Table 1: Test Results of Carbonated Drinks, Fruit Juice & Juice Drinks, Soya Beverages, and Lactic Acid Beverages (Ordinary Products)

<table>
<thead>
<tr>
<th>Sample Code</th>
<th>Brand Name</th>
<th>Volume (ml)</th>
<th>Sugars (g)</th>
<th>Sodium (mg)</th>
<th>TFA (g)</th>
<th>SFA (g)</th>
<th>Total Fat (g)</th>
<th>Protein (g)</th>
<th>CHO (g)</th>
<th>Energy (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>可口可樂汽水 Coca-Cola Coke</td>
<td>330</td>
<td>10</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>42</td>
</tr>
<tr>
<td>A2</td>
<td>百事可樂 PEPSI Cola</td>
<td>330</td>
<td>11</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>43</td>
</tr>
<tr>
<td>A3</td>
<td>玉泉思維味汽水 Schweppes Cream Soda</td>
<td>330</td>
<td>12</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>12</td>
<td>48</td>
</tr>
<tr>
<td>A4</td>
<td>新奇士橙汁汽水 Sunkist Sparkling Orange Juice Drink</td>
<td>345</td>
<td>11</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>Trace</td>
<td>0</td>
<td>11</td>
<td>47</td>
</tr>
<tr>
<td>A5</td>
<td>美年達橙味碳酸飲料 MIRINDA Orange Flavor</td>
<td>330</td>
<td>13</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0.3</td>
<td>0</td>
<td>13</td>
<td>57</td>
</tr>
<tr>
<td>A6</td>
<td>芬達橙味汽水 Fanta Orange Orange Flavoured</td>
<td>330</td>
<td>13</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td>55</td>
</tr>
<tr>
<td>A7</td>
<td>雪碧 Lemonade Sprite</td>
<td>360</td>
<td>13</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>14</td>
<td>59</td>
</tr>
<tr>
<td>A8</td>
<td>光泉檸檬乳飲品 Lipton Lemonade with Milk</td>
<td>350</td>
<td>13</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>14</td>
<td>59</td>
</tr>
</tbody>
</table>

**Nutrient Content per 100g of Beverage**

- **Sodium** (mg)
- **TFA** (g)
- **SFA** (g)
- **Total Fat** (g)
- **Protein** (g)
- **CHO** (g)
- **Energy** (kcal)

**Remarks**

- Density of the samples ranged from 1.00 grams per millilitre (g/ml) to 1.07g/ml. To facilitate the calculation of the nutrient content from the beverages, this study assumed that the density of the beverages was roughly equal to that of water, i.e. 100g of beverages was about 100ml.

- Samples were arranged in the order of increasing sugars content. When sugars content was the same, samples were arranged in the order of increasing energy content.

- a: Samples collected in this study included ordinary products and counterparts with nutrition claims on sugars and/or sugars related statement. Ordinary products with no counterparts would not have the letter "a" at the sample code; whereas those with counterparts would have the letter "a" (Table 4 and/or Table 5 listed the test results of the counterpart beverages).

- Volume as declared on the product label.

- The content of sugars, sodium, trans fatty acids (TFA), saturated fatty acids (SFA), total fat, protein, carbohydrates, and energy presented in the table was calculated as per 100g edible portion of food. Use this formula to convert the nutrient content from per 100g to per package: Nutrient content per package of sample = Nutrient content listed in the table x Volume ÷ 100, e.g. Sugars content per package of #A1 = 10 x 330 ÷ 100 = 33g.

- Trace: Tested values below the limit of detection but above the limit of quantification. In each 100g of beverages, the content of sodium, total fat, and protein were between 2 milligrams (mg) to 5mg, 0.1g to 0.3g, and 0.1g to 0.3g, respectively.

- Sum of fructose, glucose, galactose, sucrose, maltose and lactose. The World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) recommended intake of free sugars should be limited to less than 10% of daily energy intake. For example, an individual with daily energy intake of 2,000kcal should limit the intake of free sugars to less than 200g per day.

- Including SFA, TFA, monounsaturated fatty acids, polyunsaturated fatty acids, phospholipids, sterol, etc.. WHO/FAO recommended the intake of total fat should be 15-30% of daily energy intake. For example, an individual with daily energy intake of 2,000kcal should consume about 300g carbohydrates per day.

