

Nutrition Information for PepsiCo New Zealand Snacks.

Details correct as of March 2020. 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)	
BLUEBIRD® BIGUNS®	★★	2264.7	541.3	6.2	32.2	2.6	58.4	7.3	0.1	591.4	40.0	905.9	216.5	2.5	12.9	1.0	23.4	2.9	0.0	236.6	
BLUEBIRD® BURGER RINGS	★◇	2285.4	546.2	6.1	33.9	2.6	55.6	4.6	0.2	1050.4	18.0	411.4	98.3	1.1	6.1	0.5	10.0	0.8	0.0	189.1	
BLUEBIRD® CHEEZELS®	★★	2264.7	541.3	6.2	32.2	2.6	58.4	7.3	0.1	591.4	24.0	543.5	129.9	1.5	7.7	0.6	14.0	1.7	0.0	141.9	
BLUEBIRD® GLUTEN FREE POTATO CHIPS - CHEESE & ONION	★★★	2260	540	7.1	33.6	2.4	51.2	3.1	2.9	412	27	610	146	1.9	9.1	0.7	13.8	0.8	0.8	111	
BLUEBIRD® GLUTEN FREE POTATO CHIPS - CHICKEN	★★◇	2240	536	6.9	33.0	2.3	51.9	2.5	2.8	498	27	606	145	1.9	8.9	0.6	14.0	0.7	0.8	134	
BLUEBIRD® GLUTEN FREE POTATO CHIPS - READY SALTED	★★◇	2290	548	6.7	34.8	2.4	50.6	1.0	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	★★	2250.2	537.8	6.9	33.7	2.3	50.6	2.1	3.0	809.6	27.0	607.5	145.2	1.9	9.1	0.6	13.7	0.6	0.1	218.6	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - READY SALTED	★★★	2293.1	548.1	6.7	34.9	2.4	50.7	1.0	2.9	439.7	40.0	917.2	219.2	2.7	14.0	0.9	20.3	0.4	0.0	175.9	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - SALT & VINEGAR	★★	2228.8	532.7	6.5	33.6	2.3	50.2	1.2	2.8	833.7	18.0	401.2	95.9	1.2	6.0	0.4	9.0	0.2	0.0	150.1	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - SOUR CREAM & CHIVES	★★◇	2249.4	537.6	6.7	33.4	2.3	51.7	2.7	2.9	646.6	27.0	607.3	145.2	1.8	9.0	0.6	13.9	0.7	0.1	174.6	
BLUEBIRD® ORIGINAL CUT POTATO CHIPS - CHICKEN	★★	2238.1	534.9	7.4	33.3	2.3	50.4	2.1	2.8	787.9	27.0	604.3	144.4	2.0	9.0	0.6	13.6	0.6	0.1	212.7	
BLUEBIRD® POPPAJACKS®	★◇	1992.3	476.2	8.3	19.9	1.8	64.7	3.2	1.8	1661.2	12.0	239.1	57.1	1.0	2.4	0.2	7.8	0.4	0.1	199.3	
BLUEBIRD® RASHUNS®	★◇	2120.2	506.7	6.9	25.5	2.2	64.0	9.5	0.1	668.3	18.0	381.6	91.2	1.3	4.6	0.4	11.5	1.7	0.0	120.3	
BLUEBIRD® THICK CUT POTATO CHIPS - CRISPY BACON	★★◇	2243.7	536.3	6.5	33.0	2.3	52.4	3.5	2.8	548.8	27.0	605.8	144.8	1.8	8.9	0.6	14.1	0.9	0.1	148.2	
BLUEBIRD® THICK CUT POTATO CHIPS - READY SALTED	★★★	2292.3	547.9	6.7	34.9	2.4	50.7	1.0	2.9	439.7	18.0	412.6	98.6	1.2	6.3	0.4	9.1	0.2	0.0	79.2	
BLUEBIRD® THICK CUT POTATO CHIPS - SOUR CREAM & CHIVES	★★◇	2231.3	533.3	6.6	32.9	2.3	51.7	3.2	2.9	805.7	27.0	602.5	144.0	1.8	8.9	0.6	14.0	0.9	0.1	217.6	
