

Table 1A: Test Results of All Foods

Sample No.	Shop name	Shop address	Food item	Nutrient content per 100g of Food [1]								Unit Weight (g) [10]
				TFA(g) [2]	SFA(g) [3]	Total fat (g) [4]	Sugars (g) [5]	Sodium (mg) [6]	Protein (g) [7]	CHO (g) [8]	Energy (kcal) [9]	
<b>Cake</b>												
<b>Swiss roll</b>												
1	聖安娜餅屋	新界沙田沙田廣場	全蛋瑞士卷	0.07	6.0	24	20	340	7.8	43	420	27 (1 piece)
2	美心西餅	新界荃灣萬景峯2期	迷你原味卷蛋	0.14	6.8	29	17	360	7.4	29	410	256 (1 whole)
3	東京麵包餅食	新界荃灣海濱花園	瑞士卷	0.21	5.2	18	11	160	7.6	39	340	226 (1 whole)
4	大班麵包西餅	九龍旺角彌敦道796號	雲呢拿瑞士卷	0.27	5.6	20	15	270	9.4	32	340	231 (1 whole)
5	迦南麵包西餅店	香港西環皇后大道西598號	瑞士卷	0.77	6.1	25	15	150	7.5	35	400	277 (1 whole)
<b>Cheese cake</b>												
6	山崎麵包	香港堅尼地城聯德大廈	法式芝士蛋糕	0.20	6.1	13	7.6	150	6.6	31	270	106 (1 piece)
7	百奇西餅面飽	香港西營盤正街62號	芝士蛋糕	0.31	8.8	18	15	210	9.6	24	300	494 (1 whole)
8	Starbucks	香港金鐘太古廣場	藍梅芝士蛋糕	0.41	11	22	16	220	5.8	20	300	167 (1 piece)
9	Pacific Coffee	九龍旺角新世紀廣場	紐約芝士蛋糕	0.49	12	25	21	230	6.5	28	360	132 (1 piece)
10	McCafé	九龍紅磡黃埔花園紫荊苑	紐約芝士蛋糕	0.58	15	27	16	240	6.4	21	350	143 (1 piece)
11	面包新語	九龍紅磡黃埔新天地奇趣坊	日本芝士蛋糕	0.65	13	25	12	140	7.3	18	320	169 (1/2 cake)
<b>Plain cake</b>												
12	快甜美麵包	新界大埔鴻發大樓	牛油蛋糕	0.29	9.0	27	25	440	7.7	46	450	424 (1 portion)
13	金士餅店	香港西營盤東邊街42號	牛油蛋糕	0.40	7.4	24	22	330	8.2	48	440	195 (1 portion)
14	超群	新界沙田第一城中心	牛油切餅	0.51	8.1	23	22	370	6.4	43	410	56 (1 piece)
15	貝施餅店	九龍碧街54號	迷你蛋糕	0.63	9.8	29	26	490	7.4	49	480	104 (1 portion)
16	皇爵麵包西餅	九龍深水埗桂林街117號	牛油蛋糕	0.68	12	29	26	360	6.2	50	480	15 (1 piece)
<b>Egg tart/ pie/ pastry</b>												
<b>Egg tart</b>												
17	蛋撻王	新界沙田禾輦商場	葡式酥皮蛋撻	0.04	5.9	21	9.7	35	5.4	24	310	71 (1 piece)
18	檀島咖啡餅店	香港灣仔軒尼詩道176-178號	酥皮蛋撻	0.05	6.4	22	13	55	5.5	30	340	79 (1 piece)
19	凱施餅店	九龍旺角旺角道36號	酥皮蛋撻	0.08	5.1	18	9.8	160	4.5	26	290	59 (1 piece)