- WHO/FAO recommended the intake of protein should be 10-15% of daily energy intake. For example, an individual with daily energy intake of 2,000kcal should consume about 60g protein per day.

- WHO/FAO recommended the intake of carbohydrates (CHO) should be 55-75% of daily energy intake. For example, an individual with daily energy intake of 2,000kcal should consume about 300g carbohydrates per day.

- Estimation of energy requirements for individuals takes account of age, gender, body weight and activity level. For those aged 18 to 49 years, weight 56kg with moderate activity level, women need about 2,000kcal per day whereas men need about 2,700kcal per day.
## Table 2: Test Results of Chocolate & Malt Drinks and Milk Tea & Coffee (Ordinary Products)

<table>
<thead>
<tr>
<th>Sample Code</th>
<th>Brand Name</th>
<th>Volume Or Weight</th>
<th>Nutrient Content per 100g of Beverage / Powder Mix* OR per 100ml of Beverage Prepared from Powder Mix</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sugars (g)</td>
</tr>
<tr>
<td>E1</td>
<td>Cadbury Hot Chocolate Drink 3 in 1 Cocoa Mix</td>
<td>450g</td>
<td>53</td>
</tr>
<tr>
<td>E2</td>
<td>Nestlé Carnation Rich Chocolate Hot Cocoa Mix</td>
<td>250g</td>
<td>67</td>
</tr>
<tr>
<td></td>
<td>Nestlé MILO Nutritional Chocolate Malted Powder Drink</td>
<td>300g</td>
<td>56</td>
</tr>
<tr>
<td></td>
<td>Horlicks 3 in 1 Instant Nutritious Malted Drink</td>
<td>28g</td>
<td>56</td>
</tr>
<tr>
<td></td>
<td>Ovaline 3 in 1 Nutritional Malted Drink</td>
<td>30g</td>
<td>63</td>
</tr>
<tr>
<td></td>
<td>TW Milk Tea</td>
<td>250ml</td>
<td>6.9</td>
</tr>
<tr>
<td></td>
<td>Kirin Afternoon Tea Milk Tea</td>
<td>500ml</td>
<td>7.1</td>
</tr>
<tr>
<td>F1</td>
<td>Nestlé Milk Tea Beverage (Silky Smooth)</td>
<td>250ml</td>
<td>7.1</td>
</tr>
<tr>
<td>F2</td>
<td>NESCAFÉ® (Regular)</td>
<td>250ml</td>
<td>6.4</td>
</tr>
<tr>
<td>F3</td>
<td>MR. BROWN Blue Mountain Blend Coffee</td>
<td>240ml</td>
<td>6.6</td>
</tr>
<tr>
<td>F4</td>
<td>STARBUCKS COFFEE Frappuccino Coffee Drink</td>
<td>281ml</td>
<td>10</td>
</tr>
<tr>
<td>F7a</td>
<td>Lipton 3 in 1 Milk Tea Gold</td>
<td>18.5g</td>
<td>49</td>
</tr>
<tr>
<td>F8a</td>
<td>DAI PAI DONG 3 in 1 Tea Mix Instant Milk Tea</td>
<td>17g</td>
<td>52</td>
</tr>
<tr>
<td>F9</td>
<td>TW All in One Milk Tea</td>
<td>14g</td>
<td>54</td>
</tr>
<tr>
<td>F10a</td>
<td>OLD TOWN White Coffee 3 in 1 (Classic)</td>
<td>40g</td>
<td>36</td>
</tr>
<tr>
<td>F11a</td>
<td>NESCAFÉ 1+2 Complete Coffee Mix (Original)</td>
<td>312g</td>
<td>52</td>
</tr>
<tr>
<td>F12a</td>
<td>Maxwell House Original Coffee 3 in 1</td>
<td>336g</td>
<td>53</td>
</tr>
</tbody>
</table>

### Remarks
- This study assumed that the density of ready-to-drink beverages was roughly equal to that of water, i.e. 100g of beverages was about 100ml. Details please refer to Table 1.
- Results were per 100ml of reconstituted beverages calculated according to the reconstitution instruction on product labels. Sample #F8a did not indicate the amount of water used for reconstitution; thus, the average amount of water used in other similar products, i.e. 150ml, was taken as a reference to reconstitute the product.
- Volume or weight as declared on the product label.
- Please refer to Table 1.

