

Nutrient content of non-prepackaged beverages sampled (per 100ml)

| Non-prepackaged beverage | | Energy (kcal) | Protein (g) | Available carbo- hydrate (g) | Sugar (g) | Total Dietary fiber (g) | Total fat (g) | Saturated fat (g) | Cholesterol (mg) | Calcium (mg) | Sodium (mg) |
|---|-------------|------------------|----------------|------------------------------------|--------------|-------------------------------|------------------|----------------------|---------------------|-----------------|----------------|
| Cold beverage | | | | | | | | | | | |
| "Cendol" icy drink (Less sweet) | 珍多冰 (少甜) | 72 | 0 | 9.4 | 5.6 | 0 | 3.8 | 3.1 | 0.25 | 6.8 | 13 |
| "Cendol" icy drink (Regular) | 珍多冰 (普通) | 80 | 0 | 11 | 7.5 | 0 | 3.9 | 3.1 | 0.21 | 7.0 | 12 |
| Iced "Yuan-yang" (mixed coffee milk-tea) (Less sweet) | 凍鴛鴦 (少甜) | 40 | 1.3 | 6.1 | 5.8 | Trace | 1.1 | 0.58 | 3.7 | 34 | 14 |
| Iced "Yuan-yang" (mixed coffee milk-tea) (Regular) | 凍鴛鴦 (普通) | 52 | 1.5 | 8.7 | 8.1 | 0 | 1.3 | 0.64 | 4.1 | 37 | 16 |
| Iced almond drink (Less sweet) | 凍杏仁霜(少甜) | 43 | 1.1 | 6.8 | 4.8 | 0 | 1.3 | 0.74 | 2.4 | 32 | 16 |
| Iced almond drink (Regular) | 凍杏仁霜(普通) | 51 | 1.1 | 8.9 | 6.0 | 0 | 1.3 | 0.78 | 2.5 | 33 | 17 |
| Iced caffè mocha(Less sweet) | 凍朱古力咖啡 (少甜) | 55 | 1.4 | 7.3 | 6.0 | Trace | 2.3 | 1.3 | 4.3 | 40 | 26 |
| Iced caffè mocha(Regular) | 凍朱古力咖啡 (普通) | 61 | 1.5 | 8.7 | 7.3 | Trace | 2.2 | 1.2 | 4.1 | 43 | 26 |
| Iced cappuccino(Less sweet) | 凍泡沫咖啡 (少甜) | 41 | 1.1 | 5.4 | 4.9 | 0 | 1.7 | 0.66 | 3.8 | 36 | 17 |
| Iced cappuccino(Regular) | 凍泡沫咖啡 (普通) | 50 | 1.2 | 7.6 | 7.0 | 0 | 1.7 | 0.7 | 3.7 | 39 | 17 |
| Iced chocolate drink (Less sweet) | 凍朱古力飲品 (少甜) | 46 | 1.2 | 7.2 | 6.0 | Trace | 1.4 | 0.87 | 2.6 | 30 | 25 |
| Iced chocolate drink (Regular) | 凍朱古力飲品 (普通) | 55 | 1.1 | 9.2 | 6.5 | Trace | 1.5 | 0.95 | 2.5 | 29 | 27 |
| Iced cocoa drink (Less sweet) | 凍哈咕 (少甜) | 41 | 1.7 | 4.6 | 4.5 | Trace | 1.7 | 1.0 | 4.4 | 40 | 19 |
| Iced cocoa drink (Regular) | 凍哈咕 (普通) | 47 | 1.7 | 6.1 | 5.8 | Trace | 1.8 | 1.0 | 4.3 | 39 | 19 |
| Iced coffee (Less sweet) | 凍咖啡 (少甜) | 39 | 1.0 | 6.0 | 4.8 | Trace | 1.2 | 0.64 | 2.8 | 29 | 16 |
