



Samoa Food Portion Quantification Manual



Pacific
Community
Communauté
du Pacifique

Noumea, New Caledonia
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Samoa food portion quantification manual

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Methodology

This manual was developed in context of an innovation experiment conducted in Samoa by SPC in collaboration with the Samoa Bureau of Statistics to assess current methodologies used to estimate dietary energy sourced from Food Away From Home (FAFH) among the Pacific Island countries and territories.

In the experiment, 'Food Away From Home' (FAFH) was defined as food and beverage acquired and consumed away from the dwelling, such as in restaurants, at work, schools and at feasting events. The objective of the experiment was twofold: 1) Test the assumption that the cost of a calorie consumed at home and used to estimate the total amount of dietary energy consumed away from home from data collected in HIES is the same as the cost of a calorie consumed away from home, and 2) Propose alternative and innovative ways to collect FAFH consumption.

In this manual, we detail the operational dimensions of the experiment, such as units used. The broader results of the experiment will be published in due course on the websites of SPC and SBS. The experiment involved the development of a manual comprising photos, weights and nutrient content of the main meals available for FAFH consumption in Samoa. The meals to include in the manual were selected using a combination of innovative techniques – such as web scraping and crowd sourcing – and traditional methods, such as focus group discussions and in-the-field survey on a sample of food vendors were used.

The final document comprised 82 foods with 420 portion as well as 27 household measurement. The nutrient composition corresponding to these portion sizes was obtained through linkage with the food composition data available in the region. In some cases, recipe data disaggregation was used. Furthermore, a strict protocol was developed for the photo shooting based on international guidelines.

Development of photos with their portion size

a. Identification and photos of household measurements

The most common household tableware, utensils, and cutlery, such as glasses, cups, bowls, and spoons, were identified in the country. Photos of each household measurement are presented alongside their dimensions, including fractions when applicable (e.g., M1 – 1; Glass; height 15 cm; fractions $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, and 1). Since the photos do not depict the actual sizes of these household measurements, a life-size ruler was included on each page containing the photos of the household measurements. The ruler is to scale and measures from 0 to 24 cm, allowing users to accurately gauge the size of the items depicted.

b. Identification of the food portion sizes

The main objective of the manual was to aid the quantification of the portion size of each food/meal consumed away from home, and not necessarily the identification of meals. To this end, a variation of portion sizes was needed for those foods that can vary in size/portions.

Just in a few cases, when the food/meal could be represented by only one portion (for example: **pani popo** – Samoan Sweet Coconut Buns), this food was placed in a section of the atlas together with different types of breads/buns to aid the identification of the food. There was no need to have different

portion sizes of the bun given that the food is represented by a specific portion (e.g., unit). This means that different foods/photos are placed within the same page. On the other hand, if the food/meal can vary in portion size, the food is represented by four to six portion sizes to not only aid the food identification but also the quantification of the food consumed. For example: [Sapasui](#) (Samoa Chop Suey) that can be placed in different portion sizes in a plate.

The selection of the number of different sizes and which portion to depict was an important consideration for high-quality food photograph development. This is related to the number, interval, and range of portion depicted. A sufficiently large number of portion options needed to be depicted for each food item; this number depended on the range of portion sizes typically consumed in Samoa. It was important that the portion increments were not too large to lead to errors in the estimation of amounts consumed, but at the same time, it was important that the difference in the portion or unit sizes depicted could be visually discernible to the respondent (i.e., there should be a clear difference in portion or unit size between each successive portion or unit size depicted). In most cases the number of photos was six, but in some cases only four portions were possible. In any case, an even number was considered to avoid the selection of middle picture. The practical steps related to the number of pictures are further described in box 1 below.

Box 1. Identification of the number of portions per given food item

Step 1. The minimum and maximum portion sizes to be depicted for the given food were identified. A local chef/knowledgeable person was asked about the minimum and the maximum portion amounts. This usually referred to a soup spoon and full plate for the minimum and maximum amounts, respectively. These amounts were weighed on a scale with precision of 1 g.

Step 2. A set of intermediate portion sizes were also identified. For that, the difference between the minimum and maximum portion size for the food item in grams (identified in step 1) was calculated, then this amount was divided by one less than the number of portion sizes to be depicted (usually six). This represented the portion size increment (in grams) to depict between each image of the food item. Using this method to calculate the intermediate portion sizes to depict for a given food item ensured that the portion sizes depicted vary along a continuum and that the increment in portion size was always the same in grams.

Step 3. The usability of the selected portion sizes for given food item were further visually confirmed and adjusted when needed. Often, this could only be checked items during the photo session. If six portions were releasing similar portions on the plate, it was then considered to use four.

c. Preparation of foods/meals for the photo shooting

Foods consumed away from home mainly come from: restaurant or canteen, street or market stands or community event.

Meals from a restaurant or canteen & meals from a street stand: these meals were bought and brought to the place where the photo shooting took place. Other meals were prepared in a kitchen using a traditional recipe. When the same meal was offered in various restaurants/stands with the same recipe but different weights (e.g., Chow Mein), it was then bought from three different places and weighted. An average of the weight was estimated but only one picture was taken.

Meals consumed during a community event: these meals were prepared in a kitchen using a traditional recipe, identified and endorsed by a local steering committee prior to cooking.

Once foods were identified, some food items were prepared in advance and multiple shooting sessions were planned on separate days. No more than 10 preparations were planned per day, depending on the complexity of the preparations.

d. Shooting session - placing foods on a plate to be photographed

With the definition of portion size ranges, the amounts of every portion were placed on a plate and weighed using an electronic scale with precision of 1 g. The final amounts were recorded in a specific paper-based sheet and in an excel file at the end of the day. The weight of the plate was discounted each time separately because of the variations in the weight of plates vary (even for the same size and type of plate).

Of note, plates of the most common size in Samoa were used to place the food. The size in cm was recorded for future documentation. Soup plates and dessert plates were also used. In such a case they were placed on top of the bigger plate, for standardization of the picture size.

Some food items were ready for placement at any time and were prepared/bought in advance, while others had to be prepared just a few moments before the photo shoot to preserve the aspects of a good presentation. For some food items, a solution with citric acid was used to prevent discoloring. In certain cases, vegetable blanching was also used (e.g., Bok Choy). Some of the food items were heated before plate placement for a better presentation because they tended to dry out (e.g., porridges). In such a case it was important not to have steam visible during the photo shoot. Foods on the plate had to look nice without losing the correct notion of volume-weight and for that it was important not to press food on the platter to alter its original volume.

When placing the range portions, the smaller portions was always placed on the left side of the plate and the increase of portion sizes was on the surface and not on the height of the food. The height of the food was kept the same from portion 1. When only one portion was photographed, the food was placed on the left side of the plate for standardization.

e. Photo shooting

The presentation angle was around 45 degrees and the distance between the camera and the food item was consistent for all photographs (i.e., somewhere between 150 cm and 180 cm).

Photographs were taken with good lighting, at high resolution to allow large, high-quality prints. The background was unobtrusive, neutral, and light.

Food items for which it was important to visualize the depth (e.g., the side of a slice of cake), the food item was turned at an angle so that the depth of the food item was visible.

During the photographs, a fork and knife were used as reference on the side of the plate, or together with a spoon for soups and desserts.

Estimating the quantities and nutrient composition from recipes

In the case of recipes, the composition and contribution to nutrient intake of each ingredient needs to be estimated with the highest possible degree of accuracy. Ideally, all recipes should be disaggregated from scratch, by preparing and weighing all ingredients before and after preparation. However, because of time and resource constraints it was not possible to prepare and weight all the foods selected for the manual. Post-recipe disaggregation consisting in estimating measurement rather than actual weights was adopted in some cases, using the Direct Method proposed by Greenfield & Southgate. Briefly,

a standard recipe was identified, followed by the identification of ingredients with their method of preparation and their proportions, in relation to the total weight. After, the nutrient composition of the food was considered based on the proportions and values available in the Food Composition Tables.

The core database used to link the foods with the composition data was the Pacific Nutrient Database, followed by the Australian database (AUSNUT 2011-13) and the New Zealand database (NZ Food Files 2014). In a few cases, data from the USDA Food Composition Database (USDA) and the Brazilian Food composition database (TBCA) were also used.

Tables in Annex of the manual show for each portion the weight of the portion in grams, the dietary energy in kcal and kj, the proteins, fats, carbohydrates and fiber content in grams.

- **Fat (g)** – refers to grams of fat contained in one portion. Fat refer to FAT(g) (standardized) from FAT (Mixed solvent extraction) and FATCE (Soxhlet method with continuous extraction). This information is used to estimate the energy provided by fats. 1 gram of fat yields 9 kcal.
- **Protein, total (g)** – refers to grams of protein contained in one portion of food. This information is used to estimate the energy provided by protein. 1 gram of protein yields 4 kcal.
- **Carbohydrate, available; calculated by difference (g)** – refers to grams of carbohydrates available in one portion of food. CHOAVLDF(g)(standardized) or [CHOCDF] when FIBTG is not available. This information is used to estimate the energy provided by available carbohydrates. 1 gram of carbohydrate yields 4 kcal.
- **Fibre, total dietary (g)** – refers to grams of «total» fibre contained in one portion of food. FIBTG(g) (standardized) from FIBTG and [FIBC-]This information is used to estimate the energy from fibres. 1 gram of fibre yields 2 kcal.
- **Energy (kcal)** – Energy (kcal/portion) = total protein (g/portion) × 4 + total fat (g/portion) × 9 + available carbohydrate (g/portion) × 4 + total dietary fibre (g/portion) × 2 + alcohol (g/portion) × 7.

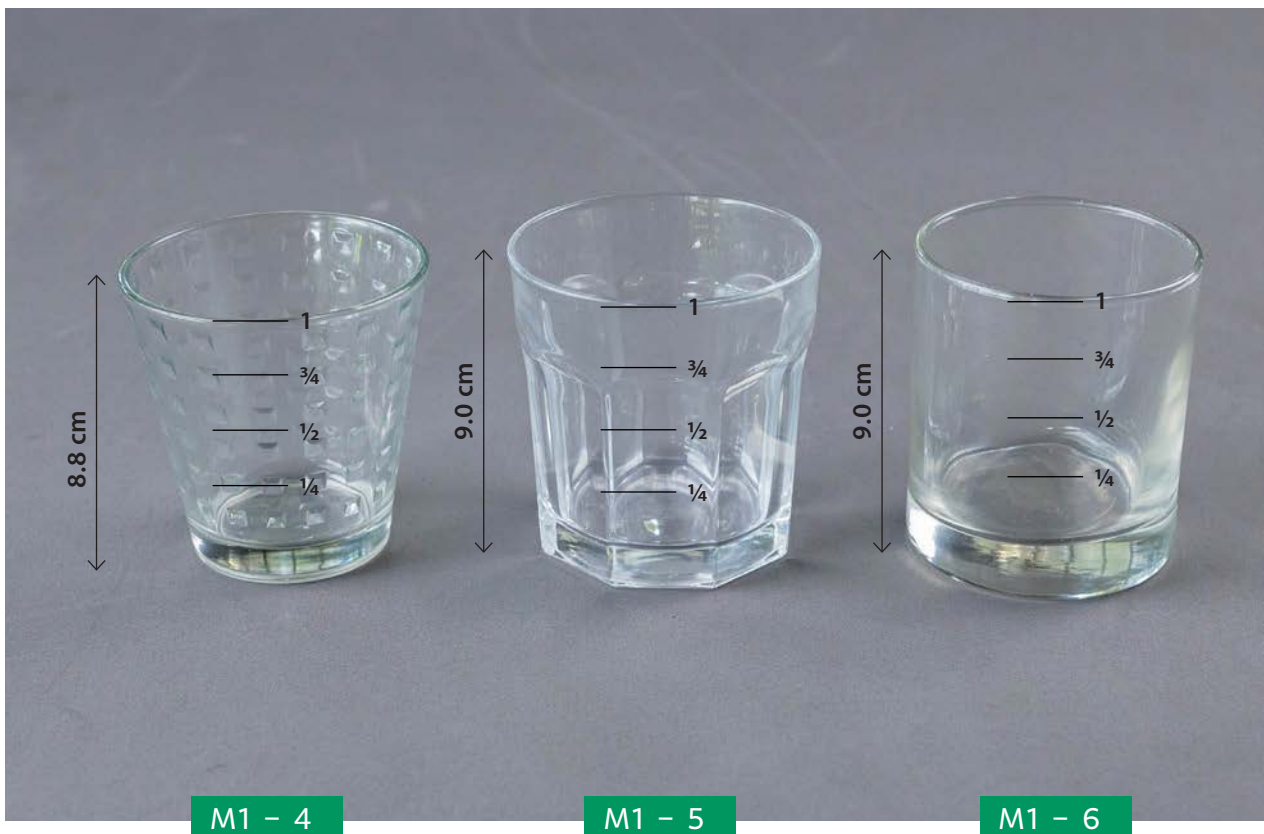
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Household measurements – Fua fa'aaogaina e aiga