20	聖安娜餅屋	香港上環信德中心	蛋撻	0.14	7.2	17	15	180	6.2	35	320	61 (1 piece)
21	肯德基	香港上環信德中心	瑪嘉烈葡撻	0.23	13	26	11	170	4.8	27	360	53 (1 piece)
22	泰昌餅家	九龍港鐵旺角東站	蛋撻	0.31	5.9	16	14	220	5.1	33	290	70 (1 piece)
23	澳門茶餐廳	香港上環信德中心	葡式蛋黃蛋撻	0.43	12	28	11	220	5.5	24	380	62 (1 piece)
24	美心西餅	香港港鐵香港站	蛋撻	0.44	6.2	18	17	110	5.6	36	330	64 (1 piece)
<b>Chicken pie</b>												
25	批&撻專門店	九龍港鐵九龍灣站	雞批	0.20	7.5	19	4.4	310	5.4	39	350	176 (1 piece)
26	金鳳茶餐廳	香港灣仔春園街41號	雞批	0.25	8.1	21	6.0	360	7.1	40	380	82 (1 piece)
27	新華茶餐廳	九龍長沙灣青山道334號	雞批	0.32	5.5	16	2.8	430	9.4	32	310	122 (1 piece)
28	金華冰廳	九龍旺角弼街47號	雞批	0.35	6.1	19	7.3	330	9.3	41	370	136 (1 piece)
29	東海堂	新界大埔昌運中心	小型雞批	0.36	7.5	22	3.4	320	8.8	34	370	97 (1 piece)
<b>Croissant</b>												
30	City Super (Little Mermaid Bakery)	香港中環國際金融中心	牛角酥	0.29	11	28	2.1	500	8.4	40	450	37 (1 piece)
31	Pret A Manger	香港港鐵中環站	法國原味牛角酥	0.31	16	26	4.0	440	8.7	43	440	64 (1 piece)
32	馥軒麵包西餅	九龍長沙灣元州商場	牛角酥(中)	0.83	5.9	22	2.8	410	7.1	43	400	68 (1 piece)
33	Délices	新界荃灣荃錦中心	牛角酥	0.99	13	24	3.1	440	9.7	44	430	51 (1 piece)
34	A1 Bakery & Café	新界荃灣千色店	牛角酥	1.1	17	32	2.1	420	7.7	43	490	46 (1 piece)
<b>Wife cake</b>												
35	榮華	新界沙田沙田廣場	老婆餅	0	6.0	18	20	60	3.7	55	400	77 (1 piece)
36	恆香老餅家	香港銅鑼灣崇光百貨	老婆餅	0.03	4.6	18	9.8	3.8	2.7	58	400	71 (1 piece)
37	泰昌餅家	新界荃灣荃新天地	老婆餅	0.11	5.2	21	9.5	39	4.3	51	410	79 (1 piece)
38	大井麵包餅店	香港小西灣小西灣商場	老婆餅	0.31	8.9	28	8.7	17	4.5	52	480	44 (1 piece)
39	大同老餅家	新界港鐵沙田站	老婆餅	0.38	6.0	26	19	2.4	3.1	47	440	86 (1 piece)
<b>Tuna/ curry puff pastry</b>												
40	批&撻專門店	新界港鐵天水圍站	迷你咖喱牛肉酥	0.37	14	29	5.3	420	6.7	37	430	25 (1 piece)
41	百事吉餅店	香港灣仔灣仔道67號	咖喱牛肉酥	0.63	15	29	4.0	380	8.0	29	410	69 (1 piece)
42	OK便利店	九龍碧街50及52號	香酥吞拿魚條	0.65	7.2	19	5.2	560	11	28	330	86 (1 piece)
43	多多麵包西餅	九龍美孚老匯街65號	咖喱角	0.91	14	32	2.8	390	7.1	30	440	79 (1 piece)
44	東海堂	新界天水圍嘉湖銀座二期	火腿吞拿丹麥酥	0.92	6.2	21	4.1	640	9.8	29	340	99 (1 piece)