| Iced coffee (Regular) | 凍咖啡 (普通) | 48 | 1.0 | 8.2 | 6.5 | 0 | 1.3 | 0.5 | 2.8 | 30 | 16 |
| Iced green tea with pearl tapioca (Less sweet) | 凍珍珠綠茶(少甜) | 30 | 0 | 7.3 | 4.0 | 0 | 0 | 0 | 0 | 1.5 | 0 |
| Iced green tea with pearl tapioca (Regular) | 凍珍珠綠茶(普通) | 41 | 0 | 10 | 6.1 | 0 | 0 | 0 | 0 | 1.6 | 0 |
| Iced lemon and kumquat honey (Less sweet) | 凍檸檬金桔蜜(少甜) | 40 | 0.3 | 9.2 | 7.3 | 0 | Trace | 0 | 0 | 4.6 | 110 |
| Iced lemon and kumquat honey (Regular) | 凍檸檬金桔蜜(普通) | 47 | Trace | 11 | 8.4 | 0 | Trace | 0 | 0 | 4.9 | 110 |
| Iced lemon coffee (Less sweet) | 凍檸檬咖啡(少甜) | 29 | 0.3 | 6.9 | 5.8 | 0 | 0 | 0 | 0 | 6.3 | 0 |
| Iced lemon coffee (Regular) | 凍檸檬咖啡(普通) | 38 | 0.3 | 8.9 | 7.8 | 0 | 0 | 0 | 0 | 5.5 | 0 |
| Iced lemon cola | 凍檸樂 | 33 | 0 | 8.0 | 7.5 | 0 | 0 | 0 | 0 | 3.4 | Trace |

| Non-prepackaged beverage | | Energy (kcal) | Protein (g) | Available carbo- hydrate (g) | Sugar (g) | Total Dietary fiber (g) | Total fat (g) | Saturated fat (g) | Cholesterol (mg) | Calcium (mg) | Sodium (mg) |
|---|-----------|------------------|----------------|------------------------------------|--------------|-------------------------------|------------------|----------------------|---------------------|-----------------|----------------|
| Iced lemon honey (Less sweet) | 凍檸檬蜜(少甜) | 24 | 0 | 5.4 | 5.0 | 0 | Trace | 0 | 0 | 6.4 | Trace |
| Iced lemon honey(Regular) | 凍檸檬蜜(普通) | 32 | 0 | 7.5 | 7.0 | 0 | Trace | 0 | 0 | 6.9 | Trace |
| Iced lemon soda | 凍檸檬梳打 | 23 | 0 | 5.5 | 5.3 | 0 | 0 | 0 | 0 | 3.4 | 8.8 |
| Iced lemon tea (Less sweet) | 凍檸檬茶(少甜) | 29 | 0 | 6.7 | 5.9 | 0 | Trace | 0 | 0 | 4.6 | 0 |
| Iced lemon tea (Regular) | 凍檸檬茶(普通) | 48 | 0 | 11 | 8.3 | 0 | 0.3 | 0 | 0 | 4.5 | 0 |
| Iced milk tea (Less sweet) | 凍奶茶(少甜) | 34 | 0.9 | 5.5 | 4.9 | 0 | 0.9 | 0.38 | 2.9 | 30 | 16 |
| Iced milk tea with pearl tapioca (Less sweet) | 凍珍珠奶茶(少甜) | 57 | Trace | 9.0 | 3.9 | 0 | 2.3 | 2.0 | Trace | 1.6 | 20 |
| Iced milk tea with pearl tapioca (Regular) | 凍珍珠奶茶(普通) | 68 | Trace | 12 | 6.1 | Trace | 2.2 | 1.9 | Trace | 1.6 | 20 |
| Iced milk tea(Regular) | 凍奶茶(普通) | 44 | 1.0 | 8.5 | 7.2 | 0 | 0.7 | 0.28 | 3 | 31 | 16 |