M2 - 1

M2 - 2

M2 - 3



M2 - 4

M2 - 5

M2 - 6





M3 - 1

M3 - 2

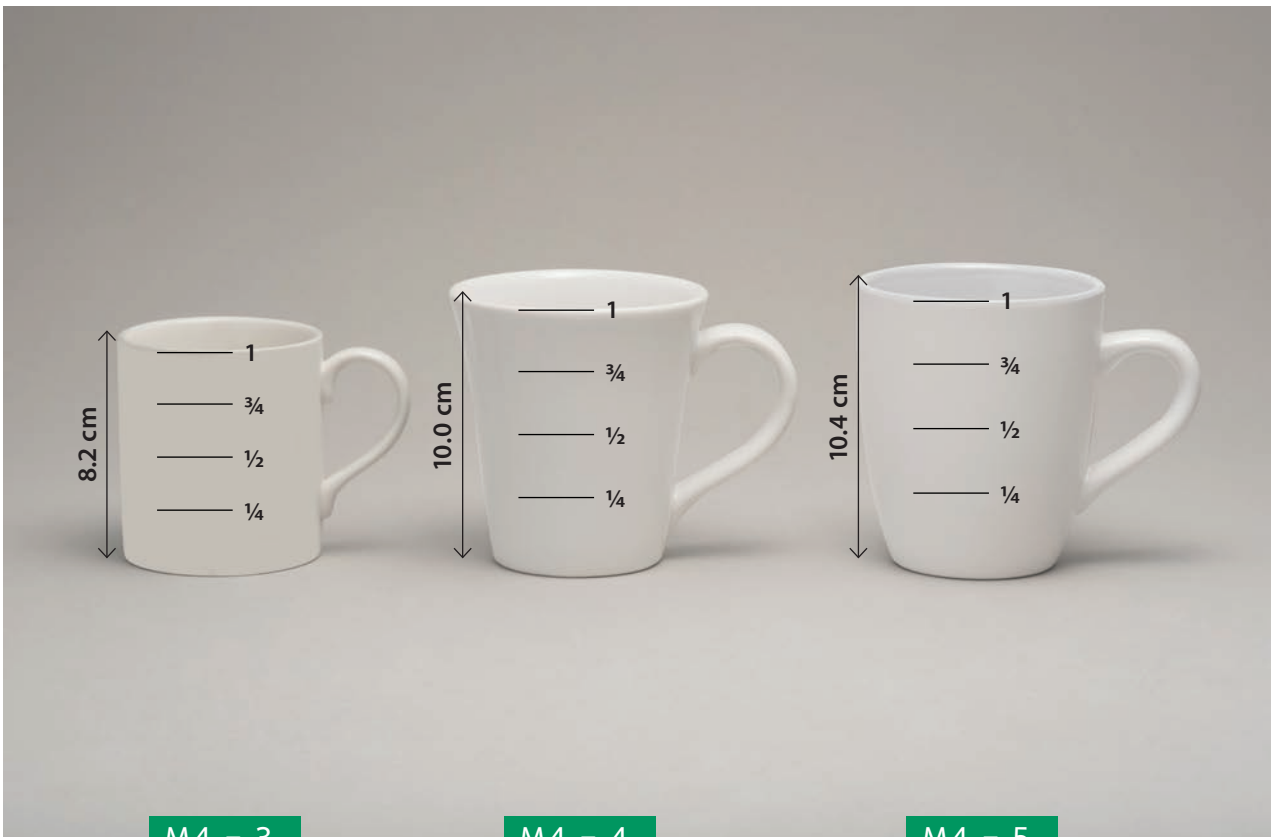
M3 - 3





M4 - 1

M4 - 2



M4 - 3

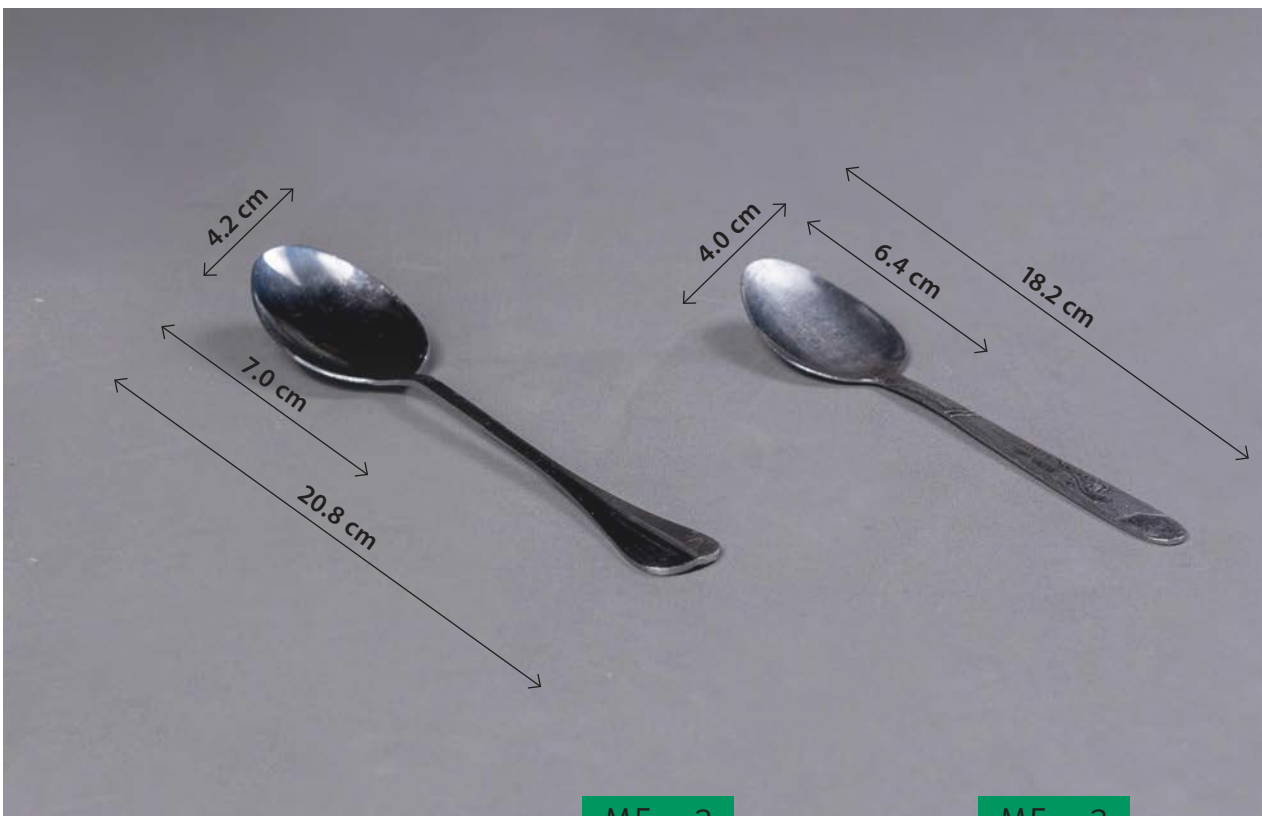
M4 - 4

M4 - 5





M5 - 1



M5 - 2

M5 - 3





M6 - 1

M6 - 2



M6 - 3

M6 - 4



Food Portions – Telē o le meaai



The background of the page is a dark purple color with a repeating pattern of light purple icons. The icons include various types of fish, such as a large fish with a prominent dorsal fin, and shellfish, including oysters (one open, one closed), a scallop, and a cluster of small round items, possibly representing caviar or small fish eggs. The icons are scattered across the entire page, creating a textured, aquatic theme.