### Notes
- Refer to Table 1.
- [1], [2], [4] - [12] Please refer to Table 1.
## Table 3: Test Results of Other Tea & Herbal Drinks and Sports & Energy Drinks (Ordinary Products)

<table>
<thead>
<tr>
<th>Sample Code</th>
<th>Brand Name</th>
<th>Volume (ml)</th>
<th>Sugars (g)</th>
<th>Sodium (mg)</th>
<th>TFA (g)</th>
<th>SFA (g)</th>
<th>Total Fat (g)</th>
<th>Protein (g)</th>
<th>CHO (g)</th>
<th>Energy (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>[1][2]</td>
<td><strong>Other Tea &amp; Herbal Drink</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Lemon Tea</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G1</td>
<td>雀巢檸檬茶 NESTEA Lemon Tea</td>
<td>250</td>
<td>8.3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>Trace</td>
<td>0</td>
<td>8.8</td>
<td>36</td>
</tr>
<tr>
<td>G2</td>
<td>康師傅紅茶檸檬口味茶飲品 Mr. KON Ice Tea Lemon Flavor</td>
<td>490</td>
<td>9.3</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>Trace</td>
<td>0</td>
<td>9.8</td>
<td>41</td>
</tr>
<tr>
<td>G3a</td>
<td>陽光檸檬茶 Lemon Tea</td>
<td>250</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>Trace</td>
<td>0</td>
<td>13</td>
<td>56</td>
</tr>
<tr>
<td>G4a</td>
<td>雀巢檸檬茶飲品 VITA Lemon Tea Drink</td>
<td>250</td>
<td>13</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>Trace</td>
<td>0</td>
<td>14</td>
<td>56</td>
</tr>
<tr>
<td></td>
<td><strong>Green Tea with Honey</strong></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>G5</td>
<td>首選牌蜂蜜綠茶 FIRST CHOICE Honey Green Tea</td>
<td>500</td>
<td>3.0</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3.2</td>
<td>13</td>
</tr>
<tr>
<td>G6</td>
<td>道地綠茶(蜂蜜) Tao Ti Honey Green Tea</td>
<td>250</td>
<td>3.5</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3.6</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td><strong>Fruit-flavoured Tea</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G7</td>
<td>鴻福堂蘋果蔓越莓茶 HUNG FOOK TONG Apple Buckwheat Tea Drink</td>
<td>500</td>
<td>7.9</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>8.4</td>
<td>34</td>
</tr>
<tr>
<td>G8</td>
<td>雀巢清新點蜂蜜雪梨茶 NESTEA Honey Pear Tea</td>
<td>500</td>
<td>8.3</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>8.8</td>
<td>36</td>
</tr>
<tr>
<td>G9</td>
<td>Snapple Peach Tea</td>
<td>473</td>
<td>9.3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>Trace</td>
<td>0</td>
<td>9.8</td>
<td>40</td>
</tr>
<tr>
<td>G10</td>
<td>維他果然荔枝果香芒果茶飲品 VITA Gor Yin Hai Apple Mango Tea Drink</td>
<td>250</td>
<td>9.4</td>
<td>16</td>
<td>0</td>
<td>0</td>
<td>Trace</td>
<td>0</td>
<td>9.9</td>
<td>41</td>
</tr>
<tr>
<td></td>
<td><strong>Chrysanthemum Tea</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G11</td>
<td>Yeo's 菊花茶 Yeo's Chrysanthemum Tea</td>
<td>250</td>
<td>6.2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6.7</td>
<td>27</td>
</tr>
<tr>
<td>G12</td>
<td>陽光菊花茶 Chrysanthemum Tea</td>
<td>250</td>
<td>7.8</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>8.2</td>
<td>33</td>
</tr>
<tr>
<td>G13</td>
<td>維他菊花茶飲品 VITA Chrysanthemum Tea Drink</td>
<td>250</td>
<td>8.3</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>8.7</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td><strong>Sugar Cane Drink</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G14</td>
<td>鴻福堂竹蔗茅根 HUNG FOOK TONG Imperatae Cane Drink</td>
<td>500</td>
<td>5.8</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6.3</td>
<td>25</td>
</tr>
<tr>
<td>G15a</td>
<td>Yeo's 甘蔗水 Yeo's Sugar Cane Drink</td>
<td>250 (Carton)</td>
<td>6.1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6.3</td>
<td>26</td>
</tr>
<tr>
<td>G16</td>
<td>健康工房竹蔗茅根海底椰 HealthWorks Sugarcane, Rhizoma Imperatae and Sea Coconut Drink</td>
<td>500</td>
<td>6.3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6.5</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td><strong>Prunella vulgaris Beverage</strong></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G17</td>
<td>鴻福堂夏枯草 HUNG FOOK TONG Common Selfheal Fruit-Spike Drink</td>
<td>500</td>
<td>4.1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<td>18</td>
</tr>
<tr>
<td>G18a</td>
<td>健康工房夏枯草 HealthWorks Self-Heal Spike Drink</td>
<td>330 (Carton)</td>
<td>6.1</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6.6</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td><strong>Sports &amp; Energy Drink</strong></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Sports Drink</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H1</td>
<td>飛雪運動等滲補充飲品 Bonaqua BonActive Isotonic Replenishment Drink</td>
<td>500</td>
<td>4.4</td>
<td>20</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4.4</td>
<td>18</td>
</tr>
<tr>
<td>H2</td>
<td>寶礦力水電解質補充飲料 POCARI SWEAT ion Supply Drink</td>
<td>500</td>
<td>6.1</td>
<td>46</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6.5</td>
<td>26</td>
</tr>
<tr>
<td>H3</td>
<td>屈臣氏保動補冰口感運動飲品 watsons Iso-Tone Pure-Ice Sports Drink</td>
<td>500</td>
<td>6.1</td>
<td>38</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6.6</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td><strong>Energy Drink</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H4</td>
<td>葡萄糖異構糖能量飲品(原味) Lucozade Energy (Original)</td>
<td>300</td>
<td>9.7</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>18</td>
<td>72</td>
</tr>
</tbody>
</table>

