	158	97	1300	311	36.0	16.7	4.1	0	0.8	T	4.5	3.6	6.2	5.0	0	46	2520	271.8

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
S46	Sauce, 'Tartar',Eta	100	17	29	12	1.0	0.4	T	46	239	0.06	0.03	0.5	T	0.41	6	1	0.30
S46	1 cup	243	42	70	30	2.3	1.0	T	111	581	0.15	0.07	1.2	T	1.00	15	2	0.73
S22	Sauce,chilli	100	140	28	17	2.8	0.1	T	95	570	0.01	0.09	0.9	0.10	0	10	8	0
S22	1 tablespoon	17	24	5	3	0.5	T	T	16	97	T	0.02	0.2	T	0	2	1	0
S68	Sauce,pasta,chunky vege,tomato based	100	477	49	35	0.8	0.3	1.0	167	1000	0.12	0.09	1.2	0.30	0	3	3	0
S68	1 jar	549	2620	269	194	4.2	1.6	5.3	915	5490	0.66	0.49	6.8	1.65	0	16	15	0
S68	1 cup	273	1300	134	97	2.1	0.8	2.7	455	2730	0.33	0.25	3.4	0.82	0	8	7	0
S70	Sauce,simmer,butter chicken,heated	100	264	44	43	0.8	0.3	1.4	54	214	0.13	0.12	1.3	0.01	0.10	15	T	0
S70	1 can	536	1420	233	233	4.2	1.3	7.5	292	1150	0.70	0.64	6.8	0.05	0.54	80	T	0
S70	1 cup	268	708	117	116	2.1	0.7	3.8	146	574	0.35	0.32	3.4	0.03	0.27	40	T	0
S71	Sauce,simmer,satay,heated	100	176	58	18	0.5	0.4	1.5	58	315	0.11	0.06	3.2	0.03	T	15	T	0
S71	1 can	504	887	291	90	2.4	2.1	7.3	290	1590	0.55	0.30	16.3	0.16	T	76	T	0
S71	1 cup	271	477	156	49	1.3	1.1	3.9	156	854	0.30	0.16	8.8	0.08	T	41	T	0
S69	Sauce,simmer,sweet & sour,heated	100	71	9	10	T	0.1	T	683	4100	0.09	0.03	0.2	0.04	0	2	T	0
S69	1 jar	556	395	52	56	T	0.4	T	3800	22800	0.50	0.17	1.0	0.25	0	11	T	0
S69	1 cup	283	201	27	28	T	0.2	T	1930	11600	0.25	0.08	0.5	0.13	0	6	T	0
S11	Sauce,soy	100	180	89	17	2.3	0.3	3.4	T	T	0.05	0.13	1.4	0.17	0	15	0	0
S11	1 tablespoon	18	32	16	3	0.4	0.1	0.6	T	T	0.01	0.02	0.3	0.03	0	3	0	0
S44	Sauce,tomato	100	398	24	21	1.4	0.1	3.3	32	104	0.02	0.03	1.5	0.13	0	12	8	0
S44	1 tablespoon	17	66	4	3	0.2	T	0.5	5	17	T	T	0.2	0.02	0	2	1	0
S14	Sauce,Worcestershire	100	890	23	160	3.7	0.4	0.3	2	8	0.02	0.07	0.6	0.03	0	T	0	0
S14	1 tablespoon	18	160	4	29	0.7	0.1	0.1	T	1	T	0.01	0.1	0.01	0	T	0	0
S6	Tomato puree	100	1200	94	35	1.4	0.5	0.9	106	634	0.40	0.19	4.7	0.11	0	22	38	0
S6	1 tablespoon	16	192	15	6	0.2	0.1	0.1	17	101	0.10	0.03	0.8	0.02	0	4	6	0
T	SHELLFISH																	
T31	Cockles,boiled	100	130	124	49	7.9	1.9	38.0	87	T	0.02	0.10	3.9	0.04	41.00	62	0	T
T31	1 cup	25	33	31	12	2.0	0.5	10.0	22	T	0.01	0.03	1.0	0.01	10.00	16	0	T
T40	Crab meat stick,imitation,surimi	100	90	282	13	0.4	0.3	0	20	0	0.03	0.03	2.1	0.03	1.60	2	0	T
T40	1 cup, chunks or flakes	133	120	375	17	0.5	0.4	0	27	0	0.04	0.04	2.8	0.04	2.10	2	0	T
T40	1 stick	41	37	116	5	0.2	0.1	0	8	0	0.01	0.01	0.9	0.01	0.70	1	0	T
T25	Fritters,Paua,deep fried	100	159	163	51	6.1	0.8	20.0	5	7	0.05	0.22	5.8	0.04	3.80	35	2	T
T25	1 paua fritter	184	293	300	94	11.2	1.5	37.0	9	13	0.09	0.40	10.7	0.07	7.00	64	4	T
T25	1 cup	113	180	184	58	6.9	0.9	23.0	6	8	0.06	0.25	6.6	0.05	4.30	39	2	T
T26	Kina,roe,raw	100	210	204	35	1.1	2.5	30.0	57	0	0.06	0.17	1.9	0.40	1.00	16	1	6.00
T26	1 tablespoon	14	29	29	5	0.2	0.4	4.0	8	0	0.01	0.02	0.3	0.10	T	2	T	0.84
T28	Muszel,Green,flesh,marinated	100	309	104	38	5.8	1.7	28.8	42	T	0.04	0.30	6.6	0.10	31.00	55	7	T
T28	1 cup	158	488	164	60	9.2	2.6	45.5	66	T	0.06	0.50	10.4	0.20	49.00	87	11	T
T27	Muszel,Green,flesh,smoked	100	397	311	168	10.5	2.6	36.0	40	T	0.03	0.28	6.8	0.05	18.00	37	4	T
T27	1 cup	158	627	491	265	16.6	4.1	57.0	63	T	0.05	0.44	10.7	0.08	28.00	58	6	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
T4	Mussel,Green,steamed	100	70	498	120	18.8	3.1	4.1	0	0.7	0	0.9	0.6	0.9	0.8	0	31	553	172.0
T4	1 cup	158	111	787	190	29.7	4.9	6.5	0	1.2	0	1.3	0.9	1.4	1.2	0	49	874	271.8
T17	Oyster,battered,deep fried	100	55	950	228	12.3	15.6	9.5	1.0	2.8	6.7	3.0	5.7	4.5	4.0	0	78	487	119.0
T17	1 oyster	23	13	219	52	2.8	3.6	2.2	0.2	0.6	1.5	0.7	1.3	1.0	0.3	0	18	112	27.4
T6	Oyster,Dredge,flesh,raw	100	78	390	93	13.6	3.8	1.2	0	0.2	0	1.3	0.8	0.9	0.8	0	35	347	97.0
T6	1 oyster	15	12	59	14	2.0	0.6	0.2	0	T	0	0.2	0.1	0.1	0	0	5	52	14.6
T19	Pipi,flesh,raw	100	87	172	41	8.2	0.7	0.5	0	0.1	0	0.2	0.1	0.1	0	0	30	700	245.0
T19	1 pipi	5	4	9	2	0.4	T	T	0	T	0	T	T	T	0	0	2	35	12.3
T20	Scallops,battered,deep fried	100	58	871	209	18.1	10.9	9.5	0.3	2.8	6.7	2.7	4.4	2.9	0.2	0	61	464	119.0
T20	1 scallop	24	14	209	50	4.3	2.6	2.3	0.1	0.7	1.6	0.6	1.1	0.7	0	0	15	111	28.6
T20	1 cup	142	83	1240	297	25.7	15.5	13.5	0.4	4.0	9.5	3.8	6.3	4.1	0.2	0	87	659	169.0
T12	Shrimp,canned,drained	100	75	393	94	20.8	1.2	T	0	T	0	0.2	0.3	0.4	0.1	0	158	980	29.4
T12	1 shrimp	7	5	28	7	1.5	0.1	T	0	T	0	T	T	T	0	0	11	69	2.1
T12	1 cup	135	101	531	127	28.1	1.6	T	0	T	0	0.3	0.4	0.5	0.1	0	213	1320	39.7
T23	Squid,in flour,fried	100	64	773	185	20.7	8.4	6.7	0.1	1.0	5.7	1.4	3.5	2.8	0.5	0	230	313	21.6
T23	1 squid ring	20	13	155	37	4.1	1.7	1.3	T	0.2	1.1	0.3	0.7	0.6	0.1	0	46	63	4.3
T23	1 cup	158	101	1220	292	32.7	13.3	10.6	0.2	1.6	9.0	2.3	5.6	4.4	0.7	0	363	495	34.1
U	SNACK FOODS																		
U67	Cereal soft bar,frt filled,twisted,flvr	100	17	1300	315	4.4	2.4	69.0	2.2	25.4	43.6	1.0	0.7	0.4	0	0.4	0	310	4.0
U67	1 bar (9.3 x 3.5 x 1.8cm)	40	7	520	126	1.8	1.0	27.6	0.9	10.1	17.4	0.4	0.3	0.2	0	0.2	0	124	1.6
U70	Cereal soft bar,wholemeal,frt,asstd flvr	100	17	1360	330	5.2	4.0	68.1	3.8	29.7	38.5	1.8	1.4	0.4	0	0.4	2	130	2.0
U70	1 bar (10.3 x 3.9 x 1.5cm)	50	8	682	165	2.6	2.0	34.1	1.9	14.8	19.2	0.9	0.7	0.2	0	0.2	1	65	1.0
U17	Corn chips,cheese flavour	100	3	2160	516	5.5	29.1	55.2	5.5	9.4	52.0	13.6	9.5	4.2	0	3.7	2	535	3.1
U17	1 cup	16	0	346	83	0.9	4.7	8.8	0.9	1.5	8.3	2.2	1.5	0.7	0	0.6	0	86	0.5
U17	1 small packet	50	2	1080	258	2.8	14.6	27.6	2.8	4.7	26.0	6.8	4.8	2.1	0	1.8	1	268	1.5
U16	Corn snacks,cheese flavour	100	3	2367	566	5.8	39.0	47.9	1.6	4.2	42.4	15.4	10.9	6.1	0	5.6	8	610	3.1
U16	1 cup	16	0	379	91	0.9	6.2	7.7	0.3	0.7	6.8	2.5	1.7	1.0	0	0.9	1	98	0.5
U16	1 small packet	50	2	1184	283	2.9	19.5	24.0	0.8	2.1	21.2	7.7	5.5	3.1	0	2.8	4	305	1.5
U28	Fruit & nut bar	100	15	1580	381	8.4	14.8	53.5	5.6	46.9	6.6	6.8	3.9	2.6	0	0.4	2	22	2.5
U28	1 bar	45	7	711	171	3.8	6.7	24.1	2.5	21.1	3.0	3.1	1.7	1.2	0	0.2	1	10	1.1
U21	Fruit bar,wholemeal,assorted flavours	100	15	1440	346	5.7	7.2	64.8	3.6	47.0	17.8	4.5	1.7	0.5	0	0.4	16	49	2.5
U21	1 bar	50	7	718	173	2.9	3.6	32.4	1.8	23.5	8.9	2.3	0.9	0.2	0	0.2	8	25	1.3
U34	Fruit leather,apricot	100	27	1050	253	4.8	0.2	58.1	8.6	57.3	0.8	T	0.1	0.1	0	0.0	0	29	1.7
U34	1 leather	40	11	418	101	1.9	0.1	23.2	3.5	22.9	0.3	T	T	T	0	0.0	0	11	0.7
U23	Fruit roll,strawberry	100	15	1260	305	0.8	0.3	74.8	2.1	41.8	33.0	T	0.1	0.2	0	0.0	0	313	1.7
U23	1 roll	21	3	264	64	0.2	0.1	15.7	0.4	8.8	6.9	T	T	T	0	0.0	0	66	0.4
U30	Muesli bar,chocolate chip	100	9	1590	383	6.9	10.1	66.0	4.1	19.0	47.0	4.7	3.1	1.7	0	1.1	1	105	2.0
U30	1 bar	32	3	508	123	2.2	3.2	21.0	1.3	6.1	15.0	1.5	1.0	0.5	0	0.4	T	34	0.6

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
T4	Mussel,Green,steamed	100	399	330	173	10.9	1.6	75.6	57	T	0.02	0.18	5.4	0.08	20.00	39	5	T
T4	1 cup	158	630	521	273	17.2	2.5	119.0	90	T	0.03	0.28	8.5	0.13	32.00	62	8	T
T17	Oyster,battered,deep fried	100	131	141	20	3.2	11.3	42.0	25	T	0.22	0.25	5.6	0.02	0.73	9	3	1.00
T17	1 oyster	23	30	32	5	0.7	2.6	10.0	6	T	0.05	0.06	1.3	T	0.17	2	1	0.23
T6	Oyster,Dredge,flesh,raw	100	295	182	44	9.4	10.3	142.0	24	14	0.08	0.27	4.3	0.04	17.00	10	12	1.00
T6	1 oyster	15	44	27	7	1.4	1.6	21.3	4	2	0.01	0.04	0.6	0.01	3.00	2	2	0.15
T19	Pipi,flesh,raw	100	148	103	48	6.0	0.8	25.0	90	T	0.10	0.20	3.4	T	62.00	49	T	T
T19	1 pipi	5	7	5	2	T	T	1.0	5	T	T	T	0.2	T	3.00	2	T	T
T20	Scallops,battered,deep fried	100	333	236	42	0.8	1.1	20.4	10	T	0.04	0.11	5.0	0.28	1.32	15	1	0.08
T20	1 scallop	24	80	57	10	0.2	0.3	4.9	2	T	0.01	0.03	1.2	0.07	0.32	4	0	0.02
T20	1 cup	142	473	335	60	1.2	1.5	29.0	14	T	0.06	0.16	7.1	0.40	1.87	21	1	0.11
T12	Shrimp,canned,drained	100	100	150	110	5.1	2.4	75.0	T	T	0.01	0.02	4.7	0.03	2.00	15	2	T
T12	1 shrimp	7	7	11	8	0.4	0.2	5.0	T	T	T	T	0.3	T	0.14	1	T	T
T12	1 cup	135	135	203	149	6.9	3.2	101.0	T	T	0.01	0.03	6.4	0.04	2.70	20	3	T
T23	Squid,in flour,fried	100	226	255	27	1.2	1.6	35.0	0	0	0.07	0.06	5.8	0.06	1.25	5	4	T
T23	1 squid ring	20	45	51	5	0.2	0.3	7.0	0	0	0.01	0.01	1.2	0.01	0.25	1	1	T
T23	1 cup	158	357	403	43	1.9	2.5	55.0	0	0	0.11	0.09	9.2	0.09	1.98	9	6	T
U	SNACK FOODS																	
U67	Cereal soft bar,frt filled,twisted,flvr	100	248	170	29	1.8	0.9	7.0	19	12	0.12	0.11	1.9	0.07	T	16	2	0
U67	1 bar (9.3 x 3.5 x 1.8cm)	40	92	68	27	0.4	0.2	1.3	8	6	0.05	0.04	0.8	0.03	T	3	2	0
U70	Cereal soft bar,wholemeal,frt,asstd flvr	100	254	115	119	1.0	1.4	4.0	6	35	0.07	0.03	1.2	0.31	0	19	1	0
U70	1 bar (10.3 x 3.9 x 1.5cm)	50	124	58	14	0.9	0.5	3.5	10	6	0.06	0.06	1.0	0.04	T	8	1	0
U17	Corn chips,cheese flavour	100	283	195	97	0.4	0.5	4.0	30	180	0.08	0.28	4.1	0.13	0.14	120	1	0
U17	1 cup	16	45	31	16	0.1	0.1	0.6	5	29	0.01	0.04	0.7	0.02	0.02	19	0	0
U17	1 small packet	50	142	98	49	0.2	0.3	2.0	15	90	0.04	0.14	2.1	0.07	0.07	60	0	0
U16	Corn snacks,cheese flavour	100	663	140	55	1.0	1.0	T	28	167	0.01	0.05	6.2	0.02	T	35	44	0
U16	1 cup	16	106	22	9	0.2	0.2	0	4	27	0.00	0.01	1.0	0.00	0	6	7	0
U16	1 small packet	50	332	70	28	0.5	0.5	0	14	84	0.01	0.03	3.1	0.01	0	18	22	0
U28	Fruit & nut bar	100	391	139	48	1.3	0.6	T	17	74	0.05	T	1.1	0.02	0.05	26	2	0
U28	1 bar	45	298	63	25	0.5	0.5	T	13	75	T	0.02	2.8	0.01	T	16	20	0
U21	Fruit bar,wholemeal,assorted flavours	100	1120	91	44	2.6	0.6	T	317	1910	0.02	0.08	0.8	T	0	13	1	T
U21	1 bar	50	195	46	24	0.7	0.3	T	9	37	0.03	T	0.6	0.01	0.03	13	1	T
U34	Fruit leather,apricot	100	153	97	17	0.5	0.3	T	5	32	0.01	0	0.2	0.02	0	13	1	0
U34	1 leather	40	447	39	18	1.1	0.3	T	127	762	0.01	0.03	0.3	T	0	5	0	0
U23	Fruit roll,strawberry	100	329	16	64	2.2	1.9	T	1	7	0.14	0.08	5.1	0.02	0.14	26	22	0
U23	1 roll	21	32	3	4	0.1	0.1	T	1	7	T	0	T	T	0	3	0	0
U30	Muesli bar,chocolate chip	100	172	245	55	1.0	1.2	T	2	13	T	0.08	1.8	0.02	T	26	13	T
U30	1 bar	32	105	78	20	0.7	0.6	T	T	2	0.04	0.03	1.6	0.01	0.04	8	7	T

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
U27	Muesli bar,chocolate coated,'Snacker'	100	8	1820	438	4.2	17.9	65.2	1.3	32.9	32.3	15.5	0.9	0.5	0	1.1	4	107	3.0
U27	1 bar	33	3	600	145	1.4	5.9	21.5	0.4	10.9	10.7	5.1	0.3	0.2	0	0.4	1	35	1.0
U20	Muesli bar,mixed fruit	100	11	1600	385	7.2	10.2	66.1	4.2	20.2	45.9	4.9	3.1	1.6	0	1.1	T	110	2.5
U20	1 bar	32	3	511	123	2.3	3.3	21.2	1.3	6.5	14.7	1.6	1.0	0.5	0	0.4	T	35	0.8
U24	Muesli bar,yoghurt coated,assorted	100	9	1770	427	4.2	15.8	67.0	1.2	31.0	36.0	14.0	0.7	0.3	0	1.1	3	121	8.5
U24	1 bar	33	3	584	141	1.4	5.2	22.1	0.4	10.2	11.9	4.6	0.2	0.1	0	0.4	1	40	2.8
U57	Multigrain,'Grainwaves',Bluebird	100	3	1890	455	7.7	18.8	63.7	6.4	7.6	56.2	9.1	7.1	1.4	0	0.1	0	787	3.1
U57	1 cup	35	1	661	159	2.7	6.6	22.3	2.2	2.7	19.7	3.2	2.5	0.5	0	0	0	276	1.1
U29	Nut & seed bar,assorted	100	8	2060	494	11.1	30.0	44.9	3.3	23.3	21.6	10.1	9.3	9.2	0	4.6	3	167	2.5
U29	1 bar	47	4	967	232	5.2	14.1	21.1	1.6	11.0	10.2	4.7	4.3	4.3	0	2.3	1	78	1.2
U1001*	'One Square Meal',OSM	100	18	1660	396	9.5	13.3	51.5	5.7	17.1	34.4	4.6	4.9	3.8	0	1.1	3	292	2.9
U1001	1 packet (2 bars)	175	32	2905	693	16.6	23.3	90.1	10.0	29.9	60.2	8.1	8.6	6.7	0	0	5	511	5.1
U40	Pop 'n' good light n buttery	100	2	1910	457	9.0	16.4	67.8	10.1	0.8	50.2	6.6	9.0	3.9	0	2.1	23	320	0.5
U40	1 cup	10	T	184	44	0.7	2.4	5.0	1.0	T	5.0	0.9	0.9	0.4	0	0.2	2	54	0.1
U18	Popcorn,candied	100	3	1640	395	2.8	7.4	79.3	3.4	44.8	34.5	3.3	1.9	1.4	0	1.3	18	86	1.3
U18	1 cup	8	T	131	32	0.2	0.6	6.3	0.3	3.6	2.8	0.3	0.1	0.1	0	0.1	1	7	0.1
U14	Potato crisps,'Lites'	100	2	1980	476	6.6	30.0	45.0	6.1	0.6	44.4	14.3	10.7	2.8	0	2.8	T	670	1.3
U14	1 small packet	50	1	991	238	3.3	15.0	22.5	3.1	0.3	22.2	7.1	5.4	1.4	0	1.4	T	335	0.7
U38	Potato crisps,'Slims',Eta	100	2	2200	530	6.1	33.6	51.5	5.4	1.0	50.5	15.4	14.1	3.6	0	3.6	0	465	1.3
U38	1 small packet	40	1	880	212	2.4	13.4	20.6	2.2	0.4	20.2	6.2	5.6	1.4	0	1.4	0	186	0.5
U6	Potato crisps,flavoured	100	2	2352	562	6.6	35.4	56.0	5.2	1.2	54.8	14.0	14.4	3.6	0	3.6	1	590	1.3
U6	1 small packet	50	1	1176	281	3.3	17.7	28.0	2.6	0.6	27.4	7.0	7.2	1.8	0	1.8	1	295	0.7
U13	Potato crisps,low salt,flavoured	100	3	2170	521	7.1	33.4	48.0	3.6	2.2	45.8	14.3	13.8	3.8	0	2.8	1	229	1.3
U13	1 small packet	50	1	1090	261	3.6	16.7	24.0	1.8	1.1	22.9	7.2	6.9	1.9	0	1.4	1	115	0.7
U13	Potato crisps,plain	100	3	2300	549	6.2	35.3	53.3	3.6	0.5	52.8	14.0	12.5	3.4	0	2.8	0	570	1.3
U10	1 small packet	50	1	1150	275	3	18	27	2	0	26	7	6	2	0	1	0	285	1
U10	1 crisp	2	T	46	11	0	1	1	0	0	1	0	0	0	0	0	0	11	0
U45	Potato crisps,salt&vinegar,Pringles	100	6	2160	519	4.9	32.4	52.1	3.9	0.7	51.4	7.4	6.3	16.3	0	2.8	0	760	1.3
U45	1 cup, thick cut	41	2	886	213	2.0	13.3	21.4	1.6	0.3	21.1	3.0	2.6	6.7	0	1.2	0	312	0.5
U41	Pretzels	100	5	1530	370	11.7	4.0	72.0	3.7	1.7	64.3	0.8	1.4	1.2	0.1	0	0	1715	0.8
U41	1 cup, rings	42	2	644	155	4.9	3.0	27.2	1.6	0.2	27.0	0.5	1.0	1.3	0	0	0	832	0.3
U41	1 cup, thin sticks	48	2	736	178	5.6	3.5	31.1	1.8	0.2	30.9	0.6	1.1	1.4	0	0	0	950	0.4

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
U27	Muesli bar,chocolate coated,'Snacker'	100	294	117	50	2.1	1.6	T	26	156	0.17	0.05	4.7	0.02	0.09	26	31	T
U27	1 bar	33	57	39	18	0.3	0.4	T	1	4	T	0.03	0.6	0.01	T	9	4	T
U20	Muesli bar,mixed fruit	100	154	215	82	0.6	1.0	T	2	11	T	0.01	0.8	0.02	0.01	26	7	0
U20	1 bar	32	94	69	16	0.7	0.5	T	8	50	0.05	0.02	1.5	0.01	0.03	8	10	0
U24	Muesli bar,yoghurt coated,assorted	100	154	112	82	0.6	1.0	T	2	11	T	0.01	0.8	0.02	0.01	26	7	T
U24	1 bar	33	51	37	27	0.2	0.3	T	1	4	T	T	0.3	0.01	T	9	2	T
U57	Multigrain,'Grainwaves',Bluebird	100	177	148	28	1.1	1.2	T	2	10	0.76	0.08	1.6	0.15	0	39	2	0
U57	1 cup	35	62	52	10	0.4	0.4	T	1	4	0.27	0.03	0.6	0.05	0	14	1	0
U29	Nut & seed bar,assorted	100	485	426	101	3.1	3.1	T	3	10	0.27	0.15	2.5	0.44	0.04	35	16	T
U29	1 bar	47	228	200	47	1.4	1.5	T	1	5	0.13	0.07	1.2	0.21	0.02	16	7	T
U1001*	'One Square Meal',OSM	100	400	190	152	2.3	2.3	2.0	143	10	0.21	0.32	1.9	0.30	0.38	38	8	1.90
U1001	1 packet (2 bars)	175	700	333	266	4.0	4.0	3.5	250	18	0.37	0.56	3.3	0.53	0.67	67	13	3.33
U40	Pop 'n' good light n buttery	100	239	272	3	2.2	2.3	2.0	0	0	0.07	0.09	3.6	0.36	0	9	0	0
U40	1 cup	10	24	27	T	0.2	0.2	T	0	0	0.01	0.01	0.4	0.04	0	1	0	0
U18	Popcorn,candied	100	138	142	10	1.0	1.4	5.3	145	870	0.24	0.07	0.8	0.07	0	3	0	0.05
U18	1 cup	8	11	11	1	0.1	0.1	0.4	12	70	0.02	0.01	0.1	0.01	0	T	0	0
U14	Potato crisps,'Lites'	100	494	172	13	0.9	1.2	1.7	1	6	0.23	0.03	3.6	0.70	0	33	22	0
U14	1 small packet	50	247	86	7	0.4	0.6	0.9	1	3	0.12	0.02	1.8	0.40	0	17	11	0
U38	Potato crisps,'Slims',Eta	100	473	131	13	1.6	1.0	0.8	2	2	0.17	0.04	3.3	0.81	0	38	6	0
U38	1 small packet	40	189	52	5	0.6	0.4	0.3	1	1	0.07	0	1.3	0.32	0	15	2	0
U6	Potato crisps,flavoured	100	189	117	16	1.6	1.0	1.5	1	6	0.42	0.04	3.6	0.70	0	33	19	0
U6	1 small packet	50	95	59	8	0.8	0.5	0.8	1	3	0.21	0.02	1.8	0.35	0	17	9	0
U13	Potato crisps,low salt,flavoured	100	1170	142	37	2.7	1.3	4.2	1	6	0.11	0.08	4.9	0.70	0	33	51	0
U13	1 small packet	50	587	71	19	1.4	0.7	2.1	1	3	0.06	0.04	2.5	0.40	0	17	26	0
U13	Potato crisps,plain	100	1200	142	25	2.5	1.3	4.2	0	0	0.12	0.07	4.6	0.70	0	33	44	0
U10	1 small packet	50	600	71	13	1	1	2	0	0	0	0	2	0	0	17	22	0
U10	1 crisp	2	24	3	1	0	0	0	0	0	0	0	0	0	0	1	1	0
U45	Potato crisps,salt&vinegar,Pringles	100	700	125	54	1.3	0.6	T	1	6	0.18	0.06	4.0	0.70	0	33	10	0
U45	1 cup, thick cut	41	287	51	22	0.5	0.3	T	T	2	0.07	0.02	1.7	0.30	0	14	4	0
U41	Pretzels	100	146	113	36	4.3	0.9	5.8	10	6	0.46	0.62	5.3	0.12	0	233	0	0
U41	1 cup, rings	42	71	47	11	1.4	0.3	T	4	3	0.05	0.04	1.1	0.05	0	35	0	0
U41	1 cup, thin sticks	48	82	54	12	1.6	0.3	T	5	3	0.05	0.04	1.2	0.06	0	40	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
V	SOUPS																		
V57	Soup,beef,dried,prepared with water	100	88	168	41	1.3	0.4	8.0	0.3	0.1	7.9	0.3	0.1	0	0	0	1	351	1.0
V57	1 cup	250	220	420	103	3.3	1.0	20.0	0.9	0.3	19.7	0.7	0.2	0	0	0	3	877	2.5
V1	Soup,bone and vegetable broth	100	90	253	61	3.7	4.6	1.1	2.0	1.0	0.1	1.0	1.3	1.9	0	0	1	74	2.1
V1	1 cup	254	229	643	155	9.4	11.7	2.8	5.0	2.5	0.3	2.7	3.4	4.9	0	0	3	188	5.3
V3	Soup,chic,cond,canned,prepared w/ wate	100	91	204	49	1.3	3.6	2.8	0	0.7	2.1	1.1	1.4	0.9	0	0	4	350	2.1
V3	1 cup	255	232	520	125	3.3	9.2	7.1	0	1.8	5.4	2.8	3.5	2.2	0	0	10	893	5.4
V59	Soup,chicken,dried,prepared with water	100	86	195	47	1.0	0.5	9.8	0.4	0.1	9.7	T	T	T	0	0	T	251	2.1
V59	1 cup	275	236	536	129	3.0	1.2	27.0	1.2	0.3	26.7	T	T	T	0	0	T	689	5.8
V76	Soup,chicken,Samoan	100	76	471	113	8.3	6.2	6.0	1.0	1.0	5.1	2.0	3.1	0.8	0	0	40	253	2.1
V68	Soup,chicken noodle,prepared w/water	100	94	74	18	0.3	0.3	4.0	0.1	0	3.9	T	T	T	0	0	1	295	2.1
V68	1 cup	275	259	204	50	0.7	0.3	10.9	0.3	0.1	10.7	0.1	0.1	0.1	0	0	3	590	5.8
V42	Soup,corned beef,Tongan	100	77	461	111	6.3	6.1	7.6	1.9	4.7	2.9	2.6	2.8	0.2	0	0	20	206	2.1
V42	1 cup	250	193	1153	278	15.8	15.3	19.0	4.8	11.8	7.3	6.5	7.0	0.5	0	0	50	515	5.3
V41	Soup,corned beef & vegetables, Niuean	100	69	618	149	5.9	5.1	19.8	1.5	3.8	16.0	2.1	2.3	0.2	0	0	17	198	2.1
V41	1 cup	253	174	1560	377	14.9	12.9	50.1	3.8	9.6	40.5	5.4	5.7	0.5	0	0	42	501	5.3
V4	Soup,cream of chicken,canned	100	88	241	58	1.7	3.8	4.2	T	1.1	3.1	1.2	1.4	0.9	0	0	4	460	1.0
V4	1 cup	259	228	624	150	4.4	9.8	10.9	T	2.8	8.0	3.0	3.7	2.4	0	0	10	1190	2.6
V9	Soup,cream of mushroom,canned	100	89	221	53	1.1	3.8	3.6	0.1	0.8	2.8	1.0	0.7	1.8	0	0	1	470	3.5
V9	1 cup	261	233	577	138	2.9	9.9	9.4	0.3	2.1	7.3	2.7	1.9	4.7	0	0	3	1230	9.1
V15	Soup,cream of tomato,canned	100	84	229	55	0.8	3.3	5.5	0.3	2.5	3.0	0.6	0.7	1.6	0	0	10	460	2.1
V15	1 cup	260	219	595	143	2.1	8.6	14.3	0.8	6.5	7.8	1.6	1.9	4.3	0	0	26	1200	5.5
V69	Soup,creme of chic,dried,prep w/water	100	93	101	24	1.0	0.5	4.0	0.2	0.1	3.9	0.2	0.2	0.1	0	0	6	287	2.1
V69	1 cup	265	246	268	64	2.5	1.3	10.6	0.4	0.3	10.4	0.4	0.6	0.3	0	0	16	761	5.6
V65	Soup,creme of veg,prepared w/water	100	93	108	26	1.0	0.5	4.4	0.3	0.2	4.2	0.4	0.1	T	0	0	1	233	2.1
V65	1 cup	250	231	270	65	2.5	1.3	11.0	0.7	0.5	10.5	0.9	0.3	0.1	0	0	3	583	5.3
V44	Soup,fish,Samoan	100	76	574	137	12.1	9.0	2.0	1.0	2.0	0.1	7.0	0.8	0.4	0	0	25	152	3.9
V44	1 cup	250	190	1435	343	30.3	22.5	5.0	2.5	5.0	0.3	17.5	2.0	1.0	0	0	63	380	9.8
V75	Soup,lamb flap,Tongan	100	73	569	137	8.2	8.1	7.7	1.8	4.5	3.2	4.2	2.9	0.3	0	0	31	83	1.0
V75	1 cup	250	183	1423	343	20.5	20.3	19.3	4.5	11.3	8.0	10.5	7.3	0.8	0	0	78	208	2.5
V8	Soup,minestrone,dried,prepared w/ water	100	92	98	24	0.8	0.7	3.5	0.4	1.2	2.3	0.3	0.3	T	0	0	1	430	1.0
V8	1 cup	268	246	263	64	2.1	1.9	9.4	1.1	3.2	6.2	0.9	0.8	0.1	0	0	3	1150	2.7
V66	Soup,mushroom,dried,prepared w/ water	100	93	93	22	0.9	0.4	3.7	0.3	0.1	3.6	0.1	0.2	0.1	0	0	0	202	2.1
V66	1 cup	250	232	233	55	2.3	1.1	9.3	0.7	0.3	9.1	0.1	0.5	0.3	0	0	0	506	5.3
V33	Soup,pea,homemade	100	82	365	88	3.5	5.5	6.0	1.0	1.0	4.7	2.8	2.0	0.3	0	0	11	209	2.1
V33	1 cup	260	214	949	229	9.1	14.3	16.0	3.0	3.0	12.2	7.4	5.1	0.8	0	0	29	543	5.5
V34	Soup,pumpkin,homemade	100	88	200	48	2.0	1.5	6.8	1.9	5.5	1.3	0.9	0.4	0.1	0	0	4	18	1.5
V34	1 cup	260	228	520	125	5.1	3.8	17.7	4.8	14.3	3.3	2.3	0.9	0.1	0	0	10	47	3.9
V14	Soup,tomato,cond,canned,prepared w/wat	100	85	258	62	0.9	3.4	7.0	0.5	5.5	1.5	0.6	0.8	1.7	0	0	T	410	1.0
V14	1 cup	258	220	666	160	2.3	8.7	18.1	1.3	14.2	3.9	1.7	1.9	4.3	0	0	T	1060	2.6

