

Huka

Huka o roto (ia hoatutanga)

ĀPEREKOTI



10 Āperekoti = 15.7g karamu Huka

ĀPEREKOTI (KEI RŌ WAI)



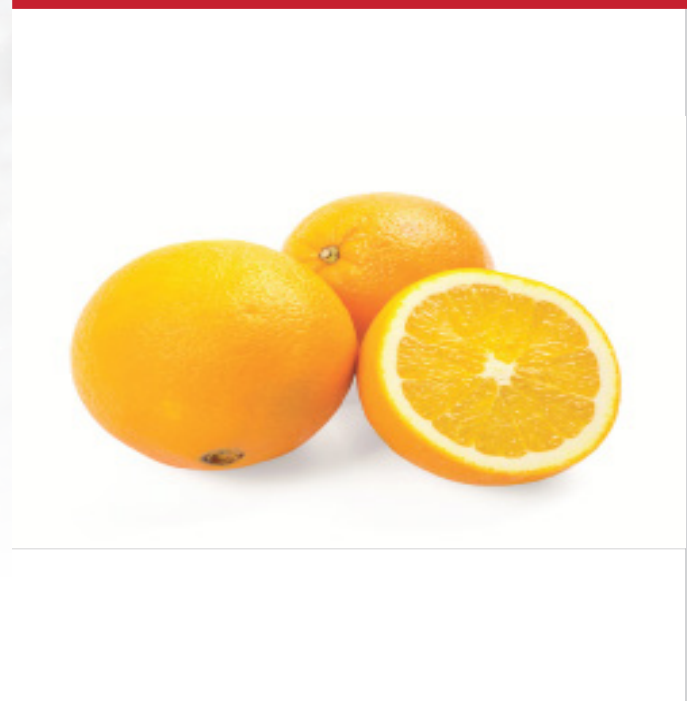
1 Kapu = 14.0g karamu Huka

ĀPEREKOTI KĒNE (KEI RŌ MĪERE)



1 Kapu = 73.4g karamu Huka

ĀRANI



1 Ārani Nui = 9.9g karamu Huka

“Ko te huka he kai
hihiri nui, ā, he nui
ōnā ritenga.
Whakaheke a te
tāpeke huka o roto.
Tirohia ngā tohu kai”

