

Nutrition Information for PepsiCo New Zealand Snacks.

Details correct as of June 2018. Please check product packaging on shelf for the most up to date information.

PRODUCT	HEALTH STAR RATING	Nutrition Information per 100g										Nutrition Information per serve									
		ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	
AZTEC® CORN CHIPS - CHEESE	*	2160	516	8.1	26.3	12.8	60	2	3.5	680	27	583	139	2.2	7.1	3.5	16.2	0.5	0.9	184	
BLUEBIRD POPPAJACKS CHICKEN	◇	2000	478	8.4	19.9	9.5	65	3.1	1.8	1680	25	499	119	2.1	5	2.4	16.3	0.8	0.5	420	
BLUEBIRD® BURGER RINGS	◇	2280	545	6.1	33.9	16.5	55.5	4.6	0.2	1050	24	548	131	1.5	8.1	4	13.3	1.1	0.0	253	
BLUEBIRD® CHEEZELS	◇	2260	540	6.4	32.3	15.8	58	7.2	0.1	575	24	542	130	1.5	7.8	3.8	13.9	1.7	0.0	138	
BLUEBIRD® GLUTEN FREE POTATO CHIPS - CHEESE & ONION	***	2260	540	7.2	33.6	2.4	51.2	3.1	2.9	405	27	610	146	2	9.1	0.7	13.8	0.8	0.8	109	
BLUEBIRD® GLUTEN FREE POTATO CHIPS - CHICKEN	**◇	2240	536	7	33	2.3	51.8	2.6	2.8	502	27	606	145	1.9	8.9	0.6	14	0.7	0.8	135	
BLUEBIRD® GLUTEN FREE POTATO CHIPS - READY SALTED	**◇	2290	548	6.7	34.8	2.4	50.6	1	2.9	556	27	617	148	1.8	9.4	0.6	13.7	0.3	0.8	150	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - GREEN ONION	*	2250	538	6.9	33.7	16.4	50.6	2.1	3.0	810	27	608	145	1.9	9.1	4.4	13.7	0.6	0.8	219	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - JUICY BBQ RIBS	*	2250	538	6.9	33	16	51.9	4.2	2.9	498	27	607	145	1.9	8.9	4.3	14	1.1	0.8	134	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - KIWI DIP	*	2240	536	6.8	33.2	16.1	51.4	3.1	3.1	508	27	606	145	1.8	9	4.4	13.9	0.8	0.8	137	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - PERI PERI CHICKEN	*	2250	538	7	33	16	51.8	2.8	2.9	509	27	607	145	1.9	8.9	4.3	14	0.7	0.8	138	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - READY SALTED	*◇	2290	548	6.7	34.9	17	50.7	1	2.9	440	27	619	148	1.8	9.4	4.6	13.7	0.3	0.8	119	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - SALT & VINEGAR	*	2220	531	6.5	33.7	16.3	50.1	1.5	2.8	835	27	600	143	1.8	9.1	4.4	13.5	0.4	0.8	226	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - SOUR CREAM & CHIVES	*	2240	536	6.7	33.4	16.3	51.6	3	3.0	644	27	606	145	1.8	9	4.4	13.9	0.8	0.8	174	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - CHICKEN	*	2240	536	7.5	33.3	16.2	50.4	2.1	2.8	790	27	604	144	2	9	4.4	13.6	0.6	0.8	213	