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
V	SOUPS																	
V57	Soup,beef,dried,prepared with water	100	36	17	8	T	0.1	0.6	T	T	0.06	T	T	0.01	T	T	T	T
V57	1 cup	250	90	43	21	0.1	0.2	1.5	T	T	0.14	T	T	0.01	T	T	T	T
V1	Soup,bone and vegetable broth	100	64	10	17	0.3	0.6	0.2	79	400	0.03	0.02	1.3	0.03	T	10	4	0
V1	1 cup	254	163	25	43	0.8	1.5	0.5	201	1020	0.08	0.05	3.3	0.07	T	25	10	0
V3	Soup,chic,cond,canned,prepared w/ wate	100	31	20	20	0.3	0.3	1.0	22	80	0.01	0.02	0.5	0.01	T	1	0	0
V3	1 cup	255	79	51	51	0.8	0.8	2.6	56	204	0.03	0.05	1.3	0.02	T	2	0	0
V59	Soup,chicken,dried,prepared with water	100	35	14	6	0.1	0.1	1.2	T	T	0.17	T	0.3	T	T	T	T	T
V59	1 cup	275	97	39	16	0.2	0.3	3.2	T	T	0.47	0.01	0.7	T	T	T	T	T
V76	Soup,chicken,Samoan	100	301	99	13	0.6	0.7	5.7	91	445	0.05	0.05	4.5	0.13	0.11	12	7	T
V68	Soup,chicken noodle,prepared w/water	100	14	6	7	0	0	1.0	0	0	T	T	0.2	T	T	1	0	0
V68	1 cup	275	38	16	18	0.1	0.1	3.0	T	0	0.01	T	0.6	T	T	2	0	0
V42	Soup,corned beef,Tongan	100	227	55	30	1.3	1.3	0.3	175	1030	0.05	0.06	3.2	0.06	0.38	21	11	T
V42	1 cup	250	568	138	75	3.3	3.3	0.8	438	2575	0.13	0.15	8.0	0.15	0.95	53	28	0
V41	Soup,corned beef & vegetables,Niuean	100	177	53	26	0.7	1.0	0.5	13	56	0.04	0.05	2.5	0.12	0.25	21	10	T
V41	1 cup	253	448	134	66	1.8	2.6	1.3	33	142	0.09	0.13	6.3	0.30	0.63	53	25	T
V4	Soup,cream of chicken,canned	100	41	27	27	0.4	0.3	1.0	19	70	0.01	0.03	0.5	0.01	T	1	0	T
V4	1 cup	259	106	70	70	1.0	0.8	2.6	49	181	0.03	0.08	1.3	0.03	T	2	0	T
V9	Soup,cream of mushroom,canned	100	55	30	30	0.3	0.3	0.4	40	0	0.02	0.05	0.5	0.01	T	3	0	0
V9	1 cup	261	144	78	78	0.8	0.8	1.0	104	0	0.05	0.13	1.3	0.03	T	8	0	0
V15	Soup,cream of tomato,canned	100	190	20	17	0.4	0.2	0.9	75	210	0.03	0.02	0.6	0.06	T	12	1	0
V15	1 cup	260	494	52	44	1.0	0.5	2.3	195	546	0.08	0.05	1.6	0.16	T	31	3	0
V69	Soup,creme of chic,dried,prep w/water	100	21	21	28	0.1	0.1	4.9	T	0	0.02	T	0.2	T	T	1	0	0
V69	1 cup	265	56	54	74	0.1	0.2	13.0	T	0	0.06	T	0.5	T	T	2	0	0
V65	Soup,creme of veg,prepared w/water	100	41	15	18	0.1	0.1	0.5	1	6	T	T	0.2	T	0	2	T	0
V65	1 cup	250	103	38	45	0.1	0.2	1.3	3	15	0.01	0.01	0.5	T	0	5	T	0
V44	Soup,fish,Samoan	100	307	143	13	0.6	0.4	57.0	18	1	0.06	0.02	4.2	0.06	0.38	17	2	2.00
V44	1 cup	250	768	358	33	1.5	1.0	142.5	45	3	0.15	0.05	10.5	0.15	0.95	43	4	5.00
V75	Soup,lamb flap,Tongan	100	224	92	30	1.4	1.2	1.0	165	985	0.09	0.13	4.6	0.07	0.80	25	12	T
V75	1 cup	250	560	230	75	3.5	3.0	2.5	413	2463	0.23	0.33	11.5	0.18	2.00	63	30	0
V8	Soup,minestrone,dried,prepared w/ water	100	62	12	9	0.2	0.1	0.4	14	84	0.02	0.01	0.3	0.07	0	7	0	0
V8	1 cup	268	166	32	24	0.5	0.3	1.1	38	225	0.05	0.03	0.8	0.19	0	19	0	0
V66	Soup,mushroom,dried,prepared w/ water	100	69	22	15	0.1	0.1	0.1	T	T	T	0.01	0.1	T	0	1	0	0
V66	1 cup	250	172	54	37	0.2	0.2	0.2	T	T	T	0.01	0.3	T	0	3	0	0
V33	Soup,pea,home made	100	135	49	12	0.5	0.6	2.0	93	420	0.04	0.03	1.0	0.03	T	3	1	0.03
V33	1 cup	260	351	127	31	1.3	1.6	5.0	242	1090	0.11	0.07	2.6	0.08	T	8	3	0.07
V34	Soup,pumpkin,home made	100	269	53	59	0.2	0.3	0.3	363	2080	0.03	0.06	0.6	0.05	0.13	6	6	0.01
V34	1 cup	260	699	138	153	0.6	0.7	0.9	944	5400	0.07	0.16	1.6	0.12	0.33	16	16	0.03
V14	Soup,tomato,cond,canned,prepared w/w	100	180	19	16	0.3	0.2	0.9	33	200	0.03	0.03	0.6	0.07	0	9	T	0
V14	1 cup	258	464	49	41	0.8	0.5	2.3	85	516	0.08	0.08	1.6	0.18	0	24	T	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
V55	Soup,tomato,dried,prepared w/water	100	92	117	28	0.3	0.3	6.1	0.2	0.4	5.7	T	T	T	0	0	T	235	0.5
V55	1 cup	257	235	301	72	0.9	0.8	15.6	0.5	1.0	14.6	T	T	T	0	0	T	604	1.2
V18	Soup,vegetable,canned	100	86	154	37	1.5	0.7	6.2	1.5	2.4	3.8	0.1	0.3	0.3	0	0	0	500	2.1
V18	1 cup	257	222	396	95	3.9	1.8	15.9	3.9	6.2	9.8	0.3	0.8	0.7	0	0	0	1290	5.4
W	SUGAR,CONFECTIONERY AND SWEET SPREADS																		
W5	'Bounty' bar,Cadbury	100	8	1980	476	4.8	26.1	55.5	4.2	51.3	4.2	20.3	4.1	0.6	0	0.4	8	180	5.0
W5	1 bar	50	4	990	238	2.4	13.1	27.8	2.1	25.7	2.1	10.1	2.0	0.3	0	0.2	4	90	2.5
W34	'Crunchie' bar,Cadbury	100	4	1830	440	3.8	17.1	67.7	1.0	58.1	9.6	5.0	0.1	11.1	0	0.2	5	243	5.0
W34	1 bar	53	2	968	233	2.0	9.1	35.9	1.0	30.8	5.1	2.7	T	5.9	0	0	3	129	2.7
W39	'Kit Kat',Nestle	100	3	2030	488	8.7	24.0	59.4	1.9	43.0	16.4	5.3	0.9	9.8	0	0.2	16	72	5.0
W39	1 finger	12	T	244	59	1.0	3.0	7.1	0.2	5.2	2.0	0.6	0.1	1.2	0	0	2	9	0.6
W6	'Mars',bar	100	7	1850	445	5.3	18.9	63.3	1.5	55.9	7.4	11.1	6.3	0.7	0	0.2	15	150	10.5
W6	1 bar	60	4	1110	267	3.2	11.3	38.0	0.9	33.5	4.4	6.7	3.8	0.4	0	0.1	9	90	6.3
W33	'Pinky' bar,Cadbury	100	10	1690	409	3.5	12.4	70.8	0	52.9	17.9	3.6	0.3	7.5	0	0	5	52	5.0
W33	1 bar	45	5	762	184	1.6	5.6	31.9	0	23.8	8.1	1.6	0.1	3.4	0	0	2	24	2.3
W44	Candies,soft,mint flavoured	100	6	1490	362	1.3	1.0	86.9	0	54.6	32.3	T	T	T	0	0	T	45	0.5
W44	1 mintie	7	T	104	25	0.1	0.1	6.1	0	3.8	2.3	T	T	T	0	0	T	3	0
W66	Chocolate,Cadury,'Moro',bar	100	5	1780	428	5.0	15.0	68.4	1.6	58.9	9.5	13.8	T	0.3	0	0.2	5	270	13.0
W66	1 bar (12.1 x 3.1 x 1.9cm)	70	3	1240	300	3.5	10.5	47.9	1.1	41.2	6.6	9.7	T	0.2	0	0.1	3	189	9.1
W35	Chocolate,candy coated,'Pebbles' etc	100	3	1770	428	5.6	16.0	65.3	1.8	61.5	3.8	4.6	0.5	9.7	0	0.2	10	60	6.5
W35	10 pieces	9	1	160	39	0.5	1.4	5.9	0.2	5.5	0.3	0.4	T	0.9	0	0	1	5	0.6
W56	Chocolate,dark	100	1	2200	528	5.1	28.5	62.8	2.5	52.2	10.6	17.0	9.1	0.9	0	0.2	0	55	10.9
W56	1 cup, grated	88	1	1930	465	4.5	25.1	55.3	2.2	45.9	9.3	15.0	8.0	0.8	0	0.1	0	48	9.6
W55	Chocolate,white	100	1	2210	532	8.0	30.9	55.5	0	55.5	T	18.4	10.0	1.1	0.2	1.0	6	110	27.0
W55	1 cup, grated	88	1	1950	468	7.0	27.2	48.8	0	48.8	T	16.2	9.0	1.0	0.2	1.0	5	97	23.8
W3	Chocolate bar,milk	100	2	2220	532	8.4	30.3	56.5	0.8	53.9	2.6	17.7	9.7	1.1	0	0.2	18	120	10.9
W3	1 large bar	120	3	2660	638	10.1	36.4	67.8	1.0	64.7	3.1	21.2	11.6	1.3	0	0.2	22	144	13.1
W3	1 small bar	50	1	1110	266	4.2	15.2	28.3	0.4	27.0	1.3	8.8	4.9	0.5	0	0	9	60	5.5
W38	Chocolate bar,with peanuts	100	2	2360	565	15.5	39.5	36.8	3.6	34.2	2.6	13.9	0	22.0	0	0.2	10	38	5.0
W38	1 slab	52	1	1230	294	8.1	20.6	19.1	1.9	17.8	1.4	7.2	0	11.5	0	0.1	5	20	2.6
W7	Chocolates,fancy and filled	100	6	1930	465	4.1	18.8	69.8	1.3	63.0	6.8	11.6	5.6	0.7	0	0.2	15	60	5.0
W7	1 chocolate	5	T	96	23	0.2	0.9	3.5	0.1	3.2	0.3	0.6	0.3	T	0	0	1	3	0.3
W8	Fruit gums	100	14	1360	328	6.5	0	75.6	0	56.2	1.7	0	0	0	0	0	0	30	0.5
W8	1 fruit gum	2	T	27	7	0.1	0	1.5	0	1.1	T	0	0	0	0	0	0	1	0
W57	Hard candy 'Chupa Chups',asstd flavours	100	3	1420	343	0.7	0.4	84.4	0.2	81.2	3.2	T	T	T	0	0	T	6	0.5
W57	1 lollipop	13	T	186	45	0.1	0.1	11.1	T	10.6	0.4	T	T	T	0	0	T	1	0.1
W11	Honey	100	17	1320	320	0.4	T	79.6	0	78.1	1.5	T	T	T	0	0	0	12	0
W11	1 tablespoon	21	4	277	67	0.1	T	16.7	0	16.4	0.3	T	T	T	0	0	0	3	0
W31	Ice block	100	80	291	71	0.3	0.1	17.1	0	17.1	0	T	T	T	0	0	0	6	0
W31	1 ice block	80	64	233	57	0.2	0.1	13.7	0	13.7	0	T	T	T	0	0	0	5	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
V55	Soup,tomato,dried,prepared w/water	100	59	6	4	0.1	T	0.1	T	T	T	T	T	T	T	T	T	T
V55	1 cup	257	152	16	10	0.2	0.1	0.3	T	T	T	T	T	T	T	T	T	T
V18	Soup,vegetable,canned	100	140	27	17	0.6	0.3	0.2	30	180	0.03	0.02	0.6	0.05	0	10	3	0
V18	1 cup	257	360	69	44	1.5	0.8	0.6	77	463	0.08	0.05	1.5	0.13	0	26	7	0
W	SUGAR,CONFECTIONERY AND SWEET SPREADS																	
W5	'Bounty' bar,Cadbury	100	320	140	110	1.3	0.9	2.1	39	10	0.04	0.10	1.1	0.02	T	17	0	T
W5	1 bar	50	160	70	55	0.7	0.5	1.1	20	5	0.02	0.05	0.6	0.01	T	9	0	T
W34	'Crunchie' bar,Cadbury	100	232	121	107	1.1	0.6	1.0	23	20	0.04	0.17	0.7	0.01	T	4	0	T
W34	1 bar	53	123	64	57	0.6	0.3	1.0	12	11	0.02	0.09	0.4	0.01	T	2	0	T
W39	'Kit Kat',Nestle	100	362	177	157	1.2	0.9	3.2	47	46	0.12	0.30	0.9	0.03	T	0	0	T
W39	1 finger	12	43	21	19	0.1	0.1	0.4	6	6	0.01	0.04	0.1	T	T	0	0	T
W6	'Mars',bar	100	250	150	160	1.1	0.8	2.1	66	19	0.05	0.20	1.2	0.02	T	17	0	T
W6	1 bar	60	150	90	96	0.7	0.5	1.3	40	11	0.03	0.12	0.7	0.01	T	10	0	T
W33	'Pinky' bar,Cadbury	100	123	62	57	0.7	0.4	1.0	23	20	0.02	0.08	0.6	0.04	T	4	0	T
W33	1 bar	45	55	28	26	0.3	0.2	T	10	9	0.01	0.04	0.3	0.02	T	2	0	T
W44	Candies,soft,mint flavoured	100	2	3	22	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0
W44	1 mintie	7	T	0	2	T	T	0	0	0	0	0	0	0	0	0	0	0
W66	Chocolate,Cadury,'Moro',bar	100	250	130	100	1.7	0.7	T	T	0	0.05	0.24	0.9	0.03	T	10	0	T
W66	1 bar (12.1 x 3.1 x 1.9cm)	70	175	91	70	1.2	0.5	T	T	0	0.04	0.17	0.6	0.02	T	7	0	T
W35	Chocolate,candy coated,'Pebbles' etc	100	306	162	149	1.2	0.9	1.4	58	28	0.07	0.23	1.7	0.01	0.40	10	0	0
W35	10 pieces	9	28	15	13	0.1	0.1	0.1	5	3	0.01	0.02	0.2	T	0.04	1	0	0
W56	Chocolate,dark	100	440	200	52	4.4	2.0	4.0	21	11	0.05	0.13	2.0	0.03	0	12	0	0
W56	1 cup, grated	88	387	176	46	3.9	1.8	4.0	18	10	0.04	0.11	1.8	0.03	0	11	0	0
W55	Chocolate,white	100	350	230	270	0.2	0.9	4.0	26	75	0.08	0.49	2.8	0.07	T	10	0	T
W55	1 cup, grated	88	308	202	238	0.2	0.8	4.0	22	66	0.07	0.43	2.5	0.06	T	9	0	T
W3	Chocolate bar,milk	100	420	240	220	1.6	1.3	2.1	96	20	0.10	0.23	2.9	0.02	T	10	0	T
W3	1 large bar	120	504	288	264	1.9	1.5	2.5	115	24	0.12	0.28	3.5	0.02	T	12	0	T
W3	1 small bar	50	210	120	110	0.8	0.6	1.1	48	10	0.05	0.12	1.5	0.01	T	5	0	T
W38	Chocolate bar,with peanuts	100	605	309	154	1.5	2.1	3.2	16	13	0.13	0.27	8.0	0.12	0.45	51	0	0
W38	1 slab	52	315	161	80	0.8	1.1	1.7	8	7	0.07	0.14	4.2	0.06	0.23	27	0	0
W7	Chocolates,fancy and filled	100	240	120	92	1.8	0.9	3.6	80	18	0.10	0.10	1.0	0.02	T	10	0	T
W7	1 chocolate	5	12	6	5	0.1	T	0.2	4	1	0.01	0.01	0.1	T	T	1	0	T
W8	Fruit gums	100	8	4	5	0.1	T	T	0	0	0	0	0.2	0	0	0	0	0
W8	1 fruit gum	2	T	0	T	T	T	T	0	0	0	0	T	0	0	0	0	0
W57	Hard candy 'Chupa Chups',asstd flavours	100	15	5	4	0.8	0.1	T	0	0	0	0.17	0.4	0	0	0	0	0
W57	1 lollipop	13	2	1	1	0.1	T	T	0	0	0	0.02	0.1	0	0	0	0	0
W11	Honey	100	55	18	5	0.4	0.1	1.8	0	0	T	0.05	0.2	T	0	T	T	0
W11	1 tablespoon	21	12	4	1	0.1	T	0.4	0	0	T	0.01	0.1	T	0	T	T	0
W31	Ice block	100	3	1	3	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0
W31	1 ice block	80	2	1	2	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
W49	Jam,artificially sweetened	100	35	1010	244	0.7	0	60.4	1.1	7.0	0	0	0	0	0	0	0	38	0.5
W49	1 tablespoon	15	5	151	37	0.1	0	9.1	0.2	1.0	0	0	0	0	0	0	0	6	0.1
W14	Jam,berry fruit	100	30	1170	284	0.4	0.4	69.7	1.3	67.8	2.0	0	0	0	0	0	0	13	0.5
W14	1 tablespoon	16	5	183	44	0.1	0.1	10.9	0.2	10.6	0.3	0	0	0	0	0	0	2	0.1
W15	Jam,stone fruit	100	30	1130	273	0.3	0.7	66.5	0.5	64.5	2.0	0	0	0	0	0	0	13	0.5
W15	1 tablespoon	16	5	184	44	T	0.1	10.8	0.1	10.5	0.3	0	0	0	0	0	0	2	0.1
W45	Jellybeans,'Jaybees',Pascall	100	6	1530	370	0.6	0.1	91.8	0.2	71.5	20.3	T	T	T	0	0	0	26	0.5
W45	1 jellybean	2	T	31	7	T	T	1.8	T	1.4	0.4	T	T	T	0	0	0	1	0
W43	Licorice	100	15	1370	332	4.1	1.5	75.7	1.6	44.6	31.1	0.3	0.5	0.6	0	0.1	T	106	0.5
W43	1 piece	2	T	27	7	0.1	T	1.5	T	0.9	0.6	T	T	T	0	0	T	2	0
W29	Licorice 'Allsorts'	100	8	1550	375	3.9	5.2	78.1	2.0	65.0	8.5	3.8	0.5	0.7	0	0.1	0	75	0.8
W29	1 stick (1.5 x 1.6cm diam.)	4	T	59	14	0.1	0.2	3.0	0.1	2.0	0.3	0.1	T	T	0	0	0	3	0
W17	Marmalade	100	28	1120	271	0.1	0	67.6	0.3	67.5	0.1	0	0	0	0	0	0	18	0.5
W17	1 tablespoon	20	6	223	54	T	0	13.5	0.1	13.5	T	0	0	0	0	0	0	4	0.1
W40	Marshmallows,pink and white	100	16	1340	325	2.8	0.1	78.1	0	71.3	6.8	0	0	0	0	0	0	27	0
W40	1 marshmallow	4	1	54	13	0.1	T	3.1	0	2.9	0.3	0	0	0	0	0	0	1	0
W40	1 cup, chopped	82	13	1100	267	2.3	0.1	64.0	0	58.5	5.6	0	0	0	0	0	0	22	0
W18	Peppermints	100	T	1640	396	0.5	0.7	97.0	0	91.9	5.1	T	T	T	0	0	0	9	0.8
W18	1 peppermint	2	T	33	8	T	T	1.9	0	1.8	0.1	T	T	T	0	0	0	T	0
W46	Sauce,chocolate	100	43	893	216	1.4	0.1	52.5	0.9	50.5	2.0	0	0	0	0	0	0	63	5.0
W46	1 tablespoon	15	7	134	32	0.2	T	7.9	0.1	7.6	0.3	0	0	0	0	0	0	9	0.8
W19	Sugar,Brown	100	2	1570	381	0.2	0	95.1	0	95.1	0	0	0	0	0	0	0	20	0
W19	1 teaspoon	3	T	47	11	T	0	2.9	0	2.9	0	0	0	0	0	0	0	1	0
W23	Sugar,Raw	100	T	1640	397	T	0	99.2	0	99.2	0	0	0	0	0	0	0	1	0
W23	1 cup	218	1	3570	865	T	0	216.0	0	216.0	0	0	0	0	0	0	0	2	0
W23	1 tablespoon	13	T	213	52	T	0	12.9	0	12.9	0	0	0	0	0	0	0	T	0
W24	Sugar,White	100	T	1650	400	T	0	100.0	0	100.0	0	0	0	0	0	0	0	5	0
W24	1 cup	214	T	3530	856	T	0	214.0	0	214.0	0	0	0	0	0	0	0	11	0
W24	1 teaspoon	4	T	66	16	T	0	4.0	0	4.0	0	0	0	0	0	0	0	T	0
W1	Sweets,hard,boiled	100	1	1380	335	T	T	83.7	0	83.3	0.4	T	T	T	0	0	0	250	0
W1	1 boiled sweet	5	T	69	17	T	T	4.2	0	4.2	T	T	T	T	0	0	0	13	0
W25	Syrup,Golden	100	18	1270	308	0.3	0	76.6	0	76.6	T	0	0	0	0	0	0	203	0
W25	1 tablespoon	20	4	254	62	0.1	0	15.3	0	15.3	T	0	0	0	0	0	0	41	0
W26	Toffees,mixed	100	5	1840	444	2.1	18.6	67.1	0	49.2	17.9	14.2	3.1	0.5	0	0	14	320	0.8
W26	1 toffee	5	T	92	22	0.1	0.9	3.4	0	2.5	0.9	0.7	0.2	T	0	0	1	16	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
W49	Jam,artificially sweetened	100	55	8	11	0.2	T	T	T	T	T	T	T	T	0	T	T	0
W49	1 tablespoon	15	8	1	2	T	T	T	T	T	T	T	T	T	0	T	T	0
W14	Jam,berry fruit	100	55	10	9	0.2	0.1	0.1	T	3	T	0.01	0.2	0.02	0	7	4	0
W14	1 tablespoon	16	9	2	1	T	T	T	T	T	T	T	T	T	0	1	1	0
W15	Jam,stone fruit	100	78	8	5	0.2	T	T	1	3	T	0.01	0.2	0.02	0	7	4	0
W15	1 tablespoon	16	13	1	1	T	T	T	T	1	T	T	T	T	0	1	1	0
W45	Jellybeans,'Jaybees',Pascall	100	3	2	2	0.3	0.2	0	0	0	0	0	0	0	0	0	0	0
W45	1 jellybean	2	T	0	T	T	T	0	0	0	0	0	0	0	0	0	0	0
W43	Licorice	100	524	31	141	1.1	0.4	0	0	0	0.01	0.15	0.2	0.27	0	8	0	0
W43	1 piece	2	10	1	3	T	T	0	0	0	T	T	T	0.01	0	T	0	0
W29	Licorice 'Allsorts'	100	220	29	63	8.1	0.7	3.6	T	T	T	T	3.0	0	0	0	0	0
W29	1 stick (1.5 x 1.6cm diam.)	4	8	1	2	0.3	T	0.1	T	T	T	T	0.1	0	0	0	0	0
W17	Marmalade	100	44	13	35	0.6	0.1	0.1	8	50	T	T	T	T	0	5	10	0
W17	1 tablespoon	20	9	3	7	0.1	T	T	2	10	T	T	T	T	0	1	2	0
W40	Marshmallows,pink and white	100	2	3	7	0.4	0.1	0	0	0	0	0	T	0	0	0	0	0
W40	1 marshmallow	4	T	0	T	T	T	0	0	0	0	0	T	0	0	0	0	0
W40	1 cup, chopped	82	2	3	5	0.3	T	0	0	0	0	0	T	0	0	0	0	0
W18	Peppermints	100	3	3	7	0.2	0.3	3.6	0	0	0	0	0	0	0	0	0	0
W18	1 peppermint	2	T	0	T	T	T	0.1	0	0	0	0	0	0	0	0	0	0
W46	Sauce,chocolate	100	190	61	10	1.2	0.6	1.5	43	0	0.01	0.03	0.1	T	0	T	T	0
W46	1 tablespoon	15	28	9	2	0.2	0.1	0.2	6	0	T	T	T	T	0	T	T	0
W19	Sugar,Brown	100	298	0	149	1.2	0.2	1.9	0	0	T	T	T	T	0	T	0	0
W19	1 teaspoon	3	9	0	4	T	T	0.1	0	0	T	T	T	T	0	T	0	0
W23	Sugar,Raw	100	21	0	7	0.3	T	0.7	0	0	T	T	T	T	0	T	0	0
W23	1 cup	218	46	0	15	0.7	0.1	1.6	0	0	T	T	T	T	0	T	0	0
W23	1 tablespoon	13	3	0	1	T	T	0.1	0	0	T	T	T	T	0	T	0	0
W24	Sugar,White	100	2	0	2	0.3	0.1	0.7	0	0	0	0	0	0	0	0	0	0
W24	1 cup	214	4	1	4	0.6	0.1	1.5	0	0	0	0	0	0	0	0	0	0
W24	1 teaspoon	4	T	0	T	T	T	T	0	0	0	0	0	0	0	0	0	0
W1	Sweets,hard,boiled	100	8	12	5	0.4	0.3	3.6	0	0	0	0	0	0	0	0	0	0
W1	1 boiled sweet	5	T	1	T	T	T	0.2	0	0	0	0	0	0	0	0	0	0
W25	Syrup,Golden	100	424	21	227	2.4	T	T	0	0	T	T	T	T	0	T	0	0
W25	1 tablespoon	20	85	4	45	0.5	T	T	0	0	T	T	T	T	0	T	0	0
W26	Toffees,mixed	100	165	64	95	1.5	0.4	3.6	77	23	T	0.11	0.4	0	0	0	0	0
W26	1 toffee	5	8	3	5	0.1	T	0.2	4	1	T	0.01	T	0	0	0	0	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
X	VEGETABLES																		
X2*	Artichoke,Globe,boiled,drained	100	84	114	27	3.5	0.2	2.7	3.5	1.2	T	0.1	T	0.1	0	0.2	0	15	0.7
X2*	1 artichoke	120	101	137	32	4.2	0.2	3.2	4.2	1.4	T	0.1	T	0.1	0	0.3	0	18	0.8
X134	Asparagus,canned,drained	100	91	103	25	3.1	0.4	2.2	2.1	2.2	T	0.1	T	0.2	0	0	0	336	0.7
X134	1 cup spears	256	234	264	64	7.9	1.0	5.6	5.4	5.6	0.1	0.3	T	0.6	0	0	0	860	1.8
X180	Asparagus,comb.cultivars,steamed,drained	100	93	96	23	3.5	0.3	1.6	1.6	1.6	T	0.1	T	0.1	0	0	0	2	0.7
X180	1 cup	190	176	182	44	6.7	0.6	3.0	3.0	3.0	T	0.1	T	0.2	0	0	0	4	1.3
X180	5 spears	78	72	75	18	2.7	0.2	1.2	1.2	1.2	T	0.1	T	0.1	0	0	0	2	0.5
X1004	Beans,baked,in tomato sauce,canned	100	73	363	87	5.0	0.6	15.4	4.6	8.9	6.5	0.1	0	0.2	0	0	0	450	2.3
X1004	1 serving (half a tin)	210	153	763	182	10.5	1.3	32.3	9.7	18.7	13.7	0.2	0	0.4	0	0	0	945	4.8
X137	Beans,Black,cooked	100	66	411	99	8.9	0.5	14.7	7.6	1.2	13.5	0.1	T	0.2	0	0	0	1	0.4
X137	1 cup	182	120	748	180	16.1	1.0	26.8	13.8	2.2	24.6	0.3	0.1	0.4	0	0	0	2	0.8
X138	Beans,Broad,boiled	100	79	242	58	5.3	0.3	8.6	6.7	2.4	6.2	0.1	0.1	0.1	0	0	0	6	0.4
X138	1 cup	170	134	411	99	9.0	0.5	14.6	11.4	4.1	10.6	0.1	0.1	0.2	0	0	0	10	0.7
X139	Beans,Butter,boiled	100	92	81	19	2.3	0.2	2.1	1.5	1.8	0.3	T	T	0.1	0	0	0	3	0.1
X139	1 cup	136	125	110	26	3.1	0.3	2.9	2.0	2.4	0.4	0.1	T	0.1	0	0	0	4	0.2
X140	Beans,Green,boiled	100	91	79	19	0.9	0.2	3.4	2.0	3.0	0.4	T	T	0.1	0	0	0	3	0.1
X140	1 cup, chopped	136	124	107	26	1.2	0.3	4.6	2.7	4.1	0.5	0.1	T	0.1	0	0	0	4	0.2
X10	Beans,Haricot,boiled,drained	100	70	380	92	6.6	0.5	15.2	6.1	0.8	14.4	0.1	T	0.2	0	0	0	15	0.1
X10	1 cup	180	125	684	166	11.9	0.9	27.4	11.0	1.4	25.9	0.2	0.1	0.4	0	0	0	27	0.2
X13	Beans,Mung,dahl,cooked	100	73	435	105	6.4	4.2	10.3	3.0	0.7	9.6	1.4	0.7	1.3	0	0	0	820	0.6
X13	1 cup	214	155	931	225	13.7	9.0	22.0	6.4	1.5	20.5	2.9	1.4	2.8	0	0	0	1760	1.3
X135	Beans,Mung,sprouts,raw	100	93	95	23	2.9	0.8	1.1	0.9	0.5	0.6	0.2	0.1	0.3	0	0	0	3	0.4
X135	1 cup	104	97	99	24	3.0	0.8	1.1	0.9	0.5	0.6	0.2	0.1	0.3	0	0	0	3	0.5
X141	Beans,Red Kidney,boiled	100	69	422	102	8.4	0.5	15.9	5.9	1.0	13.2	0.1	T	0.3	0	0	0	5	0.4
X141	1 cup	187	129	789	191	15.7	0.9	29.8	11.0	1.8	24.7	0.1	0.1	0.5	0	0	0	9	0.8
X16	Beetroot,canned,drained	100	86	207	50	1.0	0.2	11.1	2.4	11.0	0.1	T	T	0.1	0	0	0	339	2.3
X16	1 slice	30	26	62	15	0.3	0.1	3.3	0.7	3.3	T	T	T	T	0	0	0	102	0.7
X17	Beetroot,flesh,boiled	100	83	196	47	1.8	0.1	9.8	1.9	9.8	0	T	T	T	0	0	0	64	2.3
X17	2 slices (0.5 x 7.5cm)	60	50	118	28	1.1	0.1	5.9	1.1	5.9	0	T	T	T	0	0	0	38	1.4
X17	1 cup, sliced	180	149	353	85	3.2	0.2	17.6	3.4	17.6	0	T	T	0.1	0	0	0	115	4.1
X19	Broccoli,florets,boiled,drained	100	90	113	27	3.8	0.6	1.7	3.2	1.6	0.1	0.1	T	0.3	0	0	0	6	0.1
X19	1 cup, chopped	164	148	185	44	6.2	1.0	2.8	5.2	2.6	0.2	0.2	0.1	0.5	0	0	0	10	0.2
X19	1 stem and flower	180	163	203	49	6.8	1.1	3.1	5.8	2.9	0.2	0.2	0.1	0.5	0	0	0	11	0.2
X20	Broccoli,raw	100	88	134	32	4.4	0.6	2.3	3.8	2.3	T	0.1	T	0.3	0	0	0	5	0.2
X20	1 cup, chopped	93	82	125	30	4.1	0.6	2.1	3.5	2.1	T	0.1	T	0.3	0	0	0	5	0.2
X20	1 stem and flower	152	134	204	49	6.7	0.9	3.5	5.8	3.5	T	0.2	0.1	0.5	0	0	0	8	0.3
X21	Brussel Sprouts,inner leaves,boil,drnd	100	92	88	21	2.8	0.3	1.8	2.0	1.7	0.1	0.1	T	0.2	0	0	0	2	0.7
X21	1 cup	164	150	144	34	4.6	0.5	3.0	3.3	2.8	0.2	0.1	T	0.3	0	0	0	3	1.1
X21	5 medium	103	94	91	22	2.9	0.3	1.9	2.1	1.8	0.1	0.1	T	0.2	0	0	0	2	0.7

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
X	VEGETABLES																	
X2*	Artichoke,Globe,boiled,drained	100	330	86	44	0.5	0.6	T	15	90	0.07	0.03	1.4	0.07	0	30	8	0
X2*	1 artichoke	120	396	103	53	0.6	0.7	T	18	108	0.08	0.04	1.7	0.08	0	36	10	0
X134	Asparagus,canned,drained	100	200	70	20	1.4	0.6	2.8	63	378	0.05	0.22	1.7	0.01	0	116	11	0
X134	1 cup spears	256	512	179	51	3.6	1.6	7.2	161	968	0.13	0.56	4.4	0.03	0	297	28	0
X180	Asparagus,comb.cultivars,steamed,drained	100	265	70	19	0.6	0.6	2.8	68	406	0.10	0.22	0.9	0.01	0	99	5	0
X180	1 cup	190	504	133	36	1.1	1.1	5.3	129	771	0.19	0.42	1.7	0.02	0	188	10	0
X180	5 spears	78	207	55	15	0.5	0.5	2.2	53	317	0.08	0.17	0.7	0.01	0	77	4	0
X1004	Beans,baked,in tomato sauce,canned	100	247	83	39	1.2	0.5	1.6	13	80	0.05	0	0.4	0.12	0	38	1	0
X1004	1 serving (half a tin)	210	518	174	83	2.5	1.1	3.4	27	168	0.11	0	0.9	0.25	0	80	2	0
X137	Beans,Black,cooked	100	355	140	27	2.1	1.1	2.1	1	6	0.24	0.06	2.3	0.07	0	149	T	0
X137	1 cup	182	646	255	49	3.8	2.0	3.8	2	11	0.44	0.11	4.2	0.13	0	271	T	0
X138	Beans,Broad,boiled	100	225	96	27	1.6	0.7	0.1	29	176	0.10	0.03	2.7	0.02	0	104	19	0
X138	1 cup	170	383	163	46	2.7	1.2	0.2	49	299	0.20	0.06	4.6	0.03	0	177	32	0
X139	Beans,Butter,boiled	100	207	27	15	0.4	1.4	0.2	14	81	0.05	0.09	1.4	0.02	0	40	11	0
X139	1 cup	136	282	37	20	0.5	1.9	0.2	19	110	0.07	0.12	1.9	0.03	0	54	15	0
X140	Beans,Green,boiled	100	70	25	37	0.4	0.4	0.4	57	344	0.03	0.02	0.6	0.02	0	40	7	0
X140	1 cup, chopped	136	95	34	50	0.5	0.6	0.5	78	468	0.04	0.03	0.8	0.03	0	54	10	0
X10	Beans,Haricot,boiled,drained	100	320	120	65	2.5	1.0	0.7	T	T	0.09	0.06	1.9	0.16	0	140	T	0
X10	1 cup	180	576	216	117	4.5	1.8	1.3	T	T	0.16	0.11	3.4	0.30	0	252	T	0
X13	Beans,Mung,dahl,cooked	100	270	100	34	2.6	0.9	2.4	67	44	0.09	0.04	1.4	0.09	0	20	T	0.06
X13	1 cup	214	578	214	73	5.6	1.9	5.1	143	94	0.19	0.09	3.0	0.19	0	43	T	0.13
X135	Beans,Mung,sprouts,raw	100	144	51	19	0.4	0.3	1.4	2	13	0.11	0.12	1.1	0.08	0	43	T	0
X135	1 cup	104	150	53	19	0.4	0.3	1.4	2	14	0.11	0.12	1.1	0.08	0	45	T	0
X141	Beans,Red Kidney,boiled	100	347	136	31	2.3	1.0	0.4	T	T	0.10	0.13	2.0	0.11	0	122	1	0
X141	1 cup	187	649	254	58	4.3	1.9	0.7	T	T	0.20	0.24	3.7	0.21	0	228	1	0
X16	Beetroot,canned,drained	100	217	18	17	0.8	0.2	0.3	0	0	0.01	0.06	0.7	0.06	0	29	T	0
X16	1 slice	30	65	5	5	0.2	0.1	0.1	0	0	T	0.02	0.2	0.02	0	9	T	0
X17	Beetroot,flesh,boiled	100	350	36	30	0.4	0.4	0.3	3	17	0.02	0.04	0.4	0.03	0	50	5	0
X17	2 slices (0.5 x 7.5cm)	60	210	22	18	0.2	0.2	0.2	2	10	0.01	0.02	0.2	0.02	0	30	3	0
X17	1 cup, sliced	180	630	65	54	0.7	0.7	0.5	5	31	0.04	0.07	0.7	0.05	0	90	9	0
X19	Broccoli,florets,boiled,drained	100	341	81	36	0.8	0.5	0.3	62	369	0.04	0.20	1.2	0.19	0	53	58	0
X19	1 cup, chopped	164	559	133	59	1.3	0.8	0.5	102	605	0.07	0.30	2.0	0.30	0	87	95	0
X19	1 stem and flower	180	614	146	65	1.4	0.9	0.5	112	664	0.07	0.40	2.2	0.33	0	95	104	0
X20	Broccoli,raw	100	487	104	42	1.2	0.7	0.3	68	410	0.09	0.35	1.3	0.21	0	75	57	0
X20	1 cup, chopped	93	453	97	39	1.1	0.7	0.3	63	381	0.08	0.33	1.2	0.19	0	70	53	0
X20	1 stem and flower	152	740	158	64	1.8	1.1	0.4	103	623	0.14	0.53	2.0	0.31	0	115	87	0
X21	Brussel Sprouts,inner leaves,boil,drnd	100	240	51	25	0.5	0.4	0.1	67	400	0.06	0.10	0.9	0.17	0	87	40	0
X21	1 cup	164	394	84	41	0.8	0.7	0.1	110	656	0.10	0.16	1.5	0.28	0	143	66	0
X21	5 medium	103	247	53	26	0.5	0.4	0.1	69	412	0.06	0.10	0.9	0.18	0	90	41	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
X250	Cabbage,Chinese,cooked	100	96	62	15	2.3	0.1	1.2	1.0	1.2	T	T	T	T	0	0	0	3	0.1
X250	1 cup	145	139	90	22	3.3	0.1	1.7	1.5	1.7	T	T	T	0.1	0	0	0	4	0.1
X23	Cabbage,Red,inner leaves,raw	100	90	96	23	1.7	0.3	3.4	2.8	3.4	T	T	T	0.2	0	0	0	32	0.1
X23	1 cabbage (15cm diam.)	950	852	912	219	16.2	2.9	32.3	26.6	32.3	T	0.4	0.2	1.6	0	0	0	304	1.0
X23	1 cup, chopped	90	81	86	21	1.5	0.3	3.1	2.5	3.1	T	T	T	0.2	0	0	0	29	0.1
X29	Cabbage,White,inner and outer leaves,ra	100	92	129	31	1.3	0.2	6.1	1.9	6.1	T	T	T	0.1	0	0	0	5	0.1
X29	1 cabbage	908	835	1170	281	11.4	1.8	55.4	17.3	55.4	0.4	0.2	0.1	0.9	0	0	0	45	0.9
X29	1 cup, chopped	79	73	102	24	1.0	0.2	4.8	1.5	4.8	T	T	T	0.1	0	0	0	4	0.1
X27	Cabbage,White,inner leaves,steamed,drr	100	96	40	10	0.8	0.1	1.5	1.5	1.4	0.1	T	T	T	0	0	0	8	0.1
X27	1 cabbage	1262	1210	505	126	9.5	0.8	18.9	18.9	17.7	1.3	0.1	0.1	0.4	0	0	0	101	0.9
X27	1 cup chopped	146	140	58	15	1.1	0.1	2.2	2.2	2.0	0.1	T	T	0.1	0	0	0	12	0.1
X84	Capsicum,Green,flesh,raw	100	94	66	16	0.9	0.4	2.2	1.6	2.2	T	0.1	T	0.2	0	0	0	2	0.1
X84	1 cup	106	99	70	17	1.0	0.4	2.3	1.7	2.3	T	0.1	T	0.2	0	0	0	2	0.1
X84	1 pepper	74	69	49	12	0.7	0.3	1.6	1.2	1.6	T	0.1	T	0.2	0	0	0	1	0.1
X272	Capsicum,Red,raw	100	91	146	35	1.7	0.2	6.7	1.6	6.1	0	0	0	0	0	0	0	1	0.1
X272	1 cup	106	97	155	37	1.8	0.2	7.1	1.7	6.5	0	0	0	0	0	0	0	1	0.1
X272	1 pepper	74	67	108	26	1.3	0.1	5.0	1.2	4.5	0	0	0	0	0	0	0	1	0.1
X33	Carrot,flesh,boiled,drained	100	90	112	27	0.6	0.3	5.5	3.2	5.3	0.2	0.1	T	0.1	0	0	0	24	0.3
X33	1 carrot	49	44	55	13	0.3	0.1	2.7	1.6	2.6	0.1	T	T	0.1	0	0	0	12	0.2
X33	1 cup, sliced	157	141	176	42	0.9	0.5	8.6	5.0	8.3	0.3	0.1	T	0.2	0	0	0	38	0.5
X31	Carrot,flesh,raw	100	90	75	18	0.6	0.2	3.5	3.2	3.3	0.2	T	T	0.1	0	0	0	27	0.4
X31	1 carrot	76	68	57	14	0.5	0.2	2.7	2.4	2.5	0.2	T	T	0.1	0	0	0	21	0.3
X31	1 cup, sliced	130	117	98	23	0.8	0.3	4.5	4.2	4.2	0.3	0.1	T	0.1	0	0	0	35	0.6
X237	Cassava,baked in traditional PNG oven	100	59	621	151	0.7	0.2	36.5	1.7	1.5	35.0	0.1	0.1	T	0	0	0	7	0.6
X237	1 cup	227	134	1410	343	1.6	0.5	82.9	3.9	3.4	79.0	0.1	0.1	0.1	0	0	0	16	1.4
X238	Cassava,boiled	100	65	568	138	0.5	0.2	33.5	1.4	1.5	32.0	0.1	0.1	T	0	0	0	7	0.6
X238	1 cup, diced	139	90	790	192	0.7	0.2	46.6	1.9	2.1	44.5	0.1	0.1	T	0	0	0	10	0.8
X35	Cauliflower,boiled,drained	100	93	84	20	1.9	0.2	2.7	2.0	2.6	0.1	T	T	0.1	0	0	0	7	0.1
X35	1 stem and flower	90	84	76	18	1.7	0.2	2.4	1.8	2.3	0.1	T	T	0.1	0	0	0	6	0.1
X35	1 cup, chopped	138	129	116	28	2.6	0.3	3.7	2.8	3.6	0.1	0.1	T	0.2	0	0	0	10	0.2
X36	Cauliflower,raw	100	92	111	27	2.2	0.3	3.8	2.2	3.3	0.5	T	T	0.1	0	0	0	8	0.2
X36	1 stem and flower	70	65	78	19	1.5	0.2	2.7	1.6	2.3	0.4	T	T	0.1	0	0	0	6	0.1
X36	1 cup, chopped	114	105	127	31	2.5	0.3	4.3	2.5	3.8	0.6	0.1	T	0.2	0	0	0	9	0.2
X39	Celery,stem,raw	100	93	48	11	1.0	0.2	1.4	2.0	1.3	0.1	T	T	0.1	0	0	0	151	1.0
X39	1 cup, sliced	108	100	52	12	1.1	0.2	1.5	2.2	1.4	0.1	T	T	0.1	0	0	0	163	1.0
X39	1 stem (10 x 2cm)	20	19	10	2	0.2	T	0.3	0.4	0.3	T	T	T	T	0	0	0	30	0.2
X142	Choko,flesh,cooked	100	94	85	21	0.6	0.2	4.1	1.2	3.5	0.6	0.1	T	T	0	0	0	8	0.7
X142	1 cup, sliced	140	131	119	29	0.8	0.3	5.7	1.7	4.9	0.8	0.2	T	T	0	0	0	11	1.0
X259	Corn,Sweet,baby,canned,drained	100	93	95	23	2.9	0.4	1.9	2.1	1.4	0.5	T	0.1	0.2	0	0	0	1140	0.8
X259	1 can	225	208	214	52	6.5	0.9	4.3	4.8	3.2	1.1	T	0.2	0.5	0	0	0	2570	1.8

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
X250	Cabbage,Chinese,cooked	100	90	23	88	1.9	0.2	0.1	290	1740	0.05	0.04	0.6	0.08	0	33	19	0
X250	1 cup	145	131	33	128	2.8	0.3	0.1	421	2520	0.07	0.06	0.8	0.12	0	48	28	0
X23	Cabbage,Red,inner leaves,raw	100	300	32	53	0.6	0.3	0.1	3	19	0.06	0.05	0.6	0.21	0	90	55	0
X23	1 cabbage (15cm diam.)	950	2850	304	504	5.7	2.9	0.9	29	181	0.57	0.48	5.7	2.00	0	855	523	0
X23	1 cup, chopped	90	270	29	48	0.5	0.3	0.1	3	17	0.05	0.05	0.5	0.19	0	81	50	0
X29	Cabbage,White,inner and outer leaves,ra	100	215	39	41	0.4	0.1	0.1	2	11	0.05	0.04	0.3	0.10	0	44	21	0
X29	1 cabbage	908	1950	354	372	3.6	1.1	0.9	18	100	0.45	0.36	2.7	0.90	0	400	191	0
X29	1 cup, chopped	79	170	31	32	0.3	0.1	0.1	2	9	0.04	0.03	0.2	0.10	0	35	17	0
X27	Cabbage,White,inner leaves,steamed,drr	100	179	25	19	0.4	0.2	0.1	1	6	0.02	0.02	0.3	0.06	0	20	25	0
X27	1 cabbage	1262	2260	316	240	5.0	2.5	0.7	13	76	0.25	0.25	3.8	0.81	0	252	317	0
X27	1 cup chopped	146	261	37	28	0.6	0.3	0.1	1	9	0.03	0.03	0.4	0.09	0	29	37	0
X84	Capsicum,Green,flesh,raw	100	210	25	9	0.4	0.2	0.1	33	200	0.07	0.03	0.9	0.17	0	11	100	0
X84	1 cup	106	223	27	10	0.4	0.2	0.1	35	212	0.07	0.03	1.0	0.18	0	12	106	0
X84	1 pepper	74	155	19	7	0.3	0.2	0.1	24	148	0.05	0.02	0.7	0.13	0	8	74	0
X272	Capsicum,Red,raw	100	180	34	2	0.3	0.4	T	245	1470	0.04	0.05	1.2	0.36	0	21	170	0
X272	1 cup	106	191	36	2	0.3	0.4	T	260	1560	0.04	0.05	1.3	0.38	0	22	180	0
X272	1 pepper	74	133	25	1	0.2	0.3	T	181	1090	0.03	0.04	0.9	0.27	0	16	126	0
X33	Carrot,flesh,boiled,drained	100	287	24	30	0.3	0.3	0.1	1450	8710	0.03	0.01	0.7	0.01	0	9	6	0
X33	1 carrot	49	141	12	15	0.1	0.1	0.1	711	4270	0.01	T	0.3	T	0	4	3	0
X33	1 cup, sliced	157	451	38	47	0.5	0.4	0.2	2280	13700	0.05	0.02	1.1	0.02	0	14	9	0
X31	Carrot,flesh,raw	100	340	26	30	0.2	0.2	0.3	1030	6160	0.03	0.01	0.7	0.01	0	12	7	0
X31	1 carrot	76	258	20	23	0.2	0.1	0.2	780	4680	0.03	0.01	0.5	0.01	0	9	5	0
X31	1 cup, sliced	130	442	34	39	0.3	0.2	0.4	1330	8010	0.04	0.02	0.9	0.02	0	16	9	0
X237	Cassava,baked in traditional PNG oven	100	365	38	32	2.0	0.7	1.0	T	2	0.09	0.04	0.7	0.40	0	12	47	0
X237	1 cup	227	829	86	73	4.5	1.6	2.0	T	5	0.20	0.09	1.6	0.91	0	27	107	0
X238	Cassava,boiled	100	289	43	20	0.2	0.5	1.0	T	2	0.04	0.02	0.4	0.34	0	12	19	0
X238	1 cup, diced	139	402	60	28	0.3	0.7	1.0	T	3	0.06	0.03	0.6	0.47	0	17	26	0
X35	Cauliflower,boiled,drained	100	247	46	21	0.4	0.2	0.1	1	8	0.06	0.09	0.9	0.20	0	40	55	0
X35	1 stem and flower	90	222	41	19	0.4	0.2	0.1	1	7	0.05	0.08	0.8	0.18	0	36	50	0
X35	1 cup, chopped	138	341	63	29	0.6	0.3	0.1	1	11	0.08	0.12	1.2	0.28	0	55	76	0
X36	Cauliflower,raw	100	340	53	25	0.4	0.3	0.1	2	9	0.07	0.09	1.0	0.21	0	55	60	0
X36	1 stem and flower	70	238	37	18	0.3	0.2	0.1	1	6	0.05	0.06	0.7	0.15	0	39	42	0
X36	1 cup, chopped	114	388	60	29	0.5	0.3	0.1	2	10	0.08	0.10	1.1	0.24	0	63	68	0
X39	Celery,stem,raw	100	302	35	56	0.7	0.1	0.2	13	80	0.03	0.03	0.5	0.11	0	13	8	0
X39	1 cup, sliced	108	326	38	60	0.7	0.1	0.2	14	86	0.04	0.04	0.6	0.12	0	14	8	0
X39	1 stem (10 x 2cm)	20	60	7	11	0.1	T	T	3	16	0.01	0.01	0.1	0.02	0	3	2	0
X142	Choko,flesh,cooked	100	79	30	16	0.3	0.2	0.1	8	45	0.02	0.02	0.5	0.03	0	7	11	0
X142	1 cup, sliced	140	111	42	22	0.4	0.3	0.2	11	63	0.03	0.03	0.7	0.04	0	10	15	0
X259	Corn,Sweet,baby,canned,drained	100	180	57	8	1.2	0.6	0.3	23	140	0.02	0.04	0.4	0.21	0	8	14	0
X259	1 can	225	405	128	18	2.7	1.4	0.7	52	315	0.05	0.09	0.9	0.47	0	18	32	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
X41	Corn,Sweet,canned,drained	100	73	322	78	2.9	0.7	15.0	4.5	8.5	6.5	0.1	0.2	0.3	0	0	0	310	0.8
X41	1 cup	176	129	567	137	5.1	1.2	26.4	7.9	15.0	11.4	0.2	0.3	0.5	0	0	0	546	1.4
X301	Corn,Sweet,creamed	100	77	307	74	1.8	0.8	14.9	5.8	4.3	10.6	0.1	0.3	0.4	0	0	0	173	0.8
X301	1 cup	281	217	863	208	5.2	2.3	41.9	16.2	12.1	29.8	0.3	0.8	1.1	0	0	0	486	2.3
X288	Corn,Sweet,kernels on cob,boiled	100	72	385	93	3.2	1.3	17.1	2.3	4.4	12.7	0.1	0.1	0.2	0	0	0	3	0.7
X288	1 cup	173	124	666	161	5.5	2.3	29.6	3.9	7.6	22.0	0.1	0.2	0.4	0	0	0	4	1.2
X330	Courgette,boiled/steamed	100	92	79	19	2.2	0.2	2.0	1.1	2.0	0	0	0	0	0	0	0	1	0.7
X330	1 slice	9	8	7	2	0.2	T	T	0.1	T	0	0	0	0	0	0	0	T	0.1
X330	1 cup, diced	222	205	175	42	4.8	0.5	4.0	2.5	4.0	0	0	0	0	0	0	0	2	1.5
X261	Courgette,raw	100	93	71	17	2.0	0.2	1.8	1.0	1.8	0	T	T	T	0	0	0	1	0.2
X261	1 cup, sliced	119	111	84	20	2.3	0.3	2.1	1.2	2.1	0	T	T	T	0	0	0	1	0.2
X261	1 medium (16 x 11cm diam.)	101	94	72	17	2.0	0.2	1.8	1.0	1.8	0	T	T	T	0	0	0	1	0.2
X45	Cucumber,flesh,raw	100	96	42	10	0.6	0.1	1.7	0.6	1.7	0	T	0	0.1	0	0	0	13	0.1
X45	1 cup, chopped	150	145	63	15	0.9	0.2	2.6	0.9	2.6	0	0.1	0	0.1	0	0	0	19	0.2
X45	5 slices (0.5cm thick)	40	39	17	4	0.3	T	0.7	0.2	0.7	0	T	0	T	0	0	0	5	0.1
X260	Garlic,cloves,raw,peeled	100	64	402	97	7.9	0.6	15.0	8.0	1.6	13.4	0.1	T	0.3	0	0	0	4	0.7
X260	1 clove	3	2	12	3	0.2	T	T	T	T	0.4	T	T	T	0	0	0	T	0
X260	1 cup	144	93	579	140	11.4	0.9	22.0	12.0	2.3	19.2	0.2	T	0.5	0	0	0	6	1.0
X143	Gherkin,in sweetened brine,drained	100	73	439	106	0.4	0.3	25.5	1.2	24.7	0.8	0.1	T	0.1	0	0	0	520	2.7
X143	1 gherkin (2 x 6cm)	19	14	83	20	0.1	0.1	4.8	0.2	4.7	0.2	T	T	T	0	0	0	99	0.5
X145	Kumara,flesh,salt add,rstd in beef drip	100	68	431	104	1.4	1.6	21.1	3.3	9.7	11.4	0.5	0.1	0.7	0	0	1	108	0.3
X145	1 kumara (10.8 x 5cm diam.)	98	67	422	102	1.3	1.6	20.6	3.2	9.5	11.1	0.5	0.1	0.7	0	0	1	106	0.3
X145	1 cup	217	149	935	226	3.0	3.5	45.7	7.2	21.0	24.6	1.1	0.2	1.5	0	0	2	234	0.6
X151	Kumara,flesh & skin,salt added,baked	100	66	413	100	1.2	0.2	23.3	2.8	12.0	11.3	0.1	T	0.1	0	0	0	85	0.3
X151	1 kumara	114	76	471	114	1.4	0.2	26.6	3.2	13.7	12.9	0.1	T	0.1	0	0	0	97	0.3
X151	1 cup	217	144	896	217	2.7	0.5	50.6	6.0	26.0	24.6	0.1	T	0.2	0	0	0	184	0.6
X152	Kumara,Owairaka Red,fl,salt added,boile	100	78	308	75	1.0	0.2	17.3	1.8	5.8	11.5	0.1	T	0.1	0	0	0	58	0.3
X152	1 kumara	157	122	484	118	1.5	0.3	27.2	2.8	9.1	18.1	0.1	T	0.1	0	0	0	91	0.5
X152	1 cup	211	164	650	158	2.0	0.4	36.5	3.8	12.2	24.3	0.1	T	0.2	0	0	0	122	0.6
X50	Leeks,bulb,boiled,drained	100	91	117	28	1.8	0.3	4.6	2.0	4.6	0	T	T	0.2	0	0	0	6	0.7
X50	1 cup, sliced	137	124	160	38	2.5	0.4	6.3	2.7	6.3	0	0.1	T	0.3	0	0	0	8	0.9
X50	1 leek	124	113	145	35	2.2	0.4	5.7	2.5	5.7	0	0.1	T	0.2	0	0	0	7	0.9
X53	Lentils,Red,cooked	100	78	370	89	4.9	3.1	10.4	1.9	0.7	9.7	0.6	0.5	1.3	0	0	0	320	0.4
X53	1 cup	209	164	773	186	10.2	6.5	21.7	4.0	1.5	20.3	1.2	1.1	2.7	0	0	0	669	0.9
X54	Lentils,split,boiled,drained	100	72	402	97	7.6	0.5	15.5	1.9	0.8	14.7	0.1	0.1	0.2	0	0	0	12	0.4
X54	1 cup	200	144	804	194	15.2	1.0	31.0	3.8	1.6	29.4	0.1	0.2	0.5	0	0	0	24	0.9
X305	Lettuce,hydroponic varieties	100	95	74	18	1.9	0.3	1.8	0.6	1.7	0.1	0.1	T	0.3	0	0	0	13	0.7
X305	1 cup, torn leaves	36	34	27	6	0.7	0.1	0.6	0.2	0.6	T	T	T	0.1	0	0	0	5	0.2