**Remarks**

* and [1] - [12] Please refer to Table1.
## Table 4: Test Results of Samples with Nutrition Claims on Sugars

<table>
<thead>
<tr>
<th>Sample Code</th>
<th>Brand Name</th>
<th>Nutrition Claims on Sugars and/or Sugars Related Statement on the Label</th>
<th>Volume Or Weight</th>
<th>Nutrient Content per 100g of Beverage / Powder Mix OR per 100ml of Beverage Prepared from Powder Mix</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sugars (g)</td>
</tr>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td></td>
<td></td>
<td></td>
<td>(g)</td>
</tr>
<tr>
<td><img src="image2.png" alt="Image" /></td>
<td></td>
<td></td>
<td></td>
<td>(g)</td>
</tr>
</tbody>
</table>

### Samples with “No Sugars” Claim

#### Milk Tea & Coffee
- **F10b**
  - Milk Tea: **OLDTOWN White Coffee 2 in 1 (No Sugar Added)**
  - Volume: 250g (25g x 10 sachets) / 100ml drink contains about 13.9g powder mix
  - Sugars: No Sugar Added
  - **Nutrient Content:**
    - Sugars: 0.74
    - Sodium: 18
    - TFA: 0.17
    - SFA: 3.3
    - Total Fat: 3.6
    - Protein: 0.75
    - CHO: 8.2
    - Energy: 68

### Samples with “Low Sugars” Claim

#### Soya Beverage
- **C1bc**
  - **Soya Malted Soybean Milk (Low Sugar)**
  - Volume: 250ml
  - **Nutrient Content:**
    - Sugars: 4.8
    - Sodium: 46
    - TFA: 0.02
    - SFA: 1.3
    - Total Fat: 1.7
    - Protein: 6.9
    - CHO: 46

- **C2bc**
  - **Soya Soybean Milk (Low Sugar)**
  - Volume: 250ml
  - **Nutrient Content:**
    - Sugars: 4.7
    - Sodium: 27
    - TFA: 0.01
    - SFA: 0.32
    - Total Fat: 1.4
    - Protein: 1.9
    - CHO: 5.0

- **C4b**
  - **Soya Cold Fresh Low Sugar Soy Milk**
  - Volume: 946ml
  - **Nutrient Content:**
    - Sugars: 4.3
    - Sodium: 6
    - TFA: 0
    - SFA: 0.29
    - Total Fat: 1.9
    - Protein: 3.3
    - CHO: 5.1

- **C6b**
  - **PAK FOOK Fresh Soya Milk (Lite)**
  - Volume: 946ml
  - **Nutrient Content:**
    - Sugars: 4.6
    - Sodium: 0
    - TFA: 0
    - SFA: 0.45
    - Total Fat: 1.8
    - Protein: 2.9
    - CHO: 5.0