Fish, shellfish and their products – l'a, figota ma meaai i lea ituaiga



F11 - 1



F11 - 2



F11 - 3



F11 - 4



F11 - 5



F12 - 1



F12 - 2



F12 - 3



F12 - 4



F13 - 1



F13 - 2



F13 - 3



F13 - 4



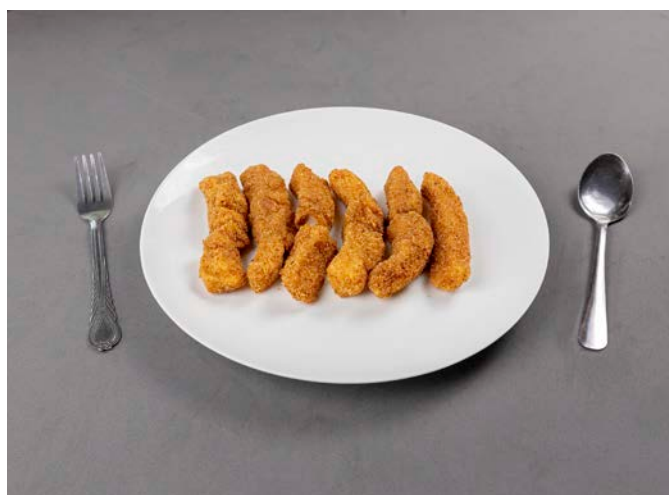
F14 - 1



F14 - 2



F14 - 3



F14 - 4



F15 - 1



F15 - 2



F15 - 3



F15 - 4



F15 - 5



F15 - 6



F16 - 1



F16 - 2



F16 - 3



F16 - 4



F17 - 1



F17 - 2



F17 - 3



F18 - 1



F18 - 2



F18 - 3



F19 - 1



F19 - 2



F19 - 3



F19 - 4



F19 - 5



F110 - 1



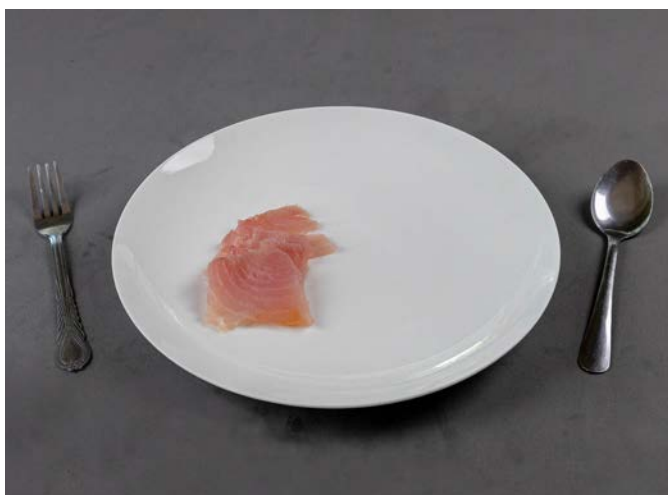
F110 - 2



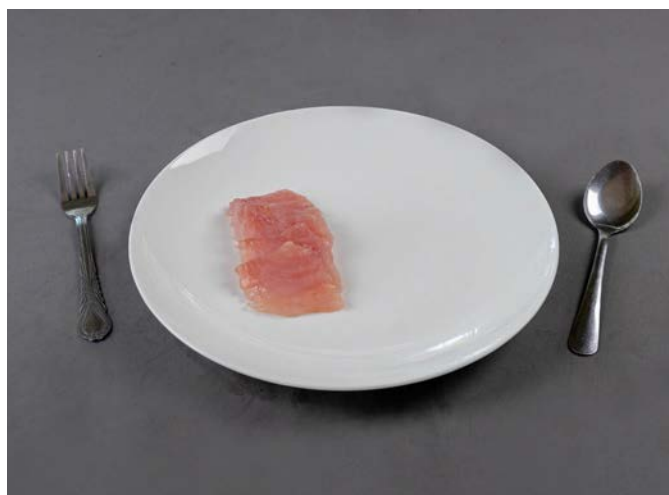
F110 - 3



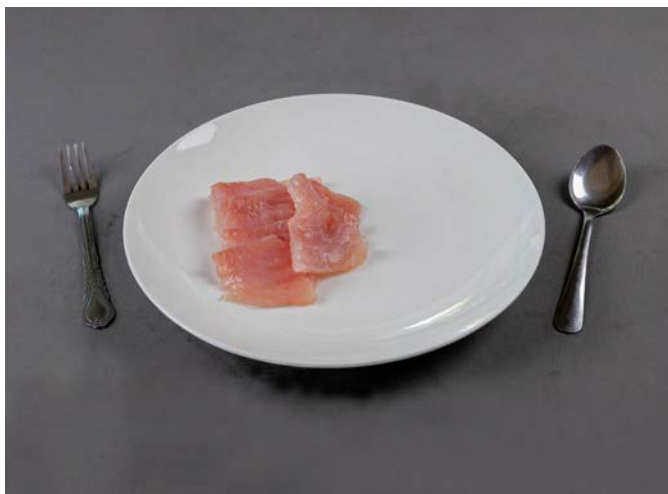
F110 - 4



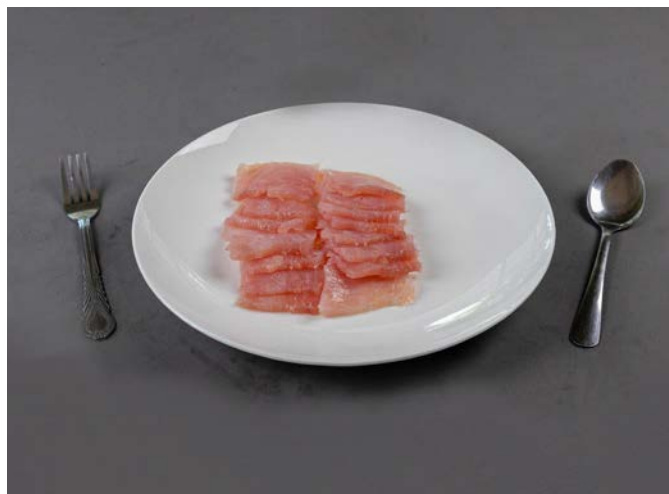
FI11 - 1



FI11 - 2



FI11 - 3



FI11 - 4



Chicken, pork, beef and their products – Moa, puaa, povi ma meaai i lea ituaiga





CH1 - 1



CH1 - 2



CH1 - 3



CH1 - 4



CH2 - 1



CH2 - 2



CH2 - 3



CH2 - 4



CH3 - 1



CH3 - 2



CH3 - 3



CH3 - 4



CH3 - 5



CH3 - 6



CH4 - 1



CH4 - 2



CH4 - 3



CH4 - 4



CH4 - 5



CH4 - 6



CH5 - 1



CH5 - 2



CH5 - 3



CH5 - 4



CH5 - 5



CH5 - 6



CH6 - 1



CH6 - 2



CH6 - 3



CH6 - 4



CH7 - 1



CH7 - 2



CH7 - 3



CH7 - 4



CH7 - 5



CH7 - 6



CH8 - 1



CH8 - 2



CH8 - 3



CH8 - 4



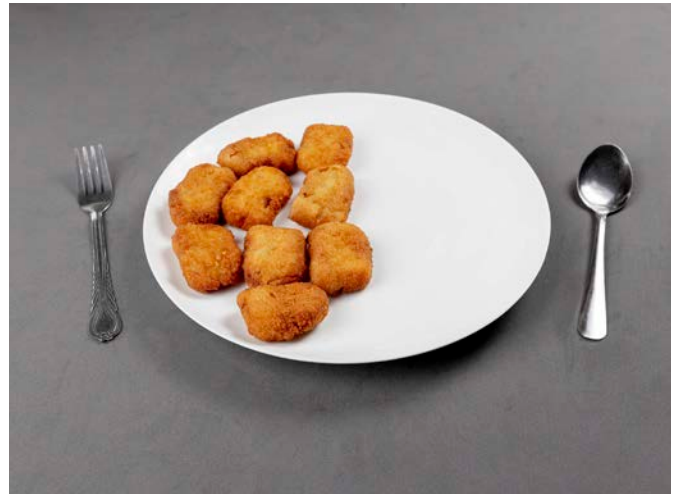
CH8 - 5



CH8 - 6



CH9 - 1



CH9 - 2



CH9 - 3



CH9 - 4



CH10 - 1



CH10 - 2



CH10 - 3



CH10 - 4



CH11 - 1



CH11 - 2



CH11 - 3



CH11 - 4



CH12 - 1



CH12 - 2



CH12 - 3



CH13 - 1



CH13 - 2



CH13 - 3



CH13 - 4



CH13 - 5



CH13 - 6



CH14 - 1



CH14 - 2



CH14 - 3



CH14 - 4



CH15 - 1



CH15 - 2



CH15 - 3



CH15 - 4



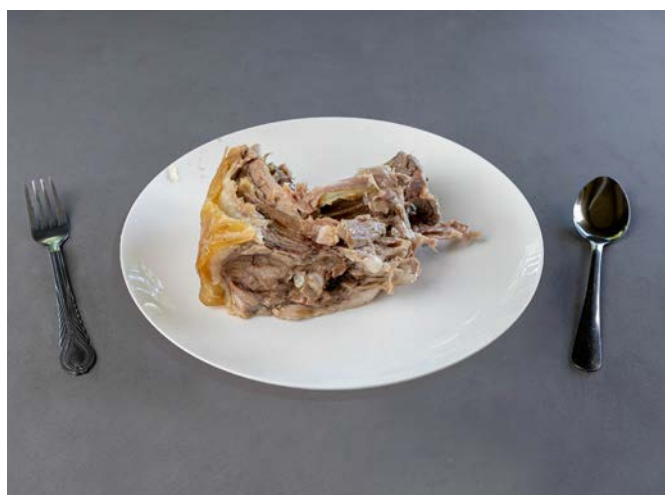
CH16 - 1



CH16 - 2



CH16 - 3



CH16 - 4



CH16 - 5



CH16 - 6



Eggs and their products – Fuamoa ma meaai i lea ituaiga



EG1 - 1



EG1 - 2



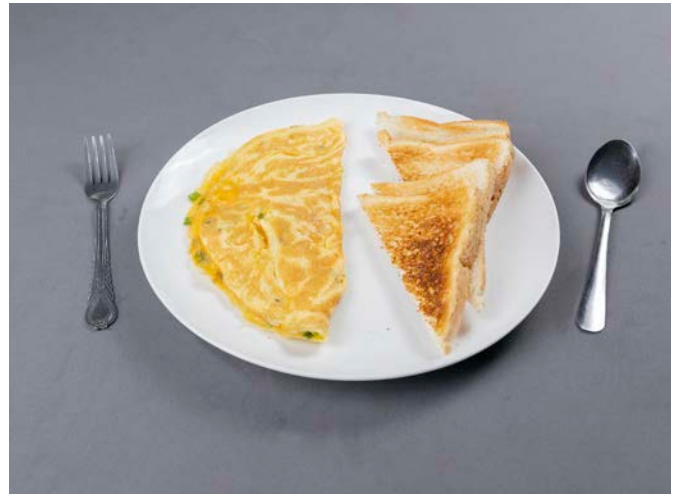
EG1 - 3



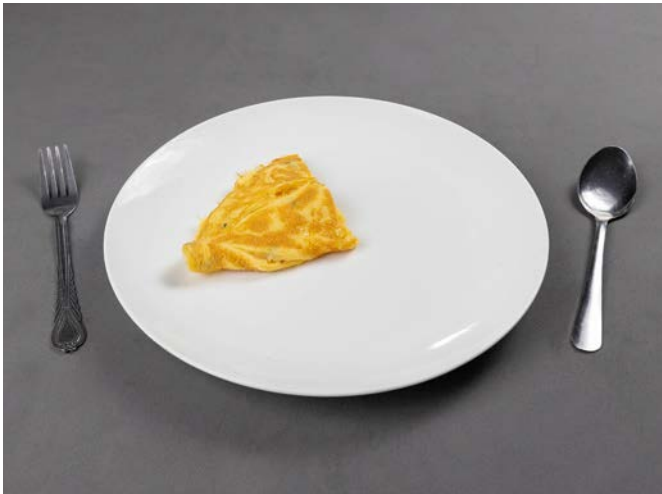
EG1 - 4



EG2 - 1



EG2 - 2



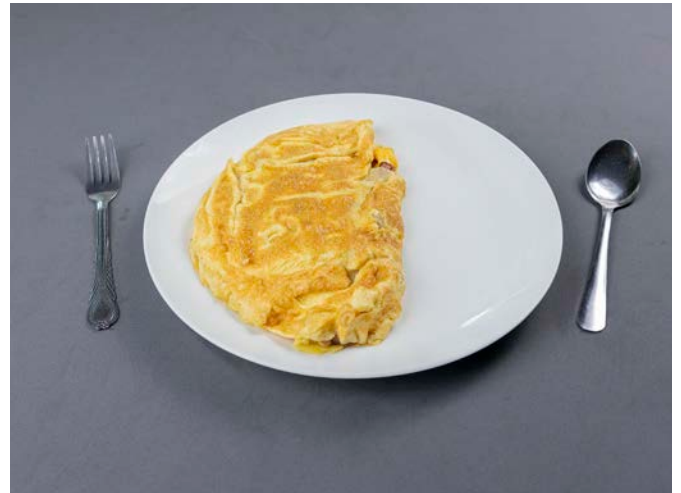
EG3 - 1



EG3 - 2



EG3 - 3



EG3 - 4



**Biscuits, pancakes, bread –
Masi, panikeke, falaoa**





B11 - 1



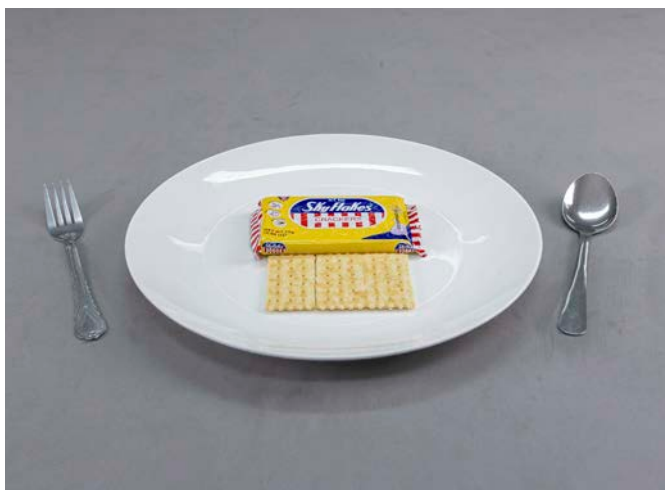
B11 - 2



B11 - 3



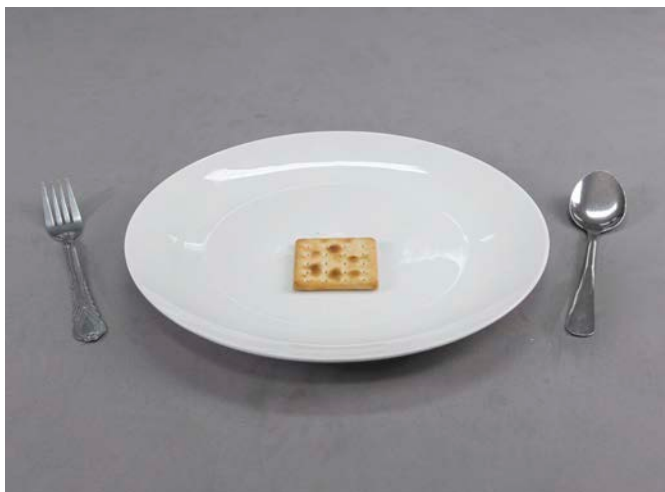
B11 - 4



B12 - 1



B12 - 2



B12 - 3



B13 - 1



B13 - 2



B13 - 3



B13 - 4



**Pasta, noodles –
Pasta, saimini**





PA1 - 1



PA1 - 2



PA1 - 3



PA1 - 4



PA2 - 1



PA2 - 2



PA2 - 3



PA2 - 4



PA3 - 1



PA3 - 2



PA3 - 3



PA3 - 4



PA3 - 5



PA3 - 6



PA4 - 1



PA4 - 2



PA4 - 3



PA4 - 4



PA4 - 5



PA4 - 6



Fruits, vegetables, roots, tubers, and their products –

Fualaau aina, fualaau faisua, meaai aano, la'au fai i'o ma meaai i lea ituaiga





FR1 - 1



FR1 - 2



FR1 - 3



FR1 - 4



FR2 - 1



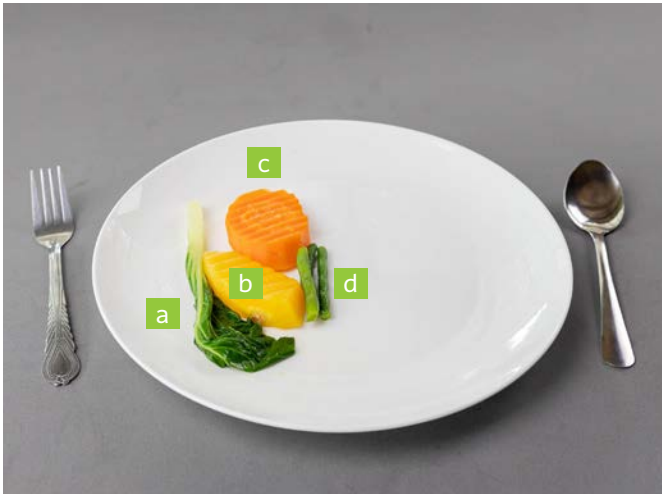
FR2 - 2



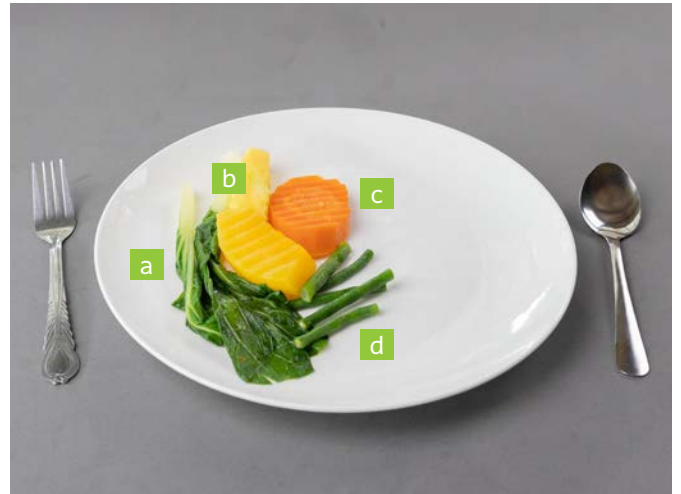
FR2 - 3



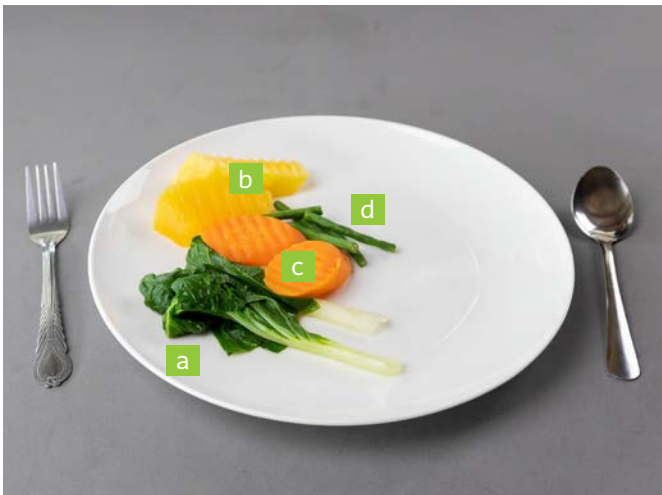
FR2 - 4



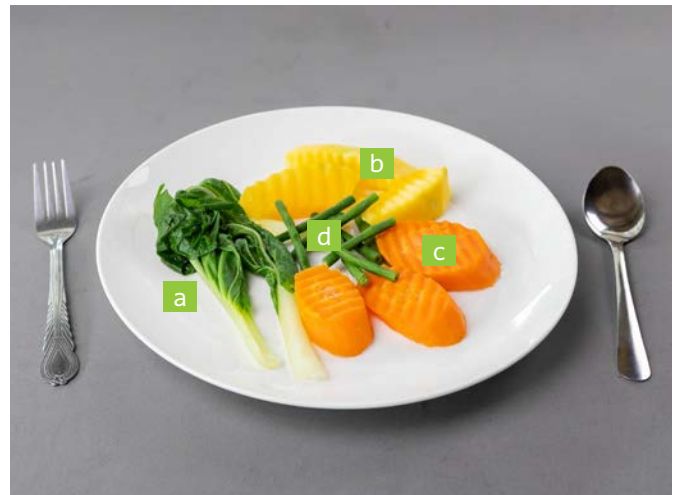
FR3 - 1



FR3 - 2



FR3 - 3



FR3 - 4



FR4 - 1



FR4 - 2



FR4 - 3



FR4 - 4



FR5 - 1



FR5 - 2



FR5 - 3



FR5 - 4



FR6 - 1



FR6 - 2



FR6 - 3



FR6 - 4



FR7 - 1



FR7 - 2



FR7 - 3



FR7 - 4



FR8 - 1



FR8 - 2



FR8 - 3

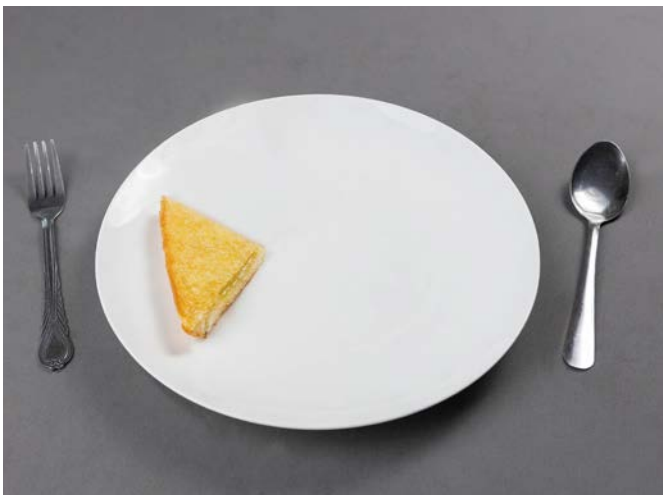


FR8 - 4



Snacks and sandwiches – Mea'ai māmā ma sanuisi

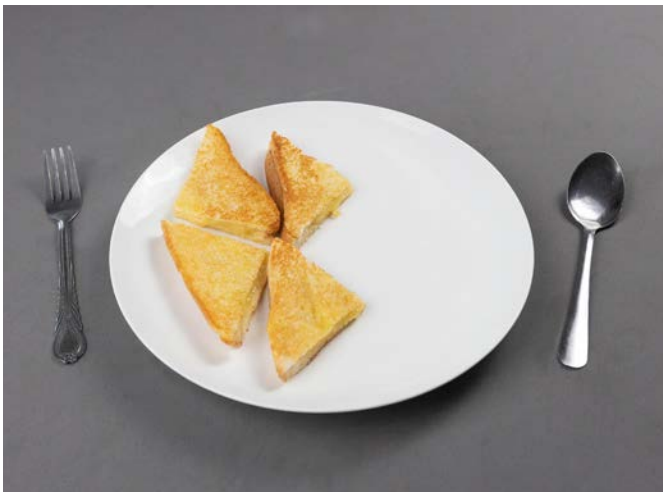




SN1 - 1



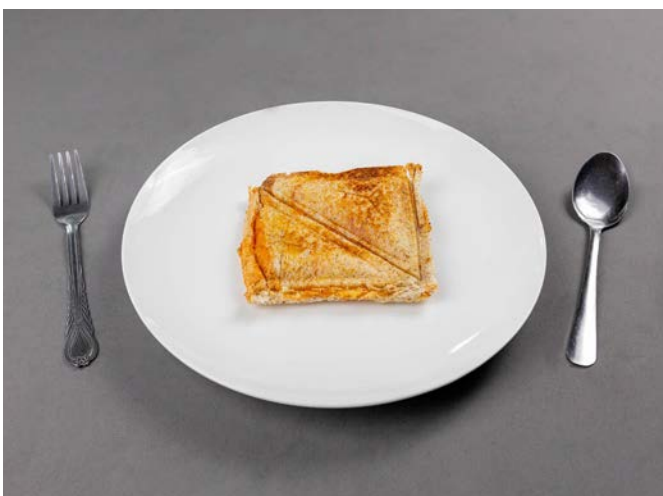
SN1 - 2



SN1 - 3



SN1 - 4



SN1 - 5



SN2 - 1



SN2 - 2



SN2 - 3



SN3 - 1



SN3 - 2



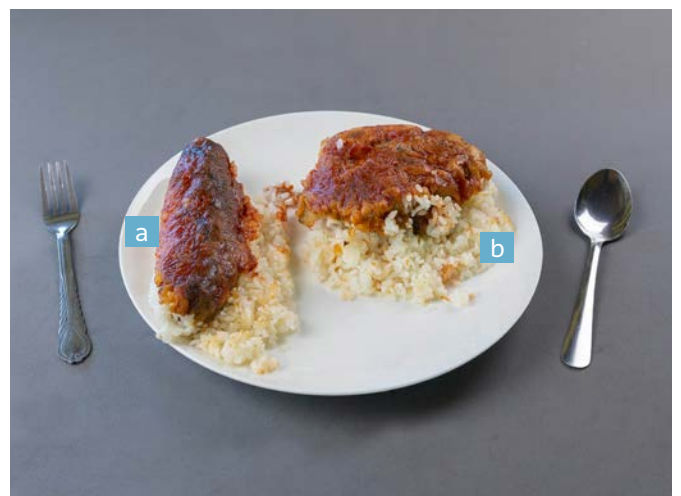
SN3 - 3



SN3 - 4



SN3 - 5



SN3 - 6



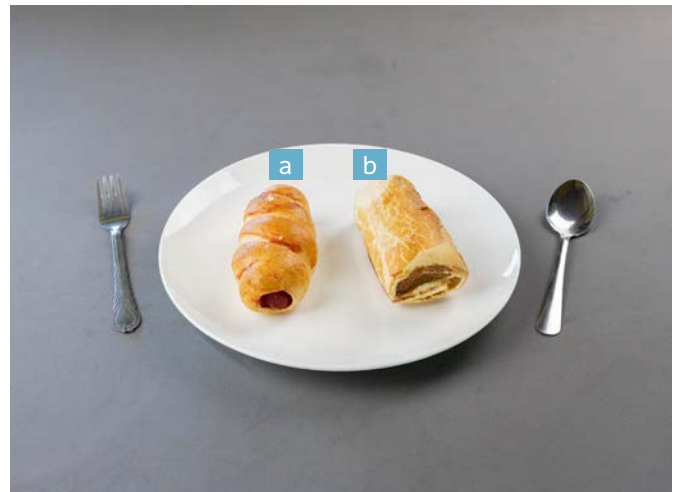
SN4 - 1



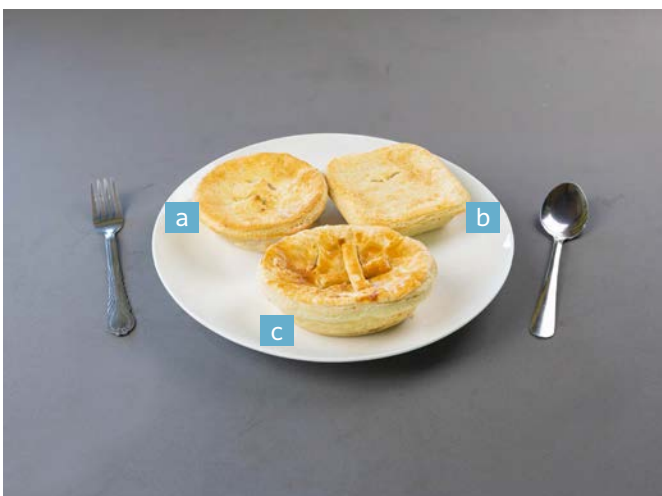
SN4 - 2



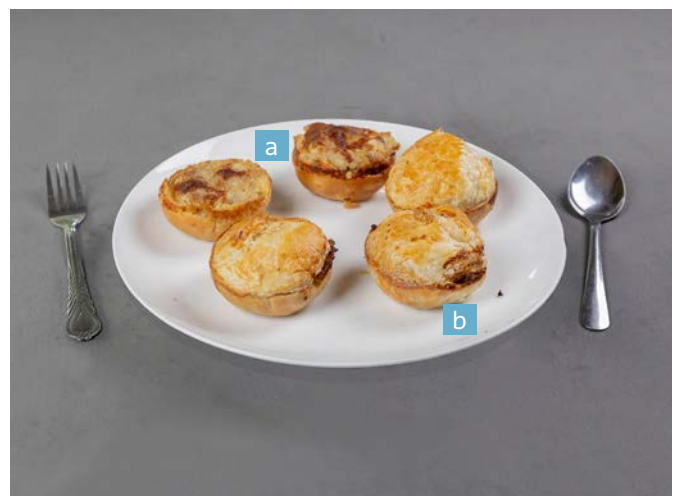
SN4 - 3



SN4 - 4



SN4 - 5



SN4 - 6



SN5 - 1



SN5 - 2



SN5 - 3



SN5 - 4



SN6 - 1



SN6 - 2



SN6 - 3



SN6 - 4



SN6 - 5



SN6 - 6



SN7 - 1



SN7 - 2



SN7 - 3



SN7 - 4



SN8 - 1



SN8 - 2



SN8 - 3



SN8 - 4



SN9 - 1



SN9 - 2



SN9 - 3



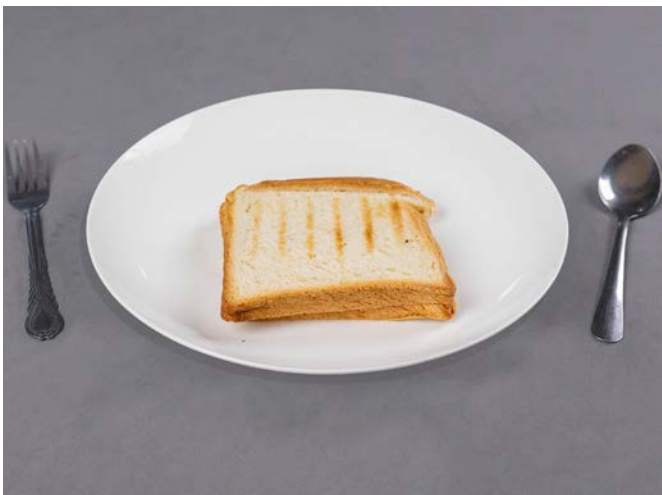
SN9 - 4



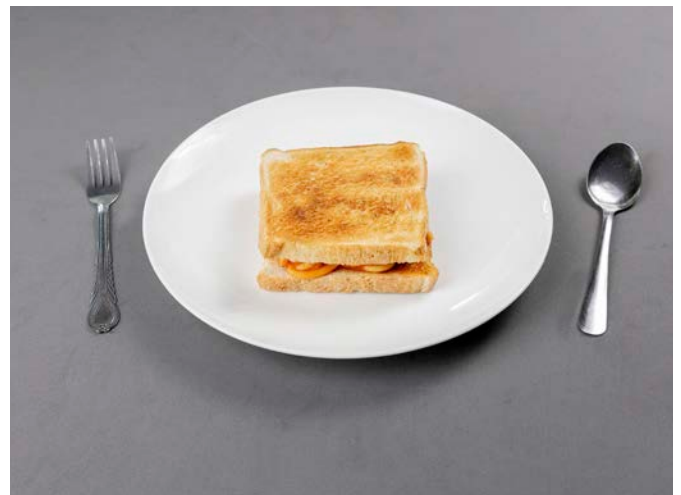
SN9 - 5



SN9 - 6



SN10 - 1



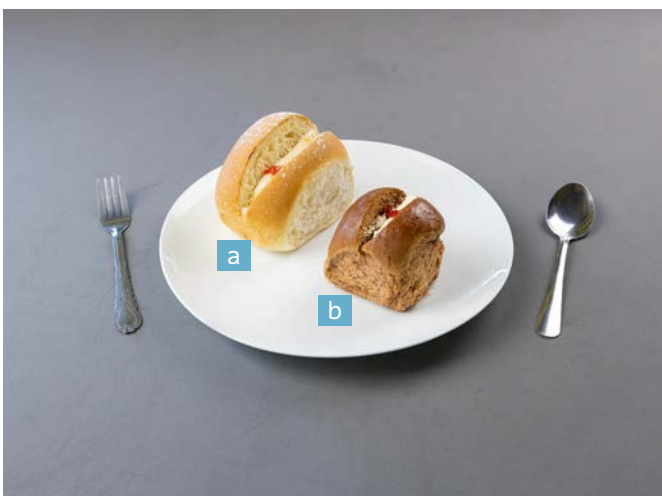
SN10 - 2



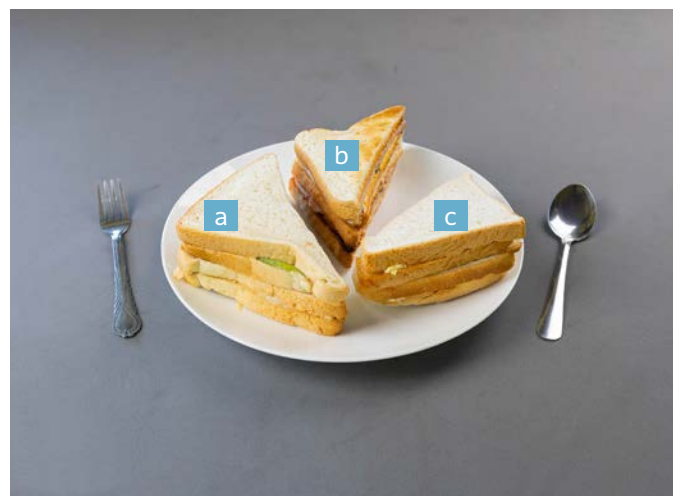
SN10 - 3



SN10 - 4



SN10 - 5



SN10 - 6



SN11 - 1



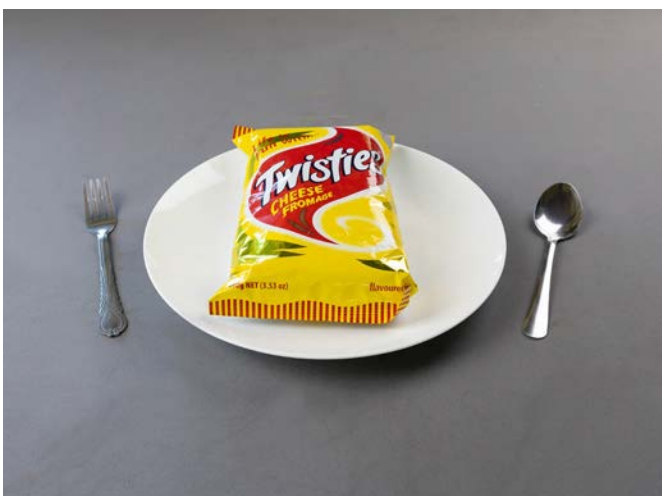
SN11 - 2



SN11 - 3



SN11 - 4



SN11 - 5



SN11 - 6



SN12 - 1



SN12 - 2



SN12 - 3



SN12 - 4



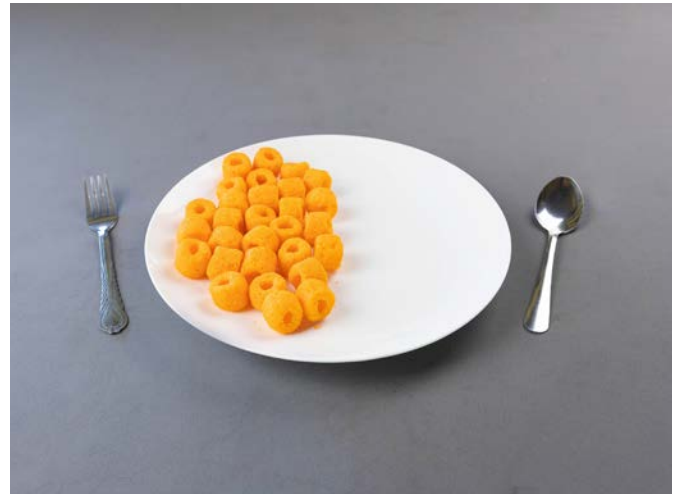
SN12 - 5



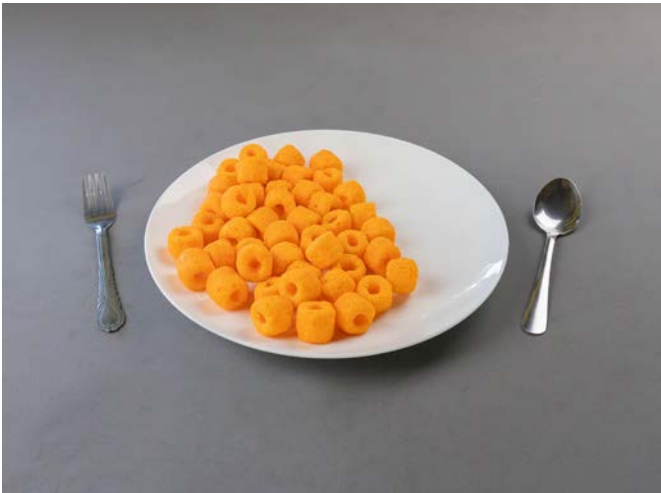
SN12 - 6



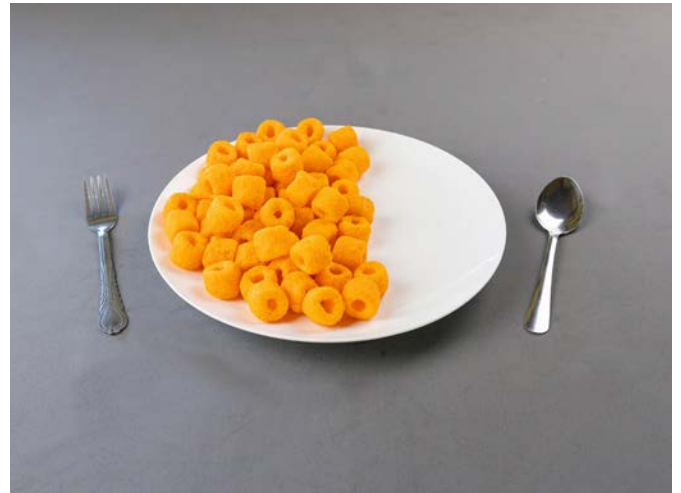
SN13 - 1



SN13 - 2



SN13 - 3



SN13 - 4



SN13 - 5



SN13 - 6



**Sweets and pastries –
Mea'ai suamalie ma mea'ai fai le falaoamata**





SW1 - 1



SW1 - 2



SW2 - 1



SW2 - 2



SW2 - 3



SW2 - 4



SW3 - 1



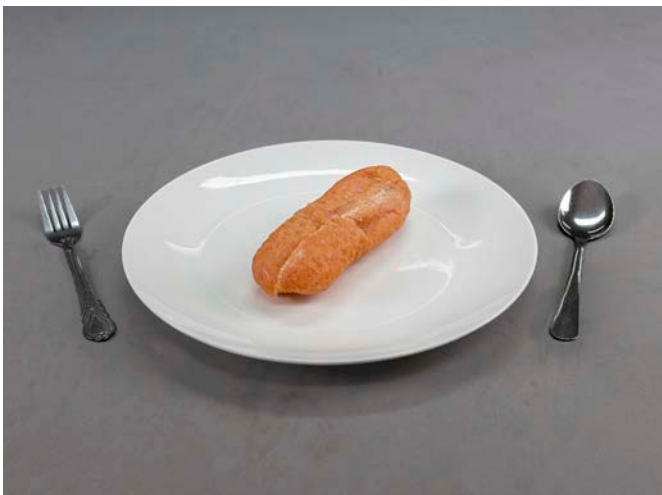
SW3 - 2



SW3 - 3



SW3 - 4



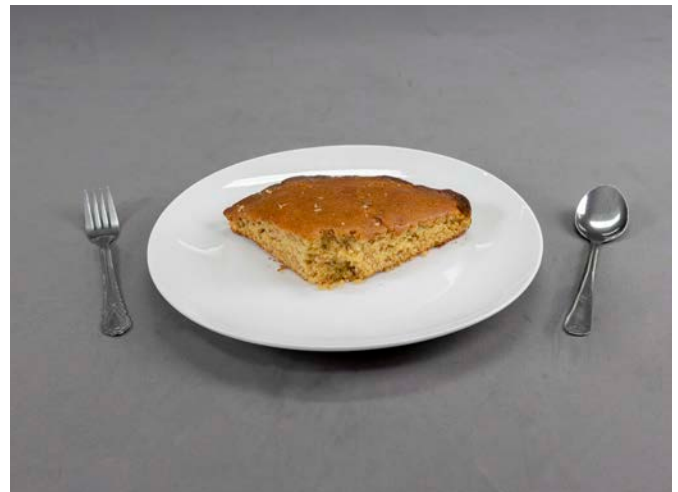
SW4 - 1



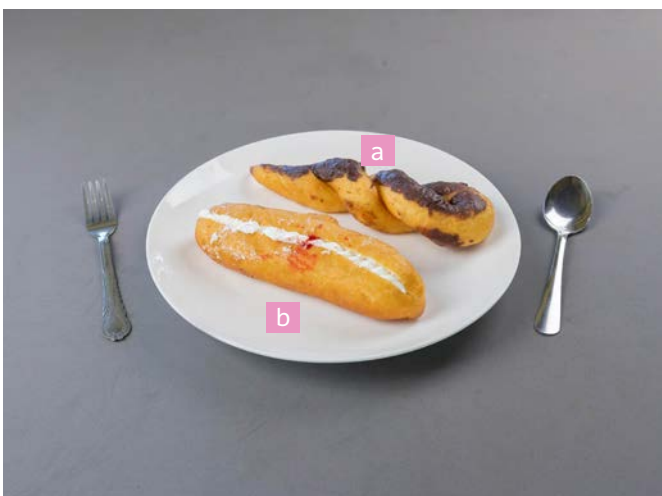
SW4 - 2



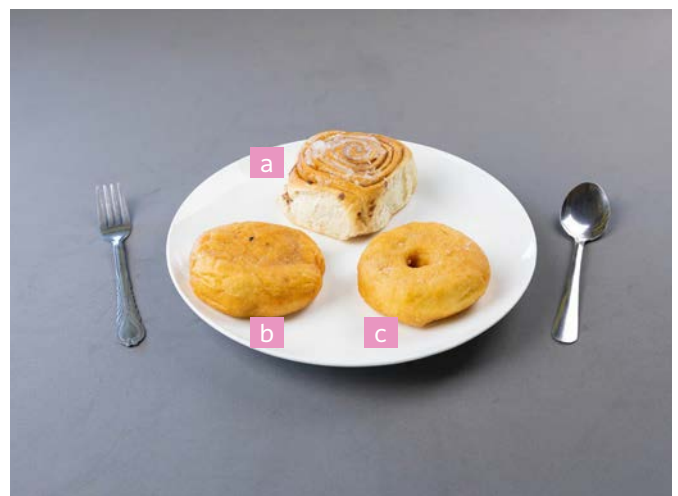
SW4 - 3



SW4 - 4



SW4 - 5



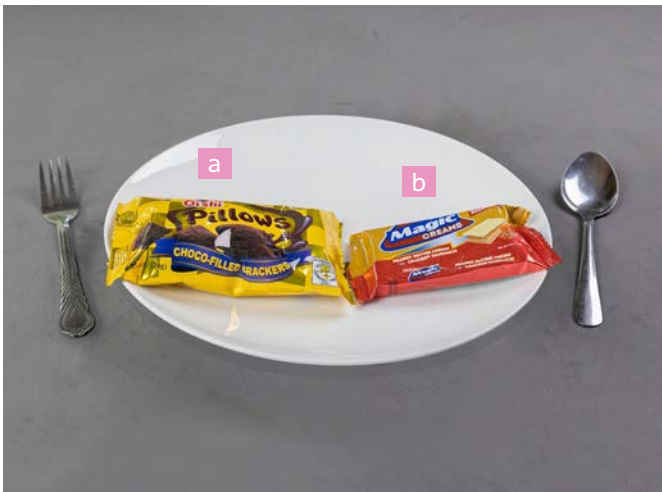
SW4 - 6



SW5 - 1



SW5 - 2



SW5 - 3



SW5 - 4



SW6 - 1



SW6 - 2



SW6 - 3



SW6 - 4



SW7 - 1



SW7 - 2



SW7 - 3



SW7 - 4



S01 - 1



S01 - 2



S01 - 3



S02 - 1



S02 - 2



S02 - 3



S02 - 4



S03 - 1



S03 - 2



S03 - 3



S03 - 4



SO4 - 1



SO4 - 2



SO4 - 3



SO4 - 4