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
X41	Corn,Sweet,canned,drained	100	200	67	3	0.6	0.6	0.2	26	158	0.05	0.08	1.5	0.16	0	32	5	0
X41	1 cup	176	352	118	5	1.1	1.1	0.3	46	278	0.09	0.14	2.6	0.28	0	56	9	0
X301	Corn,Sweet,creamed	100	166	56	3	0.3	0.3	4.2	18	110	T	T	1.4	0.07	0	8	1	0
X301	1 cup	281	466	158	9	0.8	0.9	11.7	52	309	T	T	3.9	0.20	0	22	3	0
X288	Corn,Sweet,kernels on cob,boiled	100	263	96	5	0.6	0.8	6.8	20	120	0.05	0.05	2.5	0.15	0	34	3	0
X288	1 cup	173	455	166	9	1.1	1.4	11.8	35	208	0.09	0.09	4.3	0.26	0	59	6	0
X330	Courgette,boiled/steamed	100	488	72	24	0.6	0.6	0	107	640	0.06	0.10	0.9	0.04	0	49	0	0
X330	1 slice	9	43	6	2	0.1	0.1	0	10	57	0.01	0.01	0.1	T	0	4	0	0
X330	1 cup, diced	222	1080	161	53	1.4	1.4	0	238	1420	0.13	0.21	2.0	0.09	0	109	0	0
X261	Courgette,raw	100	439	65	21	0.6	0.6	T	102	610	0.06	0.09	0.9	0.04	0	52	T	0
X261	1 cup, sliced	119	523	77	25	0.7	0.7	T	121	726	0.07	0.11	1.0	0.05	0	62	T	0
X261	1 medium (16 x 11cm diam.)	101	444	66	21	0.6	0.6	T	103	616	0.06	0.09	0.9	0.04	0	53	T	0
X45	Cucumber,flesh,raw	100	139	24	23	0.3	0.2	0.1	6	33	0.04	0.04	0.3	0.04	0	16	8	0
X45	1 cup, chopped	150	209	36	34	0.5	0.2	0.1	8	50	0.06	0.06	0.4	0.06	0	24	12	0
X45	5 slices (0.5cm thick)	40	56	10	9	0.1	0.1	T	2	13	0.02	0.02	0.1	0.02	0	6	3	0
X260	Garlic,cloves,raw,peeled	100	620	170	19	1.9	1.0	2.0	T	T	0.13	0.04	1.5	0.38	0	5	17	0
X260	1 clove	3	19	5	1	0.1	T	T	T	T	T	T	0.01	0	T	1	0	
X260	1 cup	144	893	245	27	2.7	1.4	3.0	T	T	0.19	0.06	2.2	0.55	0	7	24	0
X143	Gherkin,in sweetened brine,drained	100	11	10	22	0.5	T	0.1	6	38	0	0	0.3	0.04	0	16	1	0
X143	1 gherkin (2 x 6cm)	19	2	2	4	0.1	T	T	1	7	0	0	0.1	0.01	0	3	0	0
X145	Kumara,flesh,salt add,rstd in beef drip	100	533	45	17	0.7	0.2	0.3	8	50	0.14	0.04	0.9	0.10	T	14	26	0
X145	1 kumara (10.8 x 5cm diam.)	98	522	44	17	0.7	0.2	0.3	8	49	0.14	0.04	0.9	0.10	T	14	25	0
X145	1 cup	217	1160	98	37	1.5	0.4	0.5	17	109	0.30	0.09	2.0	0.22	T	30	56	0
X151	Kumara,flesh & skin,salt added,baked	100	634	49	17	0.6	0.3	0.3	23	138	0.15	0.07	1.7	0.15	0	14	31	0
X151	1 kumara	114	723	56	19	0.7	0.3	0.3	26	157	0.17	0.08	1.9	0.17	0	16	35	0
X151	1 cup	217	1380	106	37	1.3	0.7	0.5	50	299	0.33	0.15	3.7	0.33	0	30	67	0
X152	Kumara,Owairaka Red,fl,salt added,boile	100	374	29	11	0.4	0.1	0.1	12	70	0.08	0.05	0.6	0.07	0	14	19	0
X152	1 kumara	157	587	46	17	0.6	0.2	0.1	19	110	0.13	0.08	0.9	0.11	0	22	30	0
X152	1 cup	211	789	61	23	0.8	0.2	0.2	25	148	0.17	0.11	1.3	0.15	0	30	40	0
X50	Leeks,bulb,boiled,drained	100	280	28	61	2.0	0.3	T	5	30	0.07	0.03	0.7	0.15	0	24	15	0
X50	1 cup, sliced	137	384	38	84	2.7	0.4	T	7	41	0.10	0.04	1.0	0.21	0	33	21	0
X50	1 leek	124	347	35	76	2.5	0.4	T	6	37	0.09	0.04	0.9	0.19	0	30	19	0
X53	Lentils,Red,cooked	100	150	52	11	1.7	0.6	0.2	32	30	0.07	0.03	1.1	0.07	0	4	T	0.03
X53	1 cup	209	314	109	23	3.6	1.3	0.4	67	63	0.15	0.06	2.3	0.15	0	8	T	0.06
X54	Lentils,split,boiled,drained	100	210	77	13	2.4	1.0	1.8	3	20	0.11	0.04	1.6	0.11	0	5	T	0
X54	1 cup	200	420	154	26	4.8	2.0	3.6	6	40	0.22	0.08	3.2	0.22	0	10	T	0
X305	Lettuce,hydroponic varieties	100	280	33	61	1.0	0.2	T	88	530	0.07	0.08	0.5	0.04	0	55	T	0
X305	1 cup, torn leaves	36	101	12	22	0.4	0.1	T	32	191	0.03	0.03	0.2	0.01	0	20	T	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
X265	Lettuce,inner and outer leaves,raw	100	95	36	9	1.1	0.3	0.4	0.7	0.4	T	T	T	0.2	0	0	0	14	0.7
X265	1 cup, shredded or chopped	58	55	21	5	0.6	0.2	0.2	0.4	0.2	T	T	T	0.1	0	0	0	8	0.4
X265	1 medium leaf	8	8	3	1	0.1	T	T	0.1	T	T	T	T	T	0	0	0	1	0.1
X57	Marrow,flesh,boiled,drained	100	98	31	7	0.4	T	1.4	0.5	1.3	0.1	T	T	T	0	0	0	1	0.4
X57	1 cup, diced	220	215	68	15	0.9	0.1	3.1	1.1	2.9	0.2	T	T	T	0	0	0	2	1.0
X60	Mushrooms,flesh and stem,raw	100	93	50	12	2.3	0.2	0.2	1.0	0.2	T	T	T	0.1	0	0	0	6	0.3
X60	1 cup, chopped	68	63	34	8	1.6	0.1	0.1	0.7	0.1	T	T	T	0.1	0	0	0	4	0.2
X60	1 mushroom	16	15	8	2	0.4	T	T	0.2	T	T	T	T	T	0	0	0	1	0
X298	Mushrooms,fried in butter	100	85	256	61	3.5	5.1	0.4	2.4	T	0.4	3.2	1.2	0.3	0	0.2	37	41	0.2
X298	1 cup	150	127	384	92	5.3	7.6	0.6	3.5	T	0.6	4.7	1.7	0.4	0	0.3	56	62	0.3
X297	Mushrooms,fried in oil	100	87	243	58	3.3	4.8	0.4	2.6	T	0.4	0.9	1.1	2.5	0	0	0	7	0.2
X297	1 cup	141	123	343	82	4.7	6.8	0.6	3.7	T	0.6	1.3	1.5	3.5	0	0	0	10	0.3
X146	Onion,bulb,pickled	100	82	230	56	0.5	0.2	13.0	1.4	12.3	0.7	T	T	T	0	0	0	790	0.4
X146	1 onion	25	21	58	14	0.1	0.1	3.3	0.4	3.1	0.2	T	T	T	0	0	0	198	0.1
X146	1 cup	195	160	449	109	1.0	0.4	25.4	2.7	24.0	1.4	0.1	0.1	0.2	0	0	0	1540	0.7
X65	Onion,flesh,fried in dripping	100	42	1530	365	1.8	33.3	13.7	3.1	10.0	0	14.1	15.9	1.6	0.2	1.5	2	20	0.4
X65	1 cup	135	57	2060	493	2.4	45.0	18.5	4.2	13.5	0	19.0	21.5	2.2	0.3	2.2	3	27	0.5
X66	Onion,flesh,raw	100	88	166	40	1.3	0.1	8.5	2.4	8.0	0.5	T	T	0.1	0	0	0	2	0.5
X66	1 cup, chopped	175	154	291	70	2.2	0.2	14.9	4.1	14.0	0.9	T	T	0.1	0	0	0	4	0.9
X66	1 onion	97	85	161	39	1.2	0.1	8.3	2.3	7.8	0.5	T	T	0.1	0	0	0	2	0.5
X67	Onion,Spring,flesh of bulb,raw	100	87	167	40	0.9	0.3	8.5	1.7	8.3	0.2	0.1	T	0.1	0	0	0	13	0.5
X67	1 cup	106	92	177	42	1.0	0.3	9.0	1.8	8.8	0.2	0.1	0.1	0.1	0	0	0	14	0.5
X67	1 spring onion	18	16	30	7	0.2	0.1	1.5	0.3	1.5	T	T	T	T	0	0	0	2	0.1
X68	Parsley,leaves,raw	100	79	119	29	5.2	0.5	0.8	6.3	0.8	0	T	0.2	0.1	0	0	0	33	0.7
X68	1 tablespoon	4	3	4	1	0.2	T	T	0.2	T	0	T	T	T	0	0	0	1	0
X68	1 cup,chopped	64	50	76	19	3.3	0.3	0.5	4.0	0.5	0	T	0.1	0.1	0	0	0	21	0.4
X69	Parsnip,flesh,boiled,drained	100	83	232	56	1.3	0.2	12.3	3.7	2.5	9.8	T	0.1	T	0	0	0	4	0.7
X69	1 parsnip (22.5 x 5.6cm diam.)	160	133	371	90	2.1	0.3	19.7	5.9	4.0	15.7	0.1	0.1	0.1	0	0	0	6	1.1
X76	Peas,Chick,cooked	100	74	429	103	5.3	4.5	10.3	3.2	1.4	8.1	1.7	1.4	0.5	0	0	0	480	0.4
X76	1 cup	173	128	742	178	9.2	7.8	17.9	5.5	2.4	14.0	2.9	2.5	0.9	0	0	0	830	0.8
X80	Peas,Green,frozen,boiled	100	81	171	41	5.4	0.4	4.0	5.2	1.0	3.0	0.2	0.1	T	0	0	0	2	0.1
X80	1 cup	164	132	280	67	8.9	0.7	7.0	8.5	1.6	4.9	0.3	0.2	0.1	0	0	0	3	0.2
X73	Peas,split,boiled	100	64	533	129	9.2	0.3	22.2	3.0	1.0	21.2	0.1	0.1	T	0	0	0	16	0.4
X73	1 cup	194	123	1030	250	17.9	0.6	43.1	5.8	1.9	41.2	0.2	0.2	0.1	0	0	0	30	0.9
X327	Potato,frzn fries,chunky,canola oil,bkd	100	56	778	188	3.6	4.8	32.7	4.2	T	32.7	0.5	2.7	0.9	0.8	0	1	67	0.6
X327	10 chips	83	46	643	155	2.9	3.9	27.0	3.5	T	27.0	0.4	2.2	0.7	0.7	0	1	55	0.5
X324	Potato,frzn fries,chunky,polyunsat,bkd	100	61	625	151	3.6	3.7	25.8	4.2	T	25.8	0.6	1.0	1.5	0.2	0	1	67	0.6
X324	10 chips	80	49	500	121	2.9	3.0	20.6	3.4	T	20.6	0.5	0.8	1.2	0.1	0	1	54	0.5
X321	Potato,frzn fries,shoestring,polyunsat,bkd	100	52	899	217	3.6	7.8	33.0	4.2	T	33.0	1.3	2.1	3.2	0.2	0	1	67	0.6
X321	10 chips	21	11	189	46	0.8	1.6	6.9	0.9	T	6.9	0.3	0.5	0.7	0	0	T	14	0.1

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
X265	Lettuce,inner and outer leaves,raw	100	245	26	36	1.0	0.2	0.3	45	270	0.05	0.06	0.6	0.06	0	34	12	0
X265	1 cup, shredded or chopped	58	142	15	21	0.6	0.1	0.2	26	157	0.03	0.03	0.4	0.03	0	20	7	0
X265	1 medium leaf	8	20	2	3	0.1	T	T	4	22	T	T	0.1	T	0	3	1	0
X57	Marrow,flesh,boiled,drained	100	84	13	14	0.2	0.1	0.2	5	30	0.01	0.01	0.3	0.03	0	6	2	0
X57	1 cup, diced	220	185	29	31	0.4	0.2	0.4	11	66	0.02	0.02	0.7	0.07	0	13	4	0
X60	Mushrooms,flesh and stem,raw	100	383	108	4	0.3	0.6	7.7	2	10	0.02	0.26	1.7	0.24	0	18	0	0
X60	1 cup, chopped	68	260	73	3	0.2	0.4	5.2	1	7	0.01	0.17	1.2	0.17	0	12	0	0
X60	1 mushroom	16	61	17	1	T	0.1	1.2	T	2	T	0.04	0.3	0.04	0	3	0	0
X298	Mushrooms,fried in butter	100	430	120	8	0.5	0.8	53.0	174	85	T	0.28	2.8	0.14	T	11	1	0.10
X298	1 cup	150	645	180	12	0.8	1.3	79.5	261	128	T	0.42	4.2	0.21	T	17	1	0.15
X297	Mushrooms,fried in oil	100	370	98	4	0.4	0.6	33.0	0	0	0.03	0.29	1.9	0.07	0	11	1	0
X297	1 cup	141	522	138	5	0.5	0.8	46.5	0	0	0.04	0.41	2.7	0.10	0	16	1	0
X146	Onion,bulb,pickled	100	63	17	26	0.1	T	0.1	T	T	0.02	0.06	0.1	0.09	0	12	T	0
X146	1 onion	25	16	4	7	T	T	T	T	T	0.01	0.02	T	0.02	0	3	T	0
X146	1 cup	195	123	33	51	0.2	T	0.1	T	T	0.04	0.12	0.2	0.18	0	23	T	0
X65	Onion,flesh,fried in dripping	100	270	59	61	0.6	0.1	T	T	2	0.15	0.05	2.9	0.10	0	65	20	0
X65	1 cup	135	365	80	82	0.8	0.1	T	T	3	0.20	0.07	3.9	0.10	0	88	27	0
X66	Onion,flesh,raw	100	184	40	21	0.2	0.3	0.2	2	10	0.04	0.02	1.0	0.04	0	27	7	0
X66	1 cup, chopped	175	322	69	37	0.4	0.4	0.3	3	18	0.08	0.03	1.8	0.06	0	47	12	0
X66	1 onion	97	178	38	21	0.2	0.2	0.2	2	10	0.04	0.02	1.0	0.04	0	26	7	0
X67	Onion,Spring,flesh of bulb,raw	100	230	24	140	1.2	0.1	0.2	98	586	0.05	0.09	1.2	0.10	0	40	25	0
X67	1 cup	106	244	25	148	1.3	0.1	0.2	104	621	0.05	0.10	1.3	0.11	0	42	27	0
X67	1 spring onion	18	41	4	25	0.2	T	T	18	105	0.01	0.02	0.2	0.02	0	7	5	0
X68	Parsley,leaves,raw	100	1080	130	330	8.0	0.9	0.2	1170	7000	0.15	0.30	1.8	0.20	0	334	150	0
X68	1 tablespoon	4	40	5	12	0.3	T	T	43	259	0.01	0.01	0.1	0.01	0	12	6	0
X68	1 cup,chopped	64	691	83	211	5.1	0.6	0.1	747	4480	0.10	0.19	1.2	0.13	0	214	96	0
X69	Parsnip,flesh,boiled,drained	100	290	32	36	0.5	0.1	0.2	5	27	0.07	0.06	0.9	0.06	0	30	10	0
X69	1 parsnip (22.5 x 5.6cm diam.)	160	464	51	58	0.8	0.2	0.3	8	43	0.11	0.10	1.4	0.10	0	48	16	0
X76	Peas,Chick,cooked	100	260	92	30	1.8	0.8	2.0	8	50	0.08	0.03	1.1	0.11	0	30	T	0
X76	1 cup	173	450	159	52	3.1	1.4	3.0	14	87	0.14	0.05	1.9	0.19	0	52	T	0
X80	Peas,Green,frozen,boiled	100	130	84	31	1.4	0.7	0.2	47	280	0.24	0.07	2.4	0.07	0	78	13	0
X80	1 cup	164	213	138	51	2.3	1.2	0.3	77	459	0.39	0.11	3.9	0.12	0	128	21	0
X73	Peas,split,boiled	100	300	133	12	1.9	3.5	0.3	8	50	0.12	0.07	2.6	0.06	0	77	1	0
X73	1 cup	194	582	258	24	3.7	6.7	0.6	16	97	0.24	0.13	5.0	0.11	0	149	1	0
X327	Potato,frzn fries,chunky,canola oil,bkd	100	488	136	11	0.8	0.5	0.3	0	0	0.11	0.02	2.4	0.64	0	41	6	0
X327	10 chips	83	403	112	9	0.6	0.5	0.2	0	0	0.09	0.02	2.0	0.53	0	34	5	0
X324	Potato,frzn fries,chunky,polyunsat,bkd	100	488	136	11	0.8	0.5	0.3	0	0	0.11	0.02	2.4	0.64	0	41	6	0
X324	10 chips	80	390	109	9	0.6	0.4	0.2	0	0	0.09	0.02	1.9	0.51	0	32	5	0
X321	Potato,frzn fries,shoestring,polyunsat,bkd	100	488	136	11	0.8	0.5	0.3	0	0	0.11	0.02	2.4	0.64	0	41	6	0
X321	10 chips	21	102	29	2	0.2	0.1	0.1	0	0	0.02	T	0.5	0.13	0	9	1	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
X322	Potato,frzn fries,straight,polyunsat,bkd	100	60	700	169	3.6	5.5	26.2	4.2	T	26.2	0.9	1.5	2.3	0.2	0	1	67	0.6
X322	10 chips	59	35	412	99	2.1	3.3	15.4	2.5	T	15.4	0.6	0.9	1.3	0.1	0	1	39	0.4
X314	Potato,frzn wedges,coat,polyunsat,bkd	100	57	771	186	4.0	6.2	28.5	4.2	T	28.5	1.1	1.7	2.6	0.2	0	1	375	1.2
X314	10 chips	95	54	730	176	3.8	5.9	27.0	4.0	T	27.0	1.0	1.6	2.4	0.2	0	1	355	1.1
X299	Potato,in skin,microwaved	100	78	305	74	1.9	0.1	16.3	2.7	T	16.3	T	T	T	0	0	0	2	1.1
X299	1 cup, cooked	170	132	519	126	3.3	0.1	27.8	4.6	T	27.8	T	T	T	0	0	0	3	1.9
X96	Potato,mashed,milk,butter & salt added	100	79	394	95	1.8	3.3	14.5	1.7	0.7	13.8	1.3	1.0	0.8	0	0	3	130	1.1
X96	1 cup	209	166	823	199	3.9	6.9	30.3	3.6	1.5	28.9	2.8	2.0	1.7	0	0	6	272	2.3
X93	Potato,Rua,baked,salt added	100	75	366	88	2.6	0.2	19.2	2.0	0.4	18.8	T	T	0.1	0	0	0	104	1.1
X93	1 potato	90	68	329	79	2.3	0.1	17.3	1.8	0.4	16.9	T	T	0.1	0	0	0	94	1.0
X93	1 cup	128	96	468	113	3.3	0.2	24.6	2.6	0.5	24.1	T	T	0.1	0	0	0	133	1.4
X98	Potato,Rua,fl,rstd in beef drip,salt add	100	72	433	105	2.5	0.6	22.3	1.4	0.5	21.8	0.3	0.3	0.1	0	0	1	124	0.3
X98	1 cup	130	93	563	137	3.2	0.8	29.0	1.9	0.7	28.3	0.3	0.4	0.1	0	0	1	161	0.4
X98	1 potato	95	68	411	100	2.3	0.6	21.2	1.4	0.5	20.7	0.2	0.3	0.1	0	0	1	118	0.3
X94	Potato,Rua,flesh,boiled	100	77	341	83	2.1	0.2	18.2	1.7	0.2	17.9	T	T	0.1	0	0	0	4	0.3
X94	1 cup	164	126	559	136	3.4	0.3	29.8	2.8	0.3	29.4	0.1	T	0.2	0	0	0	7	0.5
X94	1 potato	114	88	389	95	2.4	0.2	20.7	2.0	0.2	20.5	T	T	0.1	0	0	0	5	0.3
X154	Potato,Rua,flesh,microwaved,salt added	100	72	394	95	2.5	0.1	21.1	2.3	0.5	20.6	T	T	0.1	0	0	0	119	0.3
X154	1 potato	90	65	355	86	2.2	0.1	19.0	2.1	0.5	18.6	T	T	0.1	0	0	0	107	0.3
X154	1 cup	128	93	504	122	3.2	0.2	27.0	2.9	0.6	26.4	T	T	0.1	0	0	0	152	0.4
X148	Pumpkin,flesh,baked	100	85	188	46	1.4	0.4	9.1	1.1	6.1	3.0	0.2	0.1	T	0	0	0	3	0.4
X148	1 cup	217	183	408	100	3.1	0.8	19.7	2.4	13.2	6.5	0.5	0.1	T	0	0	0	7	1.0
X147	Pumpkin,flesh,boiled,drained	100	92	86	21	0.8	0.2	4.0	1.1	2.6	1.4	0.1	T	T	0	0	0	2	0.4
X147	1 cup	220	201	189	46	1.7	0.4	8.8	2.4	5.7	3.1	0.3	0.1	T	0	0	0	4	1.0
X292	Pumpkin,flesh & skin,roasted	100	85	214	51	1.7	2.7	5.0	1.8	1.2	3.8	1.2	0.8	0.1	0	0.1	0	29	0.4
X292	1 cup	215	183	460	110	3.7	5.9	10.8	3.8	2.6	8.2	2.5	1.7	0.2	0	0.2	0	62	0.9
X181	Puwaha,Sow Thistle,leaves&upper stem,b	100	94	68	16	2.3	0.7	0.2	5.1	0.2	T	0.1	T	0.4	0	0	0	26	2.7
X181	1 cup, chopped	146	137	99	23	3.4	1.0	0.3	7.4	0.3	T	0.2	0.1	0.6	0	0	0	38	3.9
X107	Puwaha, Sow Thistle, leaves&upper stem,	100	91	72	17	2.7	0.6	0.4	4.8	0.2	0.2	0.1	0	0.3	0	0	0	36	0.7
X107	1 cup chopped	35	32	25	6	0.9	0.2	0.1	1.7	0.1	0.1	0	0	0.1	0	0	0	12	0.2
X112	Radishes,flesh and skin,raw	100	94	78	19	1.0	0.5	2.6	1.3	2.6	0	0.2	0.1	0.2	0	0	0	56	0.7
X112	1 cup, sliced	124	116	97	24	1.2	0.6	3.2	1.6	3.2	0	0.2	0.1	0.3	0	0	0	70	0.9
X112	1 radish	15	14	12	3	0.1	0.1	0.4	0.2	0.4	0	T	T	T	0	0	0	9	0.1
X1005	Seaweed,nori,dried,raw	100	9	577	136	30.7	1.5	0	44.4	0	0	0.4	0.1	0.7	0	0	0	790	1470.0
X1005	1 sheet (19 x 21cm)	3	0	14	3	0.8	0	0	1.1	0	0	0	0	0	0	0	0	20	36.8
X177	Silverbeet,boiled for 10 minutes	100	90	106	25	2.8	0.3	2.9	3.3	2.6	0.3	0.1	0.1	0.1	0	0	0	144	2.7
X177	1 cup, chopped	168	151	178	42	4.7	0.5	4.9	5.6	4.4	0.4	0.1	0.1	0.2	0	0	0	242	4.6
X117	Spinach,NZ,leaves & upper stem,boil,dn	100	95	41	10	1.3	0.2	0.8	1.0	0.8	0	T	T	0.1	0	0	0	107	2.7
X117	1 cup, chopped	168	159	69	17	2.2	0.3	1.3	1.7	1.3	0	T	T	0.1	0	0	0	180	4.5

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
X322	Potato, frzn fries, straight, polyunsat, bkd	100	488	136	11	0.8	0.5	0.3	0	0	0.11	0.02	2.4	0.64	0	41	6	0
X322	10 chips	59	287	80	6	0.5	0.3	0.2	0	0	0.06	0.01	1.4	0.38	0	24	4	0
X314	Potato, frzn wedges, coat, polyunsat, bkd	100	464	126	12	0.8	0.5	0.6	0	0	0.12	0.03	2.7	0.52	0	26	6	0
X314	10 chips	95	439	119	12	0.7	0.5	0.6	0	0	0.11	0.03	2.6	0.49	0	25	6	0
X299	Potato, in skin, microwaved	100	510	48	7	0.8	0.3	T	T	T	0.04	T	1.9	0.10	0	44	2	0
X299	1 cup, cooked	170	867	82	11	1.4	0.5	T	T	T	0.07	T	3.3	0.17	0	75	3	0
X96	Potato, mashed, milk, butter & salt added	100	282	39	21	0.3	0.3	0.4	12	39	0.05	0.05	0.9	0.07	0.01	12	8	0.01
X96	1 cup	209	589	82	44	0.6	0.6	0.8	24	82	0.10	0.10	1.9	0.15	0.02	25	17	0.02
X93	Potato, Rua, baked, salt added	100	543	41	4	0.3	0.3	1.0	1	7	0.09	0.04	1.1	0.09	0	13	10	0
X93	1 potato	90	489	37	4	0.3	0.3	0.9	1	6	0.08	0.04	1.0	0.08	0	12	9	0
X93	1 cup	128	695	52	5	0.4	0.4	1.3	1	9	0.12	0.05	1.4	0.12	0	17	13	0
X98	Potato, Rua, fl, rstd in beef drip, salt add	100	589	44	6	0.6	0.3	0.4	2	10	0.11	0.04	1.4	0.11	0	13	10	0
X98	1 cup	130	766	57	8	0.8	0.4	0.5	3	13	0.14	0.05	1.8	0.14	0	17	13	0
X98	1 potato	95	560	42	6	0.6	0.3	0.3	2	10	0.10	0.04	1.3	0.10	0	12	10	0
X94	Potato, Rua, flesh, boiled	100	332	32	4	0.5	0.2	0.5	1	7	0.07	0.04	0.8	0.07	0	13	9	0
X94	1 cup	164	544	52	7	0.8	0.3	0.8	2	11	0.11	0.07	1.3	0.11	0	21	15	0
X94	1 potato	114	378	36	5	0.6	0.2	0.5	1	8	0.08	0.05	0.9	0.08	0	15	10	0
X154	Potato, Rua, flesh, microwaved, salt added	100	610	47	4	0.5	0.4	1.0	2	13	0.09	0.05	0.9	0.10	0	13	10	0
X154	1 potato	90	549	42	4	0.5	0.4	0.9	2	12	0.08	0.05	0.8	0.09	0	12	9	0
X154	1 cup	128	781	60	5	0.6	0.5	1.3	3	17	0.12	0.06	1.2	0.13	0	17	13	0
X148	Pumpkin, flesh, baked	100	417	30	29	0.4	0.3	0.2	528	3170	0.04	0.01	0.5	0.08	0	7	19	0
X148	1 cup	217	905	65	63	0.9	0.7	0.5	1150	6880	0.08	0.01	1.1	0.17	0	15	41	0
X147	Pumpkin, flesh, boiled, drained	100	228	17	16	0.2	0.2	0.1	589	3530	0.02	T	0.3	0.03	0	7	10	0
X147	1 cup	220	502	37	35	0.5	0.4	0.2	1300	7770	0.04	0.01	0.7	0.07	0	15	22	0
X292	Pumpkin, flesh & skin, roasted	100	430	73	16	0.5	0.3	T	159	955	0.02	0.08	0.5	0.04	0	10	3	0
X292	1 cup	215	925	157	34	1.0	0.7	T	342	2050	0.04	0.17	1.1	0.09	0	22	6	0
X181	Puwaha, Sow Thistle, leaves & upper stem, b	100	160	37	101	1.1	0.5	0.2	1360	8130	0.02	0.03	0.7	0.05	0	64	22	0
X181	1 cup, chopped	146	234	54	147	1.6	0.7	0.3	1980	11900	0.03	0.05	1.0	0.07	0	93	32	0
X107	Puwaha, Sow Thistle, leaves & upper stem,	100	229	31	60	1.3	0.5	0.2	1298	7790	0.02	0.03	0.2	0.05	0	83	33	0
X107	1 cup chopped	35	80	11	21	0.5	0.2	0.1	454	2727	0.01	0.01	0.1	0.02	0	29	12	0
X112	Radishes, flesh and skin, raw	100	229	26	42	1.8	0.4	0.3	2	13	0.04	0.02	0.3	0.10	0	23	24	0
X112	1 cup, sliced	124	284	32	52	2.2	0.5	0.4	2	16	0.05	0.02	0.4	0.12	0	28	30	0
X112	1 radish	15	34	4	6	0.3	0.1	T	T	2	0.01	T	T	0.01	0	3	4	0
X1005	Seaweed, nori, dried, raw	100	2840	350	430	19.6	6.4	0.1	1357	8140	0.24	1.34	5.5	0.07	27.50		14	0
X1005	1 sheet (19 x 21cm)	3	71	9	11	0.5	0.2	0	34	204	0.01	0.03	0.1	0	0.69		0	0
X177	Silverbeet, boiled for 10 minutes	100	421	39	68	1.2	0.7	0.3	552	3310	0.02	0.04	0.9	0.25	0	49	16	0
X177	1 cup, chopped	168	707	66	114	2.1	1.2	0.4	927	5560	0.03	0.07	1.4	0.42	0	82	27	0
X117	Spinach, NZ, leaves & upper stem, boil, drn	100	103	22	48	0.7	0.6	0.2	362	2170	0.03	0.11	0.7	0.24	0	146	16	0
X117	1 cup, chopped	168	173	37	81	1.1	1.0	0.3	608	3650	0.05	0.18	1.2	0.40	0	245	27	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
X266	Sprouts,Alfalfa,raw	100	92	88	21	3.7	0.7	T	1.0	T	0	0.1	0.1	0.4	0	0	0	6	0.7
X266	1 cup	35	32	31	7	1.3	0.3	T	0.3	T	0	T	T	0.1	0	0	0	2	0.2
X225	Squash,Buttercup,flesh,steamed	100	78	345	83	1.8	0.3	18.4	1.2	3.6	14.8	0.1	T	0.1	0	0	0	2	0.7
X225	1 cup, diced	222	173	766	184	4.0	0.6	40.8	2.7	8.0	32.9	0.2	0.1	0.3	0	0	0	4	1.5
X123	Swede,flesh,boiled,drained	100	92	79	19	0.9	0.1	3.7	1.4	3.5	0.2	T	T	T	0	0	0	12	0.4
X123	1 cup, chopped	150	137	119	29	1.4	0.1	5.6	2.1	5.3	0.3	T	T	0.1	0	0	0	18	0.7
X242	Taro,Black,common,corms,boiled	100	79	360	87	0.8	0.4	20.1	1.7	0.8	19.3	0.1	T	0.2	0	0	0	1	0.6
X242	1 cup, sliced	145	114	522	126	1.2	0.6	29.1	2.5	1.2	28.0	0.1	0.1	0.3	0	0	0	2	0.9
X241	Taro,common,corms,bkd in trad.oven	100	64	522	126	1.7	0.2	29.5	3.0	1.3	28.2	T	T	0.1	0	0	0	2	0.6
X241	1 cup	145	93	757	183	2.5	0.3	42.7	4.4	1.8	40.9	0.1	T	0.1	0	0	0	3	0.9
X296	Taro,leaves,cooked	100	84	119	28	4.6	0.8	0.7	6.2	0.6	0.1	0.2	0.1	0.3	0	0	0	3	0.7
X296	1 cup	115	97	137	32	5.3	0.9	0.8	7.1	0.7	0.1	0.2	0.1	0.4	0	0	0	3	0.8
X125	Tomatoes,canned,drained	100	94	103	25	1.2	0.2	4.6	1.1	4.6	T	T	T	0.1	0	0	0	138	0.6
X125	1 cup	254	239	262	64	3.0	0.5	11.7	2.8	11.7	0.1	0.1	0.1	0.3	0	0	0	351	1.4
X127	Tomatoes,flesh,skin and seeds,raw	100	94	68	17	0.9	0.2	2.7	1.2	2.7	T	T	T	0.1	0	0	0	4	0.1
X127	1 tomato	127	120	86	22	1.1	0.3	3.4	1.5	3.4	0.1	T	0.1	0.1	0	0	0	5	0.1
X127	1 cup, chopped	190	179	129	32	1.7	0.5	5.1	2.3	5.1	0.1	0.1	0.1	0.2	0	0	0	7	0.2
X275	Tomatoes,in tomato juice,canned	100	94	70	17	0.8	0.2	3.0	0.7	2.8	0.2	0	0	0	0	0	0	62	0.6
X275	1 cup	261	244	183	44	2.1	0.5	8.0	1.8	7.3	0.5	0	0	0	0	0	0	162	1.4
X295	Tomatoes,sun-dried	100	15	1070	257	14.1	3.0	43.5	12.3	23.0	20.5	0.5	0.6	1.3	0	1.1	0	2100	1.6
X295	1 cup	54	8	575	139	7.6	1.6	23.5	6.6	12.0	11.1	0.3	0.3	0.7	0	0.5	0	1130	0.9
X129	Turnip,flesh,boiled,drained	100	95	61	15	0.7	0.3	2.3	1.5	2.2	0.1	T	T	0.2	0	0	0	28	0.4
X129	1 cup, mashed	122	115	74	18	0.9	0.4	2.8	1.8	2.7	0.1	0.1	T	0.2	0	0	0	34	0.5
X157	Vegetables,3 mixed,frozen,boiled,drained	100	81	242	58	3.2	0.5	10.4	5.9	4.5	5.9	0.1	0.1	0.2	0	0	0	20	0.5
X157	1 cup	145	118	351	84	4.6	0.7	15.1	8.6	6.5	8.5	0.2	0.1	0.2	0	0	0	29	0.7
X131	Watercress,leaves & upper stem,raw	100	93	65	16	2.8	0.4	0.2	1.4	0.1	0.1	0.1	T	0.2	0	0	0	17	2.7
X131	1 stem and leaves	3	2	2	T	0.1	T	T	T	T	T	T	T	T	0	0	0	T	0.1
X131	1 cup, chopped	35	33	23	6	1.0	0.2	0.1	0.5	T	T	T	T	0.1	0	0	0	6	0.9
X132	Yam,flesh,boiled,drained	100	66	478	116	1.6	0.1	27.1	1.3	0.2	26.9	T	T	0.1	0	0	0	17	0.3
X132	1 cup, cubed	144	95	688	167	2.3	0.1	39.0	1.9	0.3	38.7	T	T	0.1	0	0	0	24	0.4
X309	Yam,flesh,roasted,w/o oil,South Island	100	82	257	62	1.5	0.2	13.5	2.8	4.4	9.1	0.1	0.4	0.1	0	0	0	3	0.7
X309	1 cup, diced	144	118	370	89	2.2	0.4	19.5	4.1	6.3	13.1	0.1	0.6	0.1	0	0	0	4	1.0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
X266	Sprouts,Alfalfa,raw	100	83	68	12	0.5	T	2.3	16	96	0.15	0.14	1.1	0.13	0	36	T	0
X266	1 cup	35	29	24	4	0.2	T	0.8	6	34	0.05	0.05	0.4	0.05	0	13	T	0
X225	Squash,Buttercup,flesh,steamed	100	375	22	16	0.4	0.2	0.8	431	2590	0.10	0.11	1.3	0.06	0	46	1	0
X225	1 cup, diced	222	833	49	36	0.9	0.5	1.8	957	5750	0.20	0.24	2.9	0.13	0	102	1	0
X123	Swede,flesh,boiled,drained	100	176	18	30	0.4	0.1	0.2	T	T	0.04	0.03	1.0	0.12	0	21	17	0
X123	1 cup, chopped	150	264	27	45	0.6	0.2	0.3	T	T	0.06	0.05	1.5	0.18	0	32	26	0
X242	Taro,Black,common,corms,boiled	100	264	54	28	0.9	2.7	0.2	6	38	0.07	0.02	0.6	0.06	0	12	4	0
X242	1 cup, sliced	145	383	78	41	1.3	3.9	0.2	9	55	0.10	0.03	0.9	0.09	0	17	6	0
X241	Taro,common,corms,bkd in trad.oven	100	421	73	44	1.3	3.6	0.2	7	42	0.11	0.04	1.0	0.08	0	20	6	0
X241	1 cup	145	610	106	64	1.9	5.2	0.3	10	61	0.16	0.06	1.4	0.12	0	29	9	0
X296	Taro,leaves,cooked	100	803	27	206	2.6	0.2	T	542	3250	0.09	0.30	2.2	0.05	0	48	47	0
X296	1 cup	115	923	31	237	3.0	0.2	T	623	3740	0.10	0.35	2.5	0.06	0	56	54	0
X125	Tomatoes,canned,drained	100	270	19	32	0.2	0.2	0.2	35	209	0.01	T	0.5	0.01	0	14	8	0
X125	1 cup	254	686	48	81	0.5	0.4	0.5	89	531	0.03	0.01	1.3	0.02	0	36	20	0
X127	Tomatoes,flesh,skin and seeds,raw	100	265	23	11	0.1	0.1	0.1	92	549	0.02	0.01	0.6	0.01	0	14	24	0
X127	1 tomato	127	337	29	14	0.2	0.1	0.1	117	697	0.03	0.01	0.8	0.01	0	18	30	0
X127	1 cup, chopped	190	504	44	21	0.3	0.2	0.2	175	1040	0.05	0.01	1.1	0.02	0	27	45	0
X275	Tomatoes,in tomato juice,canned	100	184	19	24	0.6	0.1	T	62	370	0.02	0	0.7	0.11	0	11	11	0
X275	1 cup	261	480	50	63	1.6	0.2	T	162	966	0.05	0	1.8	0.29	0	29	29	0
X295	Tomatoes,sun-dried	100	3430	356	110	9.1	2.0	T	87	522	0.53	0.49	9.1	0.33	0	68	39	0
X295	1 cup	54	1850	192	59	4.9	1.1	T	47	282	0.29	0.26	4.9	0.18	0	37	21	0
X129	Turnip,flesh,boiled,drained	100	160	19	55	0.4	0.1	0.2	3	16	0.03	0.04	0.6	0.06	0	8	17	0
X129	1 cup, mashed	122	195	23	67	0.5	0.1	0.3	4	20	0.04	0.05	0.7	0.07	0	10	21	0
X157	Vegetables,3 mixed,frozen,boiled,drained	100	150	48	19	0.8	0.5	0.2	479	2870	0.13	0.03	1.6	0.07	0	35	7	0
X157	1 cup	145	218	70	27	1.1	0.8	0.2	695	4170	0.19	0.04	2.3	0.09	0	51	10	0
X131	Watercress,leaves & upper stem,raw	100	180	33	53	2.2	0.3	0.2	824	4950	0.12	0.04	0.8	0.19	0	80	75	0
X131	1 stem and leaves	3	5	1	1	0.1	T	T	21	124	T	T	T	0.01	0	2	2	0
X131	1 cup, chopped	35	63	12	18	0.8	0.1	0.1	288	1730	0.04	0.01	0.3	0.07	0	28	26	0
X132	Yam,flesh,boiled,drained	100	300	33	9	0.3	0.4	0.1	152	912	0.05	0.01	0.8	0.23	0	16	2	0
X132	1 cup, cubed	144	432	48	13	0.4	0.6	0.2	219	1310	0.07	0.01	1.2	0.33	0	23	3	0
X309	Yam,flesh,roasted,w/o oil,South Island	100	320	34	9	T	0.2	T	99	595	T	0.04	1.2	0.64	0	16	T	0
X309	1 cup, diced	144	461	49	13	T	0.3	T	143	857	T	0.06	1.7	0.92	0	22	T	0