| Iced salted lemon soda | 凍鹹檸檬梳打 | 24 | 0 | 5.9 | 5.3 | 0 | 0 | 0 | 0 | 3.8 | 240 |
| Iced watercress honey (Less sweet) | 凍西洋菜蜜(少甜) | 26 | Trace | 6.2 | 5.8 | 0 | 0 | 0 | 0 | 3.1 | 10 |
| Iced watercress honey(Regular) | 凍西洋菜蜜(普通) | 32 | 0.3 | 7.6 | 7.3 | 0 | 0 | 0 | 0 | 3.6 | 12 |
| Longan icy drink (Regular) | 龍眼冰(普通) | 54 | Trace | 11 | 9.9 | 0 | 0.8 | 0.16 | 0 | 5.3 | 5.0 |
| Longan icy drink (Regular) | 龍眼冰(少甜) | 48 | Trace | 9.8 | 8.4 | 0 | 0.9 | 0.31 | 0 | 6.3 | Trace |
| Mixed fruit icy drink (Less sweet) | 什果冰(少甜) | 53 | 0 | 11 | 9.7 | 0 | 0.8 | 0.35 | 0 | 6.4 | Trace |
| Mixed fruit icy drink (Regular) | 什果冰(普通) | 56 | 0 | 12 | 10 | 0 | 0.8 | 0.31 | 0 | 6.1 | Trace |
| Mixed fruit punch (Less sweet) | 什果賓治(少甜) | 46 | 0 | 11 | 9.5 | 0 | 0.3 | 0.003 | 0 | 5.3 | Trace |
| Mixed fruit punch (Regular) | 什果賓治(普通) | 49 | Trace | 12 | 10 | 0 | 0.3 | 0.003 | 0 | 5.5 | Trace |
| Pineapple icy drink (Less sweet) | 菠蘿冰(少甜) | 41 | 0 | 9.2 | 7.1 | 0 | 0.4 | 0.004 | 0 | 3.4 | 0 |
| Pineapple icy drink (Regular) | 菠蘿冰(普通) | 53 | 0 | 12 | 11 | 0 | 0.4 | 0.003 | 0 | 3.6 | 0 |
| Pineapple punch (Less sweet) | 菠蘿賓治(少甜) | 38 | 0 | 8.4 | 7.6 | 0 | 0.4 | 0.003 | 0 | 4.2 | Trace |
| Pineapple punch (Regular) | 菠蘿賓治(普通) | 46 | Trace | 10 | 9.6 | 0 | 0.5 | 0.003 | 0 | 4.4 | Trace |
| Red bean icy drink (Less sweet) | 紅豆冰(少甜) | 79 | 2.5 | 15 | 10 | 2.2 | 1.1 | 0.49 | 1.9 | 31 | 10 |
| Red bean icy drink (Regular) | 紅豆冰(普通) | 87 | 2.6 | 16 | 12 | 2.0 | 1.2 | 0.54 | 2.0 | 34 | 11 |
| Sweetened soybean milk (cold drink) | 甜豆漿(凍飲) | 55 | 2.1 | 8.4 | 7.6 | 0 | 1.5 | 0.19 | 0 | 9.0 | 0 |
| Tri-colour icy drink (Less sweet) | 三色冰(少甜) | 78 | 1.0 | 12 | 9.6 | 1.0 | 2.9 | 2.1 | 0.06 | 5.9 | 7.0 |
| Tri-colour icy drink (Regular) | 三色冰(普通) | 83 | 1.0 | 13 | 11 | 1.2 | 3.0 | 2.3 | 0.1 | 6.0 | 8.0 |

| Non-prepackaged beverage | | Energy (kcal) | Protein (g) | Available carbo- hydrate (g) | Sugar (g) | Total Dietary fiber (g) | Total fat (g) | Saturated fat (g) | Cholesterol (mg) | Calcium (mg) | Sodium (mg) |
|---|-------------|--------------------------|------------------------|---|----------------------|--|--------------------------|------------------------------|-----------------------------|-------------------------|------------------------|