S05 - 1



S05 - 2



S05 - 3



S05 - 4



S06 - 1



S06 - 2



S06 - 3



S06 - 4



S07 - 1




S07 - 2



S07 - 3



S07 - 4



**Composite dishes, combos and pizzas –
Mea'ai eseese ua tu'ufa'atasi pei o 'aiga
ma pizza**



CO1 - 1



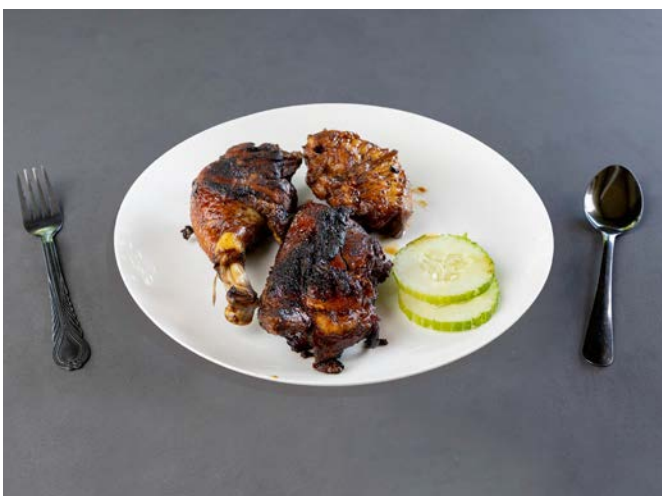
CO1 - 2



CO1 - 3



CO1 - 4



CO1 - 5



CO1 - 6



CO2 - 1



CO2 - 2



CO2 - 3



CO2 - 4



CO2 - 5



CO2 - 6



CO3 - 1



CO3 - 2



CO3 - 3



CO3 - 4



CO3 - 5



CO3 - 6



CO4 - 1



CO4 - 2



CO4 - 3



CO4 - 4



CO4 - 5



CO4 - 6



CO5 - 1



CO5 - 2



CO5 - 3



CO5 - 4



CO5 - 5



CO5 - 6



CO6 - 1



CO6 - 2



CO6 - 3



CO6 - 4



C07 - 1



C07 - 2



C07 - 3



C07 - 4



CO8 - 1



CO8 - 2



CO8 - 3



CO8 - 4



CO9 - 1



CO10 - 1



CO10 - 2



CO10 - 3



CO10 - 4



CO10 - 5



CO10 - 6



CO11 - 1



CO11 - 2



CO11 - 3



CO11 - 4



CO12 - 1



CO12 - 2



CO12 - 3



CO12 - 4



CO13 - 1



CO13 - 2



CO13 - 3



CO13 - 4



CO14 - 1



CO14 - 2



CO14 - 3



CO14 - 4

Annex 1. Volumes and dimensions of the household measurement units

Code in the atlas	HH measurement in Samoan	HH measurements in english	Volume (ml)	Height (cm)	Diameter (cm)	Bottom (cm)	Full size (cm)
M1. Glass type 1							
M1 – 1	ITUAIGA 1 O IPUINU MATA'ETA'E	Water tall glass – plain	285	15	6	5.7	
M1 – 2		Water tall glass – vertical stripes	321	14.7	7.2	5.2	
M1 – 3		Water tall glass – round stripes	313	14	7.2	6	
M1 – 4		Water small glass – little squares	219	8.8	8	5.5	
M1 – 5		Water small glass – stripes	262	9	8.5	7.5	
M1 – 6		Water small glass – plain	261	9	7.5	7.5	
M2. Glass type 2							
M2 – 1	ITUAIGA 2 O IPUINU MATA'ETA'E	Small beer glass	160	10.5	5.5	5	
M2 – 2		Small glass two parts	170	9.5	6.3	5	
M2 – 3		Glass round stripes medium	210	10.5	6.5	5.1	
M2 – 4		Glass long stripes medium	275	11.8	7.5	5.8	
M2 – 5		Plastic glass	385	12.7	8	5.7	
M2 – 6		Long average glass plain	190	13.5	5.6	5.1	
M3. Glass type 3							
M3 – 1	ITUAIGA 3 O IPUINU MATA'ETA'E	Wine glass (red)	430	13	6.5	7	
M3 – 2		Wine glass (white)	275	8.5	7	6.5	
M3 – 3		Champagne glass	130	9.7	4.6	3.5	
M4. Mug types							
M4 – 1	TIOATA, ITUAIGA	Mug white large size	380	10.5	8.3	8.2	
M4 – 2		Mug white average size	270	9.4	8	5.5	
M4 – 3		Brazilian mug 1	250				
M4 – 4		Brazilian mug 2	320				
M4 – 5		Brazilian mug 3	395				
M5. Spoon types							
M5 – 1	ITUAIGA O SIPUNI	Serving spoon	35				29.5
M5 – 2		Soup spoon	7				20.8
M5 – 3		Small spoon	3				18.2
M6. Soup bowl							
M6 – 1	IPU SUPO	Medium bowl	341	7.5	12	9	
M6 – 2		Plate bowl	389	5.5	14.5	8.7	
M6 – 3		Large bowl	549	7	13.5	11.5	
M6 – 4		Small bowl	212	6	9.2	7	

Annex 2. Weights and nutrient values of the food portions

F11: Samoan grilled fish cooked with coconut cream (l'a tao i le pe'epe'e)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
F11 – 1	l'a tao i le pe'epe'e 1	Samoan grilled fish cooked with coconut cream 1	56	688	166	10.7	13.0	0.4	1.3
F11 – 2	l'a tao i le pe'epe'e 2	Samoan grilled fish cooked with coconut cream 2	200	2,457	592	38.4	46.3	1.5	4.6
F11 – 3	l'a tao i le pe'epe'e 3	Samoan grilled fish cooked with coconut cream 3	173	2,125	512	33.2	40.1	1.3	4.0
F11 – 4	l'a tao i le pe'epe'e 4	Samoan grilled fish cooked with coconut cream 4	301	3,698	891	57.7	69.8	2.2	6.9
F11 – 5	l'a tao i le pe'epe'e 5	Samoan grilled fish cooked with coconut cream 5	408	5,012	1,208	78.2	94.5	3.0	9.4

F12: Mussels with coconut cream (Fai'ai maso)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
F12 – 1	Fai'ai maso 1	Mussels with coconut cream 1	38	163	39	2.6	2.6	0.2	1.2
F12 – 2	Fai'ai maso 2	Mussels with coconut cream 2	75	326	78	5.1	5.3	0.3	2.4
F12 – 3	Fai'ai maso 3	Mussels with coconut cream 3	130	564	135	8.9	9.1	0.5	4.2
F12 – 4	Fai'ai maso 4	Mussels with coconut cream 4	199	864	207	13.6	14.0	0.8	6.5

F13: Prawns with coconut cream (Fai'ai ula)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
F13 – 1	Fai'ai ula 1	Prawns with coconut cream 1	57	257	62	6.2	3.7	0.2	0.7
F13 – 2	Fai'ai ula 2	Prawns with coconut cream 2	118	532	128	12.8	7.7	0.5	1.4
F13 – 3	Fai'ai ula 3	Prawns with coconut cream 3	192	866	208	20.9	12.6	0.8	2.3
F13 – 4	Fai'ai ula 4	Prawns with coconut cream 4	400	1805	433	43.5	26.3	1.7	4.7

F14: Fish fingers (Fasi l'a Falai)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
F14 – 1	Fasi l'a Falai 1	Fish fingers 1	74	863	206	7.1	11.4	0.6	18.5

FI4 – 2	Fasi l'a Falai 2	Fish fingers 2	113	1,317	315	10.8	17.4	0.8	28.3
FI4 – 3	Fasi l'a Falai 3	Fish fingers 3	155	1,807	432	14.9	23.9	1.2	38.8
FI4 – 4	Fasi l'a Falai 4	Fish fingers 4	225	2,623	628	21.6	34.7	1.7	56.4

FI5: Fish types (Meaai e fai mai le l'a pei o fai'ai 'ia, poke ma falai ia ma isi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FI5 – 1	Meaai e fai mai le l'a pei o fai'ai 'ia, poke ma falai ia ma isi 1	Fish types 1	180	2,436	587	38.5	47.0	1.0	3.5
FI5 – 2	Meaai e fai mai le l'a pei o fai'ai 'ia, poke ma falai ia ma isi 2	Fish types 2	383	3,774	908	73.1	66.1	2.8	3.8
FI5 – 3	Meaai e fai mai le l'a pei o fai'ai 'ia, poke ma falai ia ma isi 3	Fish types 3	192	1,918	458	22.2	23.5	1.2	39.0
FI5 – 4	Meaai e fai mai le l'a pei o fai'ai 'ia, poke ma falai ia ma isi 4	Fish types 4	220	2,213	529	33.4	29.0	0.2	33.4
FI5 – 5	Meaai e fai mai le l'a pei o fai'ai 'ia, poke ma falai ia ma isi 5	Fish types 5	201	1,534	368	36.8	24.3	0.1	0.4
FI5 – 6	Meaai e fai mai le l'a pei o fai'ai 'ia, poke ma falai ia ma isi 6	Fish types 6	104	1,278	308	19.9	24.1	0.8	2.4

