

Fruit, Nuts Seeds and Dairy Nutrition

Approximate values using practical serving sizes

Values are approximate. Digestible carbohydrate means available carbohydrate that can be digested and absorbed, mainly as glucose; fibre is excluded from digestible carbs, it is listed separately.

Group	Food	Practical serving	Protein	Fibre	Digestible carbs	Kilo-calories
Fruit	Apple, with skin	1 medium, 182 g	0.5 g	4.4 g	20.6 g	95
Fruit	Pear, with skin	1 medium, 178 g	0.6 g	5.5 g	21.5 g	101
Fruit	Kiwifruit	1 medium, 69 g	0.8 g	2.1 g	8.4 g	42
Fruit	Orange	1 medium, 131 g	1.2 g	3.1 g	12.3 g	62
Fruit	Grapes	1/2 cup, 76 g	0.5 g	0.7 g	13.8 g	52
Fruit	Banana	1 medium, 118 g	1.3 g	3.1 g	23.0 g	105
Berries	Blueberries	1/2 cup, 74 g	0.5 g	1.8 g	8.9 g	42
Berries	Strawberries, sliced	1/2 cup, 76 g	0.5 g	1.5 g	4.4 g	24
Berries	Raspberries	1/2 cup, 62 g	0.9 g	4.0 g	3.4 g	32
Nuts	Peanuts	30 g	7.7 g	2.6 g	2.2 g	170
Nuts	Cashew nuts	30 g	5.5 g	1.0 g	8.1 g	166
Nuts	Almonds	30 g	6.4 g	3.8 g	2.7 g	174
Nuts	Brazil nuts	30 g	4.3 g	2.3 g	1.4 g	198
Dairy	Cheddar cheese	30 g	7.5 g	0 g	0.4 g	121

Group	Food	Practical serving	Protein	Fibre	Digestible carbs	Kilo-calories
Dairy	Cottage cheese	1/2 cup, approx. 113 g	12.5 g	0 g	3.1 g	110
Dairy	Sour cream	2 tablespoons, 30 g	0.7 g	0 g	1.4 g	59
Dairy	Butter	1 tablespoon, 14 g	0.1 g	0 g	0 g	102
Dairy	The Collective Natural Kefir	175 mL	6.2 g	0 g	8.4 g	84
Dairy	Kalo Authentic Greek Natural Yoghurt	160 g	15.2 g	0 g	5.0 g	120
Fats	Extra virgin olive oil	1 tablespoon, 15 mL	0 g	0 g	0 g	119
Seeds	Sunflower seeds	1 tablespoon, approx. 9 g	1.9 g	0.9 g	1.0 g	52
Seeds	Pumpkin seeds	1 tablespoon, 10 g	3.0 g	0.6 g	1.1 g	56

Reference basis: New Zealand Food Composition Database and current manufacturer labels. The branded entries use The Collective Natural Kefir (175 mL) and Kalo Authentic Greek Natural Yoghurt (160 g).