WAI ĀRANI



1 250ml Kapu = 23.7g karamu Huka

PIHIKETE WĪTI



2 Pihikete = 0g karamu Huka

RAIHI PUPŪ TIAKARETE



1 Kapu = 14.6g karamu Huka

PATAHUA TŌHI



1 Kapu = 18.6g karamu Huka

MĪERE



1 Tipinu = 8.0g karamu Huka

HUKA MĀ



1 Tipinu = 4.0g karamu Huka

MĪERE KŌURA



1 Tipunu = 7.3g karamu Huka

Ngā Kai Kinikini

Kai Kinikini kawenga: Huka me te Hinu o roto ki ia hoatutanga

PIHIKETE TIAKARETE



1 Pihikete = 17.4g karamu Hinu me
35.9g karamu Huka

PARĀOA



1 Parāoa = 23.3g karamu Hinu me
16.8g karamu Huka

AIHIKIRĪMI WANIRA



1 Kokonga = 15.2g karamu Hinu me
31.9 karamu Huka

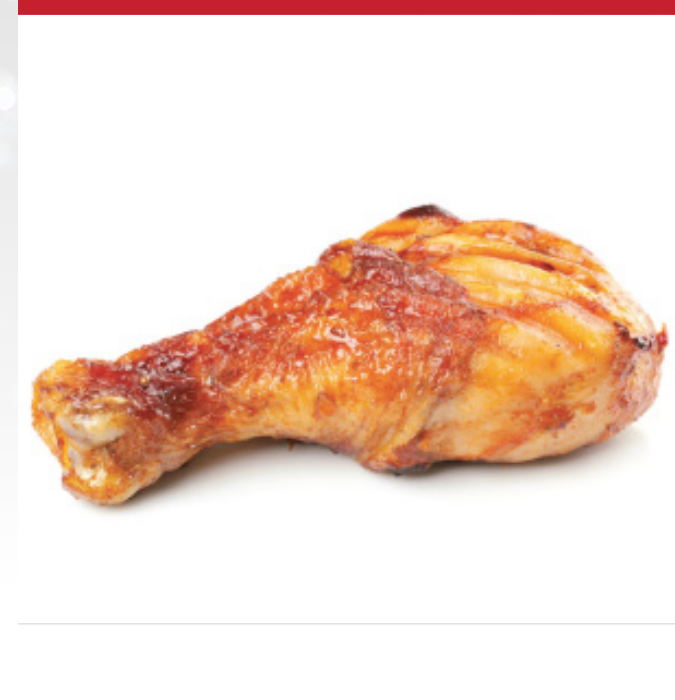
KĀNGA PAHŪ PATA



1 Kātene = 12.2g karamu Hinu

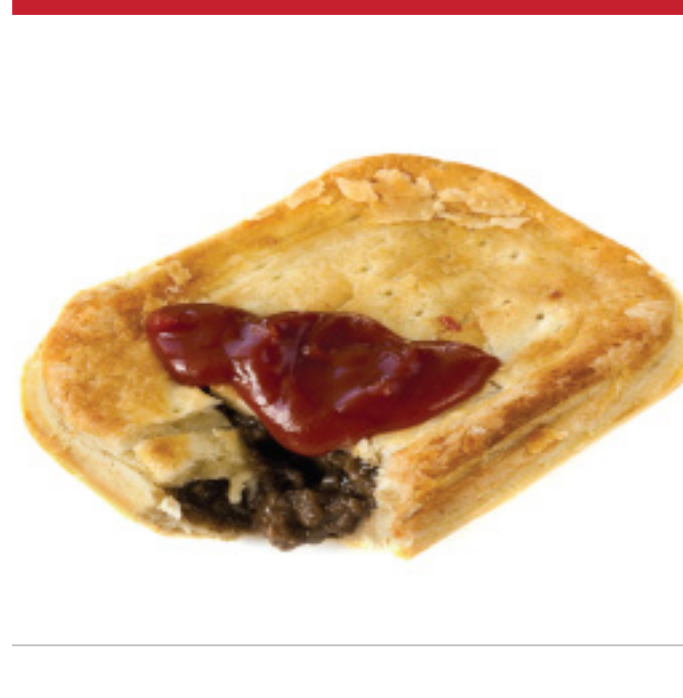
“Ki te whāngai ngā
tamariki ki ngā kai
pūngao mutū kai iti kei
ngaroa ia rātou i ngā
matea kai tōtika hei
oranga, hei whakatipu”

