



Ready Reckoner of Common Samoan Foods



Pisupo (canned corned beef)

Pea-soo-poh

A very popular Samoan meat, commonly eaten with taro or white bread.

1 medium tin = 453g, 1 serve = 90g

	Per serve	Per 100g
Energy (kJ)	1035	1150
Protein (g)	20.8	23.1
Fat (g)	18.4	20.4
Carbohydrate (g)	0	0
Sodium (mg)	740	820

*Pacific Corned Beef: nutrition information panel



Povi Masima (corned beef)

Po-vee mass-ee-ma

Samoans traditionally buy brisket sold in large buckets covered in brine, which is then boiled with onion and cabbage.

1 cup, diced ≈ 135g

	Per cup	Per 100g
Energy (kJ)	1756	1301
Protein (g)	35	26
Fat (g)	32	23
Carbohydrate (g)	0	0
Sodium (mg)	1112	824

*PIFCT: beef, brisket, lean and fat, corned, boiled (p.54)



Mamoe (mutton flaps)

Mar-moy

Inexpensive Samoan meat staple from the fatty layer between the ribs and the skin of sheep. Very high in saturated fat.

1 flap ≈ 155g

	Per flap	Per 100g
Energy (kJ)	2162	1395
Protein (g)	35	22
Fat (g)	42	27
Carbohydrate (g)	0	0
Sodium (mg)	70	45

*PIFCT: Mutton flaps, lean (64%) and fat (36%), fried (p.60)



Si'usi'u pipi (turkey tails)

See-oo-see-oo pee-pee

The 'popes nose' (triangular fatty rear section) of the turkey. Often available in Samoan takeaway shops, deep fried.

1 tail ≈ 60g

	Per tail	Per 100g
Energy (kJ)	587	978
Protein (g)	16	26
Fat (g)	9	14
Carbohydrate (g)	0	0
Sodium (mg)	182	304

*PIFCT: Turkey tail, cooked (p.62)



Talo (taro)

Ta-llo

A starchy vegetable, similar to potato which is boiled, roasted or cooked in an *umu* (fire with hot rocks). The size of raw taro can vary greatly, weighing anywhere between 300g to over 1.3kg. The taro is often served cut in half, which can indicate a large portion size.

1 cup, boiled and sliced ≈ 135g

	Per cup	Per 100g
Energy (kJ)	680	504
Protein (g)	3	2
Fat (g)	neg	neg
Carbohydrate (g)	34	26
Sodium (mg)	8	6

*Average of values of available types



Fa'alifu talo (taro with coconut cream)

Far-lea-foo ta-llo

A very popular Samoan dish. Taro is boiled in coconut cream and onion.

1 cup ≈ 150g

	Per cup	Per 100g
Energy (kJ)	900	600
Protein (g)	3	2
Fat (g)	12	8
Carbohydrate (g)	22	14
Sodium (mg)	18	12

* FoodWorks: calculated from recipe



Fa'alifu fa'i (green bananas with coconut cream)

Far-lea-foo fye

Another very popular Samoan dish. Green bananas are like a starchy vegetable, rather than a sweet fruit. The bananas are baked and served with coconut cream.

1 banana ≈ 135g

	Per banana	Per 100g
Energy (kJ)	820	607
Protein (g)	2	1
Fat (g)	9	7
Carbohydrate (g)	29	22
Sodium (mg)	8	5

* PIFCT: banana, cooking, boiled, unsalted (p.2)

& Kara UHT Coconut Milk: nutrition information panel



Araisa (rice)

Aa-ray-sah

Rice is consumed with most meals, often alongside taro, sapaui, meat and bread.

1 cup = 216g

	Per cup	Per 100g
Energy (kJ)	1112	515
Protein (g)	5	2
Fat (g)	neg	neg
Carbohydrate (g)	61	28
Sodium (mg)	11	5

* PIFCT: rice, white, boiled (p.16)



Palusami/lu'au (coconut cream with onion cooked in taro leaves)

Pa-loo-sah-mee/lou-ow

Often available in Samoan take away shops. May have corned beef added. Cooked taro is dipped into the palusami to eat.

1 palusami ≈ 185g

	Per palusami	Per 100g
Energy (kJ)	1214	656
Protein (g)	1073	6
Fat (g)	23	13
Carbohydrate (g)	5	3
Sodium (mg)	6	3

* PIFCT: palusami, taro leaf and coconut cream (p.76)



Fa'ausi maukeni (caramelised pumpkin in coconut cream)

Fa-ah-oo-see maow-ken-ee

Boiled or baked pumpkin pieces in a sugar and coconut cream syrup, eaten at any time.