FI6: Fish baked in banana leaf (l'a tao i le umu)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FI6 – 1	l'a tao i le umu 1	Fish baked in banana leaf 1	147	678	161	28.2	5.3	0.0	0.1
FI6 – 2	l'a tao i le umu 2	Fish baked in banana leaf 2	255	1,176	279	49.0	9.2	0.0	0.3
FI6 – 3	l'a tao i le umu 3	Fish baked in banana leaf 3	125	577	137	24.0	4.5	0.0	0.1
FI6 – 4	l'a tao i le umu 4	Fish baked in banana leaf 4	76	351	83	14.6	2.7	0.0	0.1

FI7: Other seafood types (Fai'ai pusi, Fai'ai fe'e, ula)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FI7 – 1	Fai'ai pusi, Fai'ai fe'e ula 1	Other seafood types 1	1,016	9,715	2,343	120.5	191.8	4.3	31.5
FI7 – 2	Fai'ai pusi, Fai'ai fe'e ula 2	Other seafood types 2	1,011	4,853	1,166	101.7	82.4	1.1	4.0
FI7 – 3	Fai'ai pusi, Fai'ai fe'e ula 3	Other seafood types 3	95	387	91	20.9	0.9	0.0	0.0

FI8: Fish cakes (Keke fai le l'a poo le eleni)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FI8 – 1	Keke fai le l'a poo le eleni 1	Fish cakes 1	67	692	165	7.7	8.6	0.5	14.1
FI8 – 2	Keke fai le l'a poo le eleni 2	Fish cakes 2	150	1549	370	17.3	19.2	1.1	31.5
FI8 – 3	Keke fai le l'a poo le eleni 3	Fish cakes 3	305	3150	753	35.2	39.0	2.3	64.1

FI9: See grapes (Limu)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FI9 – 1	Limu 1	See grapes 1	124	94	22	0.7	0.1	0.2	4.6
FI9 – 2	Limu 2	See grapes 2	124	94	22	0.7	0.1	0.2	4.6
FI9 – 3	Limu 3	See grapes 3	40	30	7	0.2	0.0	0.1	1.5
FI9 – 4	Limu 4	See grapes 4	67	51	12	0.4	0.1	0.1	2.5
FI9 – 5	Limu 5	See grapes 5	97.0	74	17	0.5	0.1	0.2	3.6

FI10: Oka

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FI10 – 1	Oka 1	Oka 1	232	1,096	263	16.8	17.5	1.5	8.9
FI10 – 2	Oka 2	Oka 2	267	1,262	303	19.3	20.2	1.8	10.2
FI10 – 3	Oka 3	Oka 3	301	1,422	342	21.8	22.7	2.0	11.5
FI10 – 4	Oka 4	Oka 4	624	2,949	708	45.1	47.1	4.1	23.8

FI11: Sashimi (Sasimi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FI11 – 1	Sasimi 1	Sashimi 1	52	267	63	13.7	0.9	0.0	0.0
FI11 – 2	Sasimi 2	Sashimi 2	82	421	100	21.6	1.5	0.0	0.0
FI11 – 3	Sasimi 3	Sashimi 3	138	709	168	36.3	2.5	0.0	0.0
FI11 – 4	Sasimi 4	Sashimi 4	187	961	227	49.2	3.4	0.0	0.0

CH1: Beef stir fried (Falai fuala'au fai le povi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH1 – 1	Falai fuala'au fai le povi 1	Beef stir fried 1	53	217	52	3.3	3.1	0.2	2.7
CH1 – 2	Falai fuala'au fai le povi 2	Beef stir fried 2	139	568	136	8.7	8.0	0.6	7.0
CH1 – 3	Falai fuala'au fai le povi 3	Beef stir fried 3	198	809	194	12.4	11.4	0.8	10.0
CH1 – 4	Falai fuala'au fai le povi 4	Beef stir fried 4	249	1018	244	15.6	14.3	1.0	12.6

CH2: Fried canned corned beef (Falai pisupo)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH2 – 1	Falai pisupo 1	Fried canned corned beef 1	110	981	236	77.5	11.4	17.6	1.1
CH2 – 2	Falai pisupo 2	Fried canned corned beef 2	215	1,917	461	151.5	22.3	34.5	2.2
CH2 – 3	Falai pisupo 3	Fried canned corned beef 3	329	2,933	706	231.9	34.1	52.8	3.3
CH2 – 4	Falai pisupo 4	Fried canned corned beef 4	434	3,869	931	305.9	44.9	69.6	4.4

CH3: Turkey tale, fried (Falai siusiu pipi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH3 – 1	Falai siusiu pipi 1	Turkey ale, fried 1	83	812	194	48.1	21.9	11.9	0.0
CH3 – 2	Falai siusiu pipi 2	Turkey ale, fried 2	166	1,623	389	96.3	43.8	23.7	0.0
CH3 – 3	Falai siusiu pipi 3	Turkey ale, fried 3	194	1,897	455	112.5	51.2	27.7	0.0
CH3 – 4	Falai siusiu pipi 4	Turkey ale, fried 4	278	2,719	651	161.2	73.4	39.8	0.0
CH3 – 5	Falai siusiu pipi 5	Turkey ale, fried 5	308	3,012	722	178.6	81.3	44.0	0.0
CH3 – 6	Falai siusiu pipi 6	Turkey ale, fried 6	395	0	0	0.0	0.0	0.0	0.0

CH4: Pork belly, crispy (Fasi pua'a tao i le ogaumu)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH4 – 1	Fasi pua'a tao i le ogaumu 1	Pork belly, crispy 1	229	3,428	827	106.9	48.8	70.1	0.0
CH4 – 2	Fasi pua'a tao i le ogaumu 2	Pork belly, crispy 2	267	3,997	964	124.7	56.9	81.7	0.0
CH4 – 3	Fasi pua'a tao i le ogaumu 3	Pork belly, crispy 3	466	6,975	1,683	217.6	99.3	142.6	0.0
CH4 – 4	Fasi pua'a tao i le ogaumu 4	Pork belly, crispy 4	562	8,412	2,030	262.5	119.8	172.0	0.0
CH4 – 5	Fasi pua'a tao i le ogaumu 5	Pork belly, crispy 5	736	11,017	2,658	343.7	156.8	225.2	0.0
CH4 – 6	Fasi pua'a tao i le ogaumu 6	Pork belly, crispy 6	1,556	23,291	5,620	726.7	331.6	476.1	0.0

CH5: Chicken curry (Kale moa)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH5 – 1	Kale moa 1	Chicken curry 1	131	601	144	113.2	10.5	7.2	2.6
CH5 – 2	Kale moa 2	Chicken curry 2	282	1,293	309	243.6	22.7	15.5	5.6
CH5 – 3	Kale moa 3	Chicken curry 3	399	1,829	438	344.7	32.1	21.9	8.0
CH5 – 4	Kale moa 4	Chicken curry 4	508	2,329	557	438.8	40.8	27.9	10.2
CH5 – 5	Kale moa 5	Chicken curry 5	610	2,797	669	526.9	49.0	33.4	12.2
CH5 – 6	Kale moa 6	Chicken curry 6	746	3,420	819	644.4	60.0	40.9	14.9

CH6: Turkey curry (Kale siusiu pipi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH6 – 1	Kale siusiu pipi 1	Turkey curry 1	182	797	190	157.8	15.3	8.7	3.7
CH6 – 2	Kale siusiu pipi 2	Turkey curry 2	337	1,475	353	292.1	28.3	16.0	6.8
CH6 – 3	Kale siusiu pipi 3	Turkey curry 3	488	2,136	511	423.0	40.9	23.2	9.8
CH6 – 4	Kale siusiu pipi 4	Turkey curry 4	671	2,937	702	581.7	56.3	31.9	13.5

CH7: Mutton flaps (Lau mamoe)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH7 – 1	Lau mamoe 1	Mutton flaps 1	100	897	214	58.3	28.1	10.4	0.0
CH7 – 2	Lau mamoe 2	Mutton flaps 2	108	968	231	63.0	30.4	11.2	0.0
CH7 – 3	Lau mamoe 3	Mutton flaps 3	160	1,435	342	93.3	45.0	16.6	0.0
CH7 – 4	Lau mamoe 4	Mutton flaps 4	305	2,735	653	177.8	85.8	31.7	0.0
CH7 – 5	Lau mamoe 5	Mutton flaps 5	466	4,178	997	271.7	131.1	48.5	0.0
CH7 – 6	Lau mamoe 6	Mutton flaps 6	659	5,909	1,411	384.2	185.4	68.5	0.0