PĀRAI HŌHONU



2 Wahanga = 44.2g karamu Hinu

TAKAI MĪTI



1 Pae = 32g karamu Hinu

PAHEHE MĪTI



1 Poronga = 6.0g karamu Hinu

HAMIPĀKI NUI



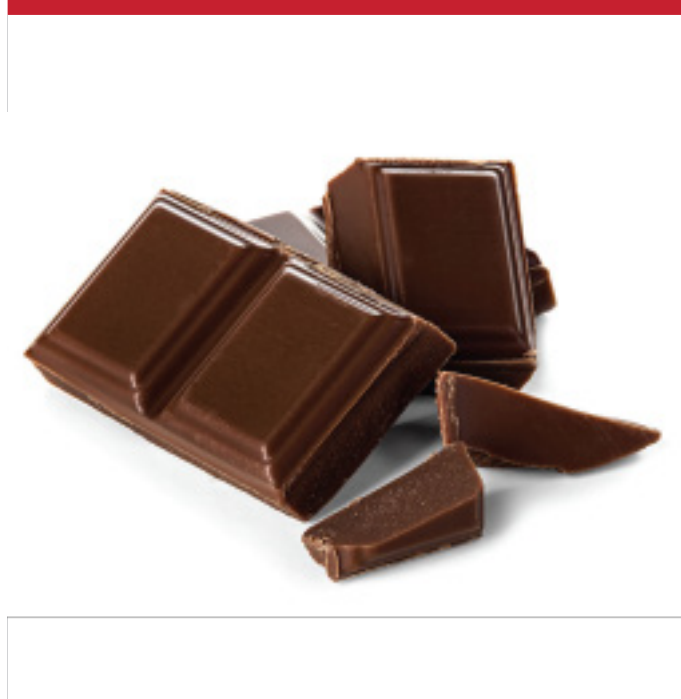
1 Peka = 31.8g karamu Hinu

WHĀRANU MIRAKA



1 Tino Nui = 14.8g karamu Hinu me
124g karamu Huka

PORAKA TIAKARATE



1 Poraka Iti = 15.2g karamu Hinu me
27g karamu Huka

INU HIHĪ

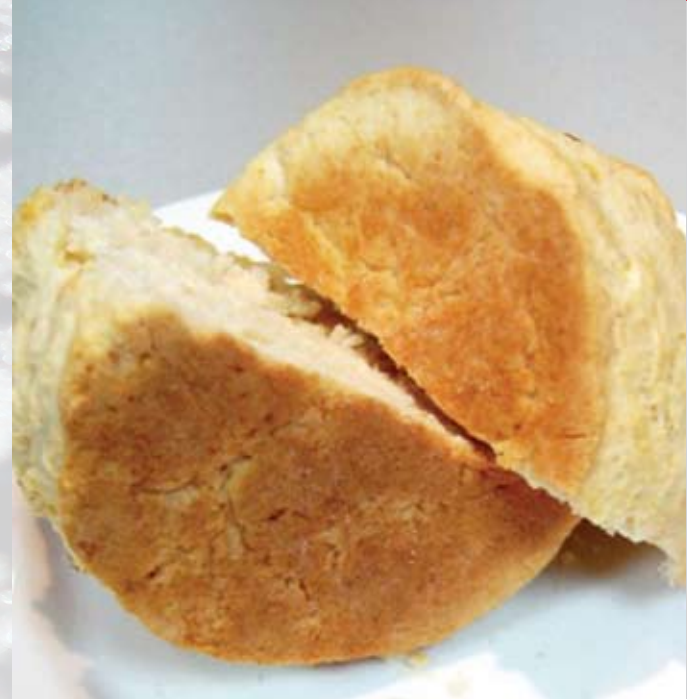


1 kena = 56g karamu Huka

Ngā Kai Kinikini

Kai Kinikini oranga nui; te nuinga huka me te hinu kei roto o ia hoatutanga

KŌNO



1 Kōne = 8.0g Karamu Hinu me
2.2g karamu Huka

PIHIKETE RAIHI



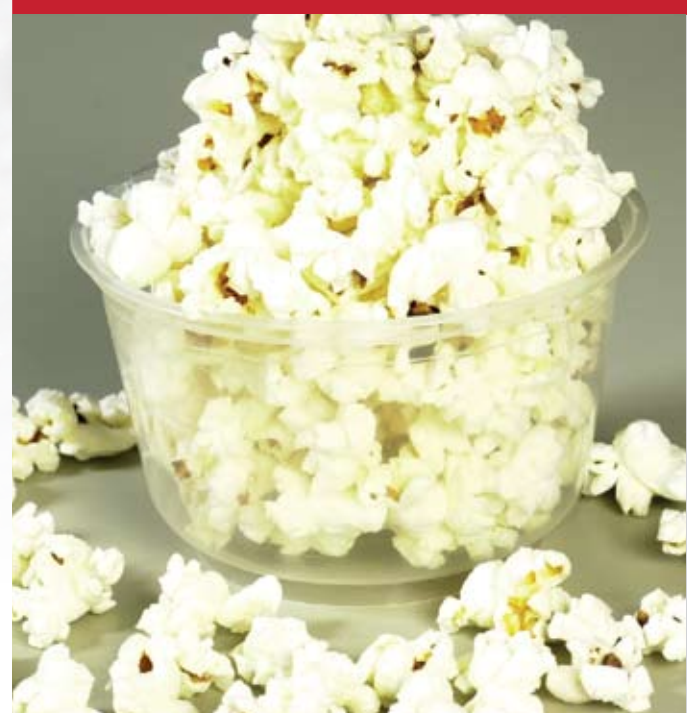
1 Kapu = 0.9g karamu Hinu me
0.9g karamu Huka