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
Z	INFANT FORMULAS AND BABY FOODS																		
Z528	Apple & oatmeal,pureed,can,Heinz Wattie	100	82	247	60	1.2	0.9	11.9	1.9	8.5	3.4	0.7	0.1	0.1	0	0	0	1	1.3
Z528	1 tin	120	98	296	72	1.4	1.1	14.3	2.2	10.2	4.1	1	0	0	0	0	0	2	1.5
Z528	1 tablespoon	12	10	30	7	0.1	0.1	1.5	0.2	1.0	0.4	0	0	0	0	0	0	0	0.2
Z450*	Apricot Porridge,dry,Heinz Watties	100	11	1380	334	8.9	6.1	60.8	12.0	14.5	44.2	1.2	2.6	1.4	0	0	2	17	7.5
Z450*	1 carton	260	28	3588	868	23.1	15.9	158.1	31.2	37.7	114.8	3.2	6.8	3.7	0	0	5	44	19.5
Z450*	1 tablespoon	5	1	73	18	0.5	0.3	3.2	0.6	0.8	2.3	0.1	0.1	0.1	0	0	0	1	0.4
Z516*	Apricot Porridge,Heinz Watties,prep w/ st	100	77	422	102	4.1	3.8	12.7	1.8	6.0	6.4	0	1.1	0.3	0	0	9	40	8.4
Z516*	1 tablespoon	13	10	54	13	0.5	0.5	1.6	0.2	0.8	0.8	0	0.1	0	0	0	1	5	1.1
Z527	Asst fruits & semolina,pureed,can,Heinz \	100	80	277	67	1.2	0.2	15.0	1.5	10.2	4.9	T	T	0.2	0	0	0	2	1.0
Z527	1 tablespoon	13	10	35	9	0.2	T	1.9	0.2	1.3	0.6	T	T	T	0	0	0	T	0.1
Z527	1 tin	120	96	332	80	1.4	0.2	18.0	1.8	12.2	5.9	0	0	0.2	0	0	0	2	1.2
Z455*	Baby Rice,dry,Heinz Watties	100	7	1540	372	6.2	1.7	83.0	1.9	T	73.1	0.3	0.6	0.7	0	0	0	3	2.5
Z455*	1 carton	125	9	1925	465	7.7	2.1	103.8	2.3	0	91.4	0.4	0.8	0.8	0	0	0	4	3.1
Z455*	1 tablespoon	3	0	39	9	0.2	0	2.1	0	0	1.8	0	0	0	0	0	0	0	0.1
Z535	Carrot & rice,pureed,can,Heinz Watties	100	85	240	58	1.1	0.2	12.9	1.8	2.2	10.7	0.1	T	0.1	0	0	0	31	2.0
Z535	1 tablespoon	12	10	28	7	0.1	T	1.5	0.2	0.3	1.3	T	T	T	0	0	0	4	0.2
Z456*	Cereal, Original Mixed, dry,Heinz Watties	100	7	1490	360	11.8	1.6	74.8	4.2	2.3	66.6	0.3	0.6	0.6	0	0	0	2	2.5
Z456*	1 carton	125	8	1863	450	14.8	2.0	93.5	5.2	2.8	83.3	0.4	0.7	0.8	0	0	0	3	3.1
Z456*	1 tablespoon	3	0	56	14	0.4	0.1	2.8	0.2	0.1	2.5	0	0	0	0	0	0	0	0.1
Z522*	Cereal, Original Mixed, Heinz Watties,pre	100	92	134	32	1.1	0.1	6.7	0.4	0.2	6.0	0	0.1	0.1	0	0	0	1	2.5
Z522*	1 tablespoon	11	10	15	4	0.1	0	0.8	0	0	0.7	0	0	0	0	0	0	0	0.3
Z521*	Cereal,baby rice,Farex,Heinz Watties,RT	100	93	105	25	0.5	0.1	5.6	0.1	T	5.6	T	0.1	0.1	0	0	0	1	2.5
Z521*	1 tablespoon	12	11	12	3	0.1	T	0.6	T	T	0.6	T	T	T	0	0	0	T	0.3
Z519*	Custard, Banana, Heinz Watties,prep w/ s	100	77	427	103	4.6	3.3	13.7	0.6	6.7	5.5	0	0.9	0.2	0	0	11	55	11.8
Z519*	1 tablespoon	12	9	50	12	0.5	0.4	1.6	0.1	0.8	0.6	0	0.1	0	0	0	1	6	1.4
Z529	Custard,banana,smooth,can,Heinz Wattie	100	84	259	63	1.5	1.2	11.3	0.4	6.6	4.8	0.6	0.4	0.2	0	0	5	20	5.0
Z529	1 tablespoon	12	10	32	8	0.2	0.2	1.4	0.1	0.8	0.6	0.1	T	T	0	0	1	2	0.6
Z529	1 tin	120	101	311	76	1.8	1.4	13.6	0.5	7.9	5.8	0.7	0.5	0.2	0	0	6	24	6.0
Z530	Custard,Egg,smooth,Heinz Watties	100	84	274	66	1.8	1.2	11.4	0.4	6.6	4.8	1.0	0.1	0.1	0	0	17	20	6.0
Z530	1 tin	120	100	329	79	2.1	1.4	13.6	0.5	7.9	5.8	1	0	0	0	0	20	24	7.2
Z530	1 tablespoon	12	10	33	8	0.2	0.1	1.4	0.1	0.8	0.6	0	0	0	0	0	2	2	0.7
Z534	Dessert,rice pudding,smooth,Robinsons	100	80	326	79	2.8	1.3	14.1	0.9	8.1	6.0	0.8	0.4	0.1	0	0	3	25	7.0
Z534	1 tablespoon	12	10	40	10	0.3	0.2	1.7	0.1	1.0	0.7	0.1	0	0	0	0	0	3	0.9
Z1001	Formula, Infant	100	90	282	68	1.5	3.6	7.4	0.3	5.7	1.7	1.0	1.0	0.7	0.6	0.4	0	18	9.4
Z1001	1 serving (100ml)	100	90	282	68	1.5	3.6	7.4	0.3	5.7	1.7	1.0	1.0	0.7	0.6	0.4	0	18	9.4
Z1002	Formula, Toddler	100	90	335	80	2.9	3.0	10.3	0.3	6.0	4.3	0.9	0.9	0.6	0	0.9	0	47	14.1
Z1002	1 cup (200ml)	215	194	721	172	6.2	6.5	22.1	0.6	12.9	9.2	1.9	1.9	1.3	0.1	1.9	0	100	30.3

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
Z	INFANT FORMULAS AND BABY FOODS																	
Z528	Apple & oatmeal,pureed,can,Heinz Wattie	100	120	37	7	0.7	0.2	0.4	5	30	0.06	0.02	0.3	0.01	0	7	T	0
Z528	1 tin	120	144	44	9	0.8	0.2	0.4	6	36	0.07	0.02	0.4	0.01	0	8	0	0
Z528	1 tablespoon	12	15	5	1	0.1	0	0	1	4	0.01	0	0	0	1	0	0	0
Z450*	Apricot Porridge,dry,Heinz Watties	100	405	250	61	5.0	1.8	5.5	9	53	0.06	0.13	0.6	0.33	0.95	74	4	T
Z450*	1 carton	260	1053	650	159	13.0	4.6	14.2	23	137	0.16	0.34	1.5	0.86	2.47	192	10	0
Z450*	1 tablespoon	5	21	13	3	0.3	0.1	0.3	0	3	0	0.01	0	0.02	0.05	4	0	0
Z516*	Apricot Porridge,Heinz Watties,prep w/ st	100	60	116	108	6.1	0.6	1.3	41	20	0.58	0.19	5.9	0.08	0.43	15	11	0.03
Z516*	1 tablespoon	13	8	15	14	0.8	0.1	0.2	5	3	0.07	0.02	0.8	0.01	0.05	2	1	0
Z527	Asst fruits & semolina,pureed,can,Heinz \	100	190	17	6	0.3	0.1	0.3	5	31	0.02	0.02	0.3	0.01	0	4	T	0
Z527	1 tablespoon	13	24	2	1	T	T	T	1	4	T	T	T	T	0	1	T	0
Z527	1 tin	120	228	20	7	0.4	0.1	0.4	6	37	0.02	0.02	0.4	0.01	0	5	0	0
Z455*	Baby Rice,dry,Heinz Watties	100	110	100	7	31.0	1.0	4.4	0	0	1.09	0.03	3.8	0.21	0	20	14	0
Z455*	1 carton	125	138	125	9	38.8	1.3	5.4	0	0	1.36	0.04	4.7	0.26	0	25	18	0
Z455*	1 tablespoon	3	3	3	0	0.8	0	0.1	0	0	0.03	0	0.1	0.01	0	1	0	0
Z535	Carrot & rice,pureed,can,Heinz Watties	100	160	25	14	0.3	0.2	0.5	474	2840	0.01	0.01	0.5	0.01	0	5	2	0
Z535	1 tablespoon	12	19	3	2	T	T	0.1	56	335	T	T	0.1	T	0	1	T	0
Z456*	Cereal, Original Mixed, dry,Heinz Watties	100	360	170	30	2.3	1.3	5.9	T	T	0.04	0.06	0.3	0.21	0	92	2	0
Z456*	1 carton	125	450	213	38	2.9	1.6	7.4	0	0	0.05	0.08	0.4	0.26	0	115	3	0
Z456*	1 tablespoon	3	14	6	1	0.1	0	0.2	0	0	0	0	0.01	0	3	0	0	0
Z522*	Cereal, Original Mixed, Heinz Watties,pre	100	35	15	4	3.5	0.1	0.5	T	T	0.27	0.01	3.0	0.02	0	8	1	0
Z522*	1 tablespoon	11	4	2	0	0.4	0	0.1	0	0	0.03	0	0.3	0	0	1	0	0
Z521*	Cereal,baby rice,Farex,Heinz Watties,RT	100	11	8	2	2.2	0.1	0.3	0	0	0.08	0	0.3	0.02	0	2	7	0
Z521*	1 tablespoon	12	1	1	T	0.3	T	T	0	0	0.01	T	T	T	0	T	0	0
Z519*	Custard, Banana, Heinz Watties,prep w/ s	100	230	125	146	6.6	0.5	1.1	67	13	0.49	0.25	6.6	0.07	0.37	7	11	0.03
Z519*	1 tablespoon	12	27	15	17	0.8	0.1	0.1	8	2	0.06	0.03	0.8	0.01	0.04	1	1	0
Z529	Custard,banana,smooth,can,Heinz Wattie	100	67	41	46	0.1	0.2	1.0	19	6	0.03	0.09	0.4	T	0.09	6	3	0.02
Z529	1 tablespoon	12	8	5	6	T	T	0.1	2	1	T	0.01	T	T	0.01	1	T	0
Z529	1 tin	120	80	49	55	0.1	0.2	1.2	23	7	0.04	0.11	0.5	0	0.11	7	4	0.02
Z530	Custard,Egg,smooth,Heinz Watties	100	67	49	50	0.2	0.3	1.1	18	6	0.06	0.09	0.6	T	0.07	6	0	0.20
Z530	1 tin	120	80	59	60	0.2	0.3	1.3	21	7	0.07	0.11	0.7	0	0.08	7	0	0.24
Z530	1 tablespoon	12	8	6	6	0	0	0.1	2	1	0.01	0.01	0.1	0	0.01	1	0	0.02
Z534	Dessert,rice pudding,smooth,Robinsons	100	110	73	88	0.1	0.4	0.8	16	0	0.02	0.12	1.3	0.09	0.95	5	T	0.01
Z534	1 tablespoon	12	13	9	11	0	0	0.1	2	0	0	0.01	0.2	0.01	0.12	1	0	0
Z1001	Formula, Infant	100	66	33	49	0.8	0.5	1.6	47	11	0.07	0.11	0.6	0.04	0.20	9	8	1.00
Z1001	1 serving (100ml)	100	66	33	49	0.8	0.5	1.6	47	11	0.07	0.11	0.6	0.04	0.20	9	8	1.00
Z1002	Formula, Toddler	100	168	80	102	1.4	0.5	1.6	40	11	0.10	0.20	1.0	0.10	0.20	15	6	0.70
Z1002	1 cup (200ml)	215	361	171	219	3.0	1.1	3.4	87	25	0.22	0.43	2.2	0.22	0.43	32	13	1.51

The New Zealand Food Composition Tables

Key	Foods	Measure g	Water g	Energy kj	Energy kcal	Protein g	Total Fat g	CHO avail. g	Fibre,tot. (NSP) g	Total avail. sugars g	Starch g	SFA g	MUFA g	PUFA g	omega 3 g	omega 6 g	Cholesterol mg	Sodium Na mg	Iodine I µg
Z525*	Fruit,apple,pureed,canned,Heinz Watties	100	85	216	52	0.3	0.3	12.3	1.2	12.3	0	0	0.1	0.2	0	0	0	T	1.0
Z525*	1 tablespoon	12	10	27	6	T	T	1.5	0.2	1.5	T	0	T	T	0	0	0	T	0.1
Z525*	1 tin	120	12	32	7	0	0	1.8	0.2	1.8	0	0	0	0	0	0	0	0	0.1
Z526*	Fruit,fruit salad,pureed,Heinz Watties	100	83	228	55	0.3	0.3	12.9	1.4	12.9	0	0	0.1	0.2	0	0	0	8	1.0
Z526*	1 tin	120	99	274	66	0.4	0.3	15.4	1.7	15.4	0	0	0.1	0.2	0	0	0	10	1.2
Z526*	1 tablespoon	13	10	29	7	0	0	1.6	0.2	1.6	0	0	0	0	0	0	0	1	0.1
Z533	Lambs fry & bacon,pureed,can,Heinz Wa	100	89	148	36	1.8	0.9	5.2	1.1	1.1	4.1	0.3	0.3	0.2	0	0.1	10	23	3.0
Z533	1 tin	120	107	178	43	2.1	1.1	6.3	1.3	1.3	4.9	0.4	0.4	0.2	0	0.1	12	28	3.6
Z533	1 tablespoon	12	11	18	4	0.2	0.1	0.6	0.1	0.1	0.5	0	0	0	0	0	1	3	0.4
Z454*	Muesli, Baby, Finely Ground,dry,Heinz W	100	6	1420	343	10.4	2.6	69.3	9.7	18.4	44.4	0.8	0.8	1.0	0	0	2	100	7.5
Z454*	1 carton	175	11	2485	600	18.1	4.6	121.3	17.0	32.1	77.7	1.4	1.4	1.8	0	0	4	175	13.1
Z454*	1 tablespoon	5	0	77	19	0.6	0.1	3.7	0.5	1.0	2.4	0	0	0.1	0	0	0	5	0.4
Z520*	Muesli, Baby, Finely Ground,Heinz Wattie	100	86	215	52	1.5	0.4	10.5	1.5	2.8	6.7	0.1	0.1	0.2	0	0	0	16	2.5
Z520*	1 tablespoon	12	10	26	6	0.2	0	1.2	0.2	0.3	0.8	0	0	0	0	0	0	2	0.3
Z457*	Muesli, Baby, Oat Flakes & Apple,dry,Hei	100	6	1530	370	10.0	6.5	68.0	7.3	18.4	41.1	3.4	1.4	0.5	0	0	2	98	7.5
Z457*	1 packet	260	17	3978	962	26.0	16.8	176.8	18.9	47.7	106.9	8.9	3.7	1.4	0	0	5	255	19.5
Z457*	1 tablespoon	6	0	93	23	0.6	0.4	4.1	0.4	1.1	2.5	0.2	0.1	0	0	0	0	6	0.5
Z523*	Muesli, Baby, Oat Flakes & Apple,Heinz \	100	84	257	62	1.7	1.1	11.4	1.2	3.1	6.9	0.6	0.2	0.1	0	0	0	17	2.5
Z523*	1 tablespoon	12	10	31	7	0.2	0.1	1.4	0.1	0.4	0.8	0.1	0	0	0	0	0	2	0.3
Z531	Parsnip carrot & kumara,pureed,canned,†	100	90	107	26	0.7	0.3	5.0	1.4	3.2	1.9	0.1	0.2	0.1	0	0	0	29	2.0
Z531	1 tablespoon	12	11	13	3	0.1	T	0.6	0.2	0.4	0.2	T	T	T	0	0	0	4	0.2
Z531	1 jar	110	99	118	29	0.8	0.3	5.5	1.5	3.5	2.1	0.1	0.2	0.1	0	0	0	32	2.2
Z532	Potato peas & broccoli,pureed,can,Heinz	100	87	175	42	2.3	0.6	7.1	2.0	1.6	5.5	0.2	0.2	0.1	0	0	0	5	2.0
Z532	1 jar	110	95	193	46	2.5	0.6	7.8	2.1	1.7	6.1	0	0	0	0	0	0	6	2.2
Z532	1 tablespoon	12	10	20	5	0.3	0.1	0.8	0.2	0.2	0.6	0	0	0	0	0	0	1	0.2
Z458*	Rusks,teething rusks,Heinz	100	11	1360	328	17.5	0.6	63.1	6.3	1.1	62.0	0.2	0.2	0.1	0	0	0	470	8.0
Z458*	1 rusk (8.6 x 2 x 1.6cm)	10	1	138	33	1.8	0.1	6.4	0.7	0.1	6.3	T	T	T	0	0	0	48	0.8
Z504	Savoury,ctic,pasta&veg,chunky,toddler,†	100	80	367	88	4.2	2.3	12.7	1.9	0.7	12.1	0.4	0.8	1.0	0	0	6	120	2.9
Z504	1 can	220	177	807	194	9.2	5.1	27.9	4.1	1.4	26.6	0.9	1.8	2.2	0	0	12	264	6.4
Z504	1/2 cup	125	101	459	110	5.2	2.9	15.9	2.3	0.8	15.1	0.5	1.0	1.2	0	0	7	150	3.6

The New Zealand Food Composition Tables

Key	Foods	Measure g	Potassium K mg	Phosphorus mg	Calcium Ca mg	Iron Fe mg	Zinc Zn mg	Selenium Se µg	Tot.vit A equiv. µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Tot. niacin equiv. mg	Vitamin B6 mg	Vitamin B12 µg	Folate, Total µg	Vitamin C mg	Vitamin D µg
Z525*	Fruit,apple,pureed,canned,Heinz Watties	100	125	9	4	0.3	0	0	7	44	0.01	0.02	0.2	0.01	0	2	30	0
Z525*	1 tablespoon	12	15	1	1	T	T	T	1	5	T	T	T	T	0	T	13	0
Z525*	1 tin	120	18	1	1	0	0	0	1	6	0	0	0	0	0	0	16	0
Z526*	Fruit,fruit salad,pureed,Heinz Watties	100	150	12	7	0.3	0.1	T	4	21	0.02	0.01	0.1	0.04	0	0	30	0
Z526*	1 tin	120	180	14	9	0.4	0.1	0	4	25	0.02	0.01	0.1	0.05	0	0	36	0
Z526*	1 tablespoon	13	19	2	1	0	0	0	0	3	0	0	0	0.01	0	0	4	0
Z533	Lams fry & bacon,pureed,can,Heinz Wa	100	130	34	7	1.0	0.3	1.3	233	0	0.03	0.17	1.4	0.18	0.11	4	T	0.02
Z533	1 tin	120	156	41	8	1.2	0.4	1.5	280	0	0.04	0.20	1.7	0.22	0.13	5	0	0.02
Z533	1 tablespoon	12	15	4	1	0.1	0	0.1	28	0	0	0.02	0.2	0.02	0.01	0	0	0
Z454*	Muesli, Baby, Finely Ground,dry,Heinz W	100	470	260	140	4.1	1.7	6.6	T	T	0.07	0.49	0.6	0.33	1.40	74	4	T
Z454*	1 carton	175	823	455	245	7.2	3.0	11.6	0	0	0.12	0.86	1.1	0.58	2.45	130	7	0
Z454*	1 tablespoon	5	25	14	8	0.2	0.1	0.4	0	0	0	0.03	0	0.02	0.08	4	0	0
Z520*	Muesli, Baby, Finely Ground,Heinz Wattie	100	73	39	23	6.2	0.3	1.0	T	T	0.48	0.07	5.4	0.05	0.21	11	11	T
Z520*	1 tablespoon	12	9	5	3	0.7	0	0.1	0	0	0.06	0.01	0.6	0.01	0.02	1	1	0.00
Z457*	Muesli, Baby, Oat Flakes & Apple,dry,Hei	100	490	260	130	4.9	1.8	8.1	0	0	0.06	0.49	0.6	0.31	0.80	74	4	T
Z457*	1 packet	260	1274	676	338	12.7	4.7	21.1	0	0	0.16	1.27	1.5	0.81	2.08	192	10	0
Z457*	1 tablespoon	6	30	16	8	0.3	0.1	0.5	0	0	0	0.03	0	0.02	0.05	5	0	0
Z523*	Muesli, Baby, Oat Flakes & Apple,Heinz \	100	84	44	23	4.9	0.3	1.4	0	0	0.06	0.08	6.0	0.05	0.13	12	4	T
Z523*	1 tablespoon	12	10	5	3	0.6	0	0.2	0	0	0.01	0.01	0.7	0.01	0.02	1	0	0.00
Z531	Parsnip carrot & kumara,pureed,canned,†	100	180	25	21	0.3	0.2	T	664	3990	0.02	0.04	1.0	0.25	0	5	T	0
Z531	1 tablespoon	12	22	3	3	T	T	T	81	486	T	T	0.1	0.03	0	1	T	0
Z531	1 jar	110	198	28	23	0.3	0.2	0	730	4389	0.02	0.04	1.1	0.28	0	6	0	0
Z532	Potato peas & broccoli,pureed,can,Heinz	100	170	39	8	0.5	0.3	0.5	160	960	0.06	0.05	1.3	0.27	0	17	T	0
Z532	1 jar	110	187	43	9	0.5	0.3	0.5	176	1056	0.07	0.06	1.4	0.30	0	19	0	0
Z532	1 tablespoon	12	20	5	1	0.1	0	0.1	19	112	0.01	0.01	0.1	0.03	0	2	0	0
Z458*	Rusks,teething rusks,Heinz	100	300	240	63	21.0	2.1	20.6	0	0	0.31	0.10	4.1	0.24	0.07	34	0	0
Z458*	1 rusk (8.6 x 2 x 1.6cm)	10	31	24	6	3.1	0.2	2.1	0	0	0.03	T	0.4	0.02	0.01	3	0	0
Z504	Savoury,ctic,pasta&veg,chunky,toddler,†	100	92	52	14	0.4	0.3	4.5	9	41	0.11	0.98	1.5	0.09	T	3	T	T
Z504	1 can	220	202	114	31	0.8	0.7	9.9	20	90	0.24	2.16	3.2	0.20	0	7	0	0
Z504	1/2 cup	125	115	65	18	0.5	0.4	5.6	11	51	0.14	1.23	1.8	0.11	T	4	T	T

Appendix I – Footnotes

Key	Food - short name	Footnote
A1007	Bread,white,sliced,prepacked	Prosky fibre, Englyst 2.8 g/100g
A1008	Bread,wheatmeal,sliced,prepacked	Prosky fibre, Englyst 5.7 g/100g
A1009	Bread,multi-grain,light,sliced,prepacked	Prosky fibre, Englyst 4.31 g/100g
A1010	Bread,multi-grain,heavy,prepacked	Prosky fibre, Englyst 4.25 g/100g
A1011	Stuffing,from deli-cooked,chicken	Prosky fibre only
A1014	Bread,gluten free,white	Ausnut. Prosky fibre only.
A1015	Bread,gluten free,multigrain	Ausnut. Prosky fibre only.
A1020	Bread,'Burgen',fortified	Fortified with folate (1/10/02)
A1020	Bread,'Burgen',fortified	Prosky fibre only.
A1021	Bread,'9 Grains',Tip Top,fortified	Fortified with iron, vit E and folate (01/07/99).
A1021	Bread,'9 Grains',Tip Top,fortified	Prosky fibre only.
A1022	Cracker,Well Grain,Vitalife,Griffins	Fortified with iron, vit B6, vit E, folate, niacin, riboflavin and thiamin (03/03/04)
A125	Bread,'Super Soft',Tip Top,White	Fortified with iron(1/10/98).
A32	Cracker,crispbread,rye	High fibre varieties contain approximately 11.7g Englyst fibre per 100g
C1017	Activate' Probiotic drink,Meadow fresh	Fortified with zinc, vit A, vit B6, vit C, vit E, niacin and thiamin (01/07/05).
C125	Juice conc,blackcurrant,unsw,Barkers	Fortified with vit C(1/12/96)
C138	Drink flvr,'Vitafresh',powder,Hansell's	Fortified with vit C (01/01/1975)
C139	'Complan',assorted flavours,powder	Fortified with calcium(14/2/96),iodine(14/2/96),iron(14/2/96),magnesium(14/2/96),phosphorus (01/08/2007),zinc(14/2/96),vitA(14/2/96
C144	Fruit Drink,'V Drink'	vitB12(01/08/2007),vitB6(14/2/96),vitC(14/2/96),vitD(14/2/96),vitE(14/2/96),folate(14/2/96),niacin(14/2/96),riboflavin(14/2/96),thiamin(14/2/96
C159	Liquid breakfast,'UP & GO', Sanitarium	Fortified with vit B12, vit B6, niacin, riboflavin (01/01/97)
C159	Liquid breakfast,'UP & GO', Sanitarium	Fortified with calcium, phosphorus, vit A, vit B12, vit B6, vit C, folate, niacin, riboflavin and thiamin (01/10/98)
C16	Juice,tomato,McCoy	Fortification dates vary with flavours.
C166	Soy drink,'So Good Essential UHT',Sanitarium	Fortified with vit C (1/12/96).
C168	Soy drink,high fibre,Vitasoy	Fortified with iron (01/11/01), phosphorus (01/01/03), calcium, vit A, vit B12, vit B6, vit C, vit E, folate, riboflavin, thiamin (01/09/01
C29	Soy drink,'So Good', Sanitarium	Fortified with calcium (01/04/99), vit B12, riboflavin (01/10/08)
C3	Cocoa,powder	Fortified with calcium (1/12/96),phosphorus (01/01/2003), vit A (1/12/96),riboflavin (1/12/96),vit B12 (1/12/96)
C30	Soy drink,'So Good Lite', Sanitarium	Total nitrogen value includes 0.74g purine nitrogen. Protein calculated as (total N-purine N)x6.25
C38	Juice,orange & apple,unsw,'Just Juice'	Fortified with calcium (1/12/96),phosphorus (01/01/2003), vit A (1/12/96), riboflavin (1/12/96),vit B12 (1/12/96)
C46	Juice,apple,unsweetened,'Fresh Up'	Fortified with vit C(1/12/80).
C5	Coffee,instant,powder	Fortified with vit C (01/12/80)
C71	'Milo',powder	Total nitrogen value includes 0.93g purine nitrogen. Protein calculated as(total N-purine N)x6.25
		Fortified with calcium (1/12/96),iron (1/12/96),vit A (1/12/96),vit C (01/12/96),riboflavin (01/12/96),thiamin (01/12/96)

Key	Food - short name	Footnote
C71	Milo', powder	Dietary fibre value: 4g/100g is from the NIP, prosky method. Englyst method: 3.1g/100g
C9	Chocolate,drinking,powder	Total nitrogen value includes 0.16g purine nitrogen. Protein calculated as(total N-purine N)x6.25
C93	Cordial,blackcurrant syrup,Barkers	Fortified with vit C (1/12/96).
C95	Cordial,lemon&barley syrup,Baker-Halls	Fortified with vit C (1/12/96).
C99	Drink flavour,assorted,powder,' Raro'	Fortified with vit C (1/12/96).
D10	'Ricies', Sanitarium	Fortified with iron (1/12/96),niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96)
D1001	Corn Flakes with Psyllium,Freedom Fds	Fortified with iron, folate, niacin and thiamin (01/09/04)
D1009	'Just Right',Tropical,Kellogg's	Fortified with iron, folate, niacin, riboflavin, thiamin (01/08/05)
D1010	'Special K',Honey & Almond Kellogg's	Fortified with calcium, iron, vit B6, folate, niacin, riboflavin, thiamin (01/09/06)
D1011	Corn flakes ,Skippy	Fortified with iron, niacin, riboflavin and thiamin (01/12/96) and folate (01/01/01)
D1012	Weet-Bix' Oat Bran,Sanitarium	Fortified with vit E and folate (01/01/00)
D1014	'Light & Tasty',Berry,Sanitarium	Fortified with calcium, iron, folate (01/10/03), niacin, riboflavin, thiamin (01/04/05)
D1015	'Light & Tasty',Apricot,Sanitarium	Fortified with calcium, iron, folate (01/11/97) niacin, riboflavin, thiamin (01/04/05)
D1016	'Special K',Berries Kellogg's	Fortified with calcium, iron, vit B6, folate, niacin, riboflavin, thiamin (01/09/06)
D1018	Wheat bran, 'San Bran',Sanitarium	Fortified with potassium, iron, zinc, magnesium, niacin, thiamin
D1019	Muesli,'Natural fruit & five grains',Sanitarium	Fortified with iron, magnesium, niacin, thiamin, folate (09/09/07)
D1020	'Light & Tasty',Apple & Cranberry Sanitarium	Fortified with calcium, iron, folate, niacin, riboflavin, thiamin (01/08/05)
D15	Wheat puffs,honey coated,Sanitarium	Prosky fibre only, Englyst 7.9g/100g. Sodium taken from manufacturers data
D16	'Weeties',Sanitarium	Prosky fibre only, Englyst 13g/100g
D20	'Weet-Bix' Sanitarium	Fortified with iron(1/3/97),folate (1/3/97),niacin (1/3/97),riboflavin (1/3/97),thiamin (1/3/97)
D20	'Weet-Bix' Sanitarium	Prosky fibre only, Englyst 15.2g/100g
D31	'Special K',Kellogg's	Fortified with calcium (1/1/96),iron (1/12/96),vit B6 (1/12/96),folate (1/12/96),niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96)
D32	Corn flakes ,Kellogg's	Fortified with zinc (01/06/98), vit C (01/12/98), iron, folate, niacin, riboflavin, thiamin (01/12/96)
D33	'Nutri-Grain',Kellogg's	Fortified with iron (1/12/96),vit C (1/12/96),folate (1/12/96),niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96),vit B6 (01/05/99),calcium (01/06/00)
D34	'All Bran',Kellogg's	Fortified with iron (1/12/96),folate (1/12/96),niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96),magnesium (01/05/98),zinc (01/05/98)
D35	'Coco Pops',Kellogg's	Fortified with calcium (01/09/02), iron (1/12/96),vit C (1/12/96),folate (1/12/96),niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96),zinc (1/6/98)
D36	'Crunchy Nut Corn Flakes',Kellogg's	Fortified with iron (1/12/96),vit C (1/12/96),folate (1/12/96),niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96)
D38	'Just Right',Kellogg's	Fortified with iron (1/12/96),folate (1/12/96),niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96)
D42	Rice Bubbles Kellogg's	Fortified with iron, vit C, folate, niacin, riboflavin, thiamin (01/12/96) and zinc (01/06/98)
D43	'Sultana Bran',Kellogg's	Fortified with iron (1/12/96),folate (1/12/96),niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96),zinc (1/6/98),magnesium (01/02/98)
D44	'Sustain',Kellogg's	Fortified with iron (1/12/96),vit B6 (1/12/96),vit C (1/12/96),folate (1/12/96), niacin (1/12/96),riboflavin (1/12/96),thiamin (1/12/96)
D46	'Weet-bix fruity',apricot,Sanitarium	Fortified with calcium, folate (01/01/06), iron, niacin, riboflavin, thiamin (01/01/95)
D7	Muesli porridge,Sanitarium	Prosky fibre only, Englyst 7.1g/100g
E1013	Noodles,'2 minute Extra Delicious',Maggi,assorted flavours	Fortified with Iron, Niacin, Riboflavin and Thiamin (01/07/08)
E19	Macaroni,boiled	Wholemeal macaroni contains 2.8g Englyst fibre per 100g.
E31	Spaghetti,boiled	Wholemeal spaghetti contains 3.5g Englyst and 4.0g Southgate fibre per 100g.
E81	Noodles,instant,boiled,water drained	Sodium (g/100g): Maggi: 393, Fantastic: 384, Budget: 38C
F1018	Milk,fluid,fortified,0.1% fat,'yellow top'	Fortified with Calcium (01/12/96) and vit D (06/09/04).
F120	Milk,'Calci Kid',enriched,Meadow Fresh	Fortified with calcium (01/06/2001), vit A (09/08/04),vit D (09/08/04).
F120	Milk,'Calci Kid',enriched,Meadow Fresh	Previous brand: Tararua
F33	Milk,fluid,whole	Winter and summer values for retinol were 9 and 36ug per 100g respectively
F5	Cheese,camembert	thiamin content of the rind is 0.5mg per 100g.

Key	Food - short name	Footnote
F53	Milk,human,mature	Total nitrogen value includes non-protein nitrogen. The true protein content is 0.85g per 100g
H10	Burger,'Quarter Pounder w/ Cheese',McD	Replaced sodium value with manufacturers data
H151	Pancakes,McDonald's	Replaced sodium value with manufacturers data
H159	Nugget,chicken,McDonald's	Replaced protein, total fat, carbohydrate available, total available sugars, starch and sodium values with manufacturers data
H20	Coleslaw,KFC	Majority of data is from the manufacturer, when data wasn't available from this source Australian analytical data was used
H27	Pie,apple,McDonald's	Replaced sodium value with manufacturers data
H4	Burger,cheese,McDonald's	Replaced total fat, carbohydrate available, total available sugars, saturated fatty acids and sodium values with manufacturers data
H7	Burger,hamburger,McDonald's	Replaced sodium value with manufacturers data
H8	Burger,'Big Mac',McDonald's	Replaced sodium value with manufacturers data
J1001	Margarine,Mono canola (70% fat)	Fortified with vit A and D.
J1003	Margarine,Mono canola,(50% fat)	Fortified with vit A and D.
J1005	Margarine,Poly,(70% fat),fortific	Fortified with vit A and D.
J1006	Margarine,Poly,(70% fat),reduced salt,fortific	Fortified with vit A and D.
J1008	Margarine,Poly,(50% fat),Flora Light	Fortified with vit D (01/01/97).
J1010	Margarine,Mono olive blend,(70% fat),Olivio Bertolli	Fortified with vit D (01/01/97)
J1011	Margarine,Mono olive blend,(55% fat),Olivio Bertolli Light	Fortified with vit D (01/04/99)
L101	Mango,flesh,fresh	The beta-carotene equivalents value ranges from 300 to 3000ug per 100g
L112	Olives,in brine,bottled	The total vit A equivalents value is for green olives. Ripe black olives contain 40ug of this nutrient per 100g
M226	Beef,sirloin steak,lean,grilled	1995 MIRINZ niacin data was not used.
M27	Beef,rump steak,lean,grilled	1995 MIRINZ niacin data was not used.
M301	Lamb,comp.cuts,lean,cooked	1995 MIRINZ niacin data was not used.
M46	Beef,topside roast,lean,roasted	1995 MIRINZ niacin data was not used.
M544	Beef,mince,lean&fat(6%),fried	1995 MIRINZ data for niacin was not used.
P1001	`Vege Spread' Gluten free,Freedom Fds	Fortified with folate, niacin, riboflavin, thiamin (01/01/03)
P13	Yeast,baker's,dried	Total nitrogen value includes 0.63g purine nitrogen. Protein calculated as (total N-purine N) x 6.25
P14	`Bovril'	Total nitrogen value includes 0.17g purine nitrogen. Protein calculated as (total N-purine N)x6.25
P15	`Marmite'	Fortified with thiamin (1/12/96),riboflavin (1/12/96),niacin (1/12/96),vit B12 (1/7/98),folate (1/7/98),iron (1/7/98)
P16	Oxo cubes	Total nitrogen value includes 0.17g purine nitrogen. Protein calculated as (total N-purine N)x6.25
P61	`Vegemite',Kraft	Fortified with niacin (1/12/96), riboflavin (1/1/67), thiamin (1/1/67), folate (3/08/05).
R209	Pudding,milk and rice,canned	Low energy varieties contain approximately 3.1g total available sugars
U1001	`One Square Meal',OSM	Fortified with calcium, iodine, iron, magnesium, phosphorus, zinc, vit A, vit B12, vit B6, vit C, vit D, vit E, folate, niacin, riboflavin, thiamin (19/07/05)
X2	Artichoke,Globe,boiled,drained	Available carbohydrate value includes inulin.
Z450	Apricot Porridge, baby, dry,Heinz Watties	Fortified with iron (11/02/99), vit C (11/02/99), niacin (11/02/99), thiamin (11/02/99)
Z454	Muesli, Baby, Finely Ground,dry,Heinz Watties	Fortified with iron(1/03/02), vit C (1/03/02), niacin (1/03/02), thiamin (1/03/02)
Z454	Muesli, Baby, Finely Ground,dry,Heinz Watties	Fortified with iron, vit C, niacin, thiamin (01/03/02).
Z455	Baby Rice,dry,Heinz Watties	Fortified with iron and vit C (19/04/98).
Z456	Cereal,Original Mixed Cereal,dry,Heinz Watties	Fortified with iron (19/04/98), vit C (19/04/98), niacin (19/04/98), thiamin (19/04/98)
Z457	Muesli, Baby, Oat Flakes & Apple,dry,Heinz Watties	Fortified with iron (19/04/98), vit C (19/04/98), niacin (19/04/98), thiamin (19/04/98)

Key	Food - short name	Footnote
Z458	Rusks,teething rusks,Heinz	Fortified with iron (01/05/1999)
Z516	Apricot Porridge,Heinz Watties,prep w/ standard milk.	Fortified with iron, vit C, niacin, thiamin (11/02/99).
Z519	Custard, Banana, Heinz Watties,prep w/ standard milk	Fortified with iron, vit C, niacin, thiamin
Z520	Muesli, Baby, Finely Ground,Heinz Watties,prep w/ water	Fortified with iron, vit C, niacin, thiamin (01/03/02).
Z521	Cereal,baby rice,Farex,Heinz Watties,rte	Fortified with vit C (19/04/1998),iron (19/04/1998)
Z522	Cereal, Original Mixed, Heinz Watties,prep w/ water	Fortified with iron, vit C, niacin, thiamin
Z523	Muesli, Baby, Oat Flakes & Apple,Heinz Watties,prep w/ water	Fortified with iron, vit C, niacin, thiamin (19/04/98).
Z525	Fruit,apple,pureed,canned,Heinz Watties	Fortified with vit C (1/04/1999)
Z526	Fruit,fruit salad,pureed,Heinz Watties	Fortified with vit C (01/01/01)

Appendix II – Alcohol values

Key	Foods	Measure g	Alcohol g
B	BEVERAGES, ALCOHOLIC		
B35	Beer, Low alcohol	100	1.0
	1 bottle (745 ml)	745	7.45
B2	Beer,standard,draught and lager	100	3.9
	1 jug (1000 ml)	1004	39.2
	1 bottle (745 ml)	747	29.1
B9	Beer,stout,bottled	100	2.9
	1 large bottle (745 ml)	755	21.9
B10	Beer,strong ale	100	6.6
	1 large bottle (745 ml)	758	50.0
B12	Cider,sweet	100	3.7
	1 glass (177 ml)	179	6.6
B17	Port	100	15.9
	1 glass (55 ml)	56	8.9
B18	Sherry,dry	100	15.7
	1 glass (59 ml)	59	9.3
B20	Sherry,sweet	100	15.6
	1 glass (59 ml)	60	9.4
B21	Spirits,70 proof	100	31.7
	1 nip (20 ml)	19	6.0
B24	Wine,Red,dry	100	11.9
	1 glass (104 ml)	103	12.3
B26	Wine,White,dry	100	11.9
	1 glass (104 ml)	103	12.3
B27	Wine,White,medium	100	10.3
	1 glass (104 ml)	104	10.7
B28	Wine,White,sparkling	100	10.6
	1 glass (104 ml)	104	11.0