BLUEBIRD® RASHUNS	◇	2110	505	7.3	25.6	12.4	63.7	9.2	0.1	647	24	507	121	1.8	6.1	3	15.3	2.2	0.0	155	
BLUEBIRD® THICK CUT POTATO CHIPS - CRISPY BACON	*	2240	536	6.6	33	16	52	3.6	2.8	553	27	604	144	1.8	8.9	4.3	14	1	0.8	149	
BLUEBIRD® THICK CUT POTATO CHIPS - READY SALTED	*◇	2290	548	6.7	34.9	17	50.7	1	2.9	440	27	619	148	1.8	9.4	4.6	13.7	0.3	0.8	119	
BLUEBIRD® THICK CUT POTATO CHIPS - SOUR CREAM & CHIVES	*	2220	531	6.6	32.9	16	51.7	3.5	3.0	803	27	601	144	1.8	8.9	4.3	14	0.9	0.8	217	
BLUEBIRD® THINLY CUT POTATO CHIPS - CHICKEN	**	2250	538	7.4	33.3	3.3	50.8	2.6	2.8	771	27	606	145	2	9	0.9	13.7	0.7	0.8	208	
BLUEBIRD® THINLY CUT POTATO CHIPS - READY SALTED	***	2290	548	6.7	34.9	3.5	50.7	1	2.9	440	27	619	148	1.8	9.4	0.9	13.7	0.3	0.8	119	
BLUEBIRD® THINLY CUT POTATO CHIPS - SALT & VINEGAR	**	2220	531	6.5	33.7	3.4	50.1	1.5	2.8	835	27	600	143	1.8	9.1	0.9	13.5	0.4	0.8	226	
BLUEBIRD® THINLY CUT POTATO CHIPS - SOUR CREAM & CHIVES	**◇	2240	536	6.7	33.4	3.4	51.6	3	3.0	644	27	606	145	1.8	9	0.9	13.9	0.8	0.8	174	
BLUEBIRD® TWISTIES CHEESE	◇	2110	505	7.3	25.3	12.4	64	9.2	0.1	662	27	569	136	2	6.8	3.3	17.3	2.5	0.0	179	
COPPER KETTLE POTATO CHIPS - CHAMPAGNE & SHALLOT	***◇	2110	505	8.2	30	2.4	47.5	3.3	2.8	542	40	845	202	3.3	12	1	19	1.3	1.1	217	
COPPER KETTLE POTATO CHIPS - HONEY SOY CHICKEN	**◇	2200	526	7.1	30.4	2.4	54.6	5.2	2.9	520	40	878	210	2.8	12.1	1	21.8	2.1	1.2	208	
COPPER KETTLE POTATO CHIPS - SBV	**	2170	519	6.8	30.9	2.4	52.2	2.2	2.9	921	40	867	207	2.7	12.3	1	20.9	0.9	1.2	368	
COPPER KETTLE POTATO CHIPS - SEA SALT	***◇	2230	533	7	31.9	2.5	53	1	3.0	518	40	890	213	2.8	12.8	1	21.2	0.4	1.2	207	
COPPER KETTLE POTATO CHIPS - SEA SALT & BLACK TRUFFLE	**◇	2200	526	6.8	30.8	2.4	54.4	1.3	3.0	511	40	881	211	2.7	12.3	1	21.7	0.5	1.2	205	
COPPER KETTLE POTATO CHIPS - SLOW ROASTED PORK BELLY & MUSTARD CIDER JUS	***	2190	524	7.1	30.3	2.4	54.7	2.9	3.0	417	40	878	210	2.8	12.1	0.9	21.9	1.2	1.2	167	
COPPER KETTLE POTATO CHIPS - VINTAGE CHEDDAR & RED ONION	**◇	2190	524	7.5	30.6	2.6	53.4	3.6	3.0	604	40	875	209	3	12.2	1	21.4	1.4	1.2	242	
COPPER KETTLE POTATO CHIPS - WOOD FIRED BBQ	**◇	2200	526	7	30.5	2.4	54.4	3.8	3.0	568	40	878	210	2.8	12.2	0.9	21.8	1.5	1.2	227	
DELUSIO® POTATO CHIPS - CARAMELISED ONION & BALSAMIC VINEGAR	**◇	2250	538	6.7	32.9	2.6	51.8	2.9	2.8	582	27	606	145	1.8	8.9	0.7	14	0.8	0.8	157	