MIRAKA TEPE



1 Paepae = 0.2g karamu Hine me
11.7g karamu Huka

KĀNGA PAHŪ (KĀORE HU HINU HE PATA TĀPARI RANE)



1 Kātene = 2.1g karamu Hinu

“He tino nui te
oranga, o ēnei kai,
he maha ngā huaora
me ngā opapa kei roto
kia pai ai tō āhua”

KŪTAI ME TE TARAKIHI



Kuku Pāera me Ike Tunu =
4.4g karamu Hinu

TAKAI HĒPERA



1 Hoatutanga = 7.0g karamu Hinu

PAREHE TOMATO



1 Poronga = 4.8g karamu Hinu

HE PĪRORI HEIHEI



1 Pīrori = 7.8g karamu Hinu

MŌHANI HUARĀKAU (MIRAKA WAI HAU RĀKAU, MIRAKA PĒ)



1 300ml hoatutanga = 3.8g karamu Hinu me
27g karamu Huka

ĀPORO



1 Āporo = 0.7g karamu Hinu me
12.9g karamu Huka

WAI



500ml = 0g karamu Hinu me
0g karamu Huka

Riwai

Hinu o roto (ia 100g karamu)

TAO HĀKETETIA TAO KIRITIA



100g karamu = 0.2g karamu Hinu

TAO HĀKETETIA TAO KIRITIA (ME TE KIRIMI KAWA)



100g karamu = 5.3g karamu Hinu

PENUPENUTIA



100g karamu = 3.3g karamu Hinu

PĪRA, PĀERA



100g karamu = 0.2g karamu Hinu

“Ko te rīwai anake iti
noa te hinu ko te hinu i
purua ki te teha kei
te wharerekē i te
hinu o roto.”

