

Maori

Te whakarite kōwhiringa pai kia whai hua ake ai tōu oranga.

Ka tae mai ki ngā kai tōtika whai oranga, e tika ana kia whakatautikatia tētahi āhuatanga kai tinanga whai rerekētanga hei whāngai i ā tātou mahi whakawhiwhi oranga. Hei awahi a koe ki te whakatakoto i tētahi kai tinanga whakatautika e rite ana ki tōu āhua noho, kua oti i a Heihei Parai Nō Kentucky tēnei puka te takatū hei whakaatu i ētahi whakamōhiotanga māu e pā ana ki ngā hiringa me ngā whakamōmona kei roto i ā mātou kai.

- Ka nui ake tē tātou whakapau kaha, ā, ka nui ake hoki te hiahia o ē tātou tinana kia whāngaihia āna hiahia ā-hiringa
- Me whakakaha koe ki te kai kia 5 ngā takanga hua rākau/hua whenua rānei i ia rā
- Whai i tētahi ara whai oranga, e kī ana i te kaka tupu, te pūmua, te hinu/nako, huka me ngā warowaiā
- Mehemea koe e whakakaha ana ki te whakaheke i tō taimahatanga, me āta takahuri iho koe i āu tikanga kai, ā me whakaritea kia whai hua ai āu whakahekenga taimaha i roto i te 6 marama, te kotahi tau rawa rānei
- Ki te āta kaingia, he pai tonu kia kaingia ngā kai ā Heihei Parai Nō Kentucky hei wahanga o roto i āu kai tinanga whakatautika nei te āhua

Hei whakamōhiotanga āno whakapā atu ki a Restaurant Brands mā te nama (09) 525 8700 9am-5pm Rāhina ki te Rāmere. Hei kōwhiringa atu āno whakapā māi a mātou mā te imēra: productinfo@restaurantbrands.co.nz



Samoan

O le faiga o ni filifiliga lelei ina ia maua le tamāoāiga i le soifuaga.

Pe a oo i tulaga tau mea taumafa faale-soifua mālōlōina, ua tatou mana'omia ni tulaga faapāleni i mea taumafa 'ese'ese ina ia utu faamālosia ai o tatou soifuaga tuatuaiga. Ina ia fesoasoani i se taupulega o taumafataga e talafeagai tonu ma taualumaga o lou soifuaga, ua sauniunia e le matātā a le KFC lenei laupepa e tuuina atu ai iā te 'oe faamatalaga e te mana'omia e uiga i tulaga o le ola mālosi ma 'a'ano i totonu o ā tatou mea taumafa e tausia ai ma faalōaloaina ai le soifua maua

- O le tele o le faia o ā tatou faamālosi tino, o le tele fo'i lea o mea taumafa tatou te mana'omia ina ia utu faamālosia ai le ola mālosi ua mana'omia e ō tatou tino.
- Taumafai ina aofia i au tausamiga pe tusa e 5 itūāigā fuālā'au 'aina (fruit) ma fuālā'au (vegetables) i le aso
- Faatāula'i mo ni taumafa faale-soifua mālōlōina, i le faapāleni o mea taumafa faafeiloi o fibre, proteins, suāu/u'ga'o, suka ma carbohydrates.
- Afai o ē taumafai e faalitia lou mamafa, ia suia lēmū au āmioga i mea taumafa ma faatāula'i mo ni i'uga i le 6 māsina poo se tausaga.
- Taumafa faafeololo. O mea ua saunia e le matātā a le KFC o le a mafai ona tausami ma le fiafia e avefa ma vāega o lau mea taumafa faapāleni.

Mo le tele o nisi faamatalaga, faamolemole ia faafesoota'i ane le Restaurant Brands i le numera e (09) 525 8700 9am-5pm Aso Gafua i le Aso Faraile. A'o se isi fo'i fesoota'iga, o la matou - email: productinfo@restaurantbrands.co.nz

中文

好的決定讓你的生活更加充實。

談到健康營養，我們都需要均衡並多樣的飲食來推動我們忙碌的生活。為協助你計劃一個適合你生活型態的均衡飲食，KFC準備了這份傳單，之中有你所需要有關我們食物中的能量及養份的資料。