Appendix III – Caffeine values

Key	Foods	Measure g	Caffeine mg
A148	Biscuit,`Afghan'	100	4
	1 biscuit	17	1
A3	Biscuit,chocolate base,`Digestive/Wheat'	100	8
	1 biscuit (0.85 x 5.5cm diam)	10.5	1
	1 biscuit (0.80 x 7.5cm diam)	18	1
A1	Biscuit,chocolate coated	100	8
	1 biscuit	11	1
A71	Biscuit,chocolate coated,`Mallowpuff'	100	8
	1 biscuit (2.7 x 4.5cm diam)	21.5	2
A72	Biscuit,chocolate coated,`Toffee Pop'	100	8
	1 biscuit (Original)	17	1
	1 biscuit (Extreme)	20	2
A61	Biscuit,cookie,chocolate chip	100	8
	1 biscuit	13	1
A66	Biscuit,peanut brownie,commercial	100	4
	1 biscuit (11.5 x 5.4cm diam)	12	1
	1 biscuit (16.3 x 5.5cm diam)	22	1
A108	Cake,chocolate,standard	100	3
A142	Cookies,`Cookie Time',original	100	12
	1 biscuit	92	11
A90	Lamington,chocolate	100	3
	1 lamington (8.5 x 8 x 4cm)	140	5
A128	Muffin,chocolate	100	3
	1 muffin(6cm diameter x 4cm height)	60	2
C18	`Lucozade'	100	0
	1 cup	264	0
C71	`Milo',powder	100	10
	1 teaspoon	2.5	T
C74	`Nesquik',powder	100	10
	1 teaspoon	2.5	T
C9	Chocolate,drinking,powder	100	51
	1 teaspoon	2.5	1
C3	Cocoa,powder	100	227

Key	Foods	Measure g	Caffeine mg
	1 teaspoon	1.8	4
C87	Coffee,espresso,brewed	100	212
	1 cup	272	577
C75	Coffee,instant,decaffeinated,powder	100	160
	1 teaspoon	1.8	3
C5	Coffee,instant,powder	100	3700
	1 teaspoon	1.5	56
C144	Fruit Drink,`V Drink'	100	28
	1 can (250ml)	257	72
C25	Soft drink,`Cola',diet	100	14
	1 can (350ml)	350	49
C2	Soft drink,`Coca-Cola'	100	9
	1 can (355ml)	365	33
	1 bottle (500ml)	514	46
C24	Tea,Indian,infused	100	22
	1 cup	251	55
D35	`Coco Pops',Kellogg's	100	5
	1 cup	40	2
F70	Dessert,dairy food,chocolate flavour	100	2
	1 cup	246	5
F110	Ice cream,`Jelly Tip'	100	2
	1 cup	200	4
H55	Sundae,chocolate,McDonald's	100	1
	1 sundae	198	2
P80	`Nutella'	100	11
	1 cup	286	31
	1 tablespoon	14	2
R14	Cake,chocolate,butter icing	100	3
	1/8 cake	79	3
R484	Coffee,cafe latte,caffeinated	100	99
	1 cup	272	269
R42	Eclairs w/ choc. icing & cream filling	100	2
	1 eclair	42	1
R1001	Milo,made with trim milk	100	T
	1 cup	280	1

Key	Foods	Measure g	Caffeine mg
R543	Milo,made with water 1 cup	100 255	T 1
R495	Pudding,self-saucing,chocolate,baked	100	6
U30	Muesli bar,chocolate chip 1 bar	100 32	2 1
U27	Muesli bar,chocolate coated,`Snacker' 1 bar	100 33	2 1
W5	`Bounty' bar,Cadbury 1 bar	100 50	16 8
W34	`Crunchie' bar,Cadbury 1 bar	100 53	16 8
W39	`Kit Kat',Nestle 1 finger	100 12	16 2
W6	`Mars',bar 1 bar	100 60	16 10
W33	`Pinky' bar,Cadbury 1 bar	100 45	16 7
W66	Chocolate,Cadury,`Moro',bar 1 bar (12.1 x 3.1 x 1.9cm)	100 70	16 11
W35	Chocolate,candy coated,`Pebbles' etc 10 pieces	100 9	16 1
W56	Chocolate,dark 1 cup, grated	100 88	59 52
W55	Chocolate,white 1 cup, grated	100 88	5 4
W3	Chocolate bar,milk 1 large bar 1 small bar	100 120 50	20 24 10
W38	Chocolate bar,with peanuts 1 slab	100 52	16 8
W7	Chocolates,fancy and filled 1 chocolate	100 5	16 1
W46	Sauce,chocolate 1 tablespoon	100 15	10 1

Appendix IV – Key to abbreviations

Abbreviation	Meaning	Abbreviation	Meaning
AD	Fortified with Vitamin A and D	McD	McDonald's Family Restaurant
add	added	MIRINZ	Meat Industry Research Institute of NZ
art	artificially	nd	not determined
asst/asstd	assorted	NZ	New Zealand
bkd	baked	P'Hut	Pizza Hut
boil	boiled	PNG	Papua New Guinea
can	canned	polyunsat	polyunsaturated
chic	chicken	preckd	precooked
choc	chocolate	prem	premium
ckd	cooked	prep	prepared
comb	combined	rstd	roasted
comm.	commercial	RTE	Ready To Eat
comp	composite	s	skin
conc	concentrated	sds	seeds
cond	condensed	sl	sliced
crh/crhy	crunchy	smth	smooth
drip	dripping	spcl	special
drnd	drained	spmkt	supermarket
f	fat	trad	traditional
Fds	Foods	trm	trimmed
fl	flesh	tstd	toasted
flvr	flavour	UHT	Ultra-High Temperature
frt	fruit	unsw	unsweetened
frzn	frozen	veg/veges	vegetables
hmade	homemade	w/	with
jui	juice	w/o	without
l	lean	whml	wholemeal
lge	large	ygt	yoghurt

Appendix V – Full Food Name

Key	Food - full name	Page no.
BAKERY PRODUCTS		
A54	BAGEL, PLAIN	1
A148	BISCUIT, `AFGHAN` Composite of Griffins `Milk Chocolate Afghans` 200g,First Choice `Milk Chocolate Afghans` 200g,and Budget `Chocolate Afghans` 200g.	1
A69	BISCUIT, `FRUIT FINGER` Composite of Griffin's `Fruit Fingers` and `Apricot Fingers`.	1
A5	BISCUIT, `GINGERNUT` Composite of Griffin's `Gingernuts`(87.7%), Arnotts `Gingernuts` (10.5%) and Budget `Gingernuts` (1.75%).	1
A62	BISCUIT, `KRISPIE`	1
A64	BISCUIT, `MALT` Composite of Griffin's `Malt Biscuits`(94.1%) and Budget `Malt Biscuit` (5.9%).	1
A81	BISCUIT, ANZAC, Home-made	1
A146	BISCUITS, `ARROWROOT` Composite of Griffins `Milk Arrowroot` 250g, Foodtown `Milk Arrowroot Biscuits` 250g, Budget `Milk Arrowroot` 250g, No Frills `Milk Arrowroot Biscuits` 250g, Arnotts `Milk Arrowroot` 250g, Arnotts `Head & Tails` 150g	3
A3	BISCUIT, `DIGESTIVE/WHEATEN`, Chocolate base Composite of Griffins `Chocolate Wheaten` dark and light (60%), Arnott's `Digestive` original and dark (28.6%), Budget `Choc Wheaten` (5.7%) and First Choice `Choc Wheaten` (5.7%)	1
A1	BISCUIT, CHOCOLATE, Chocolate coated	1
A71	BISCUIT, `MALLOWPUFF`, Chocolate coated Composite of Griffin's `Double Chocolate`, `Caramel Mallowpuffs` and `Chocolate Mallowpuffs`.	1
A72	BISCUIT, `TOFFEE POP`, Chocolate coated Composite of Griffins `Toffee Pops` original and extreme (93.8%) and Budget `Toffee Pops` (6.2%)	1
A61	BISCUIT, COOKIE, Chocolate chip Composite of Arnott's `Farmbake Chocolate Chip` (68.1%), Ernest Adams `Butter Cookies Chocolate Chip` (26.2%) and No Frills `Choc Chip Cookies` (5.7%).	1
A70	BISCUIT, `DIGESTIVE`, Fruit Composite of Arnott's `Digestive Fruit` and Griffin's `Fruit Digestive`.	1
A66	BISCUIT, PEANUT BROWNIE, Commercial Composite of Arnott's `Farmbake Cookies - Peanut Brownies`(64%), Ernest Adams `Butter Cookies - Peanut Brownies`(25.4%),	1

Key	Food - full name	Page no.
A4	Signature Range `Peanut Brownies'(5.3%) and No Frills `Peanut Brownies'(5.3%). BISCUIT, `DIGESTIVE' , Plain	1
A9	Composite of Griffins `Digestives'(62.5%) and Arnott's `Digestive'(37.5%) BISCUIT, PLAIN , Cream filled	1
A63	Composite of Griffin's `Swiss Creme Biscuits' and Aulsebrooks `Custard Creams Biscuits'. BISCUIT, SHORTBREAD , Retail	1
A12	Composite of Arnott's `Farmbake Cookies - Butter Shortbread'(64.0%), Ernest Adams `Butter Cookies - Shortbread'(25.3%), Signature Range `Shortbread Cookies'(5.3%), No Frills `Shortbread Cookies'(5.3%). BISCUIT, WAFERS , Cream filled, raspberry	3
A1021	Composite of JJ's `Gizza Cream Wafers'(59.3%), JJ `Cream Wafer'(32.0%), Budget `Creme Wafer'(4.3%) and No Frills `Creme Wafer'(4.3%). BREAD, `9 Grains' , Tip Top, fortified	3
A1020	BREAD, 'Burgen' , fortified	3
A206	BREAD, CURRANT , Supermarket fresh	3
A95	BREAD, FOCACCIA , Assorted flavours	3
A236	Composite of Foodtown `Herb & Olive', `Cheese', Mother Earth `Black Olive', `Sundried Tomato'. BREAD, GARLIC, BUTTER , retail	3
A1015	Composite of 'La Famiglia' and 'Signature Range' BREAD, GLUTEN FREE, MULTIGRAIN	3
A1014	Composite of 'New World', 'Organic Living' and 'Kiwi Green's' "Venerdi", "Purebread" and "Dovedale" BREAD, GLUTEN FREE, WHITE	3
A125	Composite of 'Woolwoths: Fresh Zone', 'New World: Pavillion', 'Organic Living: Venerdi' and 'Kiwi Green: Liberte and Venerdi' BREAD, SUPER SOFT , Fortified, Tip Top	3
A1010	BREAD, MULTIGRAIN, HEAVY , Prepacked	3
A1009	Composite of 'Vogels' sandwich and toast BREAD, MULTIGRAIN, LIGHT , Sliced, prepacked	3
A234	Composite of 'Quality Bakers: Molenberg' and 'Tip Top Family Fresh: Multigrain and Honey grain' BREAD, PANINI, PLAIN , Pre-packaged	3
A57	Composite of Quality Bakers and Giannis bakeries BREAD, PITA , Pre-packaged, white	3
A45	Composite of Quality Bakers, Pita Bread Co and Giannis bakeries BREAD, PITA , Pre-packaged, wholemeal	3
	Composite of Quality Bakers, Pita Bread Co Ltd and Giannis bakeries Ltd.	

Key	Food - full name	Page no.
A53	BREAD ROLL, MIXED GRAIN , Supermarket fresh	5
A40	BREAD ROLL, WHITE , Supermarket fresh	5
A52	BREAD ROLL, WHOLEMEAL , Supermarket fresh	5
A211	BREAD, SOY & LINSEED , Sliced,prepacked	3
A1008	BREAD, WHEATMEAL , Sliced, prepacked, composite Composite of 'Quality Bakers: Natures Fresh' and 'Tip Top: Family Fresh'	5
A1007	BREAD, WHITE , Sliced, prepacked Composite of 'Quality Bakers: Natures Fresh' and 'Tip Top: Family Fresh'	3
A25	BUN, CURRANT Composite of Woolworths and Homestyle.	5
A130	BUNS, ICED	5
A108	CAKE, CHOCOLATE,STANDARD	5
A29	CAKE, FANCY, ICED	5
A26	CAKE, FRUITCAKE , Plain, retail Composite of Ernest Adams `Sultana Cake' and Mother Earth `Rich Fruit Cake'.	5
A77	CAKE, SPONGE , Plain	5
A58	CHAPATI , Homemade	5
A145	COOKIE , `COOKIE TIME', Apricot,yoghurt coated	5
A142	COOKIE , `COOKIE TIME', Original	5
A119	CRACKER , `MEAL MATES', Griffins	5
A141	CRACKER, RYVITA,ASSORTED FLAVOURS Composite of Ryvita `Sesame Whole Rye', `Original Whole Rye' and `Dark Grain Whole Rye'.	5
A138	CRACKER, SALADA , Arnotts	5
A137	CRACKER, SNAX , Griffins	5
A134	CRACKER, CHEESE Composite of Arnotts `Country cheese', `Cheds'and Griffins `Chedder'.	7
A136	CRACKER, CREAM Composite of H&P `Choice Grain Crackers', `Cream Crackers' and Aulsebrook `Cream Crackers'.	7
A133	CRACKER, CRISPBREAD,ASSORTED FLAVOURS , Arnotts Composite of `Sesame' `Cracked Pepper' and `Original' flavours	7
A32	CRACKER, CRISPBREAD,RYE	7
A233	CRACKER, RICE, BAKED , Bbq Flavours Composite of Fantastic, Sakata, Trident, Griffins, Pams and Signature Range	7

Key	Food - full name	Page no.
A135	CRACKER, SESAME Composite of Arnotts `Sesame Wheat',Griffins `Sesameal' and `Sao Sesame Cracker Wheat'.	7
A140	CRACKER, WATER , Arnotts	7
A1022	CRACKER , Well Grain, Vitalife, Griffins	7
A110	CRACKER, WHOLEMEAL AND SESAME	7
A101	CROISSANT Composite of Homestyle and TipTop.	7
A34	DOUGHNUT, RING Composite of Pak'n Save and Country fare.	7
A90	LAMINGTON, CHOCOLATE	7
A96	MUFFIN, ASSORTED FLAVOURS , Homestyle, Toasted Composite of Homestyle `English', `Cheese' and `Spicy fruit'.	7
A127	MUFFIN, BLUEBERRY	7
A129	MUFFIN, BRAN	7
A128	MUFFIN, CHOCOLATE	7
A143	PIZZA, BASE Composite of `Romano's', `Ernest Adam's' and `Leaning Tower'.	7
A1011	STUFFING, CHICKEN , From deli-cooked	7
A60	TORTILLA, MAIZE	7
BEVERAGES, ALCOHOLIC		
B35	BEER, LOW ALCOHOL	9
B2	BEER, STANDARD DRAUGHT AND LAGER	9
B9	BEER, STOUT , Bottled	9
B10	BEER, STRONG ALE	9
B12	CIDER, SWEET	9
B17	PORT	9
B18	SHERRY, DRY	9
B20	SHERRY, SWEET	9
B21	SPIRITS, 30% ALCOHOL,60 PROOF Composite of brandy, gin, rum and whisky.	9
B24	WINE, RED , Dry	9

Key	Food - full name	Page no.
B26	WINE, WHITE , Dry	9
B27	WINE, WHITE , Medium	9
B28	WINE, WHITE , Sparkling	9
BEVERAGES, NONALCOHOLIC		
C139	COMPLAN, ASSORTED FLAVOURS , Fortified, Powder Composite of an equal mixture of four flavours plain, chocolate, banana and strawberry	9
C86	GATORADE , Liquid	9
C18	LUCOZADE	9
C71	MILO, POWDER , Fortified Composite of `Malted Milo' and `Milo'	9
C74	NESQUIK, POWDER	9
C84	POWERADE, LIQUID	11
C9	CHOCOLATE, POWDER , Drinking, Powder	11
C3	COCOA , Powder	11
C87	COFFEE, ESPRESSO , Restaurant-prepared, Brewed	11
C75	COFFEE, INSTANT , Decaffeinated, powder	11
C5	COFFEE, INSTANT , Powder	11
C93	CORDIAL CONCENTRATE, BLACKCURRANT , Fortified, Barkers, Concentrate	11
C95	CORDIAL CONCENTRATE, LEMON AND BARLEY , Fortified, Baker-Halls original, Concentrate	11
C8	CORDIAL CONCENTRATE, LIME , Concentrate	11
C55	CORDIAL, ORANGE , Syrup	11
C99	DRINK FLAVOUR, ASSORTED FLAVOURS , Fortified, `Raro', Powder	11
C58	DRINK FLAVOUR, LEMON BARLEY , Diluted with water	11
C138	DRINK FLAVOUR, `VITAFRESH' , Fortified, Hansell's, Powder	11
C144	FRUIT DRINK, `V DRINK' , Fortified, caffeinated	11
C46	JUICE, APPLE , `Fresh Up', Unsweetened	11
C26	JUICE, GRAPE	11
C12	JUICE, GRAPEFRUIT , Unsweetened, canned	11
C14	JUICE, ORANGE , Unsweetened	11
C38	JUICE, ORANGE WITH APPLE BASE , Fortified, `Just Juice', Unsweetened	11
C16	JUICE, TOMATO , Fortified, McCoy	11

Key	Food - full name	Page no.
C125	JUICE CONCENTRATE, BLACKCURRANT , Fortified, Barkers, Unsweetened	13
C159	LIQUID BREAKFAST , 'UP &Go', Sanitarium	13
C1017	PROBIOTIC DRINK , 'Activate' Meadow fresh	13
C25	SOFT DRINK, COLA, DIET , Carbonated	13
C2	SOFT DRINK, COCA-COLA , Carbonated	13
C17	SOFT DRINK, LEMONADE , Carbonated	13
C27	SOFT DRINK, LEMONADE,DIET , Carbonated	13
C47	SOFT DRINK, ORANGE FLAVOURED , Carbonated	13
C81	SOFT DRINK, SODA WATER , Carbonated	13
C29	SOY DRINK, `SO GOOD' , Fortified, Sanitarium	13
C166	SOY DRINK, `SO GOOD ESSENTIAL' , Fortified, Sanitarium	13
C30	SOY DRINK, `SO GOOD LITE' , Fortified, Sanitarium	13
C168	SOY DRINK, HIGH FIBRE , Vitasoy, UHT	13
C76	TEA, HERBAL , Ready to drink	13
C24	TEA, INDIAN , Infused	13
C40	WATER , Municipal	13
C41	WATER , New Zealand, Bottled	13
C79	WATER, TONIC,CARBONATED	13

BREAKFAST CEREALS

D34	ALL BRAN , Fortified, Kellogg's	15
D35	COCO POPS , Fortified, Kellogg's	15
D32	CORN FLAKES , Kellogg's	15
D1011	CORN FLAKES , Skippy	15
D1001	CORN FLAKES With Psyllium, Freedom Fds	15
D36	`CRUNCHY NUT CORN FLAKES' , Fortified, Kellogg's	15
D38	`JUST RIGHT' , Fortified, Kellogg's	15
D1009	`JUST RIGHT' , Fortified, Tropical, Kellogg's	15
D1020	`LIGHT & TASTY' ,Apple & Cranberry,Sanitarium	15
D1014	`LIGHT & TASTY' ,Berry,Sanitarium	15
D1015	`LIGHT & TASTY' ,Apricot,Sanitarium	15
D1019	MUESLI,'NATURAL FRUIT & FIVE GRAINS' ,Sanitarium	15

Key	Food - full name	Page no.
D7	MUESLI PORRIDGE , Sanitarium	17
D4	MUESLI, TOASTED,SWEETENED , Sanitarium	17
D3	MUESLI, WITH FRUITS AND NUTS , Non-toasted, sweetened Composite of Pams `Natural Breakfast Muesli`, Sanitarium `Natural Muesli` and Grain Health Foods `Natural Muesli`.	17
D22	PORRIDGE , Prepared with water, salt added	17
D42	RICE BUBBLES , Kellogg's	17
D31	RICE AND WHEAT FLAKES , `SPECIAL K`, Fortified, Kellogg's	15
D10	`RICIES`, Fortified, Sanitarium	15
D1010	`SPECIAL K`, Honey & Almond, Kellogg's	15
D1016	`SPECIAL K`,Berries Kellogg's	15
D33	WHEAT AND OATMEAL EXTRUDED SHAPES , `NUTRI-GRAIN`, Fortified, Kellogg's	15
D43	WHEAT BRAN AND SULTANAS , `SULTANA BRAN`, Fortified, Kellogg's	15
D1018	WHEAT BRAN , `SAN BRAN`,Sanitarium	17
D44	WHEAT, CORN, BROWN RICE, ROLLED OATS , `SUSTAIN`, Fortified, Kellogg's	15
D1017	WHEAT,PUFFED ,Sanitarium	17
D15	WHEAT PUFFS, HONEY COATED , Sanitarium	17
D46	WHOLE WHEAT AND FRUIT BITS , `WEET-BIX FRUITY`,APRICOT, Fortified, Sanitarium	15
D20	WHOLE WHEAT BISCUITS, WEET-BIX , Fortified,Sanitarium	17
D1012	WHOLE WHEAT BISCUITS, 'WEET-BIX' , Oat Bran, Sanitarium	17
D16	WHOLE WHEAT FLAKES , `KORNIES`, Sanitarium	17
CEREALS AND PSEUDO-CEREALS		
E68	BULGUR , Boiled	17
E131	COUSCOUS , Cooked	17
E6	CUSTARD, POWDER	17
E56	FETTUCINE, FRESH,HERB AND GARLIC , Cooked Composite of Pasta Fresca `Garlic Fettuccine`and`Herb Fettuccine`.	17
E9	FLOUR, CORNFLOUR	17
E12	FLOUR, SOY , Full fat, Glycine max	17
E108	FLOUR, WHEAT,WHITE,STANDARD	17
E46	FLOUR, WHEAT,WHOLEMEAL	17
E126	LASAGNE, `TOPPER' , FROZEN MEAL, READY TO EAT, Baked	19

Key	Food - full name	Page no.
E127	LASAGNE, BEEF, FROZEN MEAL, READY TO EAT , Microwaved Composite of Watties, McCains, Irvines, Dolmio brands	19
E19	MACARONI , Boiled	19
E129	MACARONI, CHEESE, FROZEN MEAL. READY TO EAT , Microwaved Composite of Watties, Irvines and McCain brands	19
E1013	NOODLES,'2 MINUTE EXTRA DELICIOUS' ,Maggi,assorted flavours Composite of Maggi Extra Delicious, flavours: Beef, Chicken, Oriental, Chicken & Corn, Chicken & Vegetable, Curry, Flame Grilled Beef.	19
E39	NOODLES, EGG , Boiled	19
E40	NOODLES, EGG , Fried	19
E81	NOODLES, INSTANT , Boiled,water drained	19
E65	NOODLES, RICE , Boiled	19
E23	OATS, BRAN , As purchased Composite of Flemings, Diamond and Harraways.	19
E22	OATMEAL , As purchased	19
E25	OATS, ROLLED,RAW Composite of Flemings, Diamond and Harraways.	19
E55	PASTA, FRESH,ASSORTED TYPE , Cooked Composite of Watties `Egg spaghetti`,`Spinach fettuccine`,`Egg fettuccine`,`Mother Earth `Mista fettuccine`,`Egg tagliatelle`,`Egg lasagne`and Pasta Fresca `Fresh fettuccine`,`Fresh tagliolini`,`Fresh tagliatelle`,`Fresh lasagne`and`Spinach lasagne`.	19
E57	RAVIOLI, FRESH,BEEF AND PORK , Cooked Composite of Pasta fresca`Beef and Pork Ravioli` and Mother Earth `Beef Ravioli`.	19
E42	RICE, BROWN , Boiled	19
E27	RICE, WHITE , Polished,boiled	19
E76	RICE CAKE, ORIGINAL Healtheries brand	19
E43	SOY, YOGHURT	19
E31	SPAGHETTI , Boiled	19
E1005	SPAGHETTI, IN TOMATO SAUCE , Canned Composite of `Watties`,`Pams` and `Oak`	19
E1011	TEMPEH, FERMENTED SOY BEANS , Fried in sunflower oil	21
E1012	TEMPEH	21
E1014	TEMPEH ,fermented soy bean cake	21
E44	TOFU , As purchased	21

Key	Food - full name	Page no.
E111	WHEAT BRAN	21
E112	WHEAT GERM	21
DAIRY		
F1046	BUTTER, SALTED Composite of Anchor, Mainland, Basics, Signature Range, Classic Farm, Farmgate, Pams and Fernleaf	21
F1051	BUTTER, SPREADABLE Composite of Anchor, Fernleaf 'Semi-Soft' and Mainland	21
F1050	BUTTER, UNSALTED Composite of Anchor and Mainland	21
F4	CHEESE, BLUE VEIN	21
F5	CHEESE, CAMEMBERT	21
F1015	CHEESE, CHEDDAR, Mild Composite of Mainland and Valumetric	21
F1006	CHEESE, COLBY Composite of Alpine, Mainland and Valumetric	21
F11	CHEESE, COTTAGE	21
F1056	CHEESE, COTTAGE, Low Fat	21
F12	CHEESE, CREAM	21
F69	CHEESE, CREAM, Reduced fat (16%) Country Goodness `Cream cheese'.	23
F1001	CHEESE, EDAM Composite of Alpine, Anchor, Mainland and Valumetric	23
F58	CHEESE, FETA	23
F17	CHEESE, MOZZARELLA	23
F18	CHEESE, PARMESAN, Powder Composite of Pasetti, Perfect Italiano, Mainland, No Frills, Anchor and Tararua brands.	23
F19	CHEESE, PROCESSED	23
F79	CHEESE, PROCESSED, Sliced, Reduced fat Composite of Chesdale Reduced Fat', 'Mainland Liteslice' and `Bega Ultra Low Fat' sliced cheese.	23
F59	CHEESE, RICOTTA	23
F98	CHEESE, SPREAD,LITE, Philadelphia, Kraft	23

Key	Food - full name	Page no.
F1057	CHEESE, REDUCED FAT Mainland reduced fat cheddar	23
F1014	CHEESE, TASTY Composite of Anchor and Mainland	23
F100	CREAM, SOUR,LIGHT Composite of Tararua and Country Goodness brands	23
F80	CREAM, SOUR, Reduced fat	23
F23	CREAM, SOUR, STANDARD FAT	23
F24	CREAM, STANDARD	23
F25	CREAM, WHIPPING, UHT	23
F22	CREAM, REDUCED FAT	23
F70	DESSERT, DAIRY FOOD, Chocolate flavour Composite of Primo `The Snack To Go' and Swiss Maid `Dairy Food'.	23
F76	DESSERT, VANILLA, 99% Fat free, Frozen Weight Watchers `Sweet Celebration frozen dessert'.	25
F111	ICE CREAM, `HOKEY POKEY' Composite of Budget, Mel-O-Rich, Kiwi, New American, Foodtown and First Choice Brands.	25
F110	ICE CREAM, `JELLY TIP'	25
F118	ICE CREAM, CREAMY, Fruit ripple Composite of Tip Top `Very Berry Boysenberry', Pam's `Strawbery Ripple', Talley's `Bananaberry' & `Strawberries & Cream'.	25
F78	ICE CREAM, SOFT SERVE Composite of Wendy's and McDonald's soft serve.	25
F122	ICE CREAM, PLAIN VANILLA, Low fat	25
F29	ICE CREAM, PLAIN VANILLA, Premium	25
F28	ICE CREAM, PLAIN VANILLA, Standard	25
F120	MILK, `CALCI KID', Calcium enriched, Meadow Fresh	25
F1018	MILK, FLUID, Fortified, 0.1% fat, (yellow top) Composite of 'Calci Trim', Anchor 'Xtra'	25
F1042	MILK, FLUID, Reduced fat, (1.5%),(light blue top) Composite of Anchor 'Lite' and Meadowfresh 'Balance'	25
F1028	MILK, FLUID, Standard (blue top) Composite of Anchor 'Blue Top', Meadowfresh 'Family', Gisborne Fresh and Farmgate	25
F1035	MILK, FLUID, Trim (green top) Composite of Anchor 'Trim' and Meadowfresh 'Trim'	25

Key	Food - full name	Page no.
F33	MILK, FLUID , Whole	25
F52	MILK, GOAT, FLUID , Whole	25
F53	MILK, HUMAN, FLUID , Mature	25
F54	MILK, HUMAN, FLUID , Transitional	27
F36	MILK, POWDER , Skim, Powder	27
F37	MILK, POWDER , Whole, Powder	27
F30	MILK, CONDENSED , Skimmed, sweetened	27
F31	MILK, CONDENSED , Whole, sweetened	27
F43	MILK, FLUID, STANDARD , UHT	27
F1058	MILK SHAKE, FLAVOURED , McDonald's Composite of banana, chocolate, strawberry & vanilla.	27
F77	YOGHURT, APRICOT , Apricot, Tip Top, Frozen	27
F56	YOGHURT, ASSORTED FRUITS , Low fat, Sweetened Composite of De Winkel `Strawberry' (43%), Naturalea `Bilberry Hawthorn-grape seed and berry forest' (32.7%) and Metchikoff Sym-Bio `Strawberry & Raspberry' (24.3%)	27
F71	YOGHURT, FRUIT FLAVOURED , Berry fruit, low fat, Artificially sweetened Composite of Fresh n Fruity, `Lite' assorted berry fruit flavours (58%) and Yoplait, `Silhouette' assorted berry flavours (42%)	27
F1055	YOGHURT, GREEK Composite of 'Fresh 'n' Fruity', 'De Winkel' and 'Yoplait'	27
F84	YOGHURT, PLAIN , Low fat, Unsweetened Composite of Yoplait `Yoplus Trim' (68%), Slimmers Choice `Natural' (13%) and Weight Watchers `Natural' (19%)	27
F57	YOGHURT, PLAIN , Unsweetened Composite of Naturalea `Organic Yoghurt' (48.5%), Biofarm `Natural Yoghurt' (28%) and Cyclops `Organic Yoghurt' (23.5%)	27
EGGS		
G1001	EGG, CHICKEN , White and yolk, Boiled	27
G1002	EGG, CHICKEN , White and yolk, Fried in vegetable oil	27
G1003	EGG, CHICKEN , White and yolk, Poached	27
G1009	EGG, CHICKEN , White and yolk, milk added, Scrambled, cooked in butter	27
G1004	EGG, CHICKEN , White, Raw	29
G1008	EGG, CHICKEN , White and yolk, Raw	29
G1012	EGG, CHICKEN , White and yolk, free range, supermarket, raw	29

Key	Food - full name	Page no.
G1013	EGG, CHICKEN , White and yolk, supermarket, fried w/o fat	29
G1005	EGG, CHICKEN , Yolk, Raw	29
G1014	EGG, CHICKEN , Yolk, supermarket, cooked	29

FAST FOODS

H137	BEEF, WITH CASHEWS	29
H80	BEEF, SATAY	29
H8	BURGER, `BIG MAC' , McDonald's, Ready to eat	29
H24	BURGER, `FILET-O-FISH' , McDonald's, Ready to eat	29
H10	BURGER, `QUARTER POUNDER WITH CHEESE' , McDonald's, Ready to eat	29
H2	BURGER, BACON , Independent shops, Ready to eat	29
H3	BURGER, CHEESE , Independent shops, Ready to eat	29
H4	BURGER, CHEESE , McDonald's, Ready to eat	29
H6	BURGER, HAMBURGER , Independent shops, Ready to eat	29
H7	BURGER, HAMBURGER , McDonald's, Ready to eat	29
H17	CHICKEN , KFC, Breast, Crumbed fried	29
H18	CHICKEN , KFC, Drumstick, Crumbed fried	29
H19	CHICKEN , KFC, Thigh, crumbed fried	29
H16	CHICKEN , KFC, Wing, Crumbed fried	31
H126	CHICKEN, WITH GARLIC AND CHILLI SAUCE , Stir-fried	31
H173	CHOP SUEY, CHICKEN , Breast,lean(94%) and fat(6%), Stir-fried	31
H71	CHOP SUEY, PORK	31
H172	CHOW MEIN, BEEF, HOMEMADE , Steak,stew cut,lean and fat, Stir-fried	31
H199	CHOW MEIN, CHICKEN, FROZEN MEAL,COMMERCIAL , Microwaved Composite of Watties, Weight Watchers and Kan Tong	31
H89	CHOW MEIN, PRAWN, TAKEAWAY RESTAURANT	31
H20	COLESLAW , KFC, Ready to eat	31
H225	CURRY, INDIAN, BEEF KORMA, READY TO EAT , Takeaway Restaurant	31
H226	CURRY, INIDAN, BEEF MADRAS, READY TO EAT , Takeaway Restaurant	31
H222	CURRY, INDIAN, BUTTER CHICKEN, READY TO EAT , Takeaway Restaurant	31
H223	CURRY, INDIAN, CHICKEN MASALA, READY TO EAT , Takeaway Restaurant	31
H227	CURRY, INDIAN, DHAL, MAKANI, READY TO EAT , Takeaway Restaurant	31

Key	Food - full name	Page no.
H224	CURRY, INDIAN, ROGAN JOSH, LAMB, READY TO EAT , Takeaway Restaurant	31
H219	CURRY, THAI, GREEN, CHICKEN, READY TO EAT , Takeaway Restaurant	31
H22	FISH, BATTERED , Deep fried	31
H57	FISH, CAKE , Baked	33
H23	FISH, CAKE , Deep fried in peanut oil	33
H194	FISH, FILLET, CRUMBED, FROZEN , Baked Composite of Sealord, Independent and Pam's	33
H195	FISH, FILLET, CRUMBED, FROZEN , Fried Composite of Sealord, Independent and Pam's	33
H61	FISH, FINGERS , Baked	33
H65	FISH, FINGERS , Deep fried in peanut oil	33
H66	FRIED RICE, CHINESE, COMBINATION MEATS, READY TO EAT , Takeaway Restaurant, Fried	33
H228	HAMBURGER, `WHOPPER' , Burger King	33
H170	MUFFIN, `MCMUFFIN', EGG , McDonalds	33
H67	NOODLES, CHINESE, CHOW MEIN, COMBINATION MEATS, READY TO EAT , Takeaway Restaurant	33
H220	NOODLES, THAI, PAD THAI, WITH EGG & CHICKEN, READY TO EAT , Takeaway Restaurant	33
H159	NUGGET, CHICKEN , McDonald's, Ready to eat	33
H221	OMELETTE, CHINESE, EGG FOO YOUNG, WITH CHICKEN, READY TO EAT , Takeaway Restaurant	33
H151	PANCAKE , McDonald's	33
H27	PIE, APPLE , McDonald's, Ready to eat	33
H30	PIE, MEAT , Supermarket, individual size, Ready to eat	33
H29	PIE, MINCE , Supermarket, family size, Ready to eat Composite of Basics, Irvines, Goodtime `Mealtime' and No Frills Family Mince Pies	33
H187	PIE, POTATO TOP, READY TO EAT , Supermarket, individual size Composite of Irvines Fresh Potato Top Pie and Ernest Adams, Big Ben Frozen Microwave Potato Top Pies	35
H190	PIZZA, BBQ CHICKEN, THICK CRUST , Commercial, takeaway/delivery, large size, Ready to eat Composite of Domino's (BBQ Chicken & Bacon), Pizza Haven (BBQ Roast Chicken), Pizza Hut (BBQ Chicken & Bacon)	35
H176	PIZZA, MEAT LOVERS, PREMIUM , Frozen, baked	35
H179	PIZZA, HAWAIIAN & COMBINATION, INDIVIDUAL SIZE , Frozen, baked Composite of McCain, Leaning Tower and Mommas `Hawaiian' and `Combination' Pizzas	35
H177	PIZZA, HAWAIIAN AND HOUSE SPECIAL, PREMIUM , Frozen, baked	35
H191	PIZZA, HAWAIIAN, THICK CRUST , Commercial takeaway/delivery, large size, Ready to eat Composite of Domino's (Big Kahuna), Pizza Haven (Hawaiian), Pizza Hut (Hawaiian)	35

Key	Food - full name	Page no.
H189	PIZZA, MEAT, THICK CRUST , Commercial takeaway/delivery, large size, Ready to eat Composite of Pizza Haven (Meat Supreme), Pizza Hut (Meat Lovers) and Dominos (Meatosaurus)	35
H41	PIZZA, SUPREME, THIN CRUST , Pizza Hut Restaurants, regular size, Ready to eat	35
H85	PORK, BARBECUED	35
H82	PORK, CHINESE, SWEET AND SOUR, READY TO EAT , Takeaway Restaurant	35
H125	PORK, RIBS WITH BARBECUE SAUCE , Lean, Baked	35
H83	PORK , Spare ribs, in black bean sauce	35
H124	PORK, WITH GARLIC AND CHILLI SAUCE , Stir-fried	35
H1045	POTATO AND GRAVY , KFC, mashed, ready to eat	37
H1039	POTATO, FRIES , Independent shops, plain cut, Ready to eat	35
H1040	POTATO, FRIES , Independent shops, crinkle cut, Ready to eat	35
H1041	POTATO, FRIES , KFC, Ready to eat	35
H1042	POTATO, FRIES , McDonald's, Ready to eat	37
H152	POTATO, HASHBROWN , McDonald's, Ready to eat	37
H88	PRAWNS, GARLIC	37
H1036	ROLL, DELI CHOICES , McDonalds Composite of 'Chicken Caesar', 'BLT (Bacon, Lettuce, Tomato)' and 'Sweet Chilli Chicken'	37
H1037	ROLL, DELI CHOICES, 'LITE' , McDonalds Composite of 'Classic Chicken Lite' and 'Sweet Chilli Chicken Lite'	37
H218	SALAD, THAI, BEEF, READY TO EAT , Takeaway Restaurant	37
H1043	SAUSAGE ROLL , Individual Size, Microwaved	37
H1044	SAUSAGE ROLL , Party Size, Baked	37
H1002	SAUSAGE ROLL, WITH CHEESE , Party size Composite of 'Pams', 'Signature Range', 'Ernest Adams' and 'New Way'	37
H52	SAVELOY , Independent shops, Battered, fried	37
H1003	SAVOURY, BACON & EGG, PASTRY BASE , Party size Composite of 'Pams', 'Irvines' and 'Goodtime'	37
H1005	SAVOURY, MINCE & CHEESE, PASTRY ENCLOSED Composite of 'Irvines' and 'New Way'	37
H1004	SAVOURY, MINCE, PASTRY ENCLOSED , Party size Composite of 'Irvines', 'Pams', 'Patties' and 'Goodtime'	37
H1006	SAVOURY, POTATO TOP, PASTRY BASE Composite of 'Irvines', 'Pams' and 'Goodtime'	37

Key	Food - full name	Page no.
H132	SEAFOOD, WITH VEGETABLE COMBINATION , Stir fried	37
H216	SOUP, CHINESE, CHICKEN WITH SWEETCORN, READY TO EAT , Takeaway Restaurant	37
H217	SOUP, THAI, TOM YAM GAI, CHICKEN, READY TO EAT , Takeaway Restaurant	39
H212	SPRING ROLL, TRADITIONAL, WITH MEAT , Commercial, Deep fried Highmark brand	39
H208	SPRING ROLL, TRADITIONAL, WITH MEAT , Commercial, Baked Highmark brand	39
H211	SPRING ROLL, VEGETARIAN , Baked Highmark brand	39
H131	STIRFRY, CHINESE, BEEF AND BLACK BEAN SAUCE, READY TO EAT , Takeaway Restaurant, Stir-fried	39
H136	STIRFRY, CHINESE, CHICKEN AND CASHEW NUTS, READY TO EAT , Takeaway Restaurant, Stir-fried	39
H55	SUNDAE, CHOCOLATE , McDonald's, Ready to eat	39
H68	FISH, SWEET AND SOUR	39

FATS AND OILS

J39	CHEFADE , Fractionated beef fat	39
J1013	DAIRY BLEND , Butter/Canola oil Composite of Mainland Semi-Soft and Anchor Spreadable	39
J7	LARD , As purchased	39
J1001	MARGARINE, MONOSATURATED CANOLA(70% fat) Composite of Flora Canola and Meadow Lea Canola	39
J1002	MARGARINE, MONOSATURATED CANOLA(70% fat) , Pams 'Summer Gold'	39
J1003	MARGARINE, MONOSATURATED CANOLA(50% fat) Composite of Meadow Lea light and Gold 'n Canola lite	39
J1004	MARGARINE, MONOSATURATED CANOLA(50% fat) , Pams Summer Gold Lite	39
J1009	MARGARINE, MONOSATURATED OLIVE BLEND(75% fat) , Olivani	39
J1012	MARGARINE, MONOSATURATED OLIVE BLEND(55% fat) , Olivani Lite	41
J1010	MARGARINE, MONOSATURATED OLIVE BLEND(70% fat) , Olivio Bertolli	39
J1011	MARGARINE, MONOSATURATED OLIVE BLEND(55% fat) , Olivio Bertolli Light	41
J1008	MARGARINE, POLYUNSATURATED(50% fat) , Flora Light	41
J1005	MARGARINE, POLYUNSATURATED(70% fat) , Fortified Composite of Flora Orginal and Meadow Lea Orginal	41

Key	Food - full name	Page no.
J1006	MARGARINE, POLYUNSATURATED (70% fat), Reduced Salt Composite of Flora Salt Reduced and Meadow Lea Salt Reduced	41
J1007	MARGARINE, POLYUNSATURATED (60% fat), 'Sunrise '	41
J13	OIL, CANOLA , As purchased, Brassica napus	41
J14	OIL, SAFFLOWER , As purchased	41
J24	OIL, SESAME	41
J15	OIL, SOYBEAN , As purchased	41
J19	OIL, SUNFLOWER , As purchased	41
J31	OIL, VEGETABLE,BLEND	41
J10	OIL, OLIVE , As purchased	41
FINFISH		
K179	EEL , Smoked	41
K56	FLOUNDER , Flesh, Baked	41
K60	HOKI , Flesh, Baked, <i>Macruronus novaezelandiae</i>	41
K61	HOKI , Flesh, Deep fried, <i>Macruronus novaezelandiae</i>	41
K165	KAHAWAI , Flesh, Baked, <i>Arripis trutta</i>	41
K157	KAHAWAI , Flesh, Deep fried, <i>Arripis trutta</i>	43
K78	ORANGE ROUGHY , Flesh, Baked, <i>Hoplostethus atlanticus</i>	43
K79	ORANGE ROUGHY , Flesh, Deep fried, <i>Hoplostethus atlanticus</i>	43
K167	SALMON , Flesh, Smoked (Export quality)	43
K40	SALMON, RED , Flesh, Canned	43
K42	SARDINES , Drained solids, Canned	43
K89	SNAPPER , Flesh, Baked, <i>Chrysophrys auratus</i>	43
K90	SNAPPER , Flesh, Deep fried, <i>Chrysophrys auratus</i>	43
K92	SNAPPER , Flesh, Microwaved, <i>Chrysophrys auratus</i>	43
K64	TARAKIHI , Flesh, Baked, <i>Nemadactylus macropterus</i>	43
K65	TARAKIHI , Flesh, Deep fried, <i>Nemadactylus macropterus</i>	43
K101	TUNA, ALBACORE , Drained solids, Canned in brine, <i>Thunnus alalunga</i>	43
K187	TUNA, IN OIL , Drained, Canned Composite of Pams, Captains Choice, Sealord and Basic brands	43
K189	TUNA, IN SPRING WATER , Drained, Canned	43