PĪRA, TUNUTUNU



100g karamu = 0.6g karamu Hinu

TIPI



100g karamu = 32.1g karamu Hinu

TIPI PĀRAI HŌHONU



100g karamu = 11.2g karamu Hinu

TIPI Ā-UMU



100g karamu = 3.0g karamu Hinu

TIPI WĪWĪ



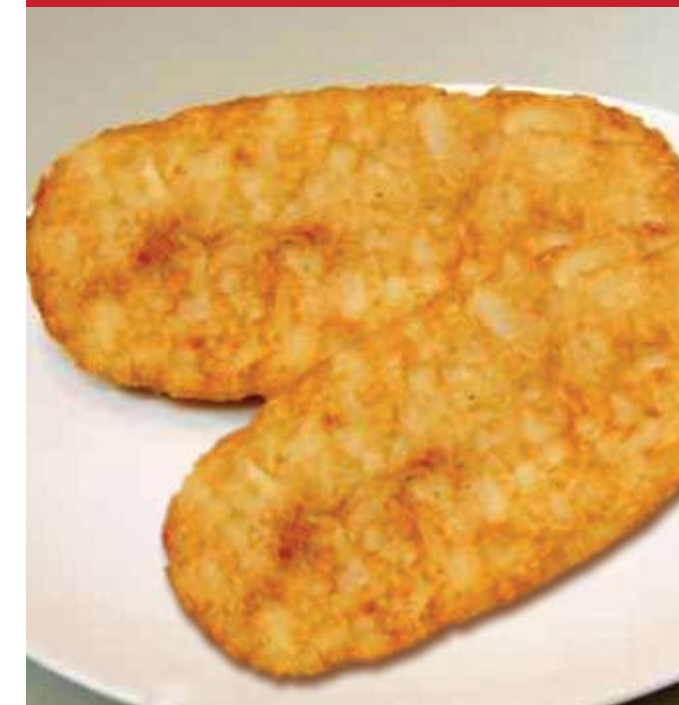
100g karamu = 16.9g karamu Hinu

WĒTI Ā-UMU



100g karamu = 6.5g karamu Hinu

WHAKAPĒ PARAONE



100g karamu = 11.3g karamu Hinu

Huka

Sugar content (per serve)

DRIED APRICOT



10 Apricots = 15.7g Sugar

CANNED APRICOT (IN JUICE)



1 Cup = 14.0g Sugar

CANNED APRICOT (IN SYRUP)



1 Cup = 73.4g Sugar

WHOLE ORANGE



1 Whole Orange = 9.9g Sugar

“Sugar is a high energy food and comes in many forms. Aim to reduce total sugar content – check the food labels”