BLUEBIRD® THINLY CUT POTATO CHIPS - CHICKEN	★★	2238.1	534.9	7.4	33.3	2.6	50.5	2.8	2.8	774.8	27.0	604.3	144.4	2.0	9.0	0.7	13.6	0.8	0.1	209.2	
BLUEBIRD® THINLY CUT POTATO CHIPS - READY SALTED	★★★	2293.1	548.1	6.7	34.9	2.7	50.7	1.0	2.9	439.7	27.0	619.1	148.0	1.8	9.4	0.7	13.7	0.3	0.0	118.7	
BLUEBIRD® THINLY CUT POTATO CHIPS - SALT & VINEGAR	★★	2228.8	532.7	6.5	33.6	2.6	50.2	1.2	2.8	833.7	27.0	601.8	143.8	1.7	9.1	0.7	13.5	0.3	0.0	225.1	
BLUEBIRD® THINLY CUT POTATO CHIPS - SOUR CREAM & CHIVES	★★◇	2249.4	537.6	6.7	33.4	2.6	51.7	2.7	2.9	646.6	27.0	607.3	145.2	1.8	9.0	0.7	13.9	0.7	0.1	174.6	
BLUEBIRD® TWISTIES® CHEESE	★◇	2115.0	505.5	6.9	25.2	2.1	64.3	9.5	0.1	670.3	27.0	571.0	136.5	1.9	6.8	0.6	17.4	2.6	0.0	181.0	
COPPER KETTLE® POTATO CHIPS - CARAMELISED ONION & SOUR CREAM	★★◇	2192.1	523.9	7.4	30.5	2.6	53.5	3.8	3.0	494.6	40.0	876.8	209.6	3.0	12.2	1.0	21.4	1.5	0.1	197.8	
COPPER KETTLE® POTATO CHIPS - HONEY SOY CHICKEN	★★◇	2195.2	524.7	7.1	30.3	2.4	54.6	5.1	2.9	520.5	40.0	878.1	209.9	2.8	12.1	1.0	21.8	2.1	0.1	208.2	
COPPER KETTLE® POTATO CHIPS - SEA SALT	★★◇	2225.7	532.0	7.0	31.9	2.5	53.0	1.0	3.0	518.3	40.0	890.3	212.8	2.8	12.8	1.0	21.2	0.4	0.0	207.3	
COPPER KETTLE® POTATO CHIPS - SEA SALT & VINEGAR	★★	2167.5	518.0	6.8	30.9	2.4	52.2	2.2	2.9	920.7	40.0	867.0	207.2	2.7	12.3	1.0	20.9	0.9	0.1	368.3	
COPPER KETTLE® POTATO CHIPS - SLOWCOOKED LAMB & RED WINE	★★◇	2191.0	523.7	6.8	30.5	2.5	54.3	2.0	3.0	495.7	40.0	876.4	209.5	2.7	12.2	1.0	21.7	0.8	0.1	198.3	
COPPER KETTLE® POTATO CHIPS - VINTAGE CHEDDAR & RED ONION	★★◇	2195.2	524.7	7.4	30.6	2.6	53.6	3.8	3.0	583.5	40.0	878.1	209.9	3.0	12.2	1.1	21.4	1.5	0.1	233.4	
COPPER KETTLE® POTATO CHIPS - WOOD FIRED BBQ	★★◇	2196.1	524.9	7.0	30.5	2.4	54.4	3.8	3.0	568.3	40.0	878.5	210.0	2.8	12.2	0.9	21.8	1.5	0.1	227.3	
DELISIO® POTATO CHIPS - CARAMELISED ONION & BALSAMIC VINEGAR	★★◇	2246.8	537.0	6.7	32.9	2.6	51.9	2.8	2.8	581.7	27.0	606.6	145.0	1.8	8.9	0.7	14.0	0.8	0.1	157.0	
DELISIO® POTATO CHIPS - FETA & HERB	★★◇	2249.6	537.7	6.9	33.1	2.7	52.0	4.8	2.8	490.3	27.0	607.4	145.2	1.9	8.9	0.7	14.0	1.3	0.1	132.4	
DELISIO® POTATO CHIPS - FINE SEA SALT	★★★	2293.1	548.1	6.7	34.9	2.7	50.7	1.0	2.9	439.7	27.0	619.1	148.0	1.8	9.4	0.7	13.7	0.3	0.0	118.7	