Key	Food - full name	Page no.
	Composite of Pams, Captains Choice, Sealord and Basic brands	
FRUIT		
L18	APPLE , Combined cultivars, Flesh and skin, Fresh, <i>Malus sylvestris</i>	43
L16	APPLE, COOKING , Flesh and juice, Stewed without sugar, <i>Malus sylvestris</i>	43
L23	APRICOT , Flesh and skin, Fresh, <i>Prunus armeniaca</i>	43
L213	APRICOT , Fruit and juice, Canned in juice Composite of Roxdale `Apricot in fruit juice', SPC `Apricot halves in a light fruit juice' and Watties `Apricot pears in a clear fruit juice'.	45
L214	APRICOT , Canned in syrup, drained	45
L26	APRICOT , Dried, <i>Prunus armeniaca</i>	45
L25	APRICOT , Fruit and juice, stewed without sugar, <i>Prunus armeniaca</i>	45
L22	APRICOT , Fruit and syrup, Canned, <i>Prunus armeniaca</i> Composite of Roxdale, SPC, Gold Reef and Oak.	45
L30	AVOCADO, HAAS , Flesh, Fresh, <i>Persea americana</i>	45
L185	BANANA, COOKING , In unsalted water, boiled, <i>Musa cultivar</i>	45
L32	BANANA , Flesh, Fresh, <i>Musa</i> spp.	45
L34	BLACKBERRIES , Fresh, <i>Rubus ulmifolius</i>	45
L39	BLUEBERRIES, JERSEY , Unsweetened, frozen, <i>Vaccinium</i> spp.	45
L40	BOYSENBERRY , Fresh, <i>Rubus loganobaccus</i>	45
L45	CHERRIES , Flesh and skin, Fresh, <i>Prunus avium</i>	45
L50	CURRENTS, BLACK , Fresh, <i>Ribes nigrum</i>	45
L49	CURRENTS , Dried, <i>Vitis vinifera</i>	45
L62	DATES , Flesh and skin, Dried, <i>Phoenix dactylifera</i>	45
L67	FEIJOAS , Combined cultivars, Flesh, Fresh, <i>Feijoa sellowiana</i>	45
L68	FIGS , Whole fruit, Dried, <i>Ficus carica</i>	45
L73	FRUIT SALAD , Fresh	47
L74	FRUIT SALAD , Fruit and syrup, Canned	47
L78	GOOSEBERRIES , Flesh, skin and seeds, Fresh (ripe), <i>Ribes grossularia</i>	47
L80	GRAPEFRUIT , Flesh, Fresh, <i>Citrus paradisi</i>	47
L82	GRAPES, BLACK , Flesh, Fresh, <i>Vitis vinifera</i>	47
L83	GRAPES, WHITE , Flesh and skin, Fresh, <i>Vitis vinifera</i>	47
L89	KIWIFRUIT , Combined cultivars, Flesh and seeds, Fresh, <i>Actinidia deliciosa</i> var. <i>deliciosa</i>	47

Key	Food - full name	Page no.
L1001	KIWIFRUIT, ZESPRI, GOLD , Flesh & seeds, fresh	47
L1013	KIWIFRUIT, ZESPRI, HAYWARD, GREEN , Flesh & seeds, fresh	47
L183	LEMON , Flesh, Fresh, <i>Citrus limon</i> var. <i>lisbon</i>	47
L91	LEMON , Juice, Freshly extracted, <i>Citrus limon</i>	47
L97	LYCHEES , Fruit and syrup, Canned, <i>Litchi chinensis</i>	47
L194	MANDARIN , Flesh, Fresh	47
L101	MANGO , Flesh, Fresh, <i>Mangifera indica</i>	47
L100	MANGO , Fruit and syrup, Canned, <i>Mangifera indica</i>	47
L105	MELON, HONEYDEW , Flesh, Fresh, <i>Cucumis melo</i> var. <i>inodorus</i>	47
L106	MELON, ROCK , Combined cultivars, Flesh, Fresh, <i>Cucumis melo</i> var. <i>reticulatus</i>	47
L196	MIXED FRUIT , Dried	47
L111	NECTARINE , Flesh and skin, Fresh, <i>Prunus persica</i>	49
L112	OLIVES , Flesh and skin, In brine,bottled, <i>Olea europaea</i>	49
L114	ORANGE , Flesh, Fresh, <i>Citrus sinensis</i>	49
L113	ORANGE , Juice, Freshly extracted	49
L116	PASSION FRUIT , Flesh and seeds, Fresh, <i>Passiflora edulis</i>	49
L124	PEACH , Canned,syrup drained, <i>Prunus persica</i>	49
L206	PEACH , Fruit and juice, Canned in juice	49
L126	PEACH , Flesh and skin, Fresh, <i>Prunus persica</i>	49
L219	PEAR, NASHI , Flesh (Fresh)	49
L204	PEAR , Fruit and juice, Canned in pear juice	49
L141	PEAR , Combined cultivars, In syrup,canned, <i>Pyrus communis</i>	49
L140	PEAR , Combined cultivars, Flesh and skin, Fresh, <i>Pyrus communis</i>	49
L178	PERSIMMON , Flesh, Fresh	49
L142	PINEAPPLE , Fruit and syrup, Canned,syrup drained, <i>Ananas comosus</i>	49
L143	PINEAPPLE , Flesh and syrup, Canned,syrup not drained, <i>Ananas comosus</i>	49
L198	PINEAPPLE , Fruit, Canned in pineapple juice,drained	49
L144	PINEAPPLE , Flesh, Fresh, <i>Ananas comosus</i>	49
L155	PLUM , Combined cultivars, Flesh and skin, Fresh, <i>Prunus domestica</i> var. <i>wilsons early and red doris</i>	51
L148	PLUM, GEORGE WILSON , Drained solids, Canned,syrup drained, <i>Prunus domestica</i>	51
L154	PLUM, COOKING , Fruit and juice, Stewed without sugar, <i>Prunus domestica</i> var. <i>red doris</i>	51
L157	PRUNES , Flesh and skin, Dried, <i>Prunus domestica</i>	51
L159	PRUNES , Flesh, skin and juice, Dried,stewed without sugar, <i>Prunus domestica</i>	51

Key	Food - full name	Page no.
L161	RAISINS, SEEDLESS , <i>Vitis vinifera</i> Composite of Sunmaid and Real Value	51
L163	RASPBERRIES , Fresh, <i>Rubus idaeus</i>	51
L169	RHUBARB , Stem and juice, Without sugar, stewed, <i>Rheum rhaponticum</i>	51
L168	RHUBARB , Stem and juice, With sugar, stewed, <i>Rheum rhaponticum</i>	51
L172	STRAWBERRIES , Fresh, <i>Fragaria chiloensis x virginiana</i>	51
L173	SULTANAS	51
L174	TAMARILLO, RED , Flesh and seeds, Fresh, <i>Cyphomandra betacea</i>	51
L179	TANGELO , Flesh, Fresh	51
L176	TANGERINE , Flesh, Fresh, <i>Citrus reticulata</i>	51
L177	WATERMELON , Flesh, Fresh	51
MEAT		
M53	BEEF AND SHEEP , Tongue, canned	55
M188	BEEF, BLADE STEAK , Lean and fat, Trimmed to 5mm fat, stewed, drained Sample prepared by knife and fork separation.	53
M542	BEEF , Composite cuts, separable lean, cooked	53
M10	BEEF , Corned beef, canned	53
M191	BEEF , Fillet steak, separable lean, grilled	53
M397	BEEF , Fillet steak, lean and fat, grilled Sample prepared by knife and fork separation.	53
M16	BEEF , Kidney, core removed, stewed	53
M20	BEEF , Mince, separable lean, stewed	53
M328	BEEF , Mince, separable lean (88%) and fat (12%), stewed	53
M544	BEEF , Mince, lean and fat(6%), fried	53
M54	BEEF , Patty, frozen, fried	55
M27	BEEF , Rump steak, separable lean, grilled	53
M26	BEEF , Rump steak, lean and fat, trimmed to 5mm fat, grilled Sample prepared by knife and fork separation.	53
M206	BEEF , Scotch fillet, separable lean, grilled	53
M2	BEEF, SILVERSIDE , Brisket, Separable lean (77%) and fat (23%), Salt added, boiled	53
M36	BEEF , Sirloin roast, separable lean, roasted	53

Key	Food - full name	Page no.
M226	BEEF , Sirloin steak, separable lean, grilled	53
M46	BEEF , Topside roast, separable lean, roasted	55
M51	BEEF, VEAL , Fillet, separable lean, roasted	55
M49	BEEF , Wiener schnitzel, separable lean and fat in bread crumbs, fried	53
M1012	CHICKEN , Breast, deli-cooked, supermarket Composites of Tegal: 'Orginal Roast', 'Honey & Soy', 'Sage & Onion', 'Tender Basted', 'Golden Roasted', '2go Roasted' and '2go Apricot'; and Inghams: 'Sage & Onion', 'Unseasoned Tender', 'Marinated' and 'Marinated & Seasoned'. (M1012,M1013,M1016,M1015)	55
M232	CHICKEN , Breast, flesh, grilled	55
M339	CHICKEN , Breast, separable lean (96%) and fat (4%), roasted in oven bag	55
M239	CHICKEN , Composite cuts, flesh, cooked, multiple methods	55
M1016	CHICKEN , Drumstick, deli-cooked, supermarket	55
M247	CHICKEN , Drumstick, flesh, grilled	55
M352	CHICKEN , Drumstick, separable lean (78%), separable fat (1%) and skin (21%), roasted in oven bag	55
M255	CHICKEN , Leg, flesh, grilled	55
M1015	CHICKEN , Skin, deli-cooked, supermarket	55
M1013	CHICKEN , Thigh, deli-cooked, supermarket	55
M337	CHICKEN , Thigh, flesh, roasted in oven bag	55
M350	CHICKEN , Thigh, separable lean (72%), separable fat (9%) and skin (19%), roasted in oven bag	55
M264	CHICKEN , Wing, flesh, grilled	57
M351	CHICKEN , Wing, separable lean (63%), separable fat (2%) and skin (35%), roasted in oven bag	57
M75	DUCK , Composite cuts, separable lean, roasted	57
M301	LAMB , Composite cuts, separable lean, cooked	57
M553	LAMB , Composite cuts, lean and fat, trimmed to 5mm fat,cooked	57
M298	LAMB , Forequarter cuts, shoulder and shoulder chops, separable lean, cooked	57
M151	LAMB , Kidney, core removed, fried	57
M313	LAMB , Leg steak, separable lean, grilled	57
M155	LAMB , Liver, coated in seasoned flour,fried	57
M157	LAMB , Midloin chop, separable lean, grilled	57
M330	LAMB , Rump chop, separable lean, grilled	57
M154	LAMB , Short-cut leg, separable lean, roasted	57
M166	LAMB , Shoulder,separable lean, roasted	57
M319	LAMB , Shoulder chop,separable lean, stewed	57
M531	MUTTONBIRD , Separable lean (92%) and separable fat (8%), steamed and grilled, <i>Puffinus griseus</i>	57

Key	Food - full name	Page no.
M619	PORK, BACON , Rashers,lean(73%),fat(27%), grilled	57
M618	PORK, BACON , Rashers,lean(73%),fat(27%), fried	59
M124	PORK, HAM , Separable lean (92%) and fat (8%), cooked as purchased	59
M533	PORK , Leg roast, separable lean, roasted	59
M94	PORK , Leg shank, separable lean (76%), hard fat (10%), soft fat (8%) and intermuscular fat (6%), roasted	59
M285	PORK , Leg steak, separable lean, grilled	59
M411	PORK , Leg steak, separable lean, stewed	59
M286	PORK , Leg steak, separable lean (95%), hard fat (2%), soft fat (2%) and intermuscular fat (1%), grilled	59
M434	PORK , Loin,medallion, separable lean, grilled	59
M99	PORK , Loin chops, separable lean, grilled	59
M98	PORK , Loin,midloin chop, separable lean (91%), hard fat (2%), soft fat (4%) and intermuscular fat (3%), grilled (trim pork cut)	59
M409	PORK , Schnitzel, separable lean, fried	59
M429	PORK , Forequarter,scotch fillet steak, separable lean, grilled	59
M278	PORK , Boned shoulder, separable lean, roasted	59
M465	PORK , Forequarter,shoulder roast, separable lean (74%), intermuscular fat (8%), hard fat (5%), soft fat (7%) and skin (6%), roasted (tradition:	59
M126	RABBIT , Flesh, stewed	59
M502	SHEEP, MUTTON , Flaps, separable lean (64%) and separable fat (36%), fried without added fat	61
M178	TURKEY , Composite cuts, separable lean (87%), separable fat (2%) and skin (11%), roasted in oven bag	61
M179	TURKEY , Composite cuts, flesh, roasted in oven bag	61
M1022	VENISON , Diced, forequarter muscles, cooked Sliver Fern, New Zealand brand	61
M1020	VENISON , Leg medallion, hind leg muscle, cooked Sliver Fern, New Zealand brand	61
M1023	VENISON , Mince, trim and whole muscles, cooked Sliver Fern, New Zealand brand	61
M185	VENISON, RED DEER , Leg, flesh, roasted	61
M1021	VENISON , Stir fry, hind leg muscles, cooked Sliver Fern, New Zealand brand	61
MEAT PRODUCTS		
N40	BEEF, CORNED , Silverside,separable lean	61
N89	BEEF ROAST, FROZEN MEAL, MASHED POTATO AND VEGETABLES, READY TO EAT Heinz Watties, Microwaved	61

Key	Food - full name	Page no.
N85	BEEF ROAST, FROZEN MEAL, ROAST POTATO AND VEGETABLES, READY TO EAT Commercial, Microwaved Composite of McCain and Hungry brands	61
N4	CORNISH PASTIE	61
N6	FRANKFURTERS , Precooked	61
N65	HAM, SLICED , Sandwich Composite of Sandwich Ham (Goulds, Kiwi, Huttons) and Sandwich Deli Ham (Leonards, Frasers, Bonanza)	61
N58	NUGGET, CHICKEN , Crumbed,baked Composite of Tegel and Signature Range `Crumbed Chicken Nuggets'	61
N57	NUGGET, CHICKEN , Crumbed,fried Composite of Tegel and Signature Range `Crumbed Chicken Nuggets'	61
N31	PASTRAMI, BEEF	61
N22	PATE, CHICKEN LIVER	61
N23	PATE, PORK LIVER	61
N12	PIE, PORK , Individual size	63
N87	PORK ROAST, FROZEN MEAL, MASHED POTATO AND VEGETABLES, READY TO EAT Heinz Watties, Microwaved	63
N2	SAUSAGE, BALCK PUDDING , Fried	63
N44	SAUSAGE , Independent shops, ready to eat	63
N63	SAUSAGE, FRESH , Assorted meats & flavours, dry fried Composite of Heller Tasty, First Choice & Leonards raw beef & pork flavoured sausages	63
N64	SAUSAGE, FRESH , Assorted meats & flavours, grilled Composite of Heller Tasty, First Choice & Leonards raw beef and pork flavoured sausages	63
N10	SAUSAGE, HAM AND CHICKEN LUNCHEON Composite of Kiwi, Top Hat and PaknSav ham and chicken brands.	63
N16	SAUSAGE, PORK , Dry fried	63
N17	SAUSAGE, PORK , Grilled	63
N61	SAUSAGE, PRECOOKED , Assorted meats & flavours, grilled Composite of Huttons `Sizzlers' original, Heller Tasty, First Choice and Leonards precooked sausages	63
N15	SAUSAGE, SALAMI , Uncooked	63
N43	SAVELOY , Boiled Composite of Kiwi and Foodtown brands	63

MISCELLANEOUS

Key	Food - full name	Page no.
P14	`BOVRIL'	63
P15	YEAST EXTRACT, MARMITE , Fortified, Sanitarium	63
P80	`NUTELLA' Pack sizes 200gms, 250gms, 375gms, 500gms and Lunch Box packs.	63
P61	YEAST EXTRACT, VEGEMITE , Fortified, Kraft	63
P68	COFFEE WHITENER, POWDER	63
P16	`OXO' CUBES	63
P10	SALT, TABLE	65
P11	VINEGAR	65
P59	VINEGAR, CIDER	65
P13	YEAST, BAKER'S , Woolworths, Dried	65
P1001	'VEGE SPREAD' Gluten free, Freedom Fds	65

NUTS AND SEEDS

Q1	ALMONDS , Raw	65
Q4	BRAZIL NUTS , Raw	65
Q40	CASHEW NUTS , Raw	65
Q37	CASHEW NUTS , Roasted,unsalted	65
Q5	CASHEW NUTS , Salted,roasted	65
Q9	COCONUT , Pams, Desiccated	65
Q8	COCONUT , Flesh, Raw	65
Q26	COCONUT, CREAM , Canned Composite of Samoa, Pams, Trident, Palm Island, Pacific Crown and Solos Choice	65
Q49	COCONUT, CREAM , Lite, Canned Composite of Samoa and Trident brands	65
Q10	COCONUT, MILK , Raw	65
Q7	HAZELNUTS , Raw	65
Q19	MACADAMIA NUTS , Oil roasted	65
Q38	MACADAMIA NUTS , Unroasted	67
Q11	MIXED NUTS, RAW Composite of peanuts, beer nuts, cashews, hazelnuts, almonds, brazil nuts and pecans.	67
Q94	NUTS, PECAN,RAW , Dried	67

Key	Food - full name	Page no.
Q48	PEANUT BUTTER, SMOOTH & CRUNCHY , No added sugar, no added salt Composite of Sanitarium `Smooth' & `Crunchy'	67
Q46	PEANUT BUTTER, SMOOTH & CRUNCHY , Sugar and salt added Composite of Eta, Kraft, Basics and Pams peanut butters	67
Q14	PEANUTS , Raw	67
Q15	PEANUTS , Salted,dry roasted	67
Q16	PEANUTS , Salted,oil roasted	67
Q21	PINE NUTS , Raw	67
Q22	PISTACHIO NUTS , Raw	67
Q42	SEEDS, PUMPKIN AND SQUASH, RAW , Kernel, Dried	67
Q95	SEEDS, SESAME, WHOLE, RAW , Dried	67
Q41	SEEDS, SUNFLOWER, RAW , Kernel, Dried	67
Q27	TAHINI	67
Q17	WALNUTS , Raw	67
RECIPES		
R461	BEEF, WITH VEGETABLES , Stir-fried	69
R584	BISCUIT, FILLED , Ginger Kisses, Baked Contains fat,baking(butter,commercial fat,margarine,oil)	69
R578	BREAD, GARLIC , Baked	69
R579	BREAD, REWENA , Baked	69
R10	BUN, BATH/CHELSEA , Baked	69
R431	BUNS, COCONUT , Cook Island	71
R580	BUN, HOT CROSS , Baked Contains fat,baking(butter,commercial fat,margarine,oil);milk(cow,std/trim mix,ready -to -drink)	69
R466	BUN, ROLL,WHITE,CHEESE AND BACON TOPPING , Baked	69
R159	CAKE, BANANA , Uniced, Baked	69
R570	CAKE, CARROT,WITH CREAM CHEESE ICING , Baked Contains fat,baking(butter,commercial fat,margarine,oil);milk(cow,std/trim mix,ready -to -drink)	69
R13	CAKE, CHEESECAKE	69
R14	CAKE, CHOCOLATE , With butter icing, Baked	69
R16	CAKE, FRUITCAKE, RICH	69

Key	Food - full name	Page no.
R17	CAKE, FRUITCAKE , Rich, with icing	69
R25	CASSEROLE, CAULIFLOWER CHEESE	69
R27	CASSEROLE, CHICKEN WITH VEGETABLES , Cooked	69
R29	CASSEROLE, HOT POT	69
R460	CASSEROLE, MINCE AND VEGETABLES , Lean(80%) and fat(20%), Stewed	69
R389	CHICKEN, WITH VEGETABLES , Stir-fried	69
R33	CHILI CON CARNE , Cooked	69
R450	CHILLI CON CARNE, VEGETARIAN	83
R435	CHOP SUEY, TONGAN	71
R434	CHOW MEIN, ISLAND	71
R35	CHUTNEY, TOMATO	71
R484	COFFEE, CAFE LATTE , Caffeinated	71
R36	COLESLAW	71
R590	CRAB, CRABMEAT-STICK,BATTERED , Fried Contains fat,baking (butter,commercial fat,margarine,oil); fat,frying (oil,butter,margarine,lard)	71
R550	CROISSANT, FILLED WITH CHEESE AND HAM/BACON	71
R38	CRUMPET	71
R148	CUSTARD SQUARE	71
R40	DAHL, CHICK PEAS , Cooked	71
R554	DIP, MADE WITH REDUCED FAT CREAM AND SOUP MIX	71
R583	DOUGHNUT, FILLED WITH FRESH CREAM,SUGAR	71
R42	ECLAIRS, WITH CHOCOLATE ICING AND CREAM FILLING	71
R376	FALAFEL, VEGETARIAN , Fried	71
R437	FILLED HAM ROLL, WHITE BREAD	71
R479	FISH, CRUMBED , Baked/grilled Contains fat,absorbed in frying(oil,butter,margarine,lard)	71
R480	FISH, CRUMBED , Fried	71
R564	FISH, WITH COCONUT CREAM	73
R607	FRITTERS, WHITEBAIT , Shallow fried Contains milk (cow,std/trim,ready to drink); fat, frying (oil,butter,margarine,lard)	73
R48	GRAVY, LOW FAT , Prepared with gravy powder and water	73
R465	GRAVY, MUTTON , Homemade	73
R552	HOTDOG, WITH SAUCE,AMERICAN	73

Key	Food - full name	Page no.
R372	HUMMUS , Homemade	73
R50	JELLY , Prepared with water	73
R394	KEBAB, LAMB , Grilled with Mediterranean marinade	73
R513	KUMARA, CHIPS , Deep fried	73
R387	LAMB, WITH VEGETABLES , Stir-fried	73
R402	LAPLAP, CABBAGE, CASSAVA AND COCONUT	73
R462	LASAGNE, BEEF, MINCE	73
R55	MACARONI, CHEESE , Boiled then grilled	73
R473	MAYONNAISE, PREPARED WITH CONDENSED MILK , Homemade	73
R39	MEAT, CURRIED	73
R58	LOAF, MEAT , Baked	73
R59	MERINGUE	73
R60	MERINGUE , Filled with cream	75
R1001	MILO, MADE WITH TRIM MILK Contains trim milk (1.5% fat)	75
R543	MILO, MADE WITH WATER Contains milk (cow, std/trim mix, ready to drink)	75
R61	MOUSSAKA	75
R486	MUFFIN, SAVOURY WITH CHEESE	75
R471	MUFFIN, SWEET WITH FRUIT Contains fat, baking (butter/commercial fat/margarine/oil); milk (cow, std/trim mix, ready to drink)	75
R363	NACHOS, WITH BEANS, CHEESE AND SOUR CREAM	75
R62	OMELETTE, CHEESE	75
R63	OMELETTE, PLAIN	75
R163	PANCAKE, PLAIN	75
R581	PAPADOM , Fried Contains fat, frying (oil, butter, margarine, lard)	75
R582	PAPADOM , Microwaved	75
R527	PARSNIP , Baked	75
R70	PASTRY, DANISH	75
R155	PASTRY, FILO , Baked	75
R71	PASTRY, FLAKY , Cooked	75
R207	PASTRY, PUFF , Cooked	75

Key	Food - full name	Page no.
R604	PASTRY, SAVOURY, EGG AND BACON, ONE CRUST , Baked Contains milk (cow, std/trim mix, ready to drink)	77
R206	PASTRY, SHORT , Cooked	77
R568	PAVLOVA, CREAM-TOPPED	77
R463	PIE, BACON AND EGG	77
R76	PIE, BEEF MINCE AND VEGETABLES , Two crust	77
R83	PIE, CHICKEN , Two crust	77
R84	PIE, FISH	77
R88	PIE, FRUIT , One crust	77
R90	PIE, LEMON MERINGUE	77
R93	PIE, MINCE	77
R94	PIE, SHEPHERD'S	77
R95	PIE, STEAK AND KIDNEY	77
R164	PIKELET, PLAIN	77
R373	PORK , Chinese simmered	77
R97	PORK, WITH VEGETABLES , Separable lean and fat, Stewed	77
R388	PORK, WITH VEGETABLES AND CASHEW NUTS , Stir fried	77
R100	PUDDING, APPLE CRUMBLE , Baked	77
R101	PUDDING, BREAD AND BUTTER , Baked	77
R102	PUDDING, CHRISTMAS	77
R103	PUDDING, CUSTARD , Plain, Prepared with milk	77
R104	PUDDING, CUSTARD EGG	79
R209	PUDDING, MILK AND RICE , Canned	79
R106	PUDDING, RICE , Homemade	79
R454	PUDDING, COCOA RICE , Samoan	79
R495	PUDDING, SELF-SAUCING, CHOCOLATE , Baked Contains fat, baking (butter/commercial fat/margarine/oil); milk (cow, std/trim mix, ready to drink)	79
R109	PUDDING, SPONGE , With dried fruit, Steamed	79
R110	PUDDING, SPONGE , With treacle or jam, Steamed	79
R112	QUICHE, LORRAINE	79
R500	RAISINS, YOGHURT COATED , Uncooked	79
R113	RATATOUILLE	79
R610	SALAD, GREEK, WITH FETA AND OLIVES	79

Key	Food - full name	Page no.
R99	SALAD, POTATO	79
R482	SALAD, RICE	79
R551	SALAD, TABBOULEH	79
R377	SAMOSA, VEGETABLE	79
R433	SANDWICH, CHEESE, Toasted	79
R539	SANDWICH, EGG AND LETTUCE	79
R532	SANDWICH, FISH	79
R528	SANDWICH, CHEESE AND TOMATO, Toasted	79
R114	SAUCE, BOLOGNESE	81
R116	SAUCE, CHEESE	81
R593	SAUCE, MUSTARD	81
R489	SAUCE, PASTA, TOMATO BASED, WITH VEGETABLES Stewed	81
R591	SAUCE, PESTO, WITH BASIL	81
R119	SAUCE, WHITE, Savoury	81
R121	SAUSAGE ROLL, Flaky pastry	81
R123	SCONE, CHEESE, Baked	81
R165	SCONE, PLAIN, Baked	81
R125	SCONE, WHOLEMEAL, Baked	81
R166	SHORTBREAD, HOMEMADE	81
R541	SMOOTHIE, MADE WITH MILK, FRUIT JUICE, FRUIT AND YOGHURT Contains milk (cow, std/trim mix, ready to drink)	81
R130	SOUP, LENTIL	81
R134	STEW, BEEF, Stewed	81
R135	STEW, IRISH, Stewed	81
R391	SUSHI	81
R361	TACOS, FILLED, VEGETARIAN	81
R138	TART, CUSTARD	81
R143	TART, MINCEMEAT, One crust, Baked	83
R146	TRIFLE, SPONGE CAKE AND CUSTARD	83
R390	VEGETABLE, Stir-fried	83

SAUCES AND CONDIMENTS

Key	Food - full name	Page no.
S77	DIP, SOUR CREAM, ASSORTED FLAVOURS, 30% FAT , Commercial La Bonne Classic Dips	83
S79	DIP, SOUR CREAM,LITE,ASSORTED FLAVOURS,7% FAT , Commercial, Reduced fat Composite of Tararua and La Bonne	83
S29	DRESSING, `COLESLAW',LITE , Eta	83
S28	DRESSING, `FRENCH' , Kraft Kraft `French dressing'.	83
S31	DRESSING, `ITALIAN' , Kraft Kraft `Italian'	83
S45	DRESSING, `MAYONNAISE' , Commercial Composite of Eta `Mayonnaise' and Kraft `Mayonnaise'.	83
S64	DRESSING, `MAYONNAISE',REDUCED FAT , Commercial	83
S50	DRESSING, `THOUSAND ISLAND' , Eta	83
S7	DRESSING, `VINAIGRETTE'	83
S21	GUACAMOLE	83
S73	HUMMUS, ORIGINAL, 6.5% FAT , Commercial Composite of Lisa's, La Bonne, Signature Range and Middle Eastern	83
S80	PESTO , Basil, garlic, nuts, retail Composite of 'Foods by Chefs' and 'Delmaine'	83
S2	PICKLE, SWEET	83
S46	SAUCE, `TARTAR' , Eta Eta `Tartar sauce'	85
S22	SAUCE, CHILLI	85
S68	SAUCE, PASTA, CHUNKY VEGETABLE, TOMATO BASED Heated Composite of Dolmio (Chunky) and Bertoli (Five Bros) brands	85
S70	SAUCE, SIMMER, BUTTER CHICKEN , Heated Composite of Kan Tong, Watties, Pataks and Continental brands	85
S71	SAUCE, SIMMER, SATAY , Heated Composite of Kan Tong and Watties brands	85
S69	SAUCE, SIMMER, SWEET AND SOUR , Heated Composite of Kan Tong, Watties and Continental brands	85
S11	SAUCE, SOY	85
S44	SAUCE, TOMATO	85

Key	Food - full name	Page no.
	Composite of Cerebos,Watties `Homestyle' and King tomato sauce.	
S14	SAUCE, WORCESTERSHIRE	85
S6	TOMATO PUREE	85
SHELLFISH		
T31	COCKLES , Boiled for 5 minutes, <i>Austrovenus stutchburyi</i>	85
T40	CRAB MEAT STICK, IMITATION	85
T25	FRITTERS, PAUA , Deep fried	85
T26	KINA , Roe, Raw, <i>Evechinus chloroticus</i>	85
T28	MUSSEL, GREEN , Flesh, Marinated, <i>Perna canaliculus</i>	85
T27	MUSSEL, GREEN , Flesh, Smoked, <i>Perna canaliculus</i>	85
T4	MUSSEL, GREEN , Steamed, <i>Perna canaliculus</i>	87
T17	OYSTER , Flesh in batter, Deep fried in peanut oil	87
T6	OYSTER, DREDGE , Flesh, Raw, <i>Tiostrea lutaria</i>	87
T19	PIPI , Flesh, Raw, <i>Paphies australis</i>	87
T20	SCALLOP , Flesh, Deep fried in batter	87
T12	SHRIMP , Drained solids, Canned	87
T23	SQUID , Flesh in flour, Fried	87
SNACK FOODS		
U67	CEREAL SOFT BAR , Fruit filled, assorted flavours, Twisted Composite of Kelloggs `K Time Twists', Uncle Tobys `Break Free Twists', Mother Earth `Twins', Pams `Tandems', Uncle Tobys `Fruit Twists' and Signature Range `Double Ups'	87
U70	CEREAL SOFT BAR, WHOLEMEAL , Fruit filled, assorted flavours	87
U17	CORN CHIPS, CHEESE FLAVOURED Composite of `CC's', `Sancho', `Aztec' and `Nachero's'.	87
U16	CORN SNACKS, CHEESE FLAVOURED Composite of Bluebird `Cheezels', `Twisties', `Rashun' and Eta `Cheese Rings', `Cheese balls'.	87
U28	FRUIT & NUT BAR 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'.	87

Key	Food - full name	Page no.
U34	FRUIT LEATHER, APRICOT	87
U23	FRUIT ROLL, STRAWBERRY Uncle Tobys `Fruit for Yonks'.	87
U30	MUESLI BAR, CHOCOLATE CHIP Composite of Foodtown `Muesli Bars',Flemings `Muesli Bars',Canterbury `Oaty Bar'.	87
U27	MUESLI BAR, CHOCOLATE COATED, `Snacker' Composite of Bluebird Snacker Muesli Bars `Chocolate Mint',`Chocolate Apricot',`Choc Honeycrunch',`Choc Fruit & Nut'.	89
U20	MUESLI BAR, MIXED FRUIT Composite of Foodtown `Muesli Bars Mixed Fruit',Canterbury `Fruity Oaty Bars',`Tropical and Apricot',and Flemings `Muesli Bars ,Berry'.	89
U24	MUESLI BAR, YOGHURT COATED Composite of Foodtown `Yoghurt Flavour Coated Muesli Bars, mixed berry',Bluebird `Snacker Yoghurt Apricot',`Snacker Yoghurt Berry'.	89
U57	MULTIGRAIN, `GRAINWAVES' , Bluebird Composite of Golden Cheddar, Sour Cream & Bacon, Salsa, Sour Cream & Chives, Cheese and Chives, Smokey Bacon and Tangy Relish flavours.	89
U29	NUT & SEED BAR Composite of Europe `Sesame Bar',Sun `Sesame Bar',Natures Oven `Cashew & Coconut Bar'.	89
U40	POPCORN, BUTTERED, SALTED , Commercial Pop n Good, `Light and Buttery'	89
U18	POPCORN, CANDIED Composite of Harlequin `Pop n good flavoured',`Caramel pop n good',`Caramel Bunny' and `Cornfetti'.	89
U14	POTATO CRISPS, LITES , Bluebird Bluebird `Lites'	89
U38	POTATO CRISPS, SLIMS , Eta	89
U6	POTATO CRISPS , Flavoured Composite of Eta Ripples and Bluebird `Plain',`Chicken' and `Salt n Vinegar'.	89
U13	POTATO CRISPS, LOW SALT , Flavoured	89
U10	POTATO CRISPS , Plain	89
U45	POTATO CRISPS, SALT AND VINEGAR , Pringles Pringles brand	89
U41	PRETZELS	89
U1001	SNACK BAR, ONE SQUARE MEAL, (OSM)	89
U21	WHOLEMEAL FRUIT BAR	87

Key	Food - full name	Page no.
	Composite of Mother Earth `Apricot`,`Raisin' and `Fig'.	
SOUPS		
V57	SOUP, BEEF , Dried,prepared with water Continental `Cup-a-Soup Hearty beef'.	91
V1	SOUP, BONE AND VEGETABLE BROTH	91
V3	SOUP, CHICKEN , Condensed, Canned, prepared with water	91
V59	SOUP, CHICKEN , Dried,prepared with water Continental `Cup-a-Soup,Lots-a-Noodles'.	91
V76	SOUP, CHICKEN , Samoan	91
V68	SOUP, CHICKEN NOODLE , Maggi, Prepared with water	91
V42	SOUP, CORNED BEEF , Tongan	91
V41	SOUP, CORNED BEEF AND VEGETABLE , Niuean	91
V4	SOUP, CREAM OF CHICKEN , Canned	91
V9	SOUP, CREAM OF MUSHROOM , Canned	91
V15	SOUP, CREAM OF TOMATO , Canned	91
V69	SOUP, CREME OF CHICKEN , Maggi, Dried, prepared with water	91
V65	SOUP, CREME OF VEGETABLE , Maggi, Dried, prepared with water	91
V44	SOUP, FISH , Samoan	91
V75	SOUP, LAMB FLAP , Tongan	91
V8	SOUP, MINISTRONE , Dried,prepared with water	91
V66	SOUP, MUSHROOM , Maggi, Dried,prepared with water	91
V33	SOUP, PEA , Homemade	91
V34	SOUP, PUMPKIN , Homemade	91
V14	SOUP, TOMATO,CONDENSED , Canned, prepared with water	91
V55	SOUP, TOMATO , Dried,prepared with water Continental `Cup-a-Soup'.	93
V18	SOUP, VEGETABLE , Canned	93
SUGAR, CONFECTIONERY AND SWEET SPREADS		
W44	CANDIES, SOFT,MINT FLAVOURED	93

Key	Food - full name	Page no.
	Pascall `Minties'	
W5	CHOCOLATE, BOUNTY BAR , Cadbury	93
W34	CHOCOLATE, CRUNCHIE BAR , Cadbury	93
W39	CHOCOLATE, KIT KAT , Nestle	93
W6	CHOCOLATE, MARS BAR , Mars Incorporated	93
W33	CHOCOLATE, PINKY BAR , Cadbury	93
W66	CHOCOLATE, `MORO', BAR , Cadbury	93
	Composite of Cadbury `Moro' 65g and 50g.	
W35	CHOCOLATE, CANDY COATED	93
	Composite of Pascall `Pebbles', Nestle `Smarties', Mars `M&M's'.	
W56	CHOCOLATE, DARK	93
W55	CHOCOLATE, WHITE	93
W3	CHOCOLATE, MILK, BAR	93
W38	CHOCOLATE, WITH PEANUTS, BAR	93
	Composite of Whittakers and Cadbury `peanut slab'.	
W7	CHOCOLATE, FANCY AND FILLED	93
W8	FRUIT GUMS	93
W57	HARD CANDY, `CHUPA CHUPS' , Assorted flavours	93
	Pack size: `Big Bag'(300g), `10 Fruity Flavoured Lollipops'(130g), `10 Ice Cream Flavoured Lollipops'(120g).	
W11	HONEY	93
W31	ICE BLOCK	93
W49	JAM, ARTIFICIALLY SWEETENED	95
W14	JAM, BERRY FRUIT , Fruit and seeds	95
	Composite of Craigs, Cottees, Signature Range, Pams, Hansells and Barkers - Blackberry, Boysenberry, Three Berry, Mixed Berry, Raspberry and Strawberry Jams	
W15	JAM, STONE FRUIT	95
	Composite of Craigs, Pams, Cottees, Signature Range, Hansells, Barkers - Apricot, Red Plum, Black Cherry, Plum Jams	
W45	JELLYBEANS, `JAYBEES' , Pascall	95
W43	LIQUORICE, BLACK	95
	Composite of Allen's `Black Knight Luxury Licorice' and Allen's `Granny's Twist Licorice'.	
W29	LIQUORICE `ALLSORTS'	95
W17	MARMALADE	95
W40	MARSHMALLOWS, PINK AND WHITE	95

Key	Food - full name	Page no.
	Composite of Pascall and Regina.	
W18	PEPPERMINTS	95
W46	SAUCE, CHOCOLATE	95
	Composite of Cottee's and Hansells.	
W19	SUGAR, BROWN	95
W23	SUGAR, RAW	95
W24	SUGAR, WHITE	95
W1	SWEETS, HARD , Boiled	95
W25	SYRUP, GOLDEN	95
W26	TOFFEES, MIXED	95
VEGETABLES		
X2	ARTICHOKES, GLOBE , Leaves & upper stems, Boiled,drained	97
X134	ASPARAGUS , Canned,drained, <i>Asparagus officinalis</i> var. <i>altilis</i>	97
X180	ASPARAGUS , Combined cultivars, Spears, Steamed, drained, <i>Asparagus officinalis</i>	97
X1004	BAKED BEANS, IN TOMATO SAUCE , Canned, <i>Phaseolus vulgaris</i>	97
	Composite of Watties, Pams, Oaks	
X137	BEANS, BLACK , Cooked	97
X138	BEANS, BROAD , Boiled, <i>Vicia faba</i>	97
X139	BEANS, BUTTER , Boiled, <i>Phaseolus lunatus</i>	97
X140	BEANS, GREEN , Boiled, <i>Phaseolus vulgaris</i>	97
X10	BEANS, HARICOT , Boiled,drained	97
X13	BEANS, MUNG , Dahl, Cooked	97
X135	BEANS, MUNG , Sprouts, raw, <i>Phaseolus aureus</i>	97
X141	BEANS, RED KIDNEY , Boiled, <i>Phaseolus vulgaris</i>	97
X16	BEETROOT , Canned,drained, <i>Beta vulgaris</i>	97
X17	BEETROOT , Flesh, Boiled, <i>Beta vulgaris</i>	97
X19	BROCCOLI , Florets, includes flower cluster, leaves & upper stems, Boiled,drained, <i>Brassica oleracea</i> var. <i>botrytis</i>	97
X20	BROCCOLI , Florets,includes flower cluster,leaves & upper stems, Raw, <i>Brassica oleracea</i> var. <i>botrytis</i>	97
X21	BRUSSEL SPROUTS , Inner leaves, Boiled,drained, <i>Brassica oleracea</i> var. <i>gemmifera</i>	97
X250	CABBAGE, CHINESE , Cooked, <i>Brassica chinensis</i>	99
X23	CABBAGE, RED , Inner leaves, Raw	99

Key	Food - full name	Page no.
X29	CABBAGE, WHITE , Inner & outer leaves, Raw, <i>Brassica oleracea</i>	99
X27	CABBAGE, WHITE , Inner leaves, Steamed, drained, <i>Brassica oleracea</i> var. <i>capitata</i>	99
X84	CAPSICUM, GREEN , Flesh, Raw, <i>Capsicum annuum</i>	99
X272	CAPSICUM, RED , Raw	99
X33	CARROT , Flesh, Boiled, drained, <i>Daucus carota</i>	99
X31	CARROT , Flesh, Raw, <i>Daucus carota</i>	99
X237	CASSAVA , Tuber, Baked in traditional PNG oven (mumu'd), <i>Manihot esculenta</i>	99
X238	CASSAVA , Boiled, <i>Manihot esculenta</i>	99
X35	CAULIFLOWER , Flower and stem, Boiled, drained, <i>Brassica oleracea</i> var. <i>botrytis</i>	99
X36	CAULIFLOWER , Flower and stem, Raw, <i>Brassica oleracea</i> var. <i>botrytis</i>	99
X39	CELERY , Stem, Raw, <i>Apium graveolens</i>	99
X142	CHOKO , Flesh, Cooked	99
X259	CORN, SWEET , Baby, Canned,drained	99
X41	CORN, SWEET , Canned,drained	101
	Composite of Growers and Watties `Whole Kernel`.	
X301	CORN, SWEET , Canned, creamed	101
	Composite of Growers, Oak, Pams, Budget and Watties brands.	
X288	CORN, SWEET, KERNELS ON COB , Boiled	101
	Composite of McCain,Watties and Westurn's frozen corn on cob brands.	
X330	COURGETTE , Boiled or steamed	101
X261	COURGETTE , Raw	101
	Composite of yellow and green courgette	
X45	CUCUMBER , Flesh, Raw, <i>Cucumis sativa</i>	101
X260	GARLIC , Cloves, Raw,peeled	101
X143	GHERKIN , In sweetened brine, drained, <i>Cucumis sativus</i>	101
X145	KUMARA, OWAIRAKA RED , Flesh, Salt added,roasted in beef dripping, <i>Ipomoea batatas</i>	101
X151	KUMARA, OWAIRAKA RED , Flesh and skin, Salt added,baked, <i>Ipomoea batatas</i>	101
X152	KUMARA, OWAIRAKA RED , Flesh, Salt added,boiled, <i>Ipomoea batatas</i>	101
X50	LEEKS , Bulb, Boiled, drained, <i>Allium ampeloprasum</i> var. <i>porrum</i>	101
X53	LENTILS, RED , Cooked, <i>Lens esculenta</i>	101
X54	LENTILS, SPLIT , Boiled, drained, <i>Lens esculenta</i>	101
X305	LETTUCE, HYDROPONIC	101
	Composite of `Rocket`, `Red Lettuce`, `Lollo Bionda Lettuce`, `Butterhead Lettuce`, `Frillice Lettuce` and `Lollo Rossa Lettuce`	