CH8: Meat types (Meaai fai mai aano manu fasi pei o kebab, steak, sosisi ma isi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH8 – 1	Meaai fai mai aano manu fasi pei o kebab, steak, sosisi ma isi 1	Meat types 1	49	378	90	30.9	15.0	3.3	0.0
CH8 – 2	Meaai fai mai aano manu fasi pei o kebab, steak, sosisi ma isi 2	Meat types 2	196	1512	360	123.5	60.2	13.2	0.0
CH8 – 3	Meaai fai mai aano manu fasi pei o kebab, steak, sosisi ma isi 3	Meat types 3	101	879	210	60.3	27.6	11.1	0.0
CH8 – 4	Meaai fai mai aano manu fasi pei o kebab, steak, sosisi ma isi 4	Meat types 4	433	5383	1290	199.2	94.8	78.4	1.3
CH8 – 5	Meaai fai mai aano manu fasi pei o kebab, steak, sosisi ma isi 5	Meat types 5	183	1994	480	98.5	32.3	35.3	1.5
CH8 – 6	Meaai fai mai aano manu fasi pei o kebab, steak, sosisi ma isi 6	Meat types 6	98	1190	285	41.2	7.8	17.3	1.3

CH9: Nuggets (Meaai falai mai aano o le moa)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH9 – 1	Meaai falai mai aano o le moa 1	Nuggets 1	119	1,115	267	65.9	16.1	14.6	2.9
CH9 – 2	Meaai falai mai aano o le moa 2	Nuggets 2	208	1,949	467	115.2	28.2	25.4	5.0
CH9 – 3	Meaai falai mai aano o le moa 3	Nuggets 3	301	2,820	675	166.8	40.8	36.8	7.2
CH9 – 4	Meaai falai mai aano o le moa 4	Nuggets 4	391	3,663	877	216.6	53.1	47.8	9.4

CH10: Chicken teriyaki (Moa fa'asosi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH10 – 1	Moa fa'asosi 1	Chicken teriyaki 1	88	603	143	57.0	22.6	5.2	0.0
CH10 – 2	Moa fa'asosi 2	Chicken teriyaki 2	154	1,056	251	99.8	39.6	9.2	0.0
CH10 – 3	Moa fa'asosi 3	Chicken teriyaki 3	262	1,796	427	169.7	67.4	15.6	0.0
CH10 – 4	Moa fa'asosi 4	Chicken teriyaki 4	415	2,845	677	268.8	106.8	24.7	0.0

CH11: Chicken curry wrap (Tale moa afifi i le panikeke)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH11 – 1	Tale moa afifi i le panikeke 1	Chicken curry wrap 1	148	1284	310	100.4	2.9	24.5	1.1
CH11 – 2	Tale moa afifi i le panikeke 2	Chicken curry wrap 2	172	1493	360	116.7	3.4	28.4	1.3
CH11 – 3	Tale moa afifi i le panikeke 3	Chicken curry wrap 3	363	3150	759	246.2	7.2	60.0	2.6
CH11 – 4	Tale moa afifi i le panikeke 4	Chicken curry wrap 4	540	4686	1129	366.2	10.7	89.2	3.9

CH12: Chicken brown sugar (Moa tao i le sosi ma le suka)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH12 – 1	Moa tao i le sosi ma le suka 1	Chicken brown sugar 1	130	1,136	269	104.0	23.6	5.2	0.0
CH12 – 2	Moa tao i le sosi ma le suka 2	Chicken brown sugar 2	224	1,958	463	179.2	40.7	8.9	0.0
CH12 – 3	Moa tao i le sosi ma le suka 3	Chicken brown sugar 3	318	2,780	658	254.5	57.7	12.6	0.0

CH13: Chicken sweet and sour (Sweet and sour fai i le moa)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH13 – 1	Sweet and sour fai i le moa 1	Chicken sweet and sour 1	89	937	224	46.4	9.0	11.3	0.9
CH13 – 2	Sweet and sour fai i le moa 2	Chicken sweet and sour 2	174	1,833	438	90.8	17.6	22.0	1.7
CH13 – 3	Sweet and sour fai i le moa 3	Chicken sweet and sour 3	255	2,686	642	133.0	25.8	32.3	2.6
CH13 – 4	Sweet and sour fai i le moa 4	Chicken sweet and sour 4	332	3,497	836	173.2	33.5	42.0	3.3
CH13 – 5	Sweet and sour fai i le moa 5	Chicken sweet and sour 5	406	4,277	1,022	211.8	41.0	51.4	4.1
CH13 – 6	Sweet and sour fai i le moa 6	Chicken sweet and sour 6	495	5,214	1,246	258.2	50.0	62.6	5.0

CH14: Chicken kebabs (Moa tui i le tuaniu)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH14 – 1	Moa tui i le tuaniu 1	Chicken kebabs 1	61	261	62	46.2	2.6	2.8	1.0
CH14 – 2	Moa tui i le tuaniu 2	Chicken kebabs 2	122	527	126	93.1	5.2	5.6	2.1
CH14 – 3	Moa tui i le tuaniu 3	Chicken kebabs 3	218	942	225	166.3	9.4	10.0	3.7
CH14 – 4	Moa tui i le tuaniu 4	Chicken kebabs 4	269	1,160	277	204.9	11.6	12.3	4.6

CH15: Beef salted (Povi masina)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH15 – 1	Povi masina 1	Beef, salted 1	83	537	127	44.7	25.8	1.6	0.0
CH15 – 2	Povi masina 2	Beef, salted 2	179	1,159	274	96.3	55.7	3.5	0.0
CH15 – 3	Povi masina 3	Beef, salted 3	264	1,709	404	142.0	82.1	5.1	0.0
CH15 – 4	Povi masina 4	Beef, salted 4	721	4,668	1,102	387.9	224.2	14.0	0.0

CH16: Pig, Umu (Pua'a tao)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CH16 – 1	Pua'a tao 1	Pig, Umu 1	269	2,674	641	154.0	69.7	39.1	0.0
CH16 – 2	Pua'a tao 2	Pig, Umu 2	389	3,867	926	222.8	100.8	56.5	0.0
CH16 – 3	Pua'a tao 3	Pig, Umu 3	259	2,575	617	148.3	67.1	37.6	0.0
CH16 – 4	Pua'a tao 4	Pig, Umu 4	272	2,704	648	155.8	70.5	39.5	0.0
CH16 – 5	Pua'a tao 5	Pig, Umu 5	291	2,893	693	166.6	75.4	42.3	0.0
CH16 – 6	Pua'a tao 6	Pig, Umu 6	236	2,346	562	135.2	61.2	34.3	0.0

EG1: Egg foo young (Fuamoa)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
EG1 – 1	Fuamoa 1	Egg foo young 1	52	269	64	39.0	6.1	3.2	0.2
EG1 – 2	Fuamoa 2	Egg foo young 2	97	502	120	72.7	11.3	6.0	0.3
EG1 – 3	Fuamoa 3	Egg foo young 3	173	895	214	129.7	20.2	10.7	0.5
EG1 – 4	Fuamoa 4	Egg foo young 4	214	1,107	265	160.4	25.0	13.2	0.6

EG2: Egg types (Fuamoa falai)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
EG2 – 1	Fuamoa falai 1	Egg, types 1	199	1,930	465	121.2	31.2	37.4	0.2
EG2 – 2	Fuamoa falai 2	Egg, types 2	197	1,477	354	133.0	23.0	22.8	0.8

EG3: Omelette and egg with bacon (Omelete)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
EG3 – 1	Omelete 1	Omelette and egg with bacon 1	58	652	157	33.0	9.2	13.2	0.0

EG3 – 2	Omelete 2	Omelette and egg with bacon 2	73	820	198	41.6	11.6	16.6	0.0
EG3 – 3	Omelete 3	Omelette and egg with bacon 3	106	1,191	287	60.4	16.8	24.1	0.0
EG3 – 4	Omelete 4	Omelette and egg with bacon 4	145	1,629	393	82.6	23.0	32.9	0.0

BI1: Garlic bread (Falaoa faamanogi i le aniani saina ma le pata)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
BI1 – 1	Falaoa faamanogi i le aniani saina ma le pata 1	Garlic bread 1	57	983	234	10.8	5.5	9.9	1.5
BI1 – 2	Falaoa faamanogi i le aniani saina ma le pata 2	Garlic bread 2	105	1,810	432	20.0	10.2	18.3	2.7
BI1 – 3	Falaoa faamanogi i le aniani saina ma le pata 3	Garlic bread 3	155	2,672	637	29.5	15.0	27.0	4.0
BI1 – 4	Falaoa faamanogi i le aniani saina ma le pata 4	Garlic bread 4	201	3,465	826	38.2	19.5	35.0	5.2

BI2: Biscuit types (Masi soo se ituaiga)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
BI2 – 1	Masi soo se ituaiga 1	Biscuit types 1	80	1,560	372	3.2	6.3	14.5	2.8
BI2 – 2A	Masi soo se ituaiga 2 – A	Biscuit types 2 – A	97	1,902	453	2.7	6.8	17.8	2.3
BI2 – 2B	Masi soo se ituaiga 2 – B	Biscuit types 2 – B	75	1,470	350	2.1	5.3	13.8	1.8
BI2 – 2C	Masi soo se ituaiga 2 – C	Biscuit types 2 – C	97	1,902	453	2.7	6.8	17.8	2.3
BI2 – 3	Masi soo se ituaiga 3	Biscuit types 3	35	620	147	1.1	3.8	2.8	0.7

BI3: Pancake, round (Panikeke lapotopoto)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
BI3 – 1	Panikeke lapotopoto 1	Pancake, round 1	44	538	128	30.1	2.3	4.9	0.4
BI3 – 2	Panikeke lapotopoto 2	Pancake, round 2	135	1,649	393	92.5	7.1	15.1	1.2
BI3 – 3	Panikeke lapotopoto 3	Pancake, round 3	266	3,250	774	182.3	14.0	29.7	2.4
BI3 – 4	Panikeke lapotopoto 4	Pancake, round 4	394	4,814	1,146	270.0	20.8	44.0	3.5

PA1: Lasagna

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
PA1 – 1	Lasagna 1	Lasagna 1	237	1,356	324	163.5	17.8	13.5	7.3
PA1 – 2	Lasagna 2	Lasagna 2	430	2,461	588	296.7	32.3	24.5	13.3

PA1 – 3	Lasagna 3	Lasagna 3	588	3,365	804	405.7	44.1	33.5	18.2
PA1 – 4	Lasagna 4	Lasagna 4	1,053	6,026	1,439	726.6	79.0	60.0	32.6

PA1: Pasta bolognese

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
PA2 – 1	Pasta bolognese 1	Pasta Bolognese 1	146	899	214	96.7	14.2	7.2	2.0
PA2 – 2	Pasta bolognese 2	Pasta Bolognese 2	288	1,774	422	190.7	27.9	14.1	4.0
PA2 – 3	Pasta bolognese 3	Pasta Bolognese 3	447	2,753	655	295.9	43.4	21.9	6.3
PA2 – 4	Pasta bolognese 4	Pasta Bolognese 4	746	4,594	1,093	493.9	72.4	36.6	10.4

PA3: Chopsuey (Sapasui)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
PA3 – 1	Sapasui 1	Chopsuey 1	84	433	103	60.7	4.4	3.3	0.8
PA3 – 2	Sapasui 2	Chopsuey 2	178	917	218	128.6	9.4	6.9	1.6
PA3 – 3	Sapasui 3	Chopsuey 3	246	1,268	301	177.8	13.0	9.5	2.2
PA3 – 4	Sapasui 4	Chopsuey 4	327	1,685	401	236.3	17.3	12.7	3.0
PA3 – 5	Sapasui 5	Chopsuey 5	656	3,381	804	474.1	34.6	25.4	5.9
PA3 – 6	Sapasui 6	Chopsuey 6	746	3,845	914	539.1	39.4	28.9	6.8

PA4: Chow mein (Siaumeni)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
PA4 – 1	Siaumeni 1	Chow mein 1	106	2,356	565	1.1	8.9	32.6	4.1
PA4 – 2	Siaumeni 2	Chow mein 2	177	3,935	943	1.8	14.9	54.5	6.9
PA4 – 3	Siaumeni 3	Chow mein 3	252	5,602	1,342	2.5	21.2	77.6	9.8
PA4 – 4	Siaumeni 4	Chow mein 4	335	7,447	1,784	3.4	28.1	103.2	13.1
PA4 – 5	Siaumeni 5	Chow mein 5	406	9,026	2,162	4.1	34.1	125.0	15.8
PA4 – 6	Siaumeni 6	Chow mein 6	486	10,804	2,588	4.9	40.8	149.7	19.0

FR1: Cooked green banana in coconut cream (Faalifu fa'i)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FR1 – 1	Faalifu fa'i 1	Cooked green banana in coconut cream 1	101	445	107	80.5	1.4	6.5	0.8
FR1 – 2	Faalifu fa'i 2	Cooked green banana in coconut cream 2	216	952	228	172.1	3.0	13.8	1.6
FR1 – 3	Faalifu fa'i 3	Cooked green banana in coconut cream 3	372	1,639	393	296.5	5.2	23.8	2.8
FR1 – 4	Faalifu fa'i 4	Cooked green banana in coconut cream 4	458	2,018	484	365.0	6.4	29.3	3.4

FR2: Taro, cooked in coconut ream (Faalifu talo)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FR2 – 1	Faalifu Talo 1	Taro, cooked in coconut milk 1	101	441	106	79.8	1.6	6.2	1.3
FR2 – 2	Faalifu Talo 2	Taro, cooked in coconut milk 2	216	943	226	170.6	3.3	13.2	2.8
FR2 – 3	Faalifu Talo 3	Taro, cooked in coconut milk 3	372	1,624	389	293.7	5.8	22.7	4.8
FR2 – 4	Faalifu Talo 4	Taro, cooked in coconut milk 4	458	1,999	479	361.6	7.1	27.9	6.0

FR3: Steamed vegetables (Fuala'au faisua faavela)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FR3 – 1 (A)	Fuala'au faisua faavela 3 – 1A	Steamed vegetables 3 – 1A	9	9	2	8.5	0.2	0.0	0.1
FR3 – 1 (B)	Fuala'au faisua faavela 3 – 1B	Steamed vegetables 3 – 1B	30	40	10	27.3	0.9	0.1	0.8
FR3 – 1 (C)	Fuala'au faisua faavela 3 – 1C	Steamed vegetables 3 – 1C	31	46	11	27.0	0.3	0.0	1.4
FR3 – 1 (D)	Fuala'au faisua faavela 3 – 1D	Steamed vegetables 3 – 1D	9	9	2	8.3	0.1	0.0	0.2
FR3 – 2 (A)	Fuala'au faisua faavela 3 – 2A	Steamed vegetables 3 – 2A	18	18	4	17.0	0.5	0.0	0.1
FR3 – 2 (B)	Fuala'au faisua faavela 3 – 2B	Steamed vegetables 3 – 2B	50	67	16	45.5	1.5	0.1	1.3
FR3 – 2 (C)	Fuala'au faisua faavela 3 – 2C	Steamed vegetables 3 – 2C	31	46	11	27.0	0.3	0.0	1.4
FR3 – 2 (D)	Fuala'au faisua faavela 3 – 2D	Steamed vegetables 3 – 2D	45	44	11	41.4	0.7	0.1	1.0
FR3 – 3 (A)	Fuala'au faisua faavela 3 – 3A	Steamed vegetables 3 – 3A	18	18	4	17.0	0.5	0.0	0.1
FR3 – 3 (B)	Fuala'au faisua faavela 3 – 3B	Steamed vegetables 3 – 3B	50	67	16	45.5	1.5	0.1	1.3
FR3 – 3 (C)	Fuala'au faisua faavela 3 – 3C	Steamed vegetables 3 – 3C	62	93	22	53.9	0.6	0.1	2.7
FR3 – 3 (D)	Fuala'au faisua faavela 3 – 3D	Steamed vegetables 3 – 3D	45	44	11	41.4	0.7	0.1	1.0
FR3 – 4 (A)	Fuala'au faisua faavela 3 – 4A	Steamed vegetables 3 – 4A	18	18	4	17.0	0.5	0.0	0.1
FR3 – 4 (B)	Fuala'au faisua faavela 3 – 4B	Steamed vegetables 3 – 4B	80	107	25	72.8	2.3	0.2	2.1
FR3 – 4 (C)	Fuala'au faisua faavela 3 – 4C	Steamed vegetables 3 – 4C	93	139	33	80.9	0.8	0.1	4.1
FR3 – 4 (D)	Fuala'au faisua faavela 3 – 4D	Steamed vegetables 3 – 4D	72	71	17	66.2	1.1	0.1	1.6

FR4: Taro, chips (Chips, talo)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FR4 – 1	Chips, talo 1	Taro, chips 1	25	533	128	0.3	1.7	7.4	1.7
FR4 – 2	Chips, talo 2	Taro, chips 2	43	917	220	0.4	2.9	12.6	2.8

FR4 – 3	Chips, talo 3	Taro, chips 3	62	1,322	317	0.6	4.2	18.2	4.1
FR4 – 4	Chips, talo 4	Taro, chips 4	95	2,025	485	1.0	6.4	27.9	6.3