DELISIO® POTATO CHIPS - GREEK TZATZIKI	★★◇	2226.7	532.2	7.1	32.6	2.6	50.8	2.2	2.9	635.9	27.0	601.2	143.7	1.9	8.8	0.7	13.7	0.6	0.1	171.7	
DELISIO® POTATO CHIPS - SWEET CHILLI RELISH	★★◇	2247.8	537.2	6.8	33.3	2.6	51.1	3.4	2.8	683.2	27.0	606.9	145.1	1.8	9.0	0.7	13.8	0.9	0.1	184.5	
DELISIO® POTATO CHIPS - TERIYAKI CHICKEN	★★◇	2250.5	537.9	6.5	32.9	2.6	52.7	3.7	2.8	492.9	27.0	607.6	145.2	1.8	8.9	0.7	14.2	1.0	0.1	133.1	
DORITOS® CORN CHIPS - CHEESE SUPREME	★★◇	2147	513	7.9	26.0	3.0	60.0	2.3	3.4	609	27	580	139	2.1	7.0	0.8	16.2	0.6	0.9	164.3	
DORITOS® CORN CHIPS - FLAME GRILLED BBQ	★★	2120	507	8.2	24.9	2.8	60.6	2.6	3.7	755	27	573		2.2	6.7	0.7	16.4	0.7	1.0	204.0	
DORITOS® CORN CHIPS - NACHO CHEESE	★★★	2151	514	7.6	25.8	3.0	61.0	3.5	3.6	382	27	581	139	2.0	7.0	0.8	16.5	0.9	1.0	103.2	
DORITOS® CORN CHIPS - ORIGINAL SALTED	★★★	2111	505	8.1	23.2	2.7	63.7	1.0	3.8	435	27	570	136	2.2	6.3	0.7	17.2	0.3	1.0	117.4	
DORITOS® CORN CHIPS - SALSA	★★◇	2140	511	7.7	25.4	2.8	60.8	3.8	3.7	576	27	578		2.1	6.9	0.7	16.4	1.0	1.0	156.0	
DORITOS® SALSA - HOT, MEDIUM and MILD	★★★	167	40	1.5	0.1	0.1	7.1	4.5	2.0	488	30	50	12	0.5	0.0	0.0	2.1	1.4	0.6	146.4	
KRISPA® COOL CRISPS® WHEAT FLAVOURED SNACK - CHICKEN	★◇	1992.4	476.2	8.3	19.9	1.8	64.8	3.2	1.8	1664.2	25.0	498.1	119.0	2.1	5.0	0.4	16.2	0.8	0.1	416.1	
LE SNAK® CHEESE AND BACON FLAVOURED DIP WITH CRISP BREAD	◇	1690.0	403.9	12.1	26.4	15.2	27.6	6.0	2.9	976.0	22.0	373.0	89.1	2.7	5.8	3.4	6.1	1.3	0.6	215.0	
LE SNAK® CHEESE FLAVOURED DIP WITH CRISP BREAD	◇	1710.0	408.7	12.3	26.8	15.4	27.4	5.9	2.9	985.0	22.0	376.0	89.9	2.7	5.9	3.4	6.0	1.3	0.6	217.0	
LE SNAK® FRENCH ONION FLAVOURED DIP WITH CRISP BREAD	◇	1700.0	406.3	12.2	25.4	15.2	27.7	6.0	2.9	974.0	22.0	374.0	89.4	2.7	5.6	3.3	6.1	1.3	0.6	214.3	
LE SNAK® PIZZA FLAVOURED DIP WITH CRISP BREAD	◇	1690.0	403.9	12.1	26.4	15.4	27.6	6.0	2.9	976.0	22.0	372.0	88.9	2.7	5.8	3.3	6.1	1.3	0.6	215.0	
SUNBITES® GRAINWAVES® WHOLEGRAIN CHIPS - GOLDEN CHEDDAR	★★★★	1942.3	464.2	6.7	21.0	2.0	57.8	6.1	8.6	426.3	28.0	543.9	130.0	1.9	5.9	0.6	16.2	1.7	0.5	119.4	
SUNBITES® GRAINWAVES® WHOLEGRAIN CHIPS - SALSA	★★★★	1948.6	465.7	6.7	21.1	1.9	57.4	5.8	9.0	392.8	18.0	350.7	83.8	1.2	3.8	0.3	10.3	1.1	0.5	70.7	
SUNBITES® GRAINWAVES® WHOLEGRAIN CHIPS - SOUR CREAM & CHIVES	★★★★	1936.3	462.8	6.7	20.7	1.8	58.2	7.0	8.7	440.1	18.0	348.5	83.3	1.2	3.7	0.3	10.5	1.3	0.6	79.2	