

How to choose... STOCK

Per cup liquid/made up - sorted by sodium content within type of stock

QUICK CHECK

- Look for low salt
- Choose the flavour you like the best
- Consider diluting stock with water

Brand	pack size	cups stock per pack	Price per cup stock	Energy kJ	Sodium mg	First 3 ingredients
Powders/cubes:						
Maggi Garlic 	92g	18	\$0.15	70	325	Garlic purée, parsley, onion purée
Continental Beef - salt reduced 	125g	24	\$0.08	61	560	Maltodextrin, salt, sugar
Maggi Vegetable 	95g	19	\$0.12	55	710	Vegetables, salt, sugar
Maggi Stock Stick Beef 	10 sachets	10	\$0.30	50	780	Salt, maltodextrin, onion puree
Oxo Chicken 	12 cubes	12	\$0.17	66	945	Chicken stock (70%) (water, chicken, chicken fat), wheatflour, salt
Liquid stocks:						
Essential Cuisine Chicken 	250ml	1	\$3.65	195	192	Chicken, water
Vegeta Chilli stock 	1 Litre	4	\$0.75	90	415	Water, soy sauce, salt
Campbell's Real Stock Chicken - salt reduced 	500ml	2	\$1.15	125	640	Chicken stock (91%) (water, chicken, herb extracts), water, glucose
Campbell's Real Stock Fish 	375ml	1.5	\$1.31	53	725	Fish stock (87%) (water, codfish, shrimp), water, white wine
Continental Simply Stock Beef 	375ml	1.5	\$1.33	70	1080	Beef stock (98%), (water beef), salt, sugar
Continental Simply Stock Chicken 	375ml	1.5	\$1.33	65	1010	Chicken stock (98%), (water chicken) salt, sugar

Stocks purchased from New World College Hill, Auckland and Pak'nSave Albany, Auckland

(These examples were chosen to illustrate the types of products available – there are many more)

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