- **C7b**
  - **Tai Wo Soya Bean Milk (Low Sugar)**
  - Volume: 448ml
  - **Nutrient Content:**
    - Sugars: 5.5
    - Sodium: 9
    - TFA: 0
    - SFA: 0.15
    - Total Fat: 1.0
    - Protein: 1.6
    - CHO: 6.2

#### Lactic Acid Beverage
- **D1b**
  - **Dilute Black Tea (Light)**
  - Volume: 350ml
  - **Nutrient Content:**
    - Sugars: 11
    - Sodium: 9
    - TFA: 0.01
    - SFA: 0.34
    - Total Fat: 0.5
    - Protein: 0.7
    - CHO: 13
    - Energy: 59

#### Milk Tea & Coffee
- **F7b**
  - **Lipton 3 in 1 Tea Lite**
  - Volume: 10.9g x 10 sachets
  - **Nutrient Content:**
    - Sugars: 4.3
    - Sodium: 18
    - TFA: 0.024
    - SFA: 0.82
    - Total Fat: 0.96
    - Protein: 0.36
    - CHO: 6.6
    - Energy: 37

#### Other Tea & Herbal Drink
- **G15b**
  - **Yeo’s 甘蔗水 (Low Sugar)**
  - Volume: 330ml (Can)
  - **Nutrient Content:**
    - Sugars: 6.0
    - Sodium: 0
    - TFA: 0
    - SFA: 0
    - Total Fat: 0
    - Protein: 6.1
    - CHO: 25

- **G16b**
  - **HealthWorks Self-Heal Spike Drink**
  - Volume: 500ml (Bottle)
  - **Nutrient Content:**
    - Sugars: 6.2
    - Sodium: 0
    - TFA: 0
    - SFA: 0
    - Total Fat: 0
    - Protein: 6.6
    - CHO: 27
Table 5: Test Results of Samples with Sugars Related Statement

<table>
<thead>
<tr>
<th>Sample Code</th>
<th>Brand Name</th>
<th>Nutrient Content per 100g of Beverage / Powder Mix* OR per 100ml of Beverage Prepared from Powder Mix</th>
<th>Nutrient Claims on Sugars and/or Sugars Related Statement on the Label</th>
<th>Volume</th>
<th>Sugar</th>
<th>Sodium</th>
<th>TFA</th>
<th>SFA</th>
<th>Total Fat</th>
<th>Protein</th>
<th>CHO</th>
<th>Energy</th>
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<tr>
<td></td>
<td></td>
<td>(g)</td>
<td>(mg)</td>
<td>(g)</td>
<td>(g)</td>
<td>(g)</td>
<td>(g)</td>
<td>(g)</td>
<td>(g)</td>
<td>(kcal)</td>
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<tr>
<td>B9c</td>
<td>柠檬黑加仑子飲品(少甜) Ribena Blackcurrant Drink (Less Sweet)</td>
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<td>Trace</td>
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<td>9.7</td>
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<td>薇他奶麥精豆奶(低糖) vitasoy Malted Soyabean Milk (Low Sugar)</td>
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<td>27</td>
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<td>0.32</td>
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<td>1.9</td>
<td>5.0</td>
<td>40</td>
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<tr>
<td>F12c</td>
<td>夢斯威爾香醇低脂咖啡3合1(微甜) Maxwell House Reduced Sugar Low Fat Coffee Mix 3 in 1</td>
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<td>G3c</td>
<td>陽光檸檬茶(少甜) Lemon Tea (Less Sweet)</td>
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<td>F11c</td>
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</table>

**Remarks**

* This study assumed that the density of ready-to-drink beverages was roughly equal to that of water, i.e. 100g of beverages was about 100ml. Details please refer to Table 1.

**Results**

* Results were per 100ml of reconstituted beverages calculated according to the reconstitution instruction on product labels. Sample #F8c did not indicate the amount of water used for reconstitution; thus, the average amount of water used in other similar products, i.e. 150ml, was taken as a reference to reconstitute the product.

[1] Please refer to Table 4.

[2] b/c: Samples collected in this study included ordinary products and counterparts with nutrition claims on sugars and/or sugars related statement. Samples with the letter “c” were products with sugars related statement, which were the counterparts of the ordinary products (with the letter “a” in the sample code) and the test results were listed in Tables 1, 2 or 3.

[3] Volume or weight as declared on the product label.