Table 1B: Test Results of All Foods

Sample No.	Shop name	Shop address	Food item	Nutrient content per 100g of Food [1]								Unit Weight (g) [10]
				TFA(g) [2]	SFA(g) [3]	Total fat (g) [4]	Sugars (g) [5]	Sodium (mg) [6]	Protein (g) [7]	CHO (g) [8]	Energy (kcal) [9]	
<b>Bread</b>												
Cream-filled bun with shredded coconut												
45	金雅餅店	新界沙田好運中心楓林閣	椰絲奶油包	0.04	4.9	13	13	150	7.8	51	360	83 (1 piece)
46	文華冰廳	九龍旺角西洋菜街204號	椰絲奶油包	0.14	5.6	15	11	120	9.0	46	360	105 (1 piece)
47	飽餅皇	九龍紅磡德民街36號	椰絲奶油包	0.33	10	26	12	290	6.4	39	420	109 (1 piece)
48	凱旋餅店	香港西環皇后大道西425Q號	椰絲奶油包	0.36	7.0	15	11	220	7.9	48	360	81 (1 piece)
49	生命物	香港西環皇后大道西425R號	椰絲奶油包	0.48	5.8	18	14	210	7.6	48	380	78 (1 piece)
50	奇華餅家	九龍紅磡黃埔花園聚寶坊	奶油包	0.49	12	23	17	230	6.6	43	400	102 (1 piece)
Cocktail bun												
51	大班麵包西餅	香港中環中環中心	雞尾包	0.02	6.8	16	14	300	8.1	47	370	77 (1 piece)
52	麵包先生	新界屯門實怡花園	雞尾包	0.03	8.0	16	15	330	8.1	52	390	99 (1 piece)
53	翠華餐廳	香港中環德輔道中84-86號	雞尾包	0.19	9.0	21	16	230	7.7	48	410	116 (1 piece)
54	車厘子餅店	新界屯門龍門居	雞尾包	0.27	8.1	16	13	230	8.3	49	370	73 (1 piece)
55	聖安娜餅屋	新界葵芳新都會廣場	雞尾包	0.42	7.9	15	15	220	8.3	48	360	76 (1 piece)
Garlic bread												
56	Saint Etoile Bakery	香港鰂魚涌康怡廣場南吉之島	香軟蒜蓉棒	0	2.8	7.5	3.3	680	9.8	50	310	70 (1 piece)
57	百佳超級市場 Taste	新界葵芳新都會廣場	蒜蓉包	0.04	4.5	14	6.0	660	9.5	49	360	76 (1 piece)
58	Pizza & Chicken	九龍牛頭角觀塘道301號	法式蒜蓉包	0.12	9.1	20	2.1	670	11	55	440	82 (1 portion)
59	必勝客	九龍九龍灣德福廣場第1期	蒜蓉包	0.18	6.3	21	3.8	500	9.6	41	400	128 (1 portion)
60	惠康超級市場	香港銅鑼灣記利佐治街25-29號	蒜蓉包	0.20	4.3	9.0	2.6	600	13	45	310	30 (1 piece)
<b>Others</b>												
Cookie												
61	Pret A Manger	香港中環國際金融中心	Chunky Chocolate Cookie	0.04	8.1	26	11	330	5.1	60	490	36 (1 piece)
62	SUBWAY	香港港鐵中環站	White Chip Macadamia Nut Cookie	0.07	9.5	24	13	280	5.0	60	480	45 (1 piece)
63	Mrs. Fields	香港鰂魚涌康怡廣場南吉之島	牛油曲奇	0.22	8.0	23	29	300	5.0	62	470	30 (1 piece)
64	飽店	香港灣仔灣仔道234號	牛油曲奇	0.65	15	35	13	390	5.9	51	540	459 (1 portion)
65	Starbucks	新界屯門屯門市廣場1期	Mini Chocolate Chips Petites	0.66	14	31	14	290	7.0	53	510	117 (1 portion)
Doughnut												
66	A1 Bakery & Café	新界葵芳新都會廣場	多得環	0.03	3.0	13	15	300	7.8	53	360	65 (1 piece)
67	Das Gute	新界沙田新城市廣場3期一田百貨	多得環	0.08	3.4	14	7.7	290	7.6	54	370	66 (1 piece)
68	快樂餅店	香港皇后大道東106號	沙翁	0.10	2.6	16	15	110	7.3	52	380	69 (1 piece)
69	泰昌餅家	新界屯門屯門市廣場2期	沙翁	0.10	3.7	22	3.7	58	8.2	28	340	65 (1 piece)
70	Panash	九龍九龍灣德福廣場第1期	糖環	0.48	7.5	21	12	390	7.4	45	400	51 (1 piece)
French fries												
71	Triple O's	香港金鐘太古廣場	薯條	0.02	1.5	13	0.24	44	3.3	29	250	135 (1 portion)
72	Burger King	新界沙田沙田中心	大薯條	0.02	7.1	16	0.51	160	3.6	34	300	137 (1 portion)
73	Mos Burger	九龍紅磡黃埔花園吉之島	厚切薯條(大)	0.05	0.84	9.6	0.23	85	3.5	29	220	127 (1 portion)
74	美心MX	九龍紅磡黃埔花園第二期	薯條	0.05	1.7	13	0.41	88	3.4	28	240	97 (1 portion)
75	麥當勞	香港中環國際金融中心商場	大薯條	0.07	5.0	18	0.44	180	4.4	35	320	134 (1 portion)
76	Freshness Burger	九龍旺角新世紀廣場	薯角	0.08	1.3	13	0.19	110	3.5	27	230	140 (1 portion)
77	肯德基	九龍紅磡黃埔花園聚寶坊	格格脆薯塊(大)	0.09	6.4	21	0.18	720	3.7	30	320	181 (1 portion)
78	愛爾蘭薯	九龍旺角鴻輝大廈	淨薯條(大)	0.11	1.0	14	0.31	620	3.4	35	280	155 (1 portion)
79	大快活快餐	九龍旺角新世紀廣場	薯條	0.15	1.5	10	0.40	21	3.1	26	210	71 (1 portion)
Cream soup with puff pastry												
80	Delifrance	香港灣道瑞安中心	酥皮西蘭花忌廉湯(全份)	0	3.2	5.5	1.6	370	2.4	13	110	254 (1 portion)
80a			酥皮	0.03	11	19	3.6	500	8.8	54	420	40 (1 piece)
80b			湯	0	1.7	3.0	1.3	340	1.2	5.1	52	214 (1 bowl)
81	意粉屋	新界沙田新城市廣場	鮮蘑菇忌廉湯(加酥皮)(全份)	0.33	2.7	6.8	1.3	360	1.8	7.7	99	446 (1 portion)
81a			酥皮	2.5	12	30	3.1	460	5.9	42	460	42 (1 piece)
81b			湯	0.10	1.7	4.3	1.1	350	1.4	4.1	60	404 (1 bowl)