- 運動量愈高則我們需要愈多的食物來供給我們身體的能量需求。
- 試著每天食用至少五份的水果及/或蔬菜。
- 朝向健康均衡的食物組合努力，其中包括纖維、蛋白質、油/脂、糖類及碳水化合物。
- 如果你企圖減肥，逐漸地改變你的飲食習慣，並將目標定在六個月或一年之後驗收成果。
- 只要適量食用，KFC產品可以做為是你均衡飲食的一部份來享用。

欲洽進一步資訊請於禮拜一至禮拜五9am-5pm電話聯繫Restaurant Brands (09) 525 8700，或寄發電子郵件至: productinfo@restaurantbrands.co.nz



Nutritional Information



Making Good Choices
for a Balanced Diet



Nutrition and Energy in KFC foods


Making good choices to get more out of life

When it comes to healthy nutrition, we need a balanced, varied diet to fuel our busy lives. To help you plan a balanced diet that suits your lifestyle, KFC has prepared this leaflet to give you the information you need about the energy and nutrients in our foods.

- The more we exercise, the more food we need to fuel our body's energy needs.
- Try to include at least 5 servings of fruit and/or vegetables a day.
- Aim for a healthy, balanced mix of fibre, proteins, oils/fats, sugars and carbohydrates.
- If you're trying to lose weight, change your eating habits slowly and aim for results over 6 months or a year.
- Eaten in moderation, KFC products can be enjoyed as a part of your balanced diet.

For further information please contact Restaurant Brands on (09) 525 8700 9am-5pm Monday to Friday.

Alternatively contact us via email: productinfo@restaurantbrands.co.nz

	Average Serving Size (Edible)	Protein g/100g	Carbohydrate Total g/100g	Carbohydrate Sugars g/100g	Fat Total g/100g	Fat Saturated g/100g	Total Dietary Fibre g/100g	Sodium mg/100g	Energy kj/100g (calories)
Original Recipe Chicken	159g (2 pieces)	22.6	7.8	0.3	18.2	5.1	0.8	528	1197 (286)
Potato and Gravy	110g (small tub)	1.3	10.5	0.3	1.6	0.9	1.0	382	268 (64)
Gravy	50g (average serve)	1.3	4.6	0.1	4.2	1.9	1.8	468	270 (65)
Coleslaw	110g (small tub)	1.1	14.7	14.5	3.5	0.4	-	240	411 (98)
Seasoned Chips	133g (regular serve)	3.6	33.3	0.2	9.8	5.1	2.9	268	1013 (242)
Honey Roast Burger	211g	15.9	22.9	1.8	1.9	.4	-	560	730
Colonels Choice Original Burger	211g	12.4	21.4	3.1	8.5	2.9	1.1	518	898 (215)
Colonels Choice Works Burger	214g	13.6	21.9	1.9	8.8	3.4	1.2	690	929 (222)
Colonels Choice Tower Burger	281g	11.8	25.4	3.3	11.8	5.1	1.4	630	1070 (256)
Zinger Original Burger	213g	13.2	22.1	3.2	11.9	4.1	1.2	490	1050 (251)
Zinger Works Burger	273g	12.0	22.8	3.2	8.5	3.2	1.2	590	906 (217)
Zinger Tower Burger	319g	11.6	25.2	3.8	11.0	4.8	1.4	570	1030 (246)
Snack Burger	143g	9.2	30.7	5.5	13.9	4.6	1.8	720	1190 (285)
Twister (standard)	247g	11.2	21.0	2.1	13.5	4.5	1.3	568	1057 (253)
Crispy Strips	206g	21.3	14.1	0.4	10.6	5.1	1.0	399	1002 (240)
Popcorn Chicken	122g (3 pieces)	18.0	15.9	0.4	18.2	8.5	0.8	731	1256 (300)
Dinner Rolls	40g (regular serve)	8.6	49.0	6.3	7.1	0.9	2.6	430	1225 (293)
Chocolate Mousse	80g	2.8	24.0	23.0	27.3	17.7	-	29	1463 (350)
Cheesecake	85g	4.6	33.3	28.3	8.0	4.9	3.0	179	963 (230)

• This nutritional information is based on data from independent testing facilities and our franchisors. Please be aware that some variations can be expected due to regional and seasonal differences in products, substitution of ingredients, minor differences in product assembly on a restaurant-to-restaurant basis and other factors. The nutritional information above should therefore be used as a GUIDE ONLY. Also, some menu items may not be available at all KFC restaurants and certain locations may at times offer test products, limited time offerings or other regional menu choices not listed.