FR5: Taro, pieces, fried (Talo falai)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FR5 – 1	Talo falai 1	Taro, pieces, fried 1	37	104	26	25.2	0.6	0.1	0.9
FR5 – 2	Talo falai 2	Taro, pieces, fried 2	58	163	40	39.5	0.9	0.2	1.5
FR5 – 3	Talo falai 3	Taro, pieces, fried 3	117	330	81	79.6	1.8	0.4	2.9
FR5 – 4	Talo falai 4	Taro, pieces, fried 4	191	538	132	129.9	3.0	0.7	4.8

FR6: Taro, pieces, baked (Talo tao)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FR6 – 1	Talo tao 1	Taro, pieces, baked 1	85	409	97	55.3	1.1	0.3	2.6
FR6 – 2	Talo tao 2	Taro, pieces, baked 2	198	953	225	128.9	2.6	0.6	6.1
FR6 – 3	Talo tao 3	Taro, pieces, baked 3	290	1,396	330	188.8	3.8	0.9	9.0
FR6 – 4	Talo tao 4	Taro, pieces, baked 4	360	1,733	409	234.4	4.7	1.1	11.2

FR7: Umu, types (Umu talo, fa'i, ulu)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FR7 – 1	Umu talo, fa'i, ulu 1	Umu, types 1	382	1,809	427	259.8	8.8	0.4	7.6
FR7 – 2	Umu talo, fa'i, ulu 2	Umu, types 2	506	2,396	565	344.1	11.6	0.5	10.1
FR7 – 3	Umu talo, fa'i, ulu 3	Umu, types 3	242	966	240	128.3	5.8	0.5	1.7
FR7 – 4	Umu talo, fa'i, ulu 4	Umu, types 4	732	2,782	658	567.3	9.5	5.5	18.3

FR8: Breadfruit, pieces, baked (Umu ulu ua uma ona vaevae)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
FR8 – 1	Umu ulu ua uma ona vaevae 1	Breadfruit, pieces, baked 1	76	289	68	58.9	1.0	0.6	1.9
FR8 – 2	Umu ulu ua uma ona vaevae 2	Breadfruit, pieces, baked 2	139	528	125	107.7	1.8	1.0	3.5
FR8 – 3	Umu ulu ua uma ona vaevae 3	Breadfruit, pieces, baked 3	186	707	167	144.2	2.4	1.4	4.7
FR8 – 4	Umu ulu ua uma ona vaevae 4	Breadfruit, pieces, baked 4	239	908	215	185.2	3.1	1.8	6.0

SN1: Cheese toast (Falaoa Pa'anunu ma le sisi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN1 – 2	Falaoa Pa'anunu ma le sisi 2	Cheese toast 2	54	1,025	245	7.2	6.2	12.4	1.2
SN1 – 3	Falaoa Pa'anunu ma le sisi 3	Cheese toast 3	105	1,992	476	14.0	12.0	24.0	2.4
SN1 – 4	Falaoa Pa'anunu ma le sisi 4	Cheese toast 4	165	3,131	748	21.9	18.8	37.8	3.8
SN1 – 5	Falaoa Pa'anunu ma le sisi 5	Cheese toast 5	189	3,586	857	25.1	21.5	43.3	4.3

SN2: Biscuit with corned beef (Masi ma le pisupo)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN2 – 1	Masi ma le pisupo 1	Biscuit with corned beef 1		0	0	0.0	0.0	0.0	0.0
SN2 – 2	Masi ma le pisupo 2	Biscuit with corned beef 2		0	0	0.0	0.0	0.0	0.0
SN2 – 3	Masi ma le pisupo 3	Biscuit with corned beef 3		0	0	0.0	0.0	0.0	0.0

SN3: Snack types 1 (Meaai mama 1 e pei o pai, samosa, cupcake ma isi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN3 – 1 (A)	Meaai mama 1 e pei o pai, samosa, cupcake ma isi – 1 A	Snack types 1 – 1 A	104	1,377	328	36.6	4.3	14.7	2.0
SN3 – 1 (B)	Meaai mama 1 e pei o pai, samosa, cupcake ma isi – 1 B	Snack types 1 – 1 B	227	3,005	717	79.8	9.4	32.1	4.3
SN3 – 2	Meaai mama 1 e pei o pai, samosa, cupcake ma isi – 2	Snack types 1 – 2	110	1,350	321	18.5	10.8	10.6	3.2
SN3 – 3	Meaai mama 1 e pei o pai, samosa, cupcake ma isi – 3	Snack types 1 – 3	103	1,264	301	17.3	10.1	9.9	3.0
SN3 – 4	Meaai mama 1 e pei o pai, samosa, cupcake ma isi – 4	Snack types 1 – 4	159	765	187	102.5	9.3	8.5	0.5
SN3 – 5	Meaai mama 1 e pei o pai, samosa, cupcake ma isi – 5	Snack types 1 – 5	200	2,455	584	33.6	19.6	19.2	5.8
SN3 – 6 (A)	Meaai mama 1 e pei o pai, samosa, cupcake ma isi – 6 A	Snack types 1 – 6 A	254	2,212	530	152.8	27.9	30.1	0.8
SN3 – 6 (B)	Meaai mama 1 e pei o pai, samosa, cupcake ma isi – 6 B	Snack types 1 – 6 B	383	3,530	842	219.0	64.6	39.4	1.3

SN4: Snack types 2 (Meaai mama 2 pei o keke puaa, sosisi ma isi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN4 – 1	Meaai mama 2 pei o keke puaa, sosisi ma isi – 1	Snack types 2 – 1	84	1,020	245	35.3	6.7	14.9	1.1
SN4 – 2	Meaai mama 2 pei o keke puaa, sosisi ma isi – 2	Snack types 2 – 2	63	495	118	37.5	4.5	4.3	0.9
SN4 – 3	Meaai mama 2 pei o keke puaa, sosisi ma isi – 3	Snack types 2 – 3	133	1,549	371	62.5	11.8	21.3	1.3
SN4 – 4 (A)	Meaai mama 2 pei o keke puaa, sosisi ma isi – 4 A	Snack types 2 – 4 A	98	1,190	285	41.2	7.8	17.3	1.3
SN4 – 4 (B)	Meaai mama 2 pei o keke puaa, sosisi ma isi – 4 B	Snack types 2 – 4 B	143	1,737	416	60.1	11.4	25.3	1.9
SN4 – 5 (A)	Meaai mama 2 pei o keke puaa, sosisi ma isi – 5 A	Snack types 2 – 5 A	189	2,146	514	87.9	18.3	28.7	2.8
SN4 – 5 (B)	Meaai mama 2 pei o keke puaa, sosisi ma isi – 5 B	Snack types 2 – 5 B	205	2,328	557	95.4	19.8	31.1	3.1
SN4 – 5 (C)	Meaai mama 2 pei o keke puaa, sosisi ma isi – 5 C	Snack types 2 – 5 C	191	2,169	519	88.9	18.5	29.0	2.9
SN4 – 6 (A)	Meaai mama 2 pei o keke puaa, sosisi ma isi – 6 A	Snack types 2 – 6 A	88	999	239	40.9	8.5	13.4	1.3
SN4 – 6 (B)	Meaai mama 2 pei o keke puaa, sosisi ma isi – 6 B	Snack types 2 – 6 B	77	869	208	35.6	7.4	11.6	1.1

SN5: Snack types 3 (Meaai mama 3 pei o faapapa, apa chips ma le palolo i le toast)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN5 – 1 (A)	Meaai mama 3 pei o faapapa, apa chips ma le palolo i le toast – 1 A	Snack types 3 – 1 A	45	990	238	1.4	2.9	14.4	5.4
SN5 – 1 (B)	Meaai mama 3 pei o faapapa, apa chips ma le palolo i le toast – 1 B	Snack types 3 – 1 B	150	4,004	967	3.0	37.7	79.2	9.3
SN5 – 2	Meaai mama 3 pei o faapapa, apa chips ma le palolo i le toast – 2	Snack types 3 – 2	252	4,152	992	55.3	5.3	49.4	7.7
SN5 – 3	Meaai mama 3 pei o faapapa, apa chips ma le palolo i le toast – 3	Snack types 3 – 3	252	4,152	992	55.3	5.3	49.4	7.7
SN5 – 4	Meaai mama 3 pei o faapapa, apa chips ma le palolo i le toast – 4	Snack types 3 – 4	238	1,417	343	130.1	28.8	9.6	7.0

SN6: Burger types (Burger soo se ituaiga, fries ma salati)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN6 – 1	Burger soo se ituaiga, fries ma salati 1	Burger types 1	297	2,917	693	150.0	59.4	22.8	2.1
SN6 – 2	Burger soo se ituaiga, fries ma salati 2	Burger types 2	374	4,160	994	178.8	51.0	49.7	4.5
SN6 – 3	Burger soo se ituaiga, fries ma salati 3	Burger types 3	403	4,482	1,071	192.6	54.9	53.6	4.8
SN6 – 4	Burger soo se ituaiga, fries ma salati 4	Burger types 4	410	5,186	1,239	131.1	58.3	58.9	16.4
SN6 – 5	Burger soo se ituaiga, fries ma salati 5	Burger types 5	370	4,680	1,119	118.3	52.6	53.2	14.8
SN6 – 6	Burger soo se ituaiga, fries ma salati 6	Burger types 6	410	5,202	1,243	164.4	58.7	59.0	16.9

SN7: Prawn rinds (Pa'u taliga)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN7 – 1	Pa'u taliga 1	Prawn rinds 1	12	220	52	1.6	0.9	2.1	0.7
SN7 – 2	Pa'u taliga 2	Prawn rinds 2	21	385	92	2.9	1.5	3.8	1.2
SN7 – 3	Pa'u taliga 3	Prawn rinds 3	42	769	183	5.7	3.0	7.5	2.4
SN7 – 4	Pa'u taliga 4	Prawn rinds 4	60	1,099	262	8.2	4.3	10.7	3.4

SN8: Peanuts (Pinati)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN8 – 1	Pinati 1	Peanuts 1	17	440	106	0.3	4.1	8.7	1.0
SN8 – 2	Pinati 2	Peanuts 2	35	921	222	0.7	8.7	18.2	2.1
SN8 – 3	Pinati 3	Peanuts 3	50	1,341	324	1.0	12.6	26.5	3.1
SN8 – 4	Pinati 4	Peanuts 4	65	1,722	416	1.3	16.2	34.1	4.0

SN9: Popcorn

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	"Energy (Kj)"	"Energy (kcal)"	"Protein (g)"	"Fats (g)"	"Fiber (g)"	"Carb. (g)"
SN9 – 1	Popcorn 1	Popcorn 1	19	370	88	0.7	1.3	3.8	1.2
SN9 – 2	Popcorn 1	Popcorn 1	43	837	200	1.6	3.0	8.6	2.7
SN9 – 3	Popcorn 1	Popcorn 1	60	1,167	279	2.2	4.2	12.1	3.8
SN9 – 4	Popcorn 4	Popcorn 4	87	1,693	404	3.2	6.1	17.5	5.5
SN9 – 5	Popcorn 5	Popcorn 5	53	1,031	246	1.9	3.7	10.6	3.4
SN9 – 6	Popcorn 6	Popcorn 6	70	1,362	325	2.5	4.9	14.1	4.5

SN10: Sandwich types (Sanuisi ma cream bun)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN10 – 1	Sanuisi ma cream bun 1	Sandwich, types 1	70	1,328	317	9.3	8.0	16.0	1.6
SN10 – 2	Sanuisi ma cream bun 2	Sandwich, types 2	126	989	234	67.2	6.8	3.5	3.1
SN10 – 3	Sanuisi ma cream bun 3	Sandwich, types 3	225	2,203	527	118.6	23.2	26.6	6.3
SN10 – 4	Sanuisi ma cream bun 4	Sandwich, types 4	210	3,985	952	27.9	23.9	48.1	4.8
SN10 – 5 (A)	Sanuisi ma cream bun 5 – A	Sandwich, types 5 – A	98	998	238	45.4	11.6	8.8	2.8
SN10 – 5 (B)	Sanuisi ma cream bun 5 – B	Sandwich, types 5 – B	100	1,019	243	46.3	11.8	9.0	2.8
SN10 – 6 (A)	Sanuisi ma cream bun 6 – A	Sandwich, types 6 – A	180	1,834	437	83.4	21.2	16.2	5.1
SN10 – 6 (B)	Sanuisi ma cream bun 6 – B	Sandwich, types 6 – B	122	1,243	296	56.5	14.4	11.0	3.4
SN10 – 6 (C)	Sanuisi ma cream bun 6 – C	Sandwich, types 6 – C	183	1,864	444	84.8	21.6	16.4	5.1

SN11: Extruded snacks 1 (Tuisi 1)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN11 – 1 (A)	Tuisi 1 – 1 A	Extruded snacks 1 – 1 A	20	424	101	0.0	1.3	5.0	0.0
SN11 – 1 (B)	Tuisi 1 – 1 B	Extruded snacks 1 – 1 B	20	434	104	0.0	1.0	6.0	1.0
SN11 – 2	Tuisi 1 – 2	Extruded snacks 1 – 2	100	2,336	561	0.0	5.0	37.0	5.0
SN11 – 3 (A)	Tuisi 1 – 3 A	Extruded snacks 1 – 3 A	20	467	112	0.0	1.0	7.4	1.0
SN11 – 3 (B)	Tuisi 1 – 3 B	Extruded snacks 1 – 3 B	14	378	91	1.0	6.0	7.0	0.0
SN11 – 4	Tuisi 1 – 4	Extruded snacks 1 – 4	200	4,240	1,012	0.0	13.4	49.8	0.0
SN11 – 5	Tuisi 1 – 5	Extruded snacks 1 – 5	100	2,292	549	1.6	6.3	33.8	0.5
SN11 – 6	Tuisi 1 – 6	Extruded snacks 1 – 6	20	458	110	0.3	1.3	6.8	0.1

SN12: Extruded snacks 2 (Tuisi 2)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN12 – 1 (A)	Tuisi 2 – 1 A	Extruded snacks 2 – 1 A	20	679	163	0.0	2.0	11.0	0.0
SN12 – 1 (B)	Tuisi 2 – 1 B	Extruded snacks 2 – 1 B	42	937	225	1.4	0.9	13.5	2.0
SN12 – 2	Tuisi 2 – 2	Extruded snacks 2 – 2	14	256	61	1.9	1.0	2.5	0.8

SN12 – 3	Tuisi 2 – 3	Extruded snacks 2 – 3	70	1,366	326	0.0	0.0	15.0	0.0
SN12 – 4 (A)	Tuisi 2 – 4 A	Extruded snacks 2 – 4 A	60	1,872	454	4.0	9.0	46.0	0.0
SN12 – 4 (B)	Tuisi 2 – 4 B	Extruded snacks 2 – 4 B	100	2,207	529	0.0	10.7	28.6	7.1
SN12 – 5 (A)	Tuisi 2 – 5 A	Extruded snacks 2 – 5 A	60	1,450	348	0.0	4.0	20.0	8.0
SN12 – 5 (B)	Tuisi 2 – 5 B	Extruded snacks 2 – 5 B	56	1,353	325	0.0	3.7	18.7	7.5
SN12 – 6	Tuisi 2 – 6	Extruded snacks 2 – 6	60	1,450	348	0.0	4.0	20.0	8.0

SN13: Bongo

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SN13 – 1	Bongo 1	Bongo 1	21	445	106	0.0	1.4	5.2	0.0
SN13 – 2	Bongo 2	Bongo 2	43	912	218	0.0	2.9	10.7	0.0
SN13 – 3	Bongo 3	Bongo 3	67	1,420	339	0.0	4.5	16.7	0.0
SN13 – 4	Bongo 4	Bongo 4	88	1,865	445	0.0	5.9	21.9	0.0
SN13 – 5	Bongo 5	Bongo 5	111	2,353	562	0.0	7.4	27.6	0.0
SN13 – 6	Bongo 6	Bongo 6	134	2,841	678	0.0	9.0	33.4	0.0

SW1: Ice cream (Aisakulimi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SW1 – 1	Aisakulimi 1	Ice cream 1	131	383	94	94.1	1.7	2.7	1.0
SW1 – 2	Aisakulimi 2	Ice cream 2	169	846	201	121.7	2.2	6.1	0.0

SW2: Banana cake (Keke fai)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SW2 – 1	Keke fai 1	Banana cake 1	98	1,333	317	31.4	4.7	11.6	1.4
SW2 – 2	Keke fai 2	Banana cake 2	157	2,136	508	50.2	7.5	18.5	2.2
SW2 – 3	Keke fai 3	Banana cake 3	358	4,871	1,159	114.6	17.1	42.2	5.0
SW2 – 4	Keke fai 4	Banana cake 4	800	10,885	2,590	256.0	38.2	94.4	11.3