FRESH ORANGE JUICE



1 250ml Cup = 23.7g Sugar

WHEAT BISCUITS



2 Biscuits = 0g Sugar

COCO CEREAL



1 Cup = 14.6g Sugar

TOASTED MUESLI



1 Cup = 18.6g Sugar

HONEY



1 Tsp = 8.0g Sugar

WHITE SUGAR



1Tsp = 4.0g Sugar

GOLDEN SYRUP



1 Tsp = 7.3g Sugar

Ngā Kai Kinikini

Takeaway Snacks; Fat & Sugar content per serve

CHOCOLATE COOKIE



1 Cookie = 17.4g Fat & 35.9g Sugar

CREAM DONUT



1 Donut = 23.3g Fat & 16.8g Sugar

VANILLA ICECREAM



3 Scoops = 15.2g Fat & 31.9g Sugar

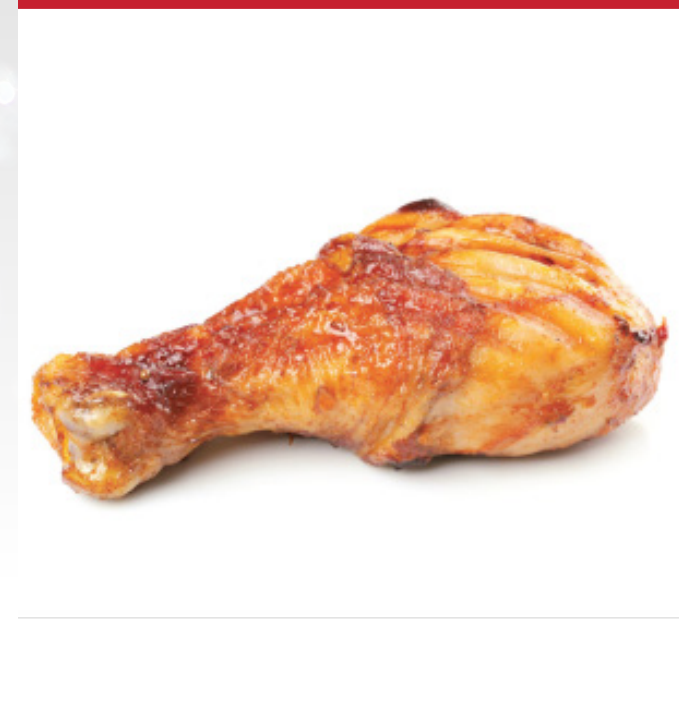
BUTTER POPCORN



1 Carton = 12.2g Fat

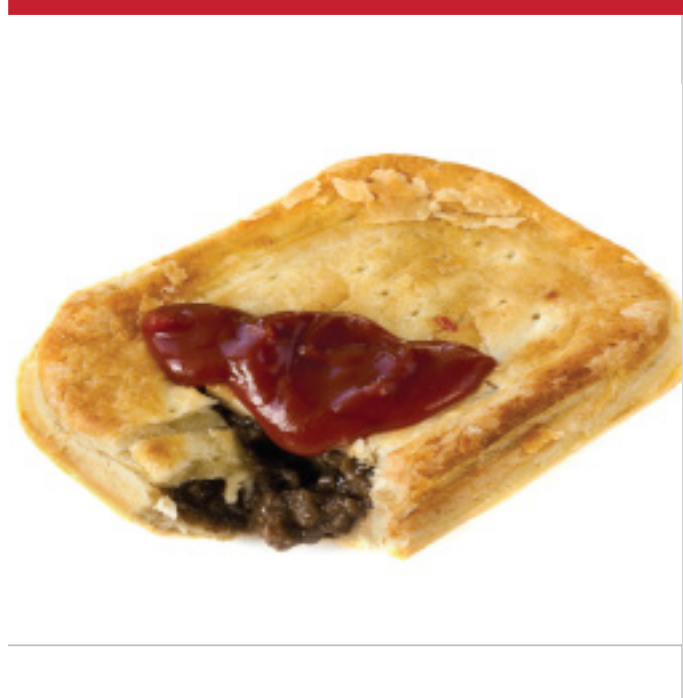
“If tamariki fill up on these high energy, low nutrient foods they may miss out on essential nutrients they need for growth”

