



Nutrition Wallet Card

your guide for
selecting the
best kai

Nutrient	Food per 100 grams
Saturated fat	Less than 5g
Sugar	Less than 10g in food
Sodium	Less than 450mg
Fibre	More than 6g
	Drinks per 100ml
Sugar	Less than 1g

Author: Celeste Keesing, RD and Aotearoa Diabetes Collective - Updated October 2025



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