SW3: Chocolate cake (Keke sukalati)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SW3 – 1	Keke sukalati 1	Chocolate cake 1	130	2,067	492	22.1	6.1	19.4	1.4
SW3 – 2	Keke sukalati 2	Chocolate cake 2	241	3,833	913	41.0	11.3	35.9	2.7
SW3 – 3	Keke sukalati 3	Chocolate cake 3	300	4,771	1,136	51.0	14.1	44.7	3.3
SW3 – 4	Keke sukalati 4	Chocolate cake 4	719	11,434	2,723	122.2	33.8	107.1	7.9

SW4: Sweet pastry types 1 (Meaai suamalie 1 fai le falaoamata pei o tonati, pani popo ma keke)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SW4 – 1	Meaai suamalie fai le falaoamata pei o tonati, pani popo ma keke 1 – 1	Sweet pastry types 1 – 1	127	2,355	562	13.1	11.2	25.3	2.3
SW4 – 2	Meaai suamalie fai le falaoamata pei o tonati, pani popo ma keke 1 – 2	Sweet pastry types 1 – 2	68	1,261	301	7.0	6.0	13.5	1.2

SW6: Fruit pie, pineapple (Pai fala)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SW6 – 1	Pai fala – 1	Fruit pie, pineapple – 1	195	2,581	616	68.6	8.1	27.6	3.7
SW6 – 2	Pai fala – 2	Fruit pie, pineapple – 2	256	3,388	808	90.0	10.6	36.2	4.8
SW6 – 3	Pai fala – 3	Fruit pie, pineapple – 3	406	5,374	1,282	142.7	16.8	57.4	7.6
SW6 – 4	Pai fala – 4	Fruit pie, pineapple – 4	604	7,995	1,908	212.4	25.0	85.4	11.4

SW7: Samoan pudding (Puligi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SW7 – 1	Puligi 1	Samoan pudding – 1	121	1,776	423	49.9	5.4	18.4	1.5
SW7 – 2	Puligi 2	Samoan pudding – 2	225	3,302	787	92.8	10.0	34.1	2.8
SW7 – 3	Puligi 3	Samoan pudding – 3	442	6,486	1,547	182.3	19.7	67.0	5.4
SW7 – 4	Puligi 4	Samoan pudding – 4	480	7,044	1,679	197.9	21.4	72.8	5.9

SO1: Bowl noodles (Saimini)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SO1 – 1	Saimini 1	Bowl noodles 1	320	911	217	274.2	5.0	8.6	1.3
SO1 – 2	Saimini 2	Bowl noodles 2	320	911	217	274.2	5.0	8.6	1.3
SO1 – 3	Saimini 3	Bowl noodles 3	400	1,138	271	342.8	6.2	10.7	1.6

SO2: Wonton soup (Supo wonton)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SO2 – 1	Supo wonton 1	Wonton soup 1	156	212	50	142.3	3.2	0.4	0.3
SO2 – 2	Supo wonton 2	Wonton soup 2	254	345	81	231.6	5.3	0.7	0.5
SO2 – 3	Supo wonton 3	Wonton soup 3	359	488	115	327.4	7.5	0.9	0.7
SO2 – 4	Supo wonton 4	Wonton soup 4	598	812	192	545.4	12.4	1.6	1.2

SO3: Fish soup (Sua i'a)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SO3 – 1	Sua i'a 1	Fish soup 1	354	1,033	248	309.3	21.0	17.0	0.8
SO3 – 2	Sua i'a 2	Fish soup 2	619	1,807	434	540.8	36.8	29.7	1.4
SO3 – 3	Sua i'a 3	Fish soup 3	935	2,730	656	816.8	55.5	44.9	2.1
SO3 – 4	Sua i'a 4	Fish soup 4	1,095	3,197	768	956.6	65.0	52.6	2.4

SO4: Veggie soup (Supo Fualaa faisua)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SO4 – 1	Supo fualaa faisua 1	Veggie soup 1	90	154	37	77.8	1.4	0.6	1.6
SO4 – 2	Supo fualaa faisua 2	Veggie soup 2	204	349	83	176.3	3.1	1.4	3.7
SO4 – 3	Supo fualaa faisua 3	Veggie soup 3	309	529	126	267.0	4.6	2.2	5.6
SO4 – 4	Supo fualaa faisua 4	Veggie soup 4	424	726	173	366.3	6.4	3.0	7.6

SO5: Seafood chowder (Supo mea'ai sami)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SO5 – 1	Supo mea'ai sami 1	Seafood chowder 1	73	159	38	65.2	2.7	2.1	0.4
SO5 – 2	Supo mea'ai sami 2	Seafood chowder 2	110	239	57	98.3	4.1	3.2	0.7
SO5 – 3	Supo mea'ai sami 3	Seafood chowder 3	50	109	26	44.7	1.9	1.5	0.3
SO5 – 4	Supo mea'ai sami 4	Seafood chowder 4	258	560	134	230.5	9.6	7.5	1.5

SO6: Chicken Samoan soup (Supo moa Samoa)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SO6 – 1	Supo moa samoa 1	Chicken Samoan soup 1	105	1,021	241	191.7	13.8	4.0	0.9
SO6 – 2	Supo moa samoa 2	Chicken Samoan soup 2	311	1,200	286	567.9	40.9	11.9	2.6
SO6 – 3	Supo moa samoa 3	Chicken Samoan soup 3	386	1,489	355	704.8	50.8	14.7	3.2
SO6 – 4	Supo moa samoa 4	Chicken Samoan soup 4	491	1,894	452	896.5	64.6	18.7	4.1

SO7: Beef soup (Supo povi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
SO7 – 1	Supo povi 1	Beef soup 1	90	301	72	73.6	4.9	3.5	1.3
SO7 – 2	Supo povi 2	Beef soup 2	202	675	161	165.2	10.9	7.9	2.8
SO7 – 3	Supo povi 3	Beef soup 3	318	1,062	254	260.1	17.2	12.4	4.5
SO7 – 4	Supo povi 4	Beef soup 4	415	1,386	332	339.5	22.4	16.2	5.8

CO1: Combo barbecue (Combo bbq)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO1 – 1	Combo BBQ 1	Combo – Barbecue 1	179	988	236	129.6	34.8	10.0	1.0
CO1 – 2	Combo BBQ 2	Combo – Barbecue 2	200	1,104	263	144.8	38.9	11.1	1.1
CO1 – 3	Combo BBQ 3	Combo – Barbecue 3	280	1,546	369	202.7	54.4	15.6	1.5
CO1 – 4	Combo BBQ 4	Combo – Barbecue 4	275	1,518	362	199.1	53.5	15.3	1.5
CO1 – 5	Combo BBQ 5	Combo – Barbecue 5	390	2,153	513	282.4	75.8	21.7	2.1
CO1 – 6	Combo BBQ 6	Combo – Barbecue 6	570	3,147	750	412.7	110.8	31.7	3.0

CO2: Combo – Fried foods with fries (Combo – Mea'ai falaai pei o fries, moa, l'a ma isi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO2 – 1	Combo – Mea'ai falaai pei o fries, moa, l'a ma isi 1	Combo – Fried foods with fries 1	407	5,510	1,322	166.5	71.0	79.3	15.8
CO2 – 2	Combo – Mea'ai falaai pei o fries, moa, l'a ma isi 2	Combo – Fried foods with fries 2	594	6,638	1,590	300.8	114.1	92.6	7.7
CO2 – 3	Combo – Mea'ai falaai pei o fries, moa, l'a ma isi 3	Combo – Fried foods with fries 3	412	5,214	1,265	132.9	48.4	84.9	19.5

CO2 – 4	Combo – Mea'ai falaai pei o fries, moa, l'a ma isi 4	Combo – Fried foods with fries 4	580	8,960	2,150	175.1	58.7	126.4	40.4
CO2 – 5	Combo – Mea'ai falaai pei o fries, moa, l'a ma isi 5	Combo – Fried foods with fries 5	578	8,967	2,154	187.7	67.0	137.8	34.3
CO2 – 6	Combo – Mea'ai falaai pei o fries, moa, l'a ma isi 6	Combo – Fried foods with fries 6	365	3,873	928	200.5	40.8	55.4	5.3

CO3: Combo – Mixed foods 1 (Combo – Mea'ai fefiloi 1)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO3 – 1	Combo – mea'ai fefiloi 1 – 1	Combo – mixed foods 1 – 1	632	5,526	1,322	386.5	162.9	74.5	0.0
CO3 – 2	Combo – mea'ai fefiloi 1 – 2	Combo – mixed foods 1 – 2	341	2,708	650	215.9	24.6	41.0	3.8
CO3 – 3	Combo – mea'ai fefiloi 1 – 3	Combo – mixed foods 1 – 3	243	3,601	865	86.7	41.7	54.3	10.4
CO3 – 4	Combo – mea'ai fefiloi 1 – 4	Combo – mixed foods 1 – 4	216	2,457	587	95.3	33.2	28.7	2.5
CO3 – 5	Combo – mea'ai fefiloi 1 – 5	Combo – mixed foods 1 – 5	365	5,381	1,290	117.7	42.9	75.2	17.2
CO3 – 6	Combo – mea'ai fefiloi 1 – 6	Combo – mixed foods 1 – 6	303	3,254	776	128.3	23.5	33.4	3.9

CO4: Combo – Mixed foods 2 (Combo – Mea'ai fefiloi 2)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO4 – 1	Combo – mea'ai fefiloi 2 – 1	Combo – mixed foods 2 – 1	400	2,717	645	259.7	71.2	20.2	0.7
CO4 – 2	Combo – mea'ai fefiloi 2 – 2	Combo – mixed foods 2 – 2	509	4,213	1,020	276.9	64.2	65.0	5.3
CO4 – 3	Combo – mea'ai fefiloi 2 – 3	Combo – mixed foods 2 – 3	565	5,556	1,331	305.3	74.0	77.0	5.4
CO4 – 4	Combo – mea'ai fefiloi 2 – 4	Combo – mixed foods 2 – 4	404	3,362	802	244.4	57.4	36.6	1.6
CO4 – 5	Combo – mea'ai fefiloi 2 – 5	Combo – mixed foods 2 – 5	554	4,124	981	336.6	45.9	34.9	1.5
CO4 – 6	Combo – mea'ai fefiloi 2 – 6	Combo – mixed foods 2 – 6	550	5,876	1,401	236.8	45.9	61.6	6.6

CO5: Combo – Food with rice (Combo – Mea'ai fefiloi ma araisa)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO5 – 1	Combo – mea'ai fefiloi ma araisa 1	Combo – food with rice 1	500	2,732	664	323.0	37.2	35.4	3.2
CO5 – 2	Combo – mea'ai fefiloi ma araisa 2	Combo – food with rice 2	416	2,550	605	270.4	47.0	13.3	7.1
CO5 – 3	Combo – mea'ai fefiloi ma araisa 3	Combo – food with rice 3	456	2,725	650	319.4	37.1	29.8	3.8
CO5 – 4	Combo – mea'ai fefiloi ma araisa 4	Combo – food with rice 4	309	2,848	680	176.7	52.1	31.8	1.1

CO5 – 5	Combo – mea'ai fefiloi ma araisa 5	Combo – food with rice 5	389	2,512	599	267.3	41.2	25.0	0.9
CO5 – 6	Combo – mea'ai fefiloi ma araisa 6	Combo – food with rice 6	554	4,830	1,153	337.6	54.3	55.0	2.7

CO6: Coconut bread in sweet coconut caramel sauce (Faausi esi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO6 – 1	Faausi esi 1	Coconut bread in sweet coconut caramel sauce 1	116	1,677	400	48.3	4.6	17.3	2.3
CO6 – 2	Faausi esi 2	Coconut bread in sweet coconut caramel sauce 2	252	3,643	869	104.8	9.9	37.5	5.1
CO6 – 3	Faausi esi 3	Coconut bread in sweet coconut caramel sauce 3	389	5,624	1,341	161.8	15.3	57.9	7.9
CO6 – 4	Faausi esi 4	Coconut bread in sweet coconut caramel sauce 4	525	7,591	1,810	218.4	20.6	78.1	10.6

CO7: Cocoa rice (Koko araisa)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO7 – 1	Koko araisa 1	Cocoa rice 1	58	399	95	36.9	1.3	2.5	0.3
CO7 – 2	Koko araisa 2	Cocoa rice 2	174	1,198	284	110.6	3.8	7.5	0.8
CO7 – 3	Koko araisa 3	Cocoa rice 3	419	2,886	685	266.4	9.1	18.1	1.9
CO7 – 4	Koko araisa 4	Cocoa rice 4	602	4,146	984	382.7	13.1	26.0	2.8

CO8: Cocoa papaya (Koko esi)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO8 – 1	Koko esi 1	Cocoa papaya 1	76	397	94	52.8	0.8	2.1	1.1
CO8 – 2	Koko esi 2	Cocoa papaya 2	177	925	219	123.0	1.9	4.8	2.5
CO8 – 3	Koko esi 3	Cocoa papaya 3	335	1,751	415	232.8	3.7	9.2	4.7
CO8 – 4	Koko esi 4	Cocoa papaya 4	515	2,692	638	357.8	5.6	14.1	7.2

CO9: Palusami (Lu'au)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO9 – 1	Palusami (Lu'au)	Coconut cream with onion cooked in taro leaves	111	862	208	95.7	8.6	17.5	1.0

CO10: Pasta with chicken Alfredo (Pasta fai le moa)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO10 – 1	Pasta fai le moa 1	Pasta with chicken alfredo 1	87	768	184	52.0	5.0	11.7	1.2
CO10 – 2	Pasta fai le moa 2	Pasta with chicken alfredo 2	185	1,633	392	110.6	10.5	24.8	2.6
CO10 – 3	Pasta fai le moa 3	Pasta with chicken alfredo 3	317	2,798	671	189.6	18.1	42.5	4.4
CO10 – 4	Pasta fai le moa 4	Pasta with chicken alfredo 4	418	3,690	885	250.0	23.8	56.0	5.9

CO10 – 5	Pasta fai le moa 5	Pasta with chicken alfredo 5	533	4,705	1,129	318.7	30.4	71.4	7.5
CO10 – 6	Pasta fai le moa 6	Pasta with chicken alfredo 6	647	5,711	1,370	386.9	36.9	86.7	9.1

CO11: Pizza 1

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO11 – 1	Pizza 1 – 1	Pizza 1 – 1	78	764	182	38.0	9.7	7.3	1.5
CO11 – 2	Pizza 1 – 2	Pizza 1 – 2	226	2,214	528	110.1	28.0	21.0	4.3
CO11 – 3	Pizza 1 – 3	Pizza 1 – 3	349	3,420	815	170.0	43.3	32.5	6.6
CO11 – 4	Pizza 1 – 4	Pizza 1 – 4	640	6,271	1,494	311.7	79.4	59.5	12.2

CO12: Pizza 2

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO12 – 1	Pizza 2 – 1	Pizza 2 – 1	84	975	233	35.7	12.1	10.5	1.3
CO12 – 2	Pizza 2 – 2	Pizza 2 – 2	238	2,762	659	101.2	34.3	29.8	3.8
CO12 – 3	Pizza 2 – 3	Pizza 2 – 3	404	4,688	1,119	171.7	58.2	50.5	6.5
CO12 – 4	Pizza 2 – 4	Pizza 2 – 4	636	7,380	1,761	270.3	91.6	79.5	10.2

CO13: Tuna pasta salad (Tuna pasta ma salati)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO13 – 1	Tuna pasta ma salati 1	Tuna pasta salad 1	55	464	111	33.9	3.7	5.4	0.7
CO13 – 2	Tuna pasta ma salati 2	Tuna pasta salad 2	167	1,410	337	103.1	11.2	16.5	2.0
CO13 – 3	Tuna pasta ma salati 3	Tuna pasta salad 3	291	2,457	587	179.6	19.5	28.8	3.5
CO13 – 4	Tuna pasta ma salati 4	Tuna pasta salad 4	394	3,327	795	243.1	26.4	39.0	4.7

CO14: Samoan coconut tapioca porridge (Vaisalo)

Code in the atlas	Food name in Samoan	Food name in English	Weight (g)	Energy (Kj)	Energy (kcal)	Protein (g)	Fats (g)	Fiber (g)	Carb. (g)
CO14 – 1	Vaisalo 1	Samoan coconut tapioca porridge 1	101	887	214	77.3	1.8	15.7	2.0
CO14 – 2	Vaisalo 2	Samoan coconut tapioca porridge 2	181	1,590	383	138.5	3.2	28.2	3.5
CO14 – 3	Vaisalo 3	Samoan coconut tapioca porridge 3	286	2,513	605	218.8	5.1	44.6	5.6
CO14 – 4	Vaisalo 4	Samoan coconut tapioca porridge 4	499	4,384	1,056	381.8	8.9	77.8	9.8

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