FRIED CHICKEN



2 Pieces = 44.2g Fat

MEAT PIE



1 Pie = 32g Fat

MEAT PIZZA



1 Slice = 6.0g Fat

BIG HAMBURGER



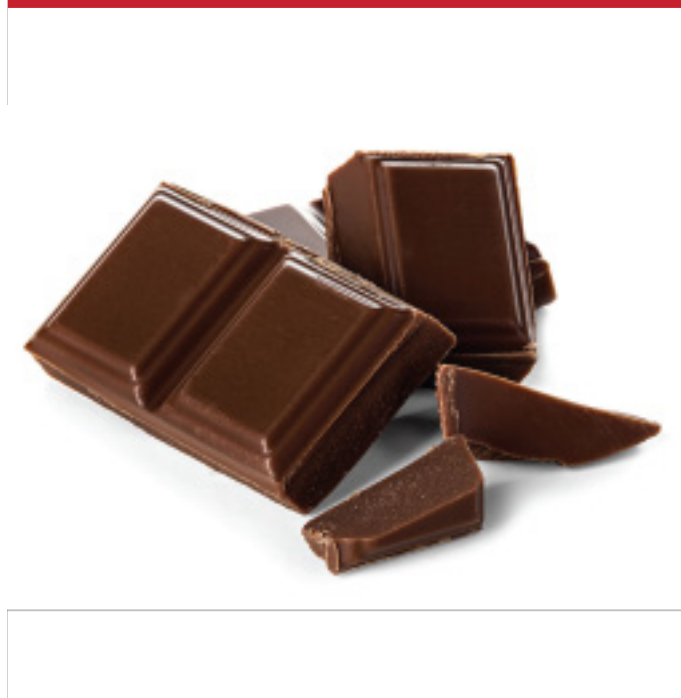
1 Burger = 31.8g Fat

THICKSHAKE



1 Large = 14.8g Fat & 124g Sugar

MILK CHOC BAR



1 Small Bar = 15.2g Fat & 27g Sugar

FIZZY COLA

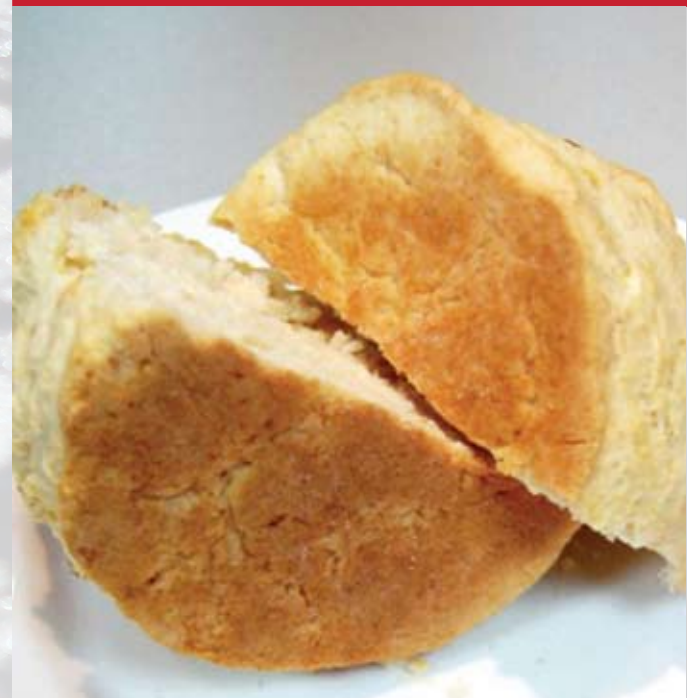


1 Can = 56g Sugar

Ngā Kai Kinikini

Healthy Snacks; Fat & Sugar content per serve

PLAIN SCONE



1 Scone = 8.0g Fat & 2.2g Sugar

RICE CRACKERS



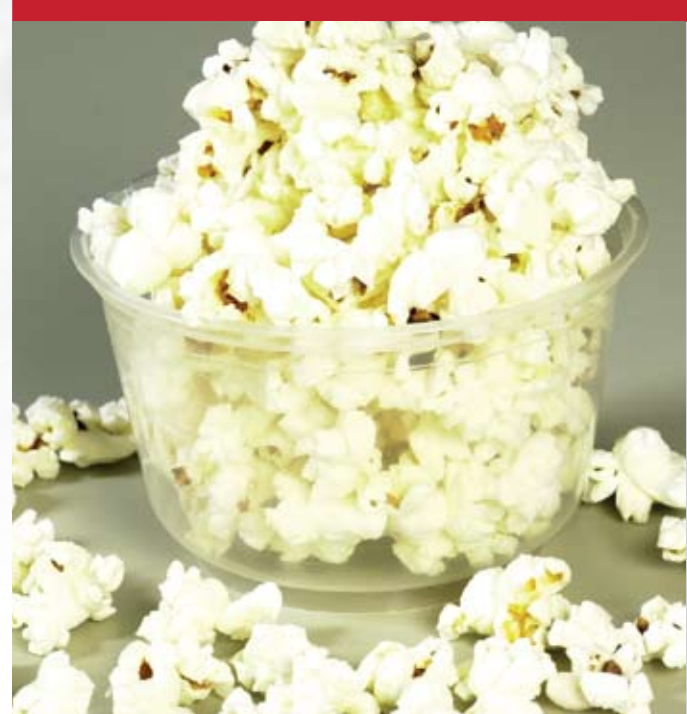
1 Cup = 0.9g Fat & 0.9g Sugar

BERRY YOGHURT (REDUCED FAT, ARTIFICIAL SWEETENER)



1 Pottle = 0.2g Fat & 11.7g Sugar

PLAIN POPCORN (NO ADDED OIL OR BUTTER)



1 Carton = 2.1g Fat

“These foods are nutrient dense, meaning they provide you with loads of essential vitamins & minerals to keep your body looking good inside and out”