DELUSIO® POTATO CHIPS - FETA & HERB	**◇	2250	538	6.9	33.1	2.7	52	4.8	2.8	490	27	608	145	1.9	8.9	0.7	14	1.3	0.8	132	
DELUSIO® POTATO CHIPS - FINE SEA SALT	***	2290	548	6.7	34.9	2.7	50.7	1	2.9	440	27	619	145	1.8	9.4	0.7	13.7	0.3	0.8	119	
DELUSIO® POTATO CHIPS - GREEK TZATZIKI	**	2240	536	7.2	32.6	2.6	51.3	2.3	2.8	637	27	603	145	1.9	8.8	0.7	13.8	0.6	0.8	172	
DELUSIO® POTATO CHIPS - SWEET CHILLI RELISH	**◇	2250	538	6.8	33.3	2.6	51.1	3.4	2.9	683	27	607	145	1.8	9	0.7	13.8	0.9	0.8	184	
DELUSIO® POTATO CHIPS - TERIYAKI CHICKEN	**◇	2250	538	6.5	32.9	2.6	52.7	3.7	2.8	493	27	608	145	1.8	8.9	0.7	14.2	1	0.8	133	
DORITOS® CORN CHIPS - CHEESE SUPREME	*	2170	519	8.9	26.9	13.1	58.5	2.4	3.6	618	27	586	140	2.4	7.3	3.6	15.8	0.6	1.0	167	
DORITOS® CORN CHIPS - FLAMEGRILLED BBQ	*	2120	507	8.2	24.9	12	60.6	2.7	3.7	769	27	573	137	2.2	6.7	3.2	16.4	0.7	1.0	208	
DORITOS® CORN CHIPS - NACHO CHEESE	*◇	2150	514	7.6	25.8	12.5	61	3.5	3.6	382	27	581	139	2.1	7	3.4	16.5	0.9	1.0	103	
DORITOS® CORN CHIPS - ORIGINAL SALTED	*◇	2110	505	8.2	23.2	11.2	63.7	1	3.8	435	27	570	136	2.2	6.3	3	17.2	0.3	1.0	117	
DORITOS® CORN CHIPS - THAI SWEET CHILLI	*	2140	512	7.8	25.3	12.2	61.3	5.1	3.7	575	27	578	138	2.1	6.8	3.3	16.5	1.4	1.0	155	
DORITOS® SALSA	**◇	2150	514	7.7	25.4	12.2	61.1	3.8	3.7	570	27	579	138	2.1	6.9	3.3	16.5	1	1.0	154	
KRISPA® COOL CRISPS WHEAT FLAVOURED SNACK - CHICKEN	◇	2000	478	8.3	19.9	9.5	65.1	3.1	1.8	1680	25	499	119	2.1	5	2.2	16.3	0.8	0.5	421	
LE SNAK® CHEESE AND BACON FLAVOURED DIP WITH CRISP BREAD	◇	1690	404	12.1	26.4	15.2	27.6	6	2.9	976	22	373	89	2.7	5.8	3.4	6.1	1.3	0.6	215	
LE SNAK® CHEESE FLAVOURED DIP WITH CRISP BREAD	◇	1710	409	12.3	26.8	15.4	27.4	5.9	2.9	985	22	376	90	2.7	5.9	3.4	6	1.3	0.6	217	
LE SNAK® FRENCH ONION FLAVOURED DIP WITH CRISP BREAD	◇	1700	407	12.2	25.4	15.2	27.7	6	2.9	974	22	374	89	2.7	5.8	3.4	6.1	1.3	0.6	214	
SUNBITES® GRAIN WAVES WHOLEGRAIN CHIPS - GOLDEN CHEDDAR	**	2100	502	7.9	23.3	3.9	64.3	7.8	2.6	592	40	838	200	3.1	9.3	1.6	25.7	3.1	1.0	237	
SUNBITES® GRAIN WAVES WHOLEGRAIN CHIPS - HONEY MUSTARD	**	2110	505	7.8	23.4	3.7	64.8	8.3	2.6	368	40	843	202	3.1	9.4	1.5	25.9	3.3	1.0	147	
SUNBITES® GRAIN WAVES WHOLEGRAIN CHIPS - SALSA	**	2110	505	7.9	23.6	3.7	64	7.7	2.8	393	40	842	201	3.2	9.4	1.5	25.6	3.1	1.1	157	
SUNBITES® GRAIN WAVES WHOLEGRAIN CHIPS - SOUR CREAM & CHIVES	***	2090	500	7.8	23	3.8	64.5	8.8	2.7	505	40	836	200	3.1	9.2	1.5	25.8	3.5	1.1	202	