**Table 1C: Test Results of All Foods**

Sample No.	Shop name	Shop address	Food item	Nutrient content per 100g of Food [1]							Unit Weight (g) [10]	
				TFA(g) [2]	SFA(g) [3]	Total fat (g) [4]	Sugars (g) [5]	Sodium (mg) [6]	Protein (g) [7]	CHO (g) [8]		Energy (kcal) [9]
Cream soup with puff pastry 酥皮忌廉湯												
82	波士頓餐廳	香港灣仔盧押道3號	酥皮忌廉湯 (全份)	0.35	2.3	6.8	1.0	230	2.5	8.0	100	389 (1 portion)
82a			酥皮	2.6	9.7	27	3.2	440	5.9	40	430	47 (1 piece)
82b			湯	0.05	1.3	4.1	0.74	200	2.1	3.6	59	342 (1 bowl)
Cream soup with chicken												
83	必勝客	香港德輔道西創業商場	酥皮忌廉雞湯 (全份)	0.35	2.5	7.3	2.3	340	2.4	12	120	254 (1 portion)
83a			酥皮	1.7	9.2	28	3.0	400	4.8	36	410	52 (1 piece)
83b			湯	0	0.75	1.9	2.1	320	1.8	5.7	47	202 (1 bowl)
Cream soup with mushroom												
84	Oliver's Super Sandwiches	九龍大角咀奧海城一期	酥皮白菌忌廉湯 (全份)	0.36	3.0	6.8	1.3	300	1.8	10	110	288 (1 portion)
84a			酥皮	2.4	12	30	3.3	470	6.0	44	470	44 (1 piece)
84b			湯	0	1.4	2.7	0.97	260	1.0	4.6	46	244 (1 bowl)

