

NUTRITIONAL INFORMATION – NEW ZEALAND



Brand Beer	Alcohol (% V/V)	Carbohydrate (g/100 mL)	Sugars (g/100 mL)	Energy (kJ/100 mL)	Energy (Cal/100 mL)
Beck's	5.0	2.6	0.3	171	41
Bellevue Kriek	5.1	4.0	NA	193	46
Black Mac	4.8	4.2	0.1	193	46
Budweiser	5.0	2.4	NA	168	40
Canterbury Draught	4.0	2.5	0.6	143	34
Corona Extra	4.5	3.3	0.2	170	41
Emerson's 1812 Hoppy Pale Ale	5.0	3.5	NA	184	44
Emerson's Bird Dog IPA	7.0	3.8	0.5	236	56
Emerson's Bookbinder Session Ale	3.7	3.0	0.5	146	35
Emerson's London Porter	5.0	4.6	0.1	204	49
Emerson's Orange Roughy Tropical Pale Ale	4.2	3.1	0.5	160	38
Emerson's Pilsner	4.9	3.5	0.5	182	43
Fermentist American Brown Ale	5.2	3.8	NA	194	46
Fermentist Berliner Weisse	3.4	2.0	NA	121	29
Fermentist Black Lager	4.8	3.7	NA	182	44
Fermentist Czech Pils	5.2	3.3	0.1	184	44
Fermentist IPA	5.8	3.4	0.5	204	49
Fermentist Kiwi Pale Ale	4.8	3.2	NA	174	42
Fermentist Red Ale	4.7	3.2	NA	172	41
Guinness	4.2	2.8	NA	152	36
Harrington's Belgian Tempest	7.0	4.9	0.1	252	60
Harrington's Classy Red IPA	4.8	4.1	NA	188	45
Harrington's Ngahere Gold	7.2	4.0	0.1	242	58
Harrington's Rogue Hop	5.0	3.2	0.1	178	43
Harrington's Traveller Pale Ale	4.4	2.6	NA	155	37
Harrington's Wobbly Boot Porter	5.0	4.9	0.1	207	49
Harrington's Yankdak APA	4.7	2.7	0.1	163	39
Hoegaarden White	4.9	3.0	NA	176	42
Lion Ice	4.0	2.2	0.2	138	33
Kilkenny Draught	4.3	2.4	NA	148	35
Leffe Blonde	6.6	4.4	NA	238	57
Leffe Brown	6.5	4.5	NA	235	56
Leffe Radieuse	8.2	4.8	NA	283	68
Lion Brown	4.0	2.5	0.6	143	34
Lion Red	4.0	2.3	0.3	140	33
Mac's Apparition Hazy IPA	5.6	4.2	0.3	213	51
Mac's Ballpark XPA	4.3	3.1	0.1	161	39
Mac's Gold	4.0	2.8	0.1	150	36
Mac's Green Beret IPA	5.4	3.5	0.1	196	47
Mac's Hop Rocker	5.0	3.5	0.1	187	45
Mac's Interstate American Pale Ale	5.0	3.5	0.3	186	44
Mac's Mid Vicious	2.5	2.2	0.5	103	25
Mac's Rockaway	4.7	3.1	0.1	173	41
Mac's Stunt Double	0.27	4.4	2.1	89	21
Mac's Three Wolves Pale Ale	5.1	3.3	0.1	186	44
Mac's Ultra Violet	4.6	1.4	0.2	139	33
Negra Modelo	5.4	3.7	NA	196	47
Orangeboom	4.7	2.8	NA	164	39
Pacifico	4.4	2.6	NA	155	37
Panhead Blacktop Stout	5.5	5.1	0.1	223	53
Panhead Port Road Pilsner	5.2	3.8	0.5	196	47

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Panhead Quickchange Extra Pale Ale	4.6	3.7	0.1	178	43
Panhead Rat Rod Hazy IPA	6.5	4.2	0.6	234	56
Panhead Supercharger American Pale Ale	5.7	3.9	0.5	209	50
Rheineck	3.5	2.6	0.5	132	32
Southern Gold	4.0	2.2	0.2	138	33
Speight's Distinction Ale	4.0	2.3	0.2	140	33
Speight's Gold Medal	4.0	2.2	0.2	138	33
Speight's 5 Malt Old Dark	4.0	3.3	0.8	157	38
Speight's Mid Ale	2.5	2.1	0.7	100	24
Speight's Porter	5.0	3.7	NA	187	45
Speight's Summit Lager	4.0	3.1	0.4	153	36
Speight's Summit Lime	4.0	4.8	3	181	43
Speight's Summit Ultra-Low Carbohydrate	4.2	0.5	0.1	111	27
Speight's Triple Hop Pilsner	4.0	2.6	0.1	146	35
Steinlager Classic	5.0	2.6	0.1	166	40
Steinlager Mid	2.5	3.2	0.1	118	28
Steinlager Pure	5.0	2.6	0.1	172	41
Steinlager Light	2.5	1.5	0.5	91	22
Steinlager Pure Ultra	4.6	1.0	0.1	135	32
Steinlager Tokyo Dry	5.0	2.2	0.1	162	39
Stella Artois	5.0	2.7	0.1	171	41
Stella Legere	4.6	0.8	0.2	128	31
Waikato Draught	4.0	2.4	0.5	142	34
Cider					
Isaac's Classic Cider	4.2	6.8	5.4	217	52
Isaac's Crisp Apple Cider	4.2	3.8	2.3	166	40
Mac's Cloudy Apple Cider	4.7	6.3	4.4	220	53
Speight's Cider	4.6	4.5	3	187	45
Seltzer and Formulated Beverages					
Berg Blackberry	5.0	0.8	0.7	134	32
Berg Lemon and Yuzu	5.0	0.8	0.8	134	32
Berg Watermelon	5.0	0.8	0.8	134	32
Mac's Mandarin and Juniper	5.0	0.9	0.6	135	32
Mac's Passionfruit and Mango	5.0	1.0	0.6	137	33
Mac's Strawberry and Rhubarb	5.0	1.0	0.5	137	33