| Hot beverage | | | | | | | | | | | |
| Almond drink (No sugar added) | 杏仁霜 (不加糖) | 46 | 1.4 | 6.3 | 3.8 | 0 | 1.7 | 1.0 | 3.4 | 46 | 24 |
| Caffe mocha (No sugar added) | 朱古力咖啡 (不加糖) | 71 | 2.2 | 9.1 | 7.5 | 1.1 | 2.8 | 1.6 | 6.0 | 66 | 43 |
| Cappuccino (No sugar added) | 泡沫咖啡 (不加糖) | 40 | 2.1 | 3.0 | 2.5 | Trace | 2.2 | 1.2 | 6.9 | 68 | 27 |
| Citron tea | 柚子茶 | 47 | 0 | 11 | 10 | 0 | 0 | 0 | 0 | 5.2 | 20 |
| Cocoa drink (No sugar added) | 哈咕 (不加糖) | 43 | 2.1 | 3.7 | 3.6 | 1.3 | 2.2 | 1.4 | 6.2 | 55 | 26 |
| Coffee (No sugar added) | 咖啡 (不加糖) | 43 | 2.0 | 3.3 | 2.1 | Trace | 2.4 | 1.4 | 6.3 | 62 | 33 |
| Cogon grass and sugar cane drink | 茅根竹蔗水 | 25 | 0 | 6.1 | 5.7 | 0 | 0 | 0 | 0 | 3.8 | Trace |
| Espresso (No sugar added) | 特濃咖啡 (不加糖) | 12 | 0.8 | 1.7 | 0 | Trace | Trace | 0.047 | 0 | 4.7 | 0 |
| "Five flower tea" | 五花茶 | 30 | 0 | 7.0 | 6.5 | 0 | Trace | 0 | 0 | 4.6 | 0 |
| Ginseng honey | 花旗參蜜 | 37 | 0 | 8.6 | 8.1 | 0 | Trace | 0 | 0 | 2.7 | 0 |
| Green tea with pearl tapioca (No sugar added) | 珍珠綠茶 (不加糖) | 37 | 0 | 9.2 | 4.4 | 0 | 0 | 0 | 0 | 2.5 | Trace |
| Hot chocolate drink (No sugar added) | 朱古力飲品 (不加糖) | 57 | 1.7 | 8.1 | 5.8 | 1.1 | 2.0 | 1.2 | 4.1 | 47 | 38 |
| Lemon and kumquat honey | 檸檬金桔蜜 | 54 | Trace | 13 | 9.5 | 0 | Trace | 0 | 0 | 7.7 | 140 |
| Lemon coffee (No sugar added) | 檸檬咖啡 (不加糖) | 18 | 0.4 | 3.8 | 2.2 | 0 | Trace | 0 | 0 | 9.8 | 0 |
| Lemon cola | 檸樂 (熱) | 42 | Trace | 10 | 9.2 | 0 | Trace | 0 | 0 | 7.8 | Trace |
| Lemon honey | 檸蜜 | 40 | 0 | 9.1 | 7.7 | 0 | 0.4 | 0 | 0 | 9.8 | Trace |
| Lemon tea (No sugar added) | 檸檬茶 (不加糖) | 15 | Trace | 3.1 | 0.82 | 0 | Trace | 0 | 0 | 8.9 | 0 |
| Milk tea (No sugar added) | 奶茶 (不加糖) | 46 | 2.3 | 3.2 | 2.9 | 1.1 | 2.7 | 1.4 | 7.1 | 77 | 40 |
| Milk tea with pearl tapioca (No sugar added) | 珍珠奶茶 (不加糖) | 75 | 0.3 | 12 | 5.3 | Trace | 2.8 | 2.5 | 0.07 | 2.6 | 25 |
| Sour plum drink | 酸梅湯 | 51 | 0 | 12 | 11 | 0 | Trace | 0 | 0 | 6.0 | 0 |
| Soybean milk (No sugar added) | 豆漿 (不加糖) | 28 | 2.4 | 0.9 | 0.74 | 0 | 1.6 | 0.23 | 0 | 9.7 | 0 |