Key	Food - full name	Page no.
	cultivars.	
X265	LETTUCE , Inner & outer leaves, Raw	103
X57	MARROW , Flesh, Boiled, drained, <i>Cucurbita pepo</i>	103
X60	MUSHROOMS , Flesh and stem, Raw, <i>Agaricus bisporus</i>	103
X298	MUSHROOMS , Fried in butter	103
X297	MUSHROOMS , Fried in oil	103
X146	ONION , Bulb, Pickled, <i>Allium cepa</i>	103
X65	ONION , Flesh, Fried in dripping, <i>Allium cepa</i>	103
X66	ONION , Flesh, Raw, <i>Allium cepa</i> var. <i>pukekohe long keeper</i>	103
X67	ONION, SPRING , Flesh of bulb, Raw, <i>Allium cepa</i>	103
X68	PARSLEY , Leaves, Raw, <i>Petroselinum crispum</i>	103
X69	PARSNIP , Flesh, Boiled, drained, <i>Pastinaca sativa</i>	103
X76	PEAS, CHICK , Channa dahl, Cooked, <i>Cicer arietinum</i>	103
X80	PEAS, GREEN , Frozen,boiled,drained, <i>Pisum sativum</i>	103
	Composite of Growers, Westerns, Watties and Pams `Garden peas'.	
X73	PEAS, SPLIT , Boiled, <i>Pisum sativum</i>	103
X327	POTATO, FRIES, FROZEN , Chunky cut, Precooked in canola oil, baked	103
X324	POTATO, FRIES, FROZEN , Chunky cut, Precooked in polyunsat oil, baked	103
X321	POTATO, FRIES, FROZEN , Shoestring cut, (Precooked in polyunsat oil, baked)	103
X322	POTATO, FRIES, FROZEN , Straight cut, Precooked in polyunsat oil, baked	105
X314	POTATO, WEDGES,FROZEN , Coated, 87% potato, Precooked in polyunsat oil, baked	105
X299	POTATO, IN SKIN , Microwaved	105
X96	POTATO, RUA , Flesh, Boiled,mashed with milk, butter and salt added, <i>Solanum tuberosum</i>	105
X93	POTATO, RUA , Flesh, Baked,salt added, <i>Solanum tuberosum</i>	105
X98	POTATO, RUA , Flesh, Roasted in beef dripping, salt added, <i>Solanum tuberosum</i>	105
X94	POTATO, RUA , Flesh, Boiled,drained, <i>Solanum tuberosum</i>	105
X154	POTATO, RUA , Flesh, Microwaved, salt added, <i>Solanum tuberosum</i>	105
X148	PUMPKIN , Flesh, Baked, <i>Cucurbita</i> spp.	105
X147	PUMPKIN , Flesh, Boiled,drained, <i>Cucurbita</i> spp.	105
X292	PUMPKIN , Flesh and skin, Roasted	105
X181	PUWHA, SOW THISTLE , Leaves & upper stems, Boiled, <i>Sonchus</i> spp.	105
X107	PUWHA, SOW THISTLE , leaves&upper stem, raw, <i>Sonchus</i> spp.	105
X112	RADISHES , Flesh and skin, Raw, <i>Raphanus sativus</i>	105

Key	Food - full name	Page no.
X1005	SEAWEED, NORI , Dried, raw	105
X177	SILVERBEET , Boiled for 10 minutes, <i>Beta vulgaris</i>	105
X117	SPINACH , Leaves & upper stems, Boiled,drained, <i>Tetragonia expansa</i>	105
X266	SPROUTS, ALFALFA , Raw Composite of Food Town and Sprout Man.	107
X225	SQUASH, BUTTERCUP , Flesh, Steamed	107
X123	SWEDE , Flesh, Boiled, drained, <i>Brassica napus var. napobrassica</i>	107
X242	TARO, BLACK,COMMON , Corms, Boiled, <i>Colocasia esculenta</i>	107
X241	TARO, COMMON , Corms, Baked in traditional Pacific oven (mumu'd), <i>Colocasia esculenta</i>	107
X296	TARO , Leaves, cooked	107
X125	TOMATOES , Canned,drained, <i>Lycopersicon esculentum</i>	107
X127	TOMATOES , Flesh, skin and seeds, Raw, <i>Lycopersicon esculentum</i>	107
X275	TOMATOES, IN TOMATO JUICE , Canned	107
X295	TOMATOES , Sun-dried	107
X129	TURNIP , Flesh, Boiled,drained, <i>Brassica rapa var. rapifera</i>	107
X157	VEGETABLES MIXED, CARROTS/CORN/PEAS , Frozen, boiled, drained	107
X131	WATERCRESS , Leaves & upper stems, Raw, <i>Rorippa nasturtium aquaticum</i>	107
X132	YAM , Flesh, Boiled,drained, <i>Dioscorea</i> spp.	107
X309	YAM , Flesh, Roasted,without oil	107

INFANT FORMULAS AND BABY FOODS

Z528	APPLE & OATMEAL , Pureed, can, Heinz Wattie's Suitable from 6 months	109
Z450	APRICOT PORRIDGE , Dry, Heinz Watties Suitable from 9 months	109
Z516	APRICOT PORRIDGE , Heinz Watties, prepared with standard milk. Suitable from 6-7 months	109
Z455	BABY RICE , Dry, Heinz Watties	109
Z521	BABY RICE, FAREX , Heinz Watties, Prepared with water, ready to eat Suitable from 4 months	109
Z529	CUSTARD, BANANA Heinz Watties, Smooth, canned	109
Z519	CUSTARD, BANANA Heinz Watties, prepared with standard milk	109

Key	Food - full name	Page no.
	Suitable from 6 months	
Z530	CUSTARD, EGG , Smooth, Heinz Wattie's	109
	Suitable from 6, months	
Z534	DESSERT, RICE PUDDING , Smooth, Robinsons	109
	Suitable for all ages	
Z1001	FORMULA, INFANT , Prepared, powder prepared in water	109
	Suitable from birth	
	Composite of Wyeth S26: Gold Alpha Pro, Gold Alpha Pro Tetra, Original Newborn, SMA, Nutricia Karicare: Gold, Heinz Nurture: Plus, Starter, Starter Gold	
Z1002	FORMULA, TODDLER , Prepared, powder prepared in water	109
	Suitable for 1 to 3 years	
	Composite of Wyeth S26: Toddler Gold, Toddler Gold Liquid, Heinz Nurture: Gold Toddler, Toddler	
Z525	FRUIT, APPLE , Heinz Watties, Pureed, canned	110
	Suitable from 4 months	
Z527	FRUIT & CEREAL, PEACH, APRICOT & SEMOLINA , Heinz Watties, Pureed, canned	109
	Suitable for all ages from 6 months	
Z526	FRUIT, FRUIT SALAD , Pureed, Heinz Wattie's	110
	Suitable from 4 months	
Z533	LAMBS FRY & BACON , Pureed, can, Heinz Wattie's	110
	Suitable from 6 months	
Z454	MUESLI, BABY , Finely Ground, dry, Heinz Watties	110
	Suitable from 6 months	
Z520	MUESLI, BABY , Finely Ground, Heinz Watties, prepared with water	110
	Suitable from 8-9 months	
Z457	MUESLI, BABY, OAT FLAKES AND APPLE , Dry, Heinz Watties	110
	Suitable from 4 months	
Z523	MUESLI, BABY, OAT FLAKES & APPLE , Heinz Watties, prepared with water	110
	Suitable from 9 months	
Z456	ORIGINAL MIXED GRAIN CEREAL , Dry, Heinz Watties	109
	Suitable from 6 months	
Z522	ORIGINAL MIXED CEREAL , Heinz Watties, prepared with water	109
	Suitable from 6-7 months	
Z532	POTATO PEAS & BROCOLI , Pureed, can, Heinz Wattie's	110
	Suitable from 4 months	

Key	Food - full name	Page no.
Z458	RUSKS, TEETHING RUSKS , Heinz Suitable from 6 months	110
Z504	SAVOURY, CHICKEN,PASTA & VEGETABLES,TODDLER , Heinz Watties, Chunky, bottled Suitable from 1-3 years	110
Z535	VEGETABLE AND CEREAL, CARROT & RICE , Heinz Watties, Pureed, canned Suitable from 4 months	109
Z531	VEGETABLE, PARSNIP & CARROT & KUMARA , Heinz Watties, Pureed, canned Suitable from 4 months	110

Appendix VI – Food index

Food - short name	Key	Food group	Source	Page No.
Activate' Probiotic drink,Meadow fresh	C1017	BEVERAGES, NON-ALCOHOLIC	mzr	13
`All Bran',Kellogg's	D34	BREAKFAST CEREALS	abfm	15
Almonds,raw	Q1	NUTS AND SEEDS	abuz	65
Apple & oatmeal,pureed,can,Heinz Wattie's	Z528	INFANT FORMULAS AND BABY FOOD	z	109
Apple,combined cultivars,fl&s,fresh	L18	FRUIT	abuz	43
Apples,cooking,fl&jui,stewed w/o sugar	L16	FRUIT	abuz	43
Apricot Porridge,dry,Heinz Watties	Z450	INFANT FORMULAS AND BABY FOOD	z	109
Apricot Porridge,Heinz Watties,prep w/ milk	Z516	INFANT FORMULAS AND BABY FOOD	z	109
Apricot,flesh & skin,fresh	L23	FRUIT	abuz	43
Apricots,canned in juice	L213	FRUIT	bzc	45
Apricots,canned in syrup,drained	L214	FRUIT	ab	45
Apricots,dried	L26	FRUIT	abuz	45
Apricots,fruit & juice,stewed w/o sugar	L25	FRUIT	abuz	45
Apricots,fruit and syrup,canned	L22	FRUIT	abuz	45
Artichoke,Globe,boiled,drained	X2	VEGETABLES	abu	97
Asparagus,canned,drained	X134	VEGETABLES	uz	97
Asparagus,comb.cultivars,steamed,drained	X180	VEGETABLES	auz	97
Asst fruits & semolina,pureed,can,HW	Z527	INFANT FORMULAS AND BABY FOODS	z	109
Avocado,Haas,flesh,fresh	L30	FRUIT	abz	45
Baby Rice,dry,Heinz Watties	Z455	INFANT FORMULAS AND BABY FOOD	z	109
Bagel,plain	A54	BAKERY PRODUCTS	abz	1
Banana,cooking,in unsalted water,boiled	L185	FRUIT	abc	45
Banana,flesh,fresh	L32	FRUIT	abz	45
Beans,baked,in tomato sauce,canned	X1004	VEGETABLES	z	97
Beans,Black,cooked	X137	VEGETABLES	abu	97
Beans,Broad,boiled	X138	VEGETABLES	abuz	97
Beans,Butter,boiled	X139	VEGETABLES	abuz	97
Beans,Green,boiled	X140	VEGETABLES	abuz	97
Beans,Haricot,boiled,drained	X10	VEGETABLES	abuz	97
Beans,Mung,dahl,cooked	X13	VEGETABLES	b	97
Beans,Mung,sprouts,raw	X135	VEGETABLES	auz	97
Beans,Red Kidney,boiled	X141	VEGETABLES	abuz	97
Beef and sheep tongue,canned	M53	MEAT	abz	55
Beef patty,frozen,fried	M54	MEAT	abz	55

Food - short name	Key	Food group	Source	Page No.
Beef satay	H80	FAST FOODS	abuz	29
Beef with vegetables, stir-fried	R461	RECIPES	c	69
Beef, blade steak, l&f, trm, stewed, drained	M188	MEAT	abz	53
Beef, composite cuts, lean, cooked	M542	MEAT	bz	53
Beef, corned beef, canned	M10	MEAT	abz	53
Beef, corned, silverside, lean	N40	MEAT PRODUCTS	azc	61
Beef, corned, silverside, lean&fat, boiled	M2	MEAT	abz	53
Beef, fillet steak, lean & fat, grilled	M397	MEAT	abz	53
Beef, fillet steak, lean, grilled	M191	MEAT	bz	53
Beef, frzn meal, w/ mashed potato veg, RTE	N89	MEAT PRODUCTS	zcr	61
Beef, frzn meal, w/ roast potato veg, RTE	N85	MEAT PRODUCTS	zcr	61
Beef, kidney, stewed	M16	MEAT	abuz	53
Beef, mince, lean&fat(12%), stewed	M328	MEAT	zcr	53
Beef, mince, lean&fat(6%), fried	M544	MEAT	bz	53
Beef, mince, lean, stewed	M20	MEAT	abz	53
Beef, rump steak, lean&fat, trimmed, grilled	M26	MEAT	abz	53
Beef, rump steak, lean, grilled	M27	MEAT	bz	53
Beef, schnitzel, crumbed, fried	M49	MEAT	abu	53
Beef, scotch fillet, lean, grilled	M206	MEAT	bz	53
Beef, sirloin roast, lean, roasted	M36	MEAT	bz	53
Beef, sirloin steak, lean, grilled	M226	MEAT	abz	53
Beef, topside roast, lean, roasted	M46	MEAT	bz	55
Beef, veal, fillet, lean, roasted	M51	MEAT	abuz	55
Beef, with cashews	H137	FAST FOODS	abuz	29
Beer, low alcohol	B35	BEVERAGES, ALCOHOLIC	z	9
Beer, standard draught and lager	B2	BEVERAGES, ALCOHOLIC	bz	9
Beer, stout, bottled	B9	BEVERAGES, ALCOHOLIC	abz	9
Beer, strong ale	B10	BEVERAGES, ALCOHOLIC	abz	9
Beetroot, canned, drained	X16	VEGETABLES	auz	97
Beetroot, flesh, boiled	X17	VEGETABLES	abuz	97
Biscuit, `Afghan`, commercial	A148	BAKERY PRODUCTS	z	1
Biscuit, Anzac, home-made	A81	BAKERY PRODUCTS	abuz	1
Biscuit, chocolate base, `Digestive/Wheat`	A3	BAKERY PRODUCTS	bz	1
Biscuit, chocolate coated	A1	BAKERY PRODUCTS	abz	1
Biscuit, chocolate coated, `Mallowpuff`	A71	BAKERY PRODUCTS	uz	1
Biscuit, chocolate coated, `Toffee Pop`	A72	BAKERY PRODUCTS	bz	1
Biscuit, cookie, chocolate chip	A61	BAKERY PRODUCTS	uz	1

Food - short name	Key	Food group	Source	Page No.
Biscuit, filled, Ginger Kisses, baked	R584	RECIPES	c	69
Biscuit, `Fruit Finger'	A69	BAKERY PRODUCTS	uz	1
Biscuit, fruit, `Digestive'	A70	BAKERY PRODUCTS	bz	1
Biscuit, `Gingernut'	A5	BAKERY PRODUCTS	z	1
Biscuit, `Krispie'	A62	BAKERY PRODUCTS	z	1
Biscuit, `Malt'	A64	BAKERY PRODUCTS	z	1
Biscuit, peanut brownie, commercial	A66	BAKERY PRODUCTS	uz	1
Biscuit, plain, cream	A9	BAKERY PRODUCTS	buz	1
Biscuit, plain, `Digestive'	A4	BAKERY PRODUCTS	bz	1
Biscuit, shortbread, retail	A63	BAKERY PRODUCTS	buz	1
Biscuit, wafer, raspberry, cream filled	A12	BAKERY PRODUCTS	abz	3
Biscuits, `Arrowroot'	A146	BAKERY PRODUCTS	buz	3
Blackberries, fresh	L34	FRUIT	buz	45
Blueberries, Jersey, unsweetened, frozen	L39	FRUIT	auz	45
`Bounty' bar, Cadbury	W5	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	93
`Bovril'	P14	MISCELLANEOUS	abu	63
Boysenberry, fresh	L40	FRUIT	buz	45
Brazil nuts, raw	Q4	NUTS AND SEEDS	abuz	65
Bread roll, mixed grain, spmkt fresh	A53	BAKERY PRODUCTS	abz	5
Bread roll, white, supermarket fresh	A40	BAKERY PRODUCTS	abz	5
Bread roll, wholemeal, supermarket fresh	A52	BAKERY PRODUCTS	abuz	5
Bread, `9 Grains', Tip Top, fortified	A1021	BAKERY PRODUCTS	am	3
Bread, `Burgen', fortified	A1020	BAKERY PRODUCTS	am	3
Bread, currant, supermarket fresh,	A206	BAKERY PRODUCTS	zc	3
Bread, focaccia, assorted flavours	A95	BAKERY PRODUCTS	buz	3
Bread, garlic, baked	R578	RECIPES	c	69
Bread, garlic, butter, retail	A236	BAKERY PRODUCTS	z	3
Bread, gluten free, multigrain	A1015	BAKERY PRODUCTS	z	3
Bread, gluten free, white	A1014	BAKERY PRODUCTS	z	3
Bread, multi-grain, heavy, prepacked	A1010	BAKERY PRODUCTS	z	3
Bread, multi-grain, light, sliced, prepacked	A1009	BAKERY PRODUCTS	z	3
Bread, panini, plain, pre-packaged	A234	BAKERY PRODUCTS	z	3
Bread, pita, white, pre-packaged	A57	BAKERY PRODUCTS	abz	3
Bread, pita, wholemeal, pre-packaged	A45	BAKERY PRODUCTS	abuz	3
Bread, Rewena, baked	R579	RECIPES	c	69
Bread, soy&linseed, sl, prepacked	A211	BAKERY PRODUCTS	zc	3

Food - short name	Key	Food group	Source	Page No.
Bread,'Super Soft',Tip Top,White	A125	BAKERY PRODUCTS	abfmz	3
Bread,wheatmeal,sliced,prepacked,composite	A1008	BAKERY PRODUCTS	z	5
Bread,white,sliced,prepacked	A1007	BAKERY PRODUCTS	z	3
Broccoli,florets,boiled,drained	X19	VEGETABLES	abuz	97
Broccoli,raw	X20	VEGETABLES	abuz	97
Brussel Sprouts,inner leaves,boil,drnd	X21	VEGETABLES	abuz	97
Bulgur,boiled	E68	CEREALS AND PSEUDO-CEREALS	au	17
Bun,bath/chelsea	R10	RECIPES	abuz	69
Bun,currant	A25	BAKERY PRODUCTS	abz	5
Bun,hot cross,baked	R580	RECIPES	c	69
Bun,iced	A130	BAKERY PRODUCTS	abz	5
Bun,roll,white,cheese & bacon topping	R466	RECIPES	c	69
Burger,bacon	H2	FAST FOODS	auz	29
Burger,'Big Mac',McDonald's	H8	FAST FOODS	auz	29
Burger,cheese	H3	FAST FOODS	auz	29
Burger,cheese,McDonald's	H4	FAST FOODS	auz	29
Burger,'Filet-o-Fish',McDonald's	H24	FAST FOODS	auz	29
Burger,hamburger	H6	FAST FOODS	auz	29
Burger,hamburger,McDonald's	H7	FAST FOODS	abuz	29
Burger,'Quarter Pounder w/ Cheese',McD	H10	FAST FOODS	auz	29
Butter,salted	F1046	DAIRY	z	21
Butter,spreadable	F1051	DAIRY	z	21
Butter,unsalted	F1050	DAIRY	z	21
Cabbage,Chinese,cooked	X250	VEGETABLES	bhjmz	99
Cabbage,Red,inner leaves,raw	X23	VEGETABLES	abuz	99
Cabbage,White,inner and outer leaves,raw	X29	VEGETABLES	auz	99
Cabbage,White,inner leaves,steamed,drnd	X27	VEGETABLES	abuz	99
Cake,banana,uniced	R159	RECIPES	abuz	69
Cake,carrot with cream cheese icing	R570	RECIPES	c	69
Cake,cheesecake	R13	RECIPES	abuz	69
Cake,chocolate,butter icing	R14	RECIPES	abuz	69
Cake,chocolate,standard	A108	BAKERY PRODUCTS	abuz	5
Cake,fancy,iced	A29	BAKERY PRODUCTS	abuz	5
Cake,fruitcake,plain,retail	A26	BAKERY PRODUCTS	abz	5
Cake,fruitcake,rich	R16	RECIPES	abuz	69
Cake,fruitcake,rich,with icing	R17	RECIPES	abuz	69
Cake,sponge,plain	A77	BAKERY PRODUCTS	abuz	5

Food - short name	Key	Food group	Source	Page No.
Candies,soft,mint flavoured	W44	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	93
Capsicum,Green,flesh,raw	X84	VEGETABLES	buz	99
Capsicum,Red,raw	X272	VEGETABLES	ab	99
Carrot & rice,pureed,can,Heinz Watties	Z535	INFANT FORMULAS AND BABY FOODS	z	109
Carrot,flesh,boiled,drained	X33	VEGETABLES	uz	99
Carrot,flesh,raw	X31	VEGETABLES	uz	99
Cashew nuts,raw	Q40	NUTS AND SEEDS	ab	65
Cashew nuts,roasted,unsalted	Q37	NUTS AND SEEDS	abuz	65
Cashew nuts,salted,roasted	Q5	NUTS AND SEEDS	auz	65
Cassava,baked in traditional PNG oven	X237	VEGETABLES	bnsu	99
Cassava,boiled	X238	VEGETABLES	absu	99
Casserole,cauliflower cheese	R25	RECIPES	abuz	69
Casserole,chicken with vegetables	R27	RECIPES	abuz	69
Casserole,hot pot	R29	RECIPES	abuz	69
Casserole,mince,lean&fat,w/ veg,stewed	R460	RECIPES	c	69
Cauliflower,boiled,drained	X35	VEGETABLES	auz	99
Cauliflower,raw	X36	VEGETABLES	auz	99
Celery,stem,raw	X39	VEGETABLES	abuz	99
Cereal soft bar,frt filled,twisted,flvr	U67	SNACK FOODS	abz	87
Cereal soft bar,wholemeal,frt,asstd flvr	U70	SNACK FOODS	abz	87
Cereal, 'Original Mixed Cereal', dry,Heinz Watties	Z456	INFANT FORMULAS AND BABY FOOD	z	109
Cereal, Original Mixed, Heinz Watties,prep w/ water	Z522	INFANT FORMULAS AND BABY FOOD	zc	109
Cereal,baby rice,Farex,Heinz Watties,rte	Z521	INFANT FORMULAS AND BABY FOODS	fmz	109
Chapati,homemade	A58	BAKERY PRODUCTS	abuzc	5
Cheese spread,lite,Philadelphia	F98	DAIRY	abz	23
Cheese,blue vein	F4	DAIRY	abuz	21
Cheese,camembert	F5	DAIRY	abz	21
Cheese,cheddar,mild	F1015	DAIRY	z	21
Cheese,colby	F1006	DAIRY	z	21
Cheese,cottage	F11	DAIRY	abuz	21
Cheese,cottage,low fat	F1056	DAIRY	z	21
Cheese,cream	F12	DAIRY	abuz	21
Cheese,cream,reduced fat (16%)	F69	DAIRY	bz	23
Cheese,edam	F1001	DAIRY	z	23
Cheese,feta	F58	DAIRY	abz	23
Cheese,mozzarella	F17	DAIRY	abuz	23
Cheese,parmesan,powder	F18	DAIRY	abuz	23

Food - short name	Key	Food group	Source	Page No.
Cheese,processed	F19	DAIRY	abz	23
Cheese,processed,sliced,reduced fat	F79	DAIRY	bz	23
Cheese,reduced fat	F1057	DAIRY	z	23
Cheese,ricotta	F59	DAIRY	buz	23
Cheese,tasty	F1014	DAIRY	z	23
Chefade	J39	FATS AND OILS	abz	39
Cherries,flesh & skin,fresh	L45	FRUIT	buz	45
Chicken,breast,deli-cooked,supermarket	M1012	MEAT	z	55
Chicken,breast,flesh,grilled	M232	MEAT	bz	55
Chicken,breast,lean&fat,roasted	M339	MEAT	bz	55
Chicken,crumbed fried,breast,KFC	H17	FAST FOODS	abuz	29
Chicken,crumbed fried,drumstick,KFC	H18	FAST FOODS	auz	29
Chicken,crumbed fried,thigh,KFC	H19	FAST FOODS	abuz	29
Chicken,crumbed fried,wing,KFC	H16	FAST FOODS	abuz	31
Chicken,drumstick,deli-cooked,supermarket	M1016	MEAT	z	55
Chicken,drumstick,flesh,grilled	M247	MEAT	bz	55
Chicken,drumstick,l,f&s,rstd,w/oven bag	M352	MEAT	bz	55
Chicken,flesh,cooked	M239	MEAT	bz	55
Chicken,leg,flesh,grilled	M255	MEAT	bz	55
Chicken,skin,deli-cooked,supermarket	M1015	MEAT	z	55
Chicken,stim-fried with veges	R389	RECIPES	abuz	69
Chicken,thigh,deli-cooked,supermarket	M1013	MEAT	z	55
Chicken,thigh,flesh,roasted	M337	MEAT	bz	55
Chicken,thigh,l,f&s,rstd in oven bag	M350	MEAT	bz	55
Chicken,wing,flesh,grilled	M264	MEAT	bz	57
Chicken,wing,l,f&s,roasted in oven bag	M351	MEAT	bz	57
Chicken,with garlic & chilli sauce	H126	FAST FOODS	abuz	31
Chili Con Carne	R33	RECIPES	abuz	69
Chocolate bar,milk	W3	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	93
Chocolate bar,with peanuts	W38	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	93
Chocolate,Cadury, 'Moro',bar	W66	SUGAR, CONFECTIONERY AND SWEET SPREADS	buz	93
Chocolate,candy coated, 'Pebbles' etc	W35	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	93
Chocolate,dark	W56	SUGAR, CONFECTIONERY AND SWEET SPREADS	ab	93
Chocolate,drinking,powder	C9	BEVERAGES, NONALCOHOLIC	bz	11
Chocolate,white	W55	SUGAR, CONFECTIONERY AND SWEET SPREADS	b	93
Chocolates,fancy and filled	W7	SUGAR, CONFECTIONERY AND SWEET SPREADS	abu	93
Choko,flesh,cooked	X142	VEGETABLES	au	99

Food - short name	Key	Food group	Source	Page No.
Chop suey,chicken,lean & fat,stir-fried	H173	FAST FOODS	c	31
Chop suey,pork	H71	FAST FOODS	abuz	31
Chop suey,Tongan	R435	RECIPES	abuz	71
Chow mein,beef,stir-fried,home made	H172	FAST FOODS	c	31
Chow Mein,Chicken,frozen meal,microwaved	H199	FAST FOODS	z	31
Chow mein,Island	R434	RECIPES	abuz	71
Chow mein,prawn,takeaway,RTE	H89	FAST FOODS	auz	31
Chutney,tomato	R35	RECIPES	abuz	71
Cider,sweet	B12	BEVERAGES, ALCOHOLIC	abu	9
Cockles,boiled	T31	SHELLFISH	buy	85
`Coco Pops',Kellogg's	D35	BREAKFAST CEREALS	abfm	15
Cocoa,powder	C3	BEVERAGES, NONALCOHOLIC	bz	11
Coconut cream,canned	Q26	NUTS AND SEEDS	abuz	65
Coconut cream,lite,canned	Q49	NUTS AND SEEDS	zcr	65
Coconut milk,raw	Q10	NUTS AND SEEDS	bu	65
Coconut,desiccated	Q9	NUTS AND SEEDS	abuz	65
Coconut,flesh,raw	Q8	NUTS AND SEEDS	abz	65
Coffee whitener,powder	P68	MISCELLANEOUS	ab	63
Coffee,cafe latte,caffeinated	R484	RECIPES	c	71
Coffee,espresso,brewed	C87	BEVERAGES, NONALCOHOLIC	bu	11
Coffee,instant,decaffeinated,powder	C75	BEVERAGES, NONALCOHOLIC	bu	11
Coffee,instant,powder	C5	BEVERAGES, NONALCOHOLIC	abuz	11
Coleslaw	R36	RECIPES	abuz	71
Coleslaw,KFC	H20	FAST FOODS	auc	31
`Complan',assorted flavours,powder	C139	BEVERAGES, NONALCOHOLIC	bfz	9
Cook Island coconut buns	R431	RECIPES	abuz	71
Cookies,`Cookie Time',apricot,ygt coated	A145	BAKERY PRODUCTS	buz	5
Cookies,`Cookie Time',original	A142	BAKERY PRODUCTS	uz	5
Cordial concentrate,syrup,lime	C8	BEVERAGES, NONALCOHOLIC	abu	11
Cordial,blackcurrant syrup,Barkers	C93	BEVERAGES, NONALCOHOLIC	abfmz	11
Cordial,lemon&barley syrup,Baker-Halls	C95	BEVERAGES, NONALCOHOLIC	abfm	11
Corn chips,cheese flavour	U17	SNACK FOODS	abz	87
Corn flakes ,Kellogg's	D32	BREAKFAST CEREALS	abf	15
Corn flakes ,Skippy	D1011	BREAKFAST CEREALS	abfmr	15
Corn Flakes with Psyllium,Freedom Fds	D1001	BREAKFAST CEREALS	abfm	15
Corn snacks,cheese flavour	U16	SNACK FOODS	auz	87
Corn,Sweet,baby,canned,drained	X259	VEGETABLES	bz	99

Food - short name	Key	Food group	Source	Page No.
Corn,Sweet,canned,drained	X41	VEGETABLES	abuz	101
Corn,Sweet,creamed	X301	VEGETABLES	bz	101
Corn,Sweet,kernels on cob,boiled	X288	VEGETABLES	buz	101
Cornish pastie	N4	MEAT PRODUCTS	ab	61
Courgette,boiled/steamed	X330	VEGETABLES	z	101
Courgette,raw	X261	VEGETABLES	bz	101
Couscous,cooked	E131	CEREALS AND PSEUDO-CEREALS	azc	17
Crab meat stick,imitation,surimi	T40	SHELLFISH	bu	85
Crabmeat-stick,battered,fried	R590	RECIPES	c	71
Cracker,cheese	A134	BAKERY PRODUCTS	abuz	7
Cracker,cream	A136	BAKERY PRODUCTS	z	7
Cracker,crispbread,asstd flvr,Arnotts	A133	BAKERY PRODUCTS	abz	7
Cracker,crispbread,rye	A32	BAKERY PRODUCTS	abz	7
Cracker,`Meal Mates',Griffins	A119	BAKERY PRODUCTS	bz	5
Cracker,rice,baked,BBQ flavours	A233	BAKERY PRODUCTS	z	7
Cracker,`Ryvita',assorted flavours	A141	BAKERY PRODUCTS	abz	5
Cracker,`Salada',Arnotts	A138	BAKERY PRODUCTS	abz	5
Cracker,sesame	A135	BAKERY PRODUCTS	abz	7
Cracker,`Snax',Griffins	A137	BAKERY PRODUCTS	abz	5
Cracker,water,Arnotts	A140	BAKERY PRODUCTS	z	7
Cracker,'Well Grain',Vitalife,Griffins	A1022	BAKERY PRODUCTS	mr	7
Cracker,wholemeal and sesame	A110	BAKERY PRODUCTS	ab	7
Cream,reduced fat	F22	DAIRY	abuz	23
Cream,sour,light	F100	DAIRY	z	23
Cream,sour,reduced fat	F80	DAIRY	bz	23
Cream,sour,standard fat	F23	DAIRY	abuz	23
Cream,standard	F24	DAIRY	abz	23
Cream,whipping,UHT	F25	DAIRY	abuz	23
Croissant	A101	BAKERY PRODUCTS	bz	7
Croissant,filled with cheese&ham/bacon	R550	RECIPES	c	71
Crumpet	R38	RECIPES	abz	71
`Crunchie' bar,Cadbury	W34	SUGAR, CONFECTIONERY AND SWEET SPREADS	z	93
`Crunchy Nut Corn Flakes',Kellogg's	D36	BREAKFAST CEREALS	abfm	15
Cucumber,flesh,raw	X45	VEGETABLES	abz	101
Currants,Black,fresh	L50	FRUIT	buz	45
Currants,dried	L49	FRUIT	abuz	45
Curry,Indian,Beef Korma,Takeaway	H225	FAST FOODS	z	31

Food - short name	Key	Food group	Source	Page No.
Curry,Indian,Beef Madras,Takeaway	H226	FAST FOODS	z	31
Curry,Indian,Butter Chicken,Takeaway	H222	FAST FOODS	z	31
Curry,Indian,Chicken Masala,Takeaway	H223	FAST FOODS	z	31
Curry,Indian,Dhal Makani,Takeaway	H227	FAST FOODS	z	31
Curry,Indian,Rogan Josh,Lamb,Takeaway	H224	FAST FOODS	z	31
Curry,Thai,Green,Chicken,Takeaway	H219	FAST FOODS	z	31
Custard powder	E6	CEREALS AND PSEUDO-CEREALS	abuz	17
Custard square	R148	RECIPES	abuz	71
Custard, Banana, Heinz Watties,prep w/ standard milk	Z519	INFANT FORMULAS AND BABY FOOD	zc	109
Custard, egg, smooth,Heinz Wattie's	Z530	INFANT FORMULAS AND BABY FOOD	z	109
Custard,banana,smooth,can,Heinz Watties	Z529	INFANT FORMULAS AND BABY FOODS	z	109
Dahl,chick peas,cooked	R40	RECIPES	b	71
Dairy blend,butter/canola oil	J1013	FATS AND OILS	z	39
Dates,dried,flesh and skin	L62	FRUIT	abuz	45
Dessert,dairy food,chocolate flavour	F70	DAIRY	bz	23
Dessert,rice pudding,smooth,Robinsons	Z534	INFANT FORMULAS AND BABY FOOD	z	109
Dessert,vanilla,99% fat free,frozen	F76	DAIRY	bz	25
Dip made w/ reduced fat cream & soup mix	R554	RECIPES	c	71
Dip,sour cream,asst flvr,30% fat,comm	S77	SAUCES AND CONDIMENTS	z	83
Dip,sour cream,lite,asst flvr,7%fat,comm	S79	SAUCES AND CONDIMENTS	z	83
Doughnut,filled with fresh cream,sugar	R583	RECIPES	c	71
Doughnut,ring	A34	BAKERY PRODUCTS	abuz	7
Dressing,`Coleslaw',Lite,Eta	S29	SAUCES AND CONDIMENTS	bz	83
Dressing,`French',Kraft	S28	SAUCES AND CONDIMENTS	bz	83
Dressing,`Italian',Kraft	S31	SAUCES AND CONDIMENTS	bz	83
Dressing,`Mayonnaise',commercial	S45	SAUCES AND CONDIMENTS	auz	83
Dressing,`Mayonnaise',reduced fat,comm.	S64	SAUCES AND CONDIMENTS	ab	83
Dressing,`Thousand Island',Eta	S50	SAUCES AND CONDIMENTS	abuz	83
Dressing,`Vinaigrette'	S7	SAUCES AND CONDIMENTS	abuz	83
Drink concentrate,orange	C55	BEVERAGES, NONALCOHOLIC	z	11
Drink flavour,assorted,powder,`Raro'	C99	BEVERAGES, NONALCOHOLIC	zcr	11
Drink flavour,lemon barley,diluted	C58	BEVERAGES, NONALCOHOLIC	uz	11
Drink flvr,`Vitafresh',powder,Hansell's	C138	BEVERAGES, NONALCOHOLIC	zcr	11
Duck,lean,w/o skin,roasted	M75	MEAT	bu	57
Eclairs w/ choc. icing & cream filling	R42	RECIPES	abz	71
Eel,smoked	K179	FINFISH	abuz	41
Egg,chicken,boiled	G1001	EGGS	z	27

Food - short name	Key	Food group	Source	Page No.
Egg,chicken,whole,free range,supermarket,raw	G1012	EGGS	z	29
Egg,chicken,whole,supermarket,fried w/o fat	G1013	EGGS	z	29
Egg,chicken,yolk,supermarket,cooked	G1014	EGGS	z	29
Egg,fried in vegetable oil	G1002	EGGS	z	27
Egg,poached	G1003	EGGS	z	27
Egg,scrambled,milk added,ckd in butter	G1009	EGGS	abz	27
Egg,white,raw	G1004	EGGS	z	29
Egg,whole,raw	G1008	EGGS	z	29
Egg,yolk,raw	G1005	EGGS	z	29
Falafel,vegetarian,fried	R376	RECIPES	abuz	71
Feijoas,comb.cultivars,flesh,fresh	L67	FRUIT	z	45
Fettuccine,fresh,herb & garlic,cooked	E56	CEREALS AND PSEUDO-CEREALS	bz	17
Figs,dried,whole fruit	L68	FRUIT	abu	45
Filled ham roll	R437	RECIPES	abuz	71
Fish,battered,deep fried	H22	FAST FOODS	abz	31
Fish,cake,baked	H57	FAST FOODS	abz	33
Fish,cake,deep fried in peanut oil	H23	FAST FOODS	abz	33
Fish,crumbed,baked/grilled	R479	RECIPES	c	71
Fish,crumbed,fried	R480	RECIPES	c	71
Fish,fillet,crumbed,frozen,baked	H194	FAST FOODS	z	33
Fish,fillet,crumbed,frozen,fried in veg oil	H195	FAST FOODS	z	33
Fish,fingers,baked	H61	FAST FOODS	abz	33
Fish,fingers,deep fried in peanut oil	H65	FAST FOODS	abz	33
Fish,with coconut cream,raw	R564	RECIPES	c	73
Flounder,flesh,baked	K56	FINFISH	z	41
Flour,cornflour	E9	CEREALS AND PSEUDO-CEREALS	abuz	17
Flour,soy,full fat	E12	CEREALS AND PSEUDO-CEREALS	buz	17
Flour,wheat,white,standard	E108	CEREALS AND PSEUDO-CEREALS	zcr	17
Flour,wheat,wholemeal	E46	CEREALS AND PSEUDO-CEREALS	zcr	17
Formula, Infant	Z1001	INFANT FORMULAS AND BABY FOOD	mucr	109
Formula, Toddler	Z1002	INFANT FORMULAS AND BABY FOOD	mucr	109
Frankfurters,precooked	N6	MEAT PRODUCTS	abz	61
Fried Rice,Chinese,Combination,Takeaway	H66	FAST FOODS	a	33
Fritters,Paua,deep fried	T25	SHELLFISH	abz	85
Fritters,whitebait,shallow fried	R607	RECIPES	c	73
Fruit & nut bar	U28	SNACK FOODS	z	87
Fruit bar,wholemeal,assorted flavours	U21	SNACK FOODS	z	87

Food - short name	Key	Food group	Source	Page No.
Fruit Drink, `V Drink'	C144	BEVERAGES, NONALCOHOLIC	z	11
Fruit gums	W8	SUGAR, CONFECTIONERY AND SWEET SPREADS	ab	93
Fruit leather,apricot	U34	SNACK FOODS	z	87
Fruit roll,strawberry	U23	SNACK FOODS	z	87
Fruit salad,fresh	L73	FRUIT	abuz	47
Fruit salad,fruit and syrup,canned	L74	FRUIT	abuz	47
Fruit,apple,pureed,canned,Heinz Watties	Z525	INFANT FORMULAS AND BABY FOODS	fmz	110
Fruit,fruit salad,pureed,Heinz Watties	Z526	INFANT FORMULAS AND BABY FOOD	z	110
`Fruity Bix',apricot,Sanitarium	D46	BREAKFAST CEREALS	abfmuz	15
Garlic,cloves,raw,peeled	X260	VEGETABLES	bu	101
`Gatorade',liquid	C86	BEVERAGES, NONALCOHOLIC	z	9
Gherkin,in sweetened brine,drained	X143	VEGETABLES	abuz	101
Gooseberries,flesh,skin & seeds,fresh	L78	FRUIT	buz	47
Grapefruit,flesh,fresh	L80	FRUIT	abuz	47
Grapes,Black,flesh,fresh	L82	FRUIT	abuz	47
Grapes,White,flesh & skin,fresh	L83	FRUIT	abuz	47
Gravy,dried,low fat,prepared with water	R48	RECIPES	abuz	73
Gravy,mutton,homemade	R465	RECIPES	buz	73
Guacamole	S21	SAUCES AND CONDIMENTS	abuz	83
Ham,sliced,sandwich	N65	MEAT PRODUCTS	buz	61
Hamburger, `Whopper',Burger King	H228	FAST FOODS	z	33
Hard candy `Chupa Chups',asstd flavours	W57	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	93
Hazelnuts,raw	Q7	NUTS AND SEEDS	abuz	65
Hoki,flesh,baked	K60	FINFISH	z	41
Hoki,flesh,deep fried in peanut oil	K61	FINFISH	abuz	41
Honey	W11	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	93
Hotdog,with sauce,American	R552	RECIPES	c	73
Hummus,homemade	R372	RECIPES	abuz	73
Hummus,original,6.5% fat,commercial	S73	SAUCES AND CONDIMENTS	z	83
Ice block	W31	SUGAR, CONFECTIONERY AND SWEET SPREADS	ab	93
Ice Cream,creamy,fruit ripple	F118	DAIRY	abz	25
Ice cream, `Hokey Pokey'	F111	DAIRY	auz	25
Ice cream, `Jelly Tip'	F110	DAIRY	bz	25
Ice cream,soft serve	F78	DAIRY	bz	25
Ice cream,vanilla,low fat	F122	DAIRY	z	25
Ice cream,vanilla,premium	F29	DAIRY	abuz	25
Ice cream,vanilla,standard	F28	DAIRY	abuz	25

Food - short name	Key	Food group	Source	Page No.
Jam,artificially sweetened	W49	SUGAR, CONFECTIONERY AND SWEET SPREADS	bu	95
Jam,berry fruit	W14	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	95
Jam,stone fruit	W15	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	95
Jelly,with water	R50	RECIPES	bz	73
Jellybeans,`Jaybees`,Pascall	W45	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	95
Juice conc,blackcurrant,unsw,Barkers	C125	BEVERAGES, NONALCOHOLIC	abfmuz	13
Juice,apple,unsweetened,`Fresh Up`	C46	BEVERAGES, NONALCOHOLIC	abuz	11
Juice,grape	C26	BEVERAGES, NONALCOHOLIC	abu	11
Juice,grapefruit,unsweetened	C12	BEVERAGES, NONALCOHOLIC	abuz	11
Juice,orange & apple,unsw,`Just Juice`	C38	BEVERAGES, NONALCOHOLIC	abfmuz	11
Juice,orange,unsweetened	C14	BEVERAGES, NONALCOHOLIC	abuz	11
Juice,tomato,McCoy	C16	BEVERAGES, NONALCOHOLIC	abfmuz	11
`Just Right`,Kellogg's	D38	BREAKFAST CEREALS	abfmu	15
`Just Right`,Tropical,Kellogg's	D1009	BREAKFAST CEREALS	fmr	15
Kahawai,flesh,baked	K165	FINFISH	buz	41
Kahawai,flesh,deep fried in peanut oil	K157	FINFISH	abuz	43
Kebab,lamb,Mediterranean	R394	RECIPES	abuz	73
Kina,roe,raw	T26	SHELLFISH	abuz	85
`Kit Kat`,Nestle	W39	SUGAR, CONFECTIONERY AND SWEET SPREADS	buz	93
Kiwifruit,fl & sds,comb. cultivars,fresh	L89	FRUIT	az	47
Kiwifruit,Zespri,Gold,fl & sds,fresh	L1001	FRUIT	z	47
Kiwifruit,Zespri,Hayward,green,fl&sds,fresh	L1013	FRUIT	z	47
Kumara,chips,deep fried	R513	RECIPES	bz	73
Kumara,flesh & skin,salt added,baked	X151	VEGETABLES	buz	101
Kumara,flesh,salt add,rstd in beef drip	X145	VEGETABLES	buz	101
Kumara,Owairaka Red,fl,salt added,boiled	X152	VEGETABLES	buz	101
Lamb,comp.cuts,lean&fat,trimmed,cooked	M553	MEAT	abz	57
Lamb,comp.cuts,lean,cooked	M301	MEAT	abz	57
Lamb,forequarter,lean,cooked	M298	MEAT	abz	57
Lamb,kidney,fried	M151	MEAT	abz	57
Lamb,leg steak,lean,grilled	M313	MEAT	bz	57
Lamb,liver in flour,fried	M155	MEAT	bz	57
Lamb,midloin chop,lean,grilled	M157	MEAT	abz	57
Lamb,rump chop,lean,grilled	M330	MEAT	bz	57
Lamb,short-cut leg,lean,roasted	M154	MEAT	abz	57
Lamb,shoulder chop,lean,stewed	M319	MEAT	bz	57
Lamb,shoulder,lean,roasted	M166	MEAT	abz	57