1 cup ≈ 260g

	Per cup	Per 100g
Energy (kJ)	1365	525
Protein (g)	5	2
Fat (g)	14	5
Carbohydrate (g)	47	18
Sodium (mg)	13	5

* FoodWorks: calculated from recipe



Sapasui (chop-suey)

Sup-soo-ee

A common Samoan noodle dish made with meat (beef, mutton flaps or chicken), vermicelli noodles, ginger and soy sauce.

1 cup ≈ 230g

	Per cup	Per 100g
Energy (kJ)	2436	1059
Protein (g)	44	19
Fat (g)	35	15
Carbohydrate (g)	22	10
Sodium (mg)	2551	1109

* FoodWorks: calculated from recipe



Kale (curry)

Kah-leh

A popular dinner for Samoans with many variations - mutton flaps, *mamoe* (lamb), *moa* (chicken). Served with white rice.

1 cup ≈ 240g

	Per cup	Per 100g
Energy (kJ)	2014	839
Protein (g)	24	10
Fat (g)	41	17
Carbohydrate (g)	5	2
Sodium (mg)	1488	620

* PIFCT: curry, chicken, without bones (p.77)



Salaki mea'ai sami (seafood salad)

Sah-lah-kee mee-aa-ai sah-mee

This salad is typically made with imitation crab meat and mayonnaise. Lettuce and tomato may be added.

1 cup ≈ 210g

	Per cup	Per 100g
Energy (kJ)	1902	906
Protein (g)	11	5
Fat (g)	32	15
Carbohydrate (g)	30	14
Sodium (mg)	1294	616

* FoodWorks: calculated from recipe



Salaki pateta (potato salad)

Sah-lah-kee pa-tet-a

This salad is typically made with potatoes and a generous amount of mayonnaise.

1 cup ≈ 260g

	Per cup	Per 100g
Energy (kJ)	1932	743
Protein (g)	5	2
Fat (g)	37	14
Carbohydrate (g)	24	9
Sodium (mg)	239	92

* FoodWorks: calculated from recipe



Paifala (half moon pineapple pie)

Pai-fa-lla

A popular Samoan pastry filled with fruit and custard, eaten at any time. Available from many Samoan take away shops.

1 pie ≈ 450g

	Per pie	Per 100g
Energy (kJ)	4362	969
Protein (g)	15	3
Fat (g)	30	7
Carbohydrate (g)	177	39
Sodium (mg)	1058	235

* FoodWorks: calculated from recipe



Panikeke (Samoan donuts)

Pan-ee-keh-keh

Very popular deep-fried donuts, often with banana or pineapple filling. Available from Samoan takeaway shops.

1 panikeke ≈ 55g

	Per panikeke	Per 100g
Energy (kJ)	1011	1838
Protein (g)	3	6
Fat (g)	12	22
Carbohydrate (g)	31	56
Sodium (mg)	527	958

* PIFCT: doughnut, home made (p.14)



Vaisalo (Samoan coconut tapioca porridge)

Vy-saa-llo

A cold coconut porridge made from tapioca, coconut cream and coconut juice.

1 cup ≈ 260g

	Per cup	Per 100g
Energy (kJ)	2842	1093
Protein (g)	4	2
Fat (g)	47	18
Carbohydrate (g)	61	23
Sodium (mg)	34	13

* FoodWorks: calculated from recipe



Koko araisa (cocoa rice)

Ko-ko aa-ray-sah

A sweet cocoa rice dish made from white rice, sugar, coconut cream, water and *Koko Samoa* (100% pure raw cocoa block). Popular for breakfast or as a sweet evening snack, but can be eaten at any time.

1 cup ≈ 240g

	Per cup	Per 100g
Energy (kJ)	1511	630
Protein (g)	6	3
Fat (g)	15	6
Carbohydrate (g)	56	23
Sodium (mg)	10	4

* FoodWorks: calculated from recipe



Koko Samoa (hot chocolate drink)

Ko-ko sao-mow-ah

A rich hot chocolate drink made by grating raw *Koko Samoa* into boiling water. A large amount of sugar is required to reduce the bitterness.

1 cup ≈ 250g

	Per cup	Per 100g
Energy (kJ)	611	244
Protein (g)	2	1
Fat (g)	5	2
Carbohydrate (g)	30	12
Sodium (mg)	<1	<1

* FoodWorks: calculated from recipe



Popo pe'epe'e (coconut cream)

Po-po peh-ee-peh-ee

A key ingredient in many traditional Samoan dishes.

1 pack = 500ml, 1 serve = 15ml, 1 cup ≈ 215g

	Per serve	Per 100mL
Energy (kJ)	155	1024
Protein (g)	<1	3
Fat (g)	3.8	25
Carbohydrate (g)	<1	2
Sodium (mg)	3	16

*Kara UHT Coconut Cream – nutrition information panel