| Watercress honey | 西洋菜蜜 | 36 | Trace | 8.6 | 8.1 | 0 | 0 | 0 | 0 | 4.5 | 13 |
| "Yuan-yang" (mixed coffee milk-tea) | 鴛鴦 (不加糖) | 53 | 2.5 | 5.3 | 4.9 | Trace | 2.4 | 1.5 | 8.3 | 70 | 31 |

Nutrient content of non-prepackaged beverages sampled (per unit)

| Non-prepackaged beverage | | Energy (kcal) | Protein (g) | Available carbo- hydrate (g) | Sugar (g) | Total Dietary fiber (g) | Total fat (g) | Saturated fat (g) | Cholesterol (mg) | Calcium (mg) | Sodium (mg) |
|---|-------------|------------------|----------------|------------------------------------|--------------|-------------------------------|------------------|----------------------|---------------------|-----------------|----------------|
| Cold beverage (1 cup = 300 ml) | | | | | | | | | | | |
| "Cendol" icy drink (Less sweet) | 珍多冰 (少甜) | 220 | 0 | 28 | 17 | 0 | 11 | 9.3 | 0.75 | 20 | 39 |
| "Cendol" icy drink (Regular) | 珍多冰 (普通) | 240 | 0 | 33 | 23 | 0 | 12 | 9.3 | 0.63 | 21 | 36 |
| Iced "Yuan-yang" (mixed coffee milk-tea) (Less sweet) | 凍鴛鴦 (少甜) | 120 | 3.9 | 18 | 17 | Trace | 3.3 | 1.7 | 11 | 100 | 42 |
| Iced "Yuan-yang" (mixed coffee milk-tea) (Regular) | 凍鴛鴦 (普通) | 160 | 4.5 | 26 | 24 | 0 | 3.9 | 1.9 | 12 | 110 | 48 |
| Iced almond drink (Less sweet) | 凍杏仁霜(少甜) | 130 | 3.3 | 20 | 14 | 0 | 3.9 | 2.2 | 7.2 | 96 | 48 |
| Iced almond drink (Regular) | 凍杏仁霜(普通) | 150 | 3.3 | 27 | 18 | 0 | 3.9 | 2.3 | 7.5 | 99 | 51 |
| Iced caffè mocha(Less sweet) | 凍朱古力咖啡 (少甜) | 170 | 4.2 | 22 | 18 | Trace | 6.9 | 3.9 | 13 | 120 | 78 |
| Iced caffè mocha(Regular) | 凍朱古力咖啡 (普通) | 180 | 4.5 | 26 | 22 | Trace | 6.6 | 3.6 | 12 | 130 | 78 |
| Iced cappuccino(Less sweet) | 凍泡沫咖啡 (少甜) | 120 | 3.3 | 16 | 15 | 0 | 5.1 | 2.0 | 11 | 110 | 51 |
| Iced cappuccino(Regular) | 凍泡沫咖啡 (普通) | 150 | 3.6 | 23 | 21 | 0 | 5.1 | 2.1 | 11 | 120 | 51 |
| Iced chocolate drink (Less sweet) | 凍朱古力飲品 (少甜) | 140 | 3.6 | 22 | 18 | Trace | 4.2 | 2.6 | 7.8 | 90 | 75 |
| Iced chocolate drink (Regular) | 凍朱古力飲品 (普通) | 170 | 3.3 | 28 | 20 | Trace | 4.5 | 2.9 | 7.5 | 87 | 81 |
| Iced cocoa drink (Less sweet) | 凍哈咕 (少甜) | 120 | 5.1 | 14 | 14 | Trace | 5.1 | 3.0 | 13 | 120 | 57 |