**Remarks:**

- [1] The content of trans fatty acids (TFA), saturated fatty acids (SFA), total fat, sugars, sodium, protein, carbohydrate and energy presented in the table was calculated as per 100g of food. Use this formula to convert the nutrient content from per 100g to per unit weight: Nutrient content per unit weight of sample = (Nutrient content listed in the table ÷ 100) x Unit weight, e.g. TFA content per unit weight of #1 = (0.07 ÷ 100) x 27 = 0.019g.
- [2] The definition of TFA adopted in this study is according to the Food and Drugs (Composition and Labelling) Regulations Cap. 132W, i.e. the sum of all unsaturated fatty acids which contains at least one non-conjugated and trans double bond. According to this definition, TFA do not include conjugated fatty acids, such as conjugated linoleic acid (CLA) from the milk or fat of cow or sheep. TFA listed in the table are the sum of C14:1T(9-trans), C16:1T(9-trans), C18:1T(total), C18:2TT(9,12-trans), C18:2T(9-cis, 12-trans), C18:2T(9-trans, 12-cis), C20:1T(11-trans), and C22:1T(13-trans). The World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) recommended the intake of TFA should be limited to less than 1% of daily energy intake. For example, an individual with daily energy intake of 2000kcal should limit the TFA intake to less than 2.2g per day.
- [3] Sum of C4:0, C6:0, C8:0, C10:0, C12:0, C14:0, C15:0, C16:0, C17:0, C18:0, C20:0, C22:0, and C24:0. WHO/FAO recommended the intake of SFA should be limited to less than 10% of daily energy intake. For example, an individual with daily energy intake of 2000kcal should limit the SFA intake to less than 20g per day.
- [4] Including SFA, TFA, monounsaturated fatty acids, polyunsaturated fatty acids, phospholipids, sterols, 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 2000kcal should limit the total fat intake to 60g per day.

- [5] Sum of fructose, glucose, galactose, sucrose, maltose and lactose. WHO/FAO recommended the intake of free sugars should be limited to less than 10% of daily energy intake. For example, an individual with daily energy intake of 2000kcal should limit the free sugars intake to less than 50g per day.
- [6] The table listed the sodium content in the samples. Use this formula to convert the sodium content to salt content in per 100g of foods: Salt content per 100g of foods = Sodium content listed in the table x 2.5. WHO/FAO recommended the daily intake of sodium should be less than 2,000mg, equals to 5g of salt.
- [7] Calculated on the basis of the factor of 6.25 times the contents of total nitrogen in food. WHO/FAO recommended the intake of protein should be 10-15% of daily energy intake. For example, an individual with daily energy intake of 2000kcal should consume about 60g protein per day.
- [8] Calculated by subtraction of the sum of moisture, ash, total dietary fibre, total fat and protein from the total weight of the food. WHO/FAO recommended the intake of carbohydrate should be 55-75% of daily energy intake. For example, an individual with daily energy intake of 2000kcal should consume about 300g carbohydrates per day.
- [9] Calculated as the sum of contents of total fat, protein and carbohydrate multiplying their corresponding conversion factors (i.e. Carbohydrate: 4kcal/g, Protein: 4kcal/g, Total fat: 9kcal/g). Estimation of energy requirements for individuals takes account of age, gender, body weight and activity level. Women weigh 50-60kg (110-132lb) with low activity level (e.g. salespersons) need about 1800-2000kcal per day. Men weigh 60-65kg (132-143lb) with low to moderate activity level (e.g. cleaners) need about 2400-2800kcal per day.
- [10] Measured by the Food Research Laboratory. Unit weight might be slightly different due to the state of the products at sale. The information is only for reference as unit weight of some food samples might be larger than usual consumption amounts. Based on the amount of food eaten, consumers can use this unit weight as a reference to assess the intake of individual nutrients.