Food - short name	Key	Food group	Source	Page No.
Lamb, stir-fried with vegetables	R387	RECIPES	abuz	73
Lambs fry & bacon, pureed, can, Heinz Wattie's	Z533	INFANT FORMULAS AND BABY FOOD	z	110
Lamington, chocolate	A90	BAKERY PRODUCTS	abuz	7
Laplap: cabbage, cassava, coconut	R402	RECIPES	abnsuz	73
Lard	J7	FATS AND OILS	buz	39
Lasagne, beef, frozen meal, microwaved, RTE	E127	CEREALS AND PSEUDO-CEREALS	z	19
Lasagne, beef, mince	R462	RECIPES	c	73
Lasagne, 'Topper', frozen meal, baked, RTE	E126	CEREALS AND PSEUDO-CEREALS	z	19
Leeks, bulb, boiled, drained	X50	VEGETABLES	abu	101
Lemon, flesh, fresh	L183	FRUIT	bz	47
Lemon, juice, freshly extracted	L91	FRUIT	bu	47
Lentils, Red, cooked	X53	VEGETABLES	bz	101
Lentils, split, boiled, drained	X54	VEGETABLES	abuz	101
Lettuce, hydroponic varieties	X305	VEGETABLES	bz	101
Lettuce, inner and outer leaves, raw	X265	VEGETABLES	abuz	103
'Light & Tasty', Apple & Cranberry Sanitarium	D1020	BREAKFAST CEREALS	abfmr	15
'Light & Tasty', Apricot, Sanitarium	D1015	BREAKFAST CEREALS	abfmr	15
'Light & Tasty', Berry, Sanitarium	D1014	BREAKFAST CEREALS	abfmr	15
Liquid breakfast, 'UP & GO', Sanitarium	C159	BEVERAGES, NON-ALCOHOLIC	mzr	13
Licorice	W43	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	95
Licorice 'Allsorts'	W29	SUGAR, CONFECTIONERY AND SWEET SPREADS	abu	95
'Lucozade'	C18	BEVERAGES, NONALCOHOLIC	b	9
Lychees, fruit & syrup, canned	L97	FRUIT	ab	47
Macadamia nuts, oil roasted	Q19	NUTS AND SEEDS	bu	65
Macadamia nuts, unroasted	Q38	NUTS AND SEEDS	bu	67
Macaroni cheese	R55	RECIPES	abuz	73
Macaroni cheese, frozen meal, microwaved	E129	CEREALS AND PSEUDO-CEREALS	z	19
Macaroni, boiled	E19	CEREALS AND PSEUDO-CEREALS	abuz	19
Mandarin, flesh, fresh	L194	FRUIT	abz	47
Mango, flesh, fresh	L101	FRUIT	abuz	47
Mangoes, fruit and syrup, canned	L100	FRUIT	abu	47
Margarine, Polyunsaturated, (50% fat), Flora Light	J1008	FATS AND OILS	z	41
Margarine, Polyunsaturated, (60% fat), 'Sunrise'	J1007	FATS AND OILS	z	41
Margarine, Polyunsaturated, low salt	J1006	FATS AND OILS	z	41
Margarine, Mono canola (70% fat)	J1001	FATS AND OILS	z	39
Margarine, Mono canola (70% fat), 'Summer Gold'	J1002	FATS AND OILS	z	39
Margarine, Mono canola, (50% fat), 'Summer Gold Lite'	J1004	FATS AND OILS	z	39

Food - short name	Key	Food group	Source	Page No.
Margarine,Mono olive blend,(55% fat),Olivani Lite	J1012	FATS AND OILS	z	41
Margarine,Mono olive blend,(55% fat),Olivio Bertoli Light	J1011	FATS AND OILS	z	41
Margarine,Mono olive blend,(70% fat),Olivio Bertolli	J1010	FATS AND OILS	z	39
Margarine,Mono olive blend,(75% fat),Olivani	J1009	FATS AND OILS	z	39
Margarine,Polyunsaturated, (70% fat),fortified	J1005	FATS AND OILS	z	41
Margarine,reduced fat	J1003	FATS AND OILS	z	39
Marmalade	W17	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	95
`Marmite'	P15	MISCELLANEOUS	abfmuz	63
Marrow,flesh,boiled,drained	X57	VEGETABLES	abuz	103
`Mars',bar	W6	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	93
Marshmallows,pink and white	W40	SUGAR, CONFECTIONERY AND SWEET SPREADS	bz	95
Mayonnaise,prep w/condensed milk,hmade	R473	RECIPES	c	73
Meat Loaf	R58	RECIPES	abuz	73
Meat,curried	R39	RECIPES	bz	73
Melon,Honeydew,flesh,fresh	L105	FRUIT	abuz	47
Melon,Rock,comb. cultivars,flesh,fresh	L106	FRUIT	abuz	47
Meringue	R59	RECIPES	abuz	73
Meringue,filled with cream	R60	RECIPES	abuz	75
Milk fluid,standard,'blue top'	F1028	DAIRY	z	25
Milk shake,assorted flavour,McDonald's	F1058	DAIRY	abmuz	27
Milk,`Calci Kid',enriched,Tararua	F120	DAIRY	bz	25
Milk,fluid,fortified,0.1% fat,'yellow top'	F1018	DAIRY	fz	25
Milk,fluid,reduced fat,1.5%,'light blue top'	F1042	DAIRY	z	25
Milk,fluid,trim,'green top'	F1035	DAIRY	z	25
Milk,fluid,whole	F33	DAIRY	bz	25
Milk,goat,whole	F52	DAIRY	buz	25
Milk,human,mature	F53	DAIRY	b	25
Milk,human,transitional	F54	DAIRY	b	27
Milk,powder,skim	F36	DAIRY	abuz	27
Milk,powder,whole	F37	DAIRY	abz	27
Milk,sweetened,condensed,skim	F30	DAIRY	bz	27
Milk,sweetened,condensed,whole	F31	DAIRY	abuz	27
Milk,UHT,standard	F43	DAIRY	z	27
Milo,made with trim milk (1.5%)	R1001	RECIPES	z	75
Milo,made with water	R543	RECIPES	c	75
`Milo',powder	C71	BEVERAGES, NONALCOHOLIC	abfmz	9
Mixed fruit,dried	L196	FRUIT	ab	47

Food - short name	Key	Food group	Source	Page No.
Mixed nuts,raw	Q11	NUTS AND SEEDS	abu	67
Moussaka	R61	RECIPES	b	75
Muesli bar,chocolate chip	U30	SNACK FOODS	z	87
Muesli bar,chocolate coated,`Snacker'	U27	SNACK FOODS	z	89
Muesli bar,mixed fruit	U20	SNACK FOODS	z	89
Muesli bar,yoghurt coated,assorted	U24	SNACK FOODS	z	89
Muesli porridge	D7	BREAKFAST CEREALS	abz	17
Muesli w/ fruits&nuts,untoasted,sweet	D3	BREAKFAST CEREALS	z	17
Muesli, Baby, Finely Ground,dry,Heinz Watties	Z454	INFANT FORMULAS AND BABY FOOD	z	110
Muesli, Baby, Finely Ground,Heinz Watties,prep w/ water	Z520	INFANT FORMULAS AND BABY FOOD	zc	110
Muesli, baby, Oat Flakes & Apple,dry,Heinz Watties	Z457	INFANT FORMULAS AND BABY FOOD	z	110
Muesli, Baby, Oat Flakes & Apple,Heinz Watties,prep w/ wa	Z523	INFANT FORMULAS AND BABY FOOD	zc	110
Muesli,'Natural fruit & five grains',Sanitarium	D1019	BREAKFAST CEREALS	abfmr	15
Muesli,toasted,sweetened	D4	BREAKFAST CEREALS	abz	17
Muffin,blueberry	A127	BAKERY PRODUCTS	z	7
Muffin,bran	A129	BAKERY PRODUCTS	z	7
Muffin,chocolate	A128	BAKERY PRODUCTS	abz	7
Muffin,`Homestyle'assorted flvrs,toasted	A96	BAKERY PRODUCTS	buz	7
Muffin,`McMuffin',egg,McDonald's	H170	FAST FOODS	au	33
Muffin,savoury,with cheese	R486	RECIPES	c	75
Muffin,sweet with fruit	R471	RECIPES	c	75
Multigrain,`Grainwaves',Bluebird	U57	SNACK FOODS	auz	89
Mushrooms,flesh and stem,raw	X60	VEGETABLES	abz	103
Mushrooms,fried in butter	X298	VEGETABLES	bz	103
Mushrooms,fried in oil	X297	VEGETABLES	bz	103
Mussel,Green,flesh,marinated	T28	SHELLFISH	bz	85
Mussel,Green,flesh,smoked	T27	SHELLFISH	bz	85
Mussel,Green,steamed	T4	SHELLFISH	abz	87
Muttonbird,lean and fat,cooked	M531	MEAT	z	57
Nachos,with beans,cheese & sour cream	R363	RECIPES	abuz	75
Nectarine,flesh and skin,fresh	L111	FRUIT	abuz	49
`Nesquik',powder	C74	BEVERAGES, NONALCOHOLIC	bz	9
Noodles,'2 minute Extra Delicious',Maggi,assorted flavours	E1013	CEREALS AND PSEUDO-CEREALS	amz	19
Noodles,Chinese,Chow Mein,Combination	H67	FAST FOODS	auz	33
Noodles,egg,boiled	E39	CEREALS AND PSEUDO-CEREALS	abuz	19
Noodles,egg,fried	E40	CEREALS AND PSEUDO-CEREALS	abuz	19
Noodles,instant,boiled,water drained	E81	CEREALS AND PSEUDO-CEREALS	az	19

Food - short name	Key	Food group	Source	Page No.
Noodles,Pad Thai,w/ Egg Chicken,Takeaway	H220	FAST FOODS	z	33
Noodles,rice,boiled	E65	CEREALS AND PSEUDO-CEREALS	ab	19
Nugget,chicken,crumbed,baked	N58	MEAT PRODUCTS	abz	61
Nugget,chicken,crumbed,fried in veg oil	N57	MEAT PRODUCTS	abz	61
Nugget,chicken,McDonald's	H159	FAST FOODS	z	33
Nut & seed bar,assorted	U29	SNACK FOODS	z	89
`Nutella'	P80	MISCELLANEOUS	z	63
`Nutri-Grain',Kellogg's	D33	BREAKFAST CEREALS	abfm	15
Nuts,Pecan,dried,raw	Q94	NUTS AND SEEDS	u	67
Oat bran	E23	CEREALS AND PSEUDO-CEREALS	buz	19
Oatmeal	E22	CEREALS AND PSEUDO-CEREALS	buz	19
Oats,rolled,raw	E25	CEREALS AND PSEUDO-CEREALS	buz	19
Oil,canola	J13	FATS AND OILS	bz	41
Oil,safflower	J14	FATS AND OILS	b	41
Oil,sesame	J24	FATS AND OILS	bu	41
Oil,soybean	J15	FATS AND OILS	buz	41
Oil,sunflower	J19	FATS AND OILS	buz	41
Oil,vegetable,blend	J31	FATS AND OILS	bz	41
Olive oil	J10	FATS AND OILS	buz	41
Olives,in brine,bottled	L112	FRUIT	abu	49
Omelette,cheese	R62	RECIPES	abuz	75
Omelette,Egg Foo Young,w/ chic,Takeaway	H221	FAST FOODS	z	33
Omelette,plain	R63	RECIPES	abuz	75
`One Square Meal',OSM	U1001	SNACK FOODS	fm	89
Onion,bulb,pickled	X146	VEGETABLES	abu	103
Onion,flesh,fried in dripping	X65	VEGETABLES	abz	103
Onion,flesh,raw	X66	VEGETABLES	abuz	103
Onion,Spring,flesh of bulb,raw	X67	VEGETABLES	abuz	103
Orange Roughy,flesh,baked	K78	FINFISH	bz	43
Orange Roughy,flesh,deepfried,peanutoil	K79	FINFISH	bz	43
Orange,flesh,fresh	L114	FRUIT	abuz	49
Orange,juice,freshly extracted	L113	FRUIT	abu	49
Oxo cubes	P16	MISCELLANEOUS	abuz	63
Oyster,battered,deep fried	T17	SHELLFISH	buz	87
Oyster,Dredge,flesh,raw	T6	SHELLFISH	abuz	87
Pancake,plain	R163	RECIPES	abuz	75
Pancakes,McDonald's	H151	FAST FOODS	buz	33

Food - short name	Key	Food group	Source	Page No.
Papadom,fried	R581	RECIPES	c	75
Papadom,microwaved	R582	RECIPES	c	75
Parsley,leaves,raw	X68	VEGETABLES	abuz	103
Parsnip carrot & kumara,pureed,canned,HW	Z531	INFANT FORMULAS AND BABY FOODS	fmz	110
Parsnip,baked	R527	RECIPES	c	75
Parsnip,flesh,boiled,drained	X69	VEGETABLES	abuz	103
Passion fruit,flesh and seeds,fresh	L116	FRUIT	abu	49
Pasta,fresh,cooked,assorted type	E55	CEREALS AND PSEUDO-CEREALS	bz	19
Pastrami,beef	N31	MEAT PRODUCTS	bu	61
Pastry,`Danish`,	R70	RECIPES	abuz	75
Pastry,filo,baked	R155	RECIPES	ab	75
Pastry,flaky,cooked	R71	RECIPES	abuz	75
Pastry,puff,cooked	R207	RECIPES	abuz	75
Pastry,savoury,egg&bacon,onecrust,baked	R604	RECIPES	c	77
Pastry,short,cooked	R206	RECIPES	abuz	77
Pate,chicken liver	N22	MEAT PRODUCTS	abu	61
Pate,pork liver	N23	MEAT PRODUCTS	abu	61
Pavlova,cream topped	R568	RECIPES	c	77
Peaches,canned in juice	L206	FRUIT	bu	49
Peaches,canned,syrup drained	L124	FRUIT	abuz	49
Peaches,flesh and skin,fresh	L126	FRUIT	abuz	49
Peanut butter,smth &crhy,no sug salt add	Q48	NUTS AND SEEDS	az	67
Peanut butter,smth&crhy,sugar&salt added	Q46	NUTS AND SEEDS	az	67
Peanuts,raw	Q14	NUTS AND SEEDS	abuz	67
Peanuts,salted,dry roasted	Q15	NUTS AND SEEDS	abuz	67
Peanuts,salted,oil roasted	Q16	NUTS AND SEEDS	abuz	67
Pear,Nashi,flesh,fresh	L219	FRUIT	bz	49
Pears,canned in pear juice	L204	FRUIT	ab	49
Pears,comb.cultivars,canned,w/syrup	L141	FRUIT	abuz	49
Pears,combined cultivars,fl&s,fresh	L140	FRUIT	abuz	49
Peas,Chick,cooked	X76	VEGETABLES	bz	103
Peas,Green,frozen,boiled	X80	VEGETABLES	abz	103
Peas,split,boiled	X73	VEGETABLES	abuz	103
Peppermints	W18	SUGAR, CONFECTIONERY AND SWEET SPREADS	abu	95
Persimmon,flesh,fresh	L178	FRUIT	abuz	49
Pesto,basil,garlic,nuts,retail	S80	SAUCES AND CONDIMENTS	z	83
Pickle,sweet	S2	SAUCES AND CONDIMENTS	abu	83

Food - short name	Key	Food group	Source	Page No.
Pie,apple,McDonald's	H27	FAST FOODS	auz	33
Pie,bacon and egg	R463	RECIPES	c	77
Pie,beef mince & vegetables,two crust	R76	RECIPES	abz	77
Pie,chicken,two crust	R83	RECIPES	abuz	77
Pie,fish	R84	RECIPES	bz	77
Pie,fruit,one crust	R88	RECIPES	bz	77
Pie,lemon meringue	R90	RECIPES	abuz	77
Pie,meat,individual size	H30	FAST FOODS	abz	33
Pie,mince	R93	RECIPES	bz	77
Pie,mince,family size,supermarket,RTE	H29	FAST FOODS	z	33
Pie,pork,individual size	N12	MEAT PRODUCTS	abz	63
Pie,potato top,indiv size,spmkt,RTE	H187	FAST FOODS	z	35
Pie,shepherd's	R94	RECIPES	bz	77
Pie,steak and kidney	R95	RECIPES	bz	77
Pikelet,plain	R164	RECIPES	abuz	77
Pine nuts,raw	Q21	NUTS AND SEEDS	abu	67
Pineapple,canned,w/o syrup	L142	FRUIT	abuz	49
Pineapple,canned,w/syrup	L143	FRUIT	abuz	49
Pineapple,cnd in pineapple juice,drained	L198	FRUIT	ab	49
Pineapple,flesh,fresh	L144	FRUIT	abuz	49
`Pinkyl' bar,Cadbury	W33	SUGAR, CONFECTIONERY AND SWEET SPREADS	z	93
Pipi,flesh,raw	T19	SHELLFISH	buz	87
Pistachio nuts,raw	Q22	NUTS AND SEEDS	abu	67
Pizza base	A143	BAKERY PRODUCTS	buz	7
Pizza,BBQchic,large,bkd,comm,thick crust	H190	FAST FOODS	z	35
Pizza,frozen,premium,meat lovers,baked	H176	FAST FOODS	abfmz	35
Pizza,frzn,individual size,hawaiian bkd	H179	FAST FOODS	abfmz	35
Pizza,frzn,prem,hawaiian/house spcl bkd	H177	FAST FOODS	abz	35
Pizza,hawaiian,lge,bkd,comm,thick crust	H191	FAST FOODS	z	35
Pizza,meat,large,baked,comm,thick crust	H189	FAST FOODS	z	35
Pizza,supreme,regular,P'Hut,thin crust	H41	FAST FOODS	abuz	35
Plum,combined cultivars,fl&s,fresh	L155	FRUIT	auz	51
Plums,canned,syrup drained	L148	FRUIT	auz	51
Plums,cooking,stewed w/o sugar	L154	FRUIT	abuz	51
Popcorn,buttered,salted,commercial	U40	SNACK FOODS	ab	89
Popcorn,candied	U18	SNACK FOODS	abz	89
Pork,bacon,rashers,lean & fat,grilled	M619	MEAT	abuz	57

Food - short name	Key	Food group	Source	Page No.
Pork,bacon,rashers,lean and fat,fried	M618	MEAT	abuz	59
Pork,barbecued	H85	FAST FOODS	abuz	35
Pork,Chinese,simmered	R373	RECIPES	abuz	77
Pork,Chinese,Sweet & Sour,Takeaway	H82	FAST FOODS	abuz	35
Pork,frzn meal,w/ mashed potato veg,RTE	N87	MEAT PRODUCTS	zcr	63
Pork,ham	M124	MEAT	abuz	59
Pork,lean & fat,with vegetables,stewed	R97	RECIPES	abuz	77
Pork,leg roast,lean,roasted	M533	MEAT	uz	59
Pork,leg shank,lean & fat,rstd	M94	MEAT	buz	59
Pork,leg steak,lean&fat,grilled	M286	MEAT	buz	59
Pork,leg steak,lean,grilled	M285	MEAT	buz	59
Pork,leg steak,lean,stewed	M411	MEAT	uz	59
Pork,loin chops,lean,grilled	M99	MEAT	buz	59
Pork,loin,medallion,lean,grilled	M434	MEAT	uz	59
Pork,midloin chop,lean & fat,grilled	M98	MEAT	buz	59
Pork,schnitzel,lean,fried	M409	MEAT	uz	59
Pork,scotch fillet,lean,grilled	M429	MEAT	uz	59
Pork,shoulder roast,l,s&f,roasted	M465	MEAT	buz	59
Pork,shoulder,lean,roasted	M278	MEAT	abuz	59
Pork,spare ribs,barbecue sauce	H125	FAST FOODS	abuz	35
Pork,spare ribs,in black bean sauce	H83	FAST FOODS	abuz	35
Pork,w/ veg & cashew nuts,stir fried	R388	RECIPES	abuz	77
Pork,with garlic & chilli sauce	H124	FAST FOODS	abuz	35
Porridge,prepared with water	D22	BREAKFAST CEREALS	b	17
Port	B17	BEVERAGES, ALCOHOLIC	ab	9
Potato and Gravy,KFC	H1045	FAST FOODS	abmuzr	37
Potato crisps,flavoured	U6	SNACK FOODS	abuz	89
Potato crisps,`Lites`	U14	SNACK FOODS	abuz	89
Potato crisps,low salt,flavoured	U13	SNACK FOODS	abu	89
Potato crisps,plain	U10	SNACK FOODS	abu	89
Potato crisps,salt&vinegar,Pringles	U45	SNACK FOODS	abuz	89
Potato crisps,`Slims`,Eta	U38	SNACK FOODS	bz	89
Potato peas & broccoli,pureed,can,Heinz Wattie's	Z532	INFANT FORMULAS AND BABY FOOD	z	110
Potato,fries,independent shops,plain cut	H1039	FAST FOODS	abuz	35
Potato,fries,indepnt shops,crinkle cut	H1040	FAST FOODS	z	35
Potato,fries,KFC	H1041	FAST FOODS	m	35
Potato,fries,McDonald's	H1042	FAST FOODS	m	37

Food - short name	Key	Food group	Source	Page No.
Potato,frzn fries,chunky,canola oil,bkd	X327	VEGETABLES	z	103
Potato,frzn fries,chunky,polyunsat,bkd	X324	VEGETABLES	z	103
Potato,frzn fries,shoest,polyunsat,bkd	X321	VEGETABLES	z	103
Potato,frzn fries,straight,polyunsat,bkd	X322	VEGETABLES	z	105
Potato,frzn wedges,coat,polyunsat,bkd	X314	VEGETABLES	z	105
Potato,hashbrown,McDonald's	H152	FAST FOODS	buz	37
Potato,in skin,microwaved	X299	VEGETABLES	bz	105
Potato,mashed,milk,butter & salt added	X96	VEGETABLES	buz	105
Potato,Rua,baked,salt added	X93	VEGETABLES	buz	105
Potato,Rua,fl,rstd in beef drip,salt add	X98	VEGETABLES	bz	105
Potato,Rua,flesh,boiled	X94	VEGETABLES	buz	105
Potato,Rua,flesh,microwaved,salt added	X154	VEGETABLES	buz	105
`Powerade',liquid	C84	BEVERAGES, NONALCOHOLIC	z	11
Prawns,garlic	H88	FAST FOODS	abuz	37
Pretzels	U41	SNACK FOODS	abu	89
Prunes,dried,flesh and skin	L157	FRUIT	abuz	51
Prunes,dried,stewed w/o sugar	L159	FRUIT	buz	51
Pudding,apple crumble,baked	R100	RECIPES	abuz	77
Pudding,bread and butter,baked	R101	RECIPES	abuz	77
Pudding,Christmas	R102	RECIPES	abuz	77
Pudding,custard egg	R104	RECIPES	abuz	79
Pudding,custard,plain	R103	RECIPES	abuz	77
Pudding,milk and rice,canned	R209	RECIPES	b	79
Pudding,rice,homemade	R106	RECIPES	abuz	79
Pudding,Samoan cocoa rice	R454	RECIPES	abuz	79
Pudding,self-saucing,chocolate,baked	R495	RECIPES	c	79
Pudding,sponge,fruit,steamed	R109	RECIPES	abuz	79
Pudding,sponge,treacle,steamed	R110	RECIPES	abuz	79
Pumpkin,flesh & skin,roasted	X292	VEGETABLES	bz	105
Pumpkin,flesh,baked	X148	VEGETABLES	abuz	105
Pumpkin,flesh,boiled,drained	X147	VEGETABLES	abuz	105
Puwha, Sow Thistle, leaves&upper stem, raw	X107	VEGETABLES	z	105
Puwha,Sow Thistle,leaves&upper stem,boil	X181	VEGETABLES	uz	105
Quiche,Lorraine	R112	RECIPES	abuz	79
Rabbit,flesh,stewed	M126	MEAT	bu	59
Radishes,flesh and skin,raw	X112	VEGETABLES	abuz	105
Raisin,yoghurt coated	R500	RECIPES	u	79

Food - short name	Key	Food group	Source	Page No.
Raisins,seedless	L161	FRUIT	abuz	51
Raspberries,fresh	L163	FRUIT	buz	51
Ratatouille	R113	RECIPES	abuz	79
Ravioli,fresh,beef and pork,cooked	E57	CEREALS AND PSEUDO-CEREALS	buz	19
Rhubarb,w/o sugar,stewed	L169	FRUIT	abuz	51
Rhubarb,w/sugar,stewed	L168	FRUIT	abuz	51
Rice Bubbles Kellogg's	D42	BREAKFAST CEREALS	abm	17
Rice cake,original	E76	CEREALS AND PSEUDO-CEREALS	auz	19
Rice,brown,boiled	E42	CEREALS AND PSEUDO-CEREALS	abuz	19
Rice,white,polished,boiled	E27	CEREALS AND PSEUDO-CEREALS	buz	19
`Ricies',Sanitarium	D10	BREAKFAST CEREALS	abfz	15
Roll, 'Deli Choices', 'lite', McDonalds	H1037	FAST FOODS	m	37
Roll, 'Deli Choices', McDonalds	H1036	FAST FOODS	m	37
Rusks,teething rusks,Heinz	Z458	INFANT FORMULAS AND BABY FOODS	fmz	110
Salad,Greek,with feta and olives	R610	RECIPES	c	79
Salad,potato	R99	RECIPES	abuz	79
Salad,rice	R482	RECIPES	c	79
Salad,Tabbouleh	R551	RECIPES	c	79
Salad,Thai,Beef,Takeaway	H218	FAST FOODS	z	37
Salmon,flesh,smoked,export quality	K167	FINFISH	abz	43
Salmon,Red,canned	K40	FINFISH	bz	43
Salt,table	P10	MISCELLANEOUS	b	65
Samosa,vegetable	R377	RECIPES	abzcr	79
Sandwich,cheese,toasted	R433	RECIPES	abz	79
Sandwich,white bread,egg & lettuce	R539	RECIPES	c	79
Sandwich,white bread,fish	R532	RECIPES	c	79
Sandwich,whml,cheese&tomatoes,tstd	R528	RECIPES	c	79
Sardines,drained solids,canned	K42	FINFISH	abuz	43
Sauce,bolognese	R114	RECIPES	bz	81
Sauce,cheese	R116	RECIPES	abuz	81
Sauce,chilli	S22	SAUCES AND CONDIMENTS	b	85
Sauce,chocolate	W46	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	95
Sauce,mustard	R593	RECIPES	c	81
Sauce,pasta,chunky vege,tomato based	S68	SAUCES AND CONDIMENTS	z	85
Sauce,pasta,tomato based,with vegetables	R489	RECIPES	c	81
Sauce,pesto,with basil	R591	RECIPES	c	81
Sauce,simmer,butter chicken,heated	S70	SAUCES AND CONDIMENTS	z	85

Food - short name	Key	Food group	Source	Page No.
Sauce,simmer,satay,heated	S71	SAUCES AND CONDIMENTS	z	85
Sauce,simmer,sweet & sour,heated	S69	SAUCES AND CONDIMENTS	z	85
Sauce,soy	S11	SAUCES AND CONDIMENTS	abu	85
Sauce,`Tartar',Eta	S46	SAUCES AND CONDIMENTS	bz	85
Sauce,tomato	S44	SAUCES AND CONDIMENTS	bz	85
Sauce,white,savoury	R119	RECIPES	abuz	81
Sauce,Worcestershire	S14	SAUCES AND CONDIMENTS	abz	85
Sausage roll,flaky pastry	R121	RECIPES	bz	81
Sausage roll,individual size,microwaved	H1043	FAST FOODS	abmz	37
Sausage roll,party size,baked	H1044	FAST FOODS	abmz	37
Sausage roll,with cheese,party size	H1002	FAST FOODS	z	37
Sausage,black pudding,fried	N2	MEAT PRODUCTS	abu	63
Sausage,deep fried	N44	MEAT PRODUCTS	abuz	63
Sausage,fresh,dry fried,asst meats&flvr	N63	MEAT PRODUCTS	abz	63
Sausage,fresh,grilled,asst meats & flvr	N64	MEAT PRODUCTS	abz	63
Sausage,ham and chicken luncheon	N10	MEAT PRODUCTS	abz	63
Sausage,pork,dry fried	N16	MEAT PRODUCTS	abz	63
Sausage,pork,grilled	N17	MEAT PRODUCTS	abz	63
Sausage,preckd,grilled,asst meats & flvr	N61	MEAT PRODUCTS	abz	63
Sausage,salami,uncooked	N15	MEAT PRODUCTS	abz	63
Saveloy,battered,deep fried	H52	FAST FOODS	abuz	37
Saveloy,boiled	N43	MEAT PRODUCTS	abz	63
Savoury,bacon & egg,pastry base,party size	H1003	FAST FOODS	z	37
Savoury,chic,pasta&veg,chunky,toddler,HW	Z504	INFANT FORMULAS AND BABY FOODS	z	110
Savoury,mince & cheese,pastry enclosed	H1005	FAST FOODS	z	37
Savoury,mince,pastry enclosed,party size	H1004	FAST FOODS	z	37
Savoury,potato top,pastry base	H1006	FAST FOODS	z	37
Scallops,battered,deep fried	T20	SHELLFISH	uz	87
Scone,cheese	R123	RECIPES	abuz	81
Scone,plain	R165	RECIPES	abuz	81
Scone,wholemeal	R125	RECIPES	abuz	81
Seafood with vegetables comb.,stir fried	H132	FAST FOODS	abuz	37
Seaweed,nori,dried,raw	X1005	VEGETABLES	b	105
Seeds,pumpkin & squash,kernel,dried,raw	Q42	NUTS AND SEEDS	bu	67
Sesame seeds,whole,dried,raw	Q95	NUTS AND SEEDS	u	67
Sheep,mutton,flaps,dry fried	M502	MEAT	buz	61
Sherry,dry	B18	BEVERAGES, ALCOHOLIC	ab	9

Food - short name	Key	Food group	Source	Page No.
Sherry,sweet	B20	BEVERAGES, ALCOHOLIC	ab	9
Shortbread,homemade	R166	RECIPES	abuz	81
Shrimp,canned,drained	T12	SHELLFISH	buz	87
Silverbeet,boiled for 10 minutes	X177	VEGETABLES	uz	105
Smoothie,made w/ milk,frt jui,frt & ygt	R541	RECIPES	c	81
Snapper,flesh,baked	K89	FINFISH	z	43
Snapper,flesh,deep fried in peanut oil	K90	FINFISH	z	43
Snapper,flesh,microwaved	K92	FINFISH	abuz	43
Soft drink,'Coca-Cola'	C2	BEVERAGES, NONALCOHOLIC	abu	13
Soft drink,'Cola',diet	C25	BEVERAGES, NONALCOHOLIC	au	13
Soft drink,lemonade	C17	BEVERAGES, NONALCOHOLIC	abu	13
Soft drink,lemonade,diet	C27	BEVERAGES, NONALCOHOLIC	au	13
Soft drink,orange flavour	C47	BEVERAGES, NONALCOHOLIC	abu	13
Soft drink,soda water	C81	BEVERAGES, NONALCOHOLIC	ab	13
Soup,beef,dried,prepared with water	V57	SOUPS	uz	91
Soup,bone and vegetable broth	V1	SOUPS	abuz	91
Soup,chic,cond,canned,prepared w/ water	V3	SOUPS	abu	91
Soup,chicken noodle,prepared w/water	V68	SOUPS	abuz	91
Soup,chicken,dried,prepared with water	V59	SOUPS	z	91
Soup,chicken,Samoan	V76	SOUPS	abuz	91
Soup,Chinese,Chicken Sweetcorn,Takeaway	H216	FAST FOODS	z	37
Soup,corned beef & vegetables,Niuean	V41	SOUPS	abuz	91
Soup,corned beef,Tongan	V42	SOUPS	abuz	91
Soup,cream of chicken,canned	V4	SOUPS	abu	91
Soup,cream of mushroom,canned	V9	SOUPS	buz	91
Soup,cream of tomato,canned	V15	SOUPS	abu	91
Soup,creme of chic,dried,prep w/water	V69	SOUPS	buz	91
Soup,creme of veg,prepared w/water	V65	SOUPS	bz	91
Soup,fish,Samoan	V44	SOUPS	abuz	91
Soup,lamb flap,Tongan	V75	SOUPS	abuz	91
Soup,lentil	R130	RECIPES	abuz	81
Soup,minestrone,dried,prepared w/ water	V8	SOUPS	buz	91
Soup,mushroom,dried,prepared w/ water	V66	SOUPS	bz	91
Soup,pea,homemade	V33	SOUPS	abuz	91
Soup,pumpkin,homemade	V34	SOUPS	abuz	91
Soup,Thai,Tom Yam Gai,Chicken,Takeaway	H217	FAST FOODS	z	39
Soup,tomato,cond,canned,prepared w/water	V14	SOUPS	bu	91

Food - short name	Key	Food group	Source	Page No.
Soup,tomato,dried,prepared w/water	V55	SOUPS	bu	93
Soup,vegetable,canned	V18	SOUPS	abuz	93
Soy drink,calci-plus high fibre, Vitasoy	C168	BEVERAGES, NONALCOHOLIC	fz	13
Soy drink,`So Good Essential', Sanitarium	C166	BEVERAGES, NONALCOHOLIC	fmz	13
Soy drink,`So Good Lite', Sanitarium	C30	BEVERAGES, NONALCOHOLIC	bfmuz	13
Soy drink,`So Good', Sanitarium	C29	BEVERAGES, NONALCOHOLIC	bfmuz	13
Soy,yoghurt	E43	CEREALS AND PSEUDO-CEREALS	b	19
Spaghetti in tomato sauce,canned	E1005	CEREALS AND PSEUDO-CEREALS	z	19
Spaghetti,boiled	E31	CEREALS AND PSEUDO-CEREALS	bz	19
`Special K',Berries Kellogg's	D1016	BREAKFAST CEREALS	abfmr	15
`Special K',Honey & Almond Kellogg's	D1010	BREAKFAST CEREALS	abfmr	15
`Special K',Kellogg's	D31	BREAKFAST CEREALS	abfm	15
Spinach,NZ,leaves & upper stem,boil,drnd	X117	VEGETABLES	abuz	105
Spirits,30% alcohol,60 proof	B21	BEVERAGES, ALCOHOLIC	abu	9
Spring roll,trad,w/ meat,comm,deep fried	H212	FAST FOODS	zc	39
Spring roll,traditional,w/ meat,comm,bkd	H208	FAST FOODS	zc	39
Spring roll,vegetarian,commercial,baked	H211	FAST FOODS	zc	39
Sprouts,Alfalfa,raw	X266	VEGETABLES	buz	107
Squash,Buttercup,flesh,steamed	X225	VEGETABLES	uz	107
Squid,in flour,fried	T23	SHELLFISH	abu	87
Stew,beef	R134	RECIPES	bz	81
Stew,Irish	R135	RECIPES	bz	81
Stirfry,Chinese,Beef Black Bean,Takeaway	H131	FAST FOODS	abuz	39
Stirfry,Chinese,Chic Cashew Nut,Takeaway	H136	FAST FOODS	abuz	39
Strawberries,fresh	L172	FRUIT	abuz	51
Stuffing,from deli-cooked,chicken	A1011	BAKERY PRODUCTS	z	7
Sugar,Brown	W19	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	95
Sugar,Raw	W23	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	95
Sugar,White	W24	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	95
`Sultana Bran',Kellogg's	D43	BREAKFAST CEREALS	abfmu	15
Sultanas	L173	FRUIT	abuz	51
Sundae,chocolate,McDonald's	H55	FAST FOODS	abuz	39
Sunflower seeds,kernel,dried,raw	Q41	NUTS AND SEEDS	bu	67
Sushi	R391	RECIPES	abuz	81
`Sustain',Kellogg's	D44	BREAKFAST CEREALS	abfmu	15
Swede,flesh,boiled,drained	X123	VEGETABLES	abuz	107
Sweet & sour fish	H68	FAST FOODS	abuz	39

Food - short name	Key	Food group	Source	Page No.
Sweets,hard,boiled	W1	SUGAR, CONFECTIONERY AND SWEET SPREADS	abu	95
Syrup,Golden	W25	SUGAR, CONFECTIONERY AND SWEET SPREADS	abz	95
Tacos,filled,vegetarian	R361	RECIPES	abuz	81
Tahini	Q27	NUTS AND SEEDS	abuz	67
Tamarillo,Red,flesh and seeds,fresh	L174	FRUIT	abz	51
Tangelo,flesh,fresh	L179	FRUIT	abuz	51
Tangerine,flesh,fresh	L176	FRUIT	abuz	51
Tarakihi,flesh,baked	K64	FINFISH	abuz	43
Tarakihi,flesh,deep fried in peanut oil	K65	FINFISH	abuz	43
Taro,Black,common,corms,boiled	X242	VEGETABLES	bnsu	107
Taro,common,corms,bkd in trad.oven	X241	VEGETABLES	bnsu	107
Taro,leaves,cooked	X296	VEGETABLES	bhu	107
Tart,custard	R138	RECIPES	abuz	81
Tart,fruit mince,one crust	R143	RECIPES	abuz	83
Tea,herbal,ready to drink	C76	BEVERAGES, NONALCOHOLIC	ab	13
Tea,Indian,infused	C24	BEVERAGES, NONALCOHOLIC	buz	13
Tempeh	E1012	CEREALS AND PSEUDO-CEREALS	u	21
Tempeh (Fermented Soy Beans), Fried in sunflower oil	E1011	CEREALS AND PSEUDO-CEREALS	a	21
Tempeh , fermented soy bean cake	E1014	CEREALS AND PSEUDO-CEREALS	b	21
Toffees,mixed	W26	SUGAR, CONFECTIONERY AND SWEET SPREADS	abu	95
Tofu	E44	CEREALS AND PSEUDO-CEREALS	buz	21
Tomato puree	S6	SAUCES AND CONDIMENTS	abuz	85
Tomatoes,canned,drained	X125	VEGETABLES	buz	107
Tomatoes,flesh,skin and seeds,raw	X127	VEGETABLES	auz	107
Tomatoes,in tomato juice,canned	X275	VEGETABLES	abz	107
Tomatoes,sun-dried	X295	VEGETABLES	bu	107
Tortilla,maize	A60	BAKERY PRODUCTS	abuz	7
Trifle	R146	RECIPES	abuz	83
Tuna,in brine,canned,drained	K101	FINFISH	az	43
Tuna,in oil,canned,drained	K187	FINFISH	abz	43
Tuna,in spring water,canned,drained	K189	FINFISH	abz	43
Turkey,flesh,fat&skin,roasted	M178	MEAT	bz	61
Turkey,flesh,roasted	M179	MEAT	bz	61
Turnip,flesh,boiled,drained	X129	VEGETABLES	abuz	107
`Vege Spread' Gluten free,Freedom Fds	P1001	MISCELLANEOUS	m	65
`Vegemite',Kraft	P61	MISCELLANEOUS	abfmz	63
Vegetables,3 mixed,frozen,boiled,drained	X157	VEGETABLES	abuz	107

Food - short name	Key	Food group	Source	Page No.
Vegetables, stir-fried	R390	RECIPES	abuz	83
Vegetarian chilli con carne	R450	RECIPES	abuz	83
Venison, Red Deer, leg, roasted	M185	MEAT	abz	61
Vension, Diced, Forequarter muscles, Cooked	M1022	MEAT	z	61
Vension, Leg Medallion, Hind leg muscle, Cooked	M1020	MEAT	z	61
Vension, Mince, Trim and whole muscles, Cooked	M1023	MEAT	z	61
Vension, Stir Fry, Hind leg muscles, Cooked	M1021	MEAT	z	61
Vinegar	P11	MISCELLANEOUS	abz	65
Vinegar, cider	P59	MISCELLANEOUS	abu	65
Walnuts, raw	Q17	NUTS AND SEEDS	abuz	67
Water, municipal	C40	BEVERAGES, NONALCOHOLIC	z	13
Water, New Zealand, bottled	C41	BEVERAGES, NONALCOHOLIC	z	13
Water, tonic, carbonated	C79	BEVERAGES, NONALCOHOLIC	bu	13
Watercress, leaves & upper stem, raw	X131	VEGETABLES	abuz	107
Watermelon, flesh, fresh	L177	FRUIT	abu	51
Weet-Bix' Oat Bran, Sanitarium	D1012	BREAKFAST CEREALS	abfm	17
Wheat bran	E111	CEREALS AND PSEUDO-CEREALS	zcr	21
Wheat bran, 'San Bran', Sanitarium	D1018	BREAKFAST CEREALS	abfmr	17
Wheat germ	E112	CEREALS AND PSEUDO-CEREALS	zcr	21
Wheat puffs, honey coated, Sanitarium	D15	BREAKFAST CEREALS	abz	17
Wheat, puffed, Sanitarium	D1017	BREAKFAST CEREALS	abmr	17
Whole wheat biscuits, 'Weet-Bix'	D20	BREAKFAST CEREALS	abfmz	17
Whole wheat flakes, 'Kornies', Sanitarium	D16	BREAKFAST CEREALS	abz	17
Wine, red, dry	B24	BEVERAGES, ALCOHOLIC	buz	9
Wine, white, dry	B26	BEVERAGES, ALCOHOLIC	buz	9
Wine, white, medium	B27	BEVERAGES, ALCOHOLIC	buz	9
Wine, white, sparkling	B28	BEVERAGES, ALCOHOLIC	buz	9
Yam, flesh, boiled, drained	X132	VEGETABLES	buz	107
Yam, flesh, roasted, w/o oil, South Island	X309	VEGETABLES	buz	107
Yeast, baker's, dried	P13	MISCELLANEOUS	abuz	65
Yoghurt, apricot, frozen	F77	DAIRY	bz	27
Yoghurt, asst fruits, low fat, sweetened	F56	DAIRY	abuz	27
Yoghurt, berry, low fat, art sweetened	F71	DAIRY	bz	27
Yoghurt, Greek, composite	F1055	DAIRY	a	27
Yoghurt, plain, low fat, unsweetened	F84	DAIRY	abz	27
Yoghurt, plain, unsweetened	F57	DAIRY	abuz	27