| Iced cocoa drink (Regular) | 凍哈咕 (普通) | 140 | 5.1 | 18 | 17 | Trace | 5.4 | 3.0 | 13 | 120 | 57 |
| Iced coffee (Less sweet) | 凍咖啡 (少甜) | 120 | 3.0 | 18 | 14 | Trace | 3.6 | 1.9 | 8.4 | 87 | 48 |
| Iced coffee (Regular) | 凍咖啡 (普通) | 140 | 3.0 | 25 | 20 | 0 | 3.9 | 1.5 | 8.4 | 90 | 48 |
| Iced green tea with pearl tapioca (Less sweet) | 凍珍珠綠茶(少甜) | 90 | 0 | 22 | 12 | 0 | 0 | 0 | 0 | 4.5 | 0 |
| Iced green tea with pearl tapioca (Regular) | 凍珍珠綠茶(普通) | 120 | 0 | 30 | 18 | 0 | 0 | 0 | 0 | 4.8 | 0 |
| Iced lemon and kumquat honey (Less sweet) | 凍檸檬金桔蜜(少甜) | 120 | 0.9 | 28 | 22 | 0 | Trace | 0 | 0 | 14 | 330 |
| Iced lemon and kumquat honey (Regular) | 凍檸檬金桔蜜(普通) | 140 | Trace | 33 | 25 | 0 | Trace | 0 | 0 | 15 | 330 |
| Iced lemon coffee (Less sweet) | 凍檸檬咖啡(少甜) | 87 | 0.9 | 21 | 17 | 0 | 0 | 0 | 0 | 19 | 0 |
| Iced lemon coffee (Regular) | 凍檸檬咖啡(普通) | 110 | 0.9 | 27 | 23 | 0 | 0 | 0 | 0 | 17 | 0 |
| Iced lemon cola | 凍檸樂 | 99 | 0 | 24 | 23 | 0 | 0 | 0 | 0 | 10 | Trace |

| Non-prepackaged beverage | | Energy (kcal) | Protein (g) | Available carbo- hydrate (g) | Sugar (g) | Total Dietary fiber (g) | Total fat (g) | Saturated fat (g) | Cholesterol (mg) | Calcium (mg) | Sodium (mg) |
|---|-----------|------------------|----------------|------------------------------------|--------------|-------------------------------|------------------|----------------------|---------------------|-----------------|----------------|
| Iced lemon honey (Less sweet) | 凍檸蜜(少甜) | 70 | 0 | 16 | 15 | 0 | Trace | 0 | 0 | 19 | Trace |
| Iced lemon honey(Regular) | 凍檸蜜(普通) | 100 | 0 | 23 | 21 | 0 | Trace | 0 | 0 | 21 | Trace |
| Iced lemon soda | 凍檸檬梳打 | 69 | 0 | 17 | 16 | 0 | 0 | 0 | 0 | 10 | 26 |
| Iced lemon tea (Less sweet) | 凍檸檬茶(少甜) | 90 | 0 | 20 | 18 | 0 | Trace | 0 | 0 | 14 | 0 |
| Iced lemon tea (Regular) | 凍檸檬茶(普通) | 140 | 0 | 33 | 25 | 0 | 0.9 | 0 | 0 | 14 | 0 |
| Iced milk tea (Less sweet) | 凍奶茶(少甜) | 100 | 2.7 | 17 | 15 | 0 | 2.7 | 1.1 | 8.7 | 90 | 48 |
| Iced milk tea with pearl tapioca (Less sweet) | 凍珍珠奶茶(少甜) | 170 | Trace | 27 | 12 | 0 | 6.9 | 6.0 | Trace | 4.8 | 60 |
| Iced milk tea with pearl tapioca (Regular) | 凍珍珠奶茶(普通) | 200 | Trace | 36 | 18 | Trace | 6.6 | 5.7 | Trace | 4.8 | 60 |