MUSSELS & TARAKIHI



Boiled Mussels & Grilled fish = 4.4g Fat

SHEPHERDS PIE



1 Serve = 7.0g Fat

TOMATO PIZZA



1 Slice = 4.8g Fat

CHICKEN FILLED ROLL



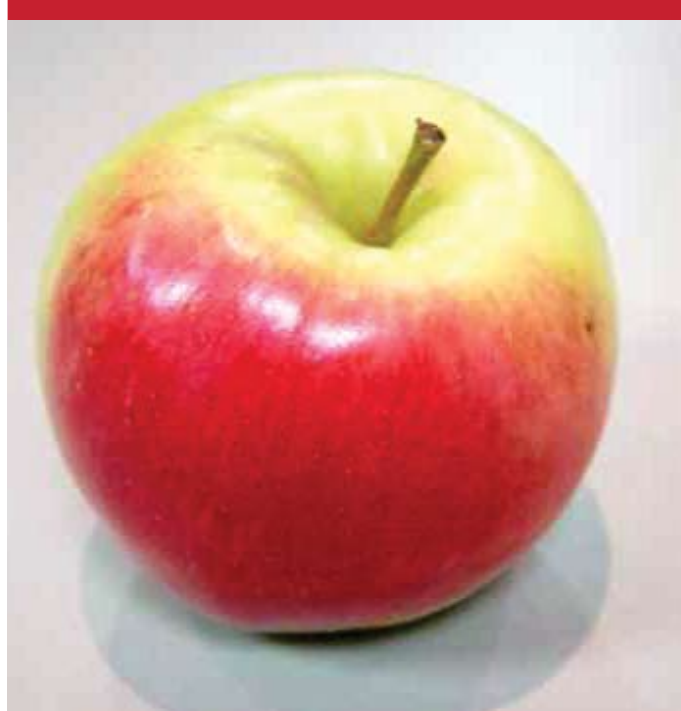
1 Roll = 7.8g Fat

SMOOTHIE (MILK, FRUIT JUICE & YOGHURT)



1 300ml Serve = 3.8g Fat & 27g Sugar

APPLE



1 Apple = 0.7g Fat & 12.9g Sugar

WATER



500ml = 0g Fat & 0g Sugar

Riwai

Fat content (per 100 grams)

BAKED IN JACKET



100g = 0.2g Fat

BAKED IN JACKET (WITH SOUR CREAM)



100g = 5.3g Fat

MASHED



100g = 3.3g Fat

PEELED & BOILED



100g = 0.2g Fat

“Potatoes by themselves have very little fat. It’s the extra fat that is added in preparation that changes the fat content”

PEELED & ROASTED



100g = 0.6g Fat

CHIPS



100g = 32.1g Fat

DEEP FRIED CHIPS



100g = 11.2g Fat

OVEN BAKED CHIPS



100g = 3.0g Fat

FRENCH FRIES



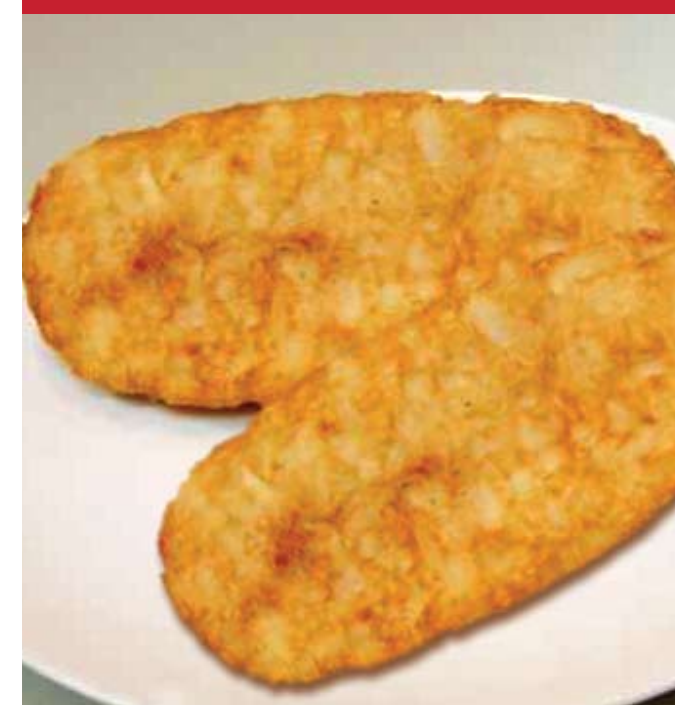
100g = 16.9g Fat

SPICY WEDGES (OVEN BAKED)



100g = 6.5g Fat

HASH BROWN



100g = 11.3g Fat