

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	Cholesterol mg	Sodium Na mg
A BAKERY PRODUCTS																
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	2	110
	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	T	10
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	277
	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	22
A125*	Bread,'Mighty White',Tip Top	100	47	815	197	6.2	0.6	41.8	4.6	3.0	38.9	0.3	0.2	0.1	0	414
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	12	373
	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	3	101
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	1	642
	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	T	321
A207	Bread,multi-grain,heavy,prepacked	100	45	864	209	9.2	2.3	37.8	4.3	2.7	35.1	0.2	0.6	0.8	T	366
	1 slice (9.6 cm x 8.7 x 1.4 cm)	45	20	385	93	4.1	1.0	16.9	1.9	1.2	15.7	0.1	0.3	0.3	T	163
A208	Bread,multi-grain,light,sliced,prepacked	100	38	997	241	9.8	2.3	45.4	4.3	2.6	42.8	0.3	0.5	0.8	T	489
	1 slice (11.3 x 10.1 x 1.4 cm)	37	14	368	89	3.6	0.8	16.8	1.6	0.9	15.8	0.1	0.2	0.3	T	181
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	524
	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	482
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	344
	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	282
	1 mini pocket	48	16	487	118	5.0	0.4	23.5	2.1	1.0	22.5	T	T	0.1	0	165
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	324
	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	275
	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	162
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	0	412
	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	152
A210	Bread,white,sliced,prepacked	100	39	1000	242	8.3	1.5	48.7	2.8	1.8	46.9	0.2	0.3	0.5	T	510
	1 medium slice (12.4 x 10.7 x 1.0cm)	29	11	287	69	2.4	0.4	14.0	0.8	0.5	13.5	0.1	0.1	0.1	T	146
	1 thick slice (11.1 x 10.4 x 1.3cm)	37	15	374	91	3.1	0.6	18.2	1.0	0.7	17.6	0.1	0.1	0.2	T	191
A23	Bread,wholemeal,sliced & unsliced	100	45	800	193	8.1	1.4	37.1	5.7	1.3	35.8	0.3	0.3	0.4	T	641
	1 medium slice	28	12	224	54	2.3	0.4	10.4	1.6	0.4	10.0	0.1	0.1	0.1	T	179
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	T	440
	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	T	254
	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	T	235
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	T	480
	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	T	371
	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	T	234
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	T	480
	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	T	381
	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	T	254
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	17	230
	1 bun	80	22	978	236	6.1	6.0	39.4	4.7	12.1	27.4	1.4	2.2	1.2	14	184

* Denotes further information on nutrient components. See Appendix I.