| Iced milk tea(Regular) | 凍奶茶(普通) | 130 | 3.0 | 26 | 22 | 0 | 2.1 | 0.84 | 9 | 93 | 48 |
| Iced salted lemon soda | 凍鹹檸檬梳打 | 72 | 0 | 18 | 16 | 0 | 0 | 0 | 0 | 11 | 720 |
| Iced watercress honey (Less sweet) | 凍西洋菜蜜(少甜) | 78 | Trace | 19 | 17 | 0 | 0 | 0 | 0 | 9.0 | 30 |
| Iced watercress honey(Regular) | 凍西洋菜蜜(普通) | 96 | 1.0 | 23 | 22 | 0 | 0 | 0 | 0 | 11 | 36 |
| Longan icy drink (Regular) | 龍眼冰(普通) | 160 | Trace | 33 | 30 | 0 | 2.4 | 0.48 | 0 | 16 | 15 |
| Longan icy drink (Regular) | 龍眼冰(少甜) | 140 | Trace | 29 | 25 | 0 | 2.7 | 0.93 | 0 | 19 | Trace |
| Mixed fruit icy drink (Less sweet) | 什果冰(少甜) | 160 | 0 | 33 | 29 | 0 | 2.4 | 1.1 | 0 | 19 | Trace |
| Mixed fruit icy drink (Regular) | 什果冰(普通) | 170 | 0 | 36 | 30 | 0 | 2.4 | 0.93 | 0 | 18 | Trace |
| Mixed fruit punch (Less sweet) | 什果賓治(少甜) | 140 | 0 | 33 | 29 | 0 | 0.9 | 0.009 | 0 | 16 | Trace |
| Mixed fruit punch (Regular) | 什果賓治(普通) | 150 | Trace | 36 | 30 | 0 | 0.9 | 0.009 | 0 | 17 | Trace |
| Pineapple icy drink (Less sweet) | 菠蘿冰(少甜) | 120 | 0 | 28 | 21 | 0 | 1.2 | 0.012 | 0 | 10 | 0 |
| Pineapple icy drink (Regular) | 菠蘿冰(普通) | 160 | 0 | 36 | 33 | 0 | 1.2 | 0.009 | 0 | 11 | 0 |
| Pineapple punch (Less sweet) | 菠蘿賓治(少甜) | 110 | 0 | 25 | 23 | 0 | 1.2 | 0.009 | 0 | 13 | Trace |
| Pineapple punch (Regular) | 菠蘿賓治(普通) | 140 | Trace | 30 | 29 | 0 | 1.5 | 0.009 | 0 | 13 | Trace |
| Red bean icy drink (Less sweet) | 紅豆冰(少甜) | 240 | 7.5 | 45 | 30 | 6.6 | 3.3 | 1.5 | 5.7 | 93 | 30 |
| Red bean icy drink (Regular) | 紅豆冰(普通) | 260 | 7.8 | 48 | 36 | 6.0 | 3.6 | 1.6 | 6.0 | 100 | 33 |
| Sweetened soybean milk (cold drink) | 甜豆漿(凍飲) | 165 | 6.3 | 25 | 23 | 0 | 4.5 | 0.57 | 0 | 27 | 0 |
| Tri-colour icy drink (Less sweet) | 三色冰(少甜) | 230 | 3.0 | 36 | 29 | 3.0 | 8.7 | 6.3 | 0.18 | 18 | 21 |
| Tri-colour icy drink (Regular) | 三色冰(普通) | 250 | 3.0 | 39 | 33 | 3.6 | 9.0 | 6.9 | 0.3 | 18 | 24 |

| Non-prepackaged beverage | | Energy (kcal) | Protein (g) | Available carbo- hydrate (g) | Sugar (g) | Total Dietary fiber (g) | Total fat (g) | Saturated fat (g) | Cholesterol (mg) | Calcium (mg) | Sodium (mg) |
|---|-------------|------------------|----------------|------------------------------------|--------------|-------------------------------|------------------|----------------------|---------------------|-----------------|----------------|
| Hot beverage (1 cup = 240 ml) | | | | | | | | | | | |
| Almond drink (No sugar added) | 杏仁霜 (不加糖) | 110 | 3.4 | 15 | 9.1 | 0 | 4.1 | 2.4 | 8.2 | 110 | 58 |
| Caffe mocha (No sugar added) | 朱古力咖啡 (不加糖) | 170 | 5.3 | 22 | 18 | 2.6 | 6.7 | 3.8 | 15 | 160 | 100 |
| Cappuccino (No sugar added) | 泡沫咖啡 (不加糖) | 96 | 5.0 | 7.2 | 6.0 | Trace | 5.3 | 2.9 | 17 | 160 | 65 |
| Citron tea | 柚子茶 | 110 | 0 | 26 | 24 | 0 | 0 | 0 | 0 | 12 | 48 |
| Cocoa drink (No sugar added) | 哈咕 (不加糖) | 100 | 5.0 | 8.9 | 8.6 | 3.1 | 5.3 | 3.4 | 15 | 130 | 62 |
| Coffee (No sugar added) | 咖啡 (不加糖) | 100 | 4.8 | 7.9 | 5.0 | Trace | 5.8 | 3.4 | 15 | 150 | 79 |
| Cogon grass and sugar cane drink | 茅根竹蔗水 | 60 | 0 | 15 | 14 | 0 | 0 | 0 | 0 | 9.1 | Trace |
| Espresso (No sugar added) | 特濃咖啡 (不加糖) | 29 | 1.9 | 4.1 | 0 | Trace | Trace | 0.11 | 0 | 110 | 0 |
| "Five flower tea" | 五花茶 | 72 | 0 | 17 | 16 | 0 | Trace | 0 | 0 | 11 | 0 |
| Ginseng honey | 花旗參蜜 | 89 | 0 | 21 | 19 | 0 | Trace | 0 | 0 | 6.5 | 0 |
| Green tea with pearl tapioca (No sugar added) | 珍珠綠茶 (不加糖) | 89 | 0 | 22 | 11 | 0 | 0 | 0 | 0 | 6.0 | Trace |
| Hot chocolate drink (No sugar added) | 朱古力飲品 (不加糖) | 140 | 4.1 | 19 | 14 | 2.6 | 4.8 | 2.9 | 9.8 | 110 | 91 |
| Lemon and kumquat honey | 檸檬金桔蜜 | 130 | Trace | 31 | 23 | 0 | Trace | 0 | 0 | 18 | 330 |
| Lemon coffee (No sugar added) | 檸檬咖啡 (不加糖) | 43 | 1.1 | 9.1 | 5.3 | 0 | Trace | 0 | 0 | 24 | 0 |
| Lemon cola | 檸樂 (熱) | 100 | Trace | 24 | 22 | 0 | Trace | 0 | 0 | 19 | 0 |
| Lemon honey | 檸蜜 | 96 | 0 | 22 | 18 | 0 | 1.0 | 0 | 0 | 24 | Trace |
| Lemon tea (No sugar added) | 檸檬茶 (不加糖) | 36 | Trace | 7.4 | 2.0 | 0 | Trace | 0 | 0 | 21 | 0 |
| Milk tea (No sugar added) | 奶茶 (不加糖) | 110 | 5.5 | 7.7 | 7.0 | 2.6 | 6.5 | 3.4 | 17 | 190 | 96 |
| Milk tea with pearl tapioca (No sugar added) | 珍珠奶茶 (不加糖) | 180 | 0.7 | 29 | 13 | Trace | 6.7 | 6.0 | 0.16 | 6.2 | 60 |
| Sour plum drink | 酸梅湯 | 120 | 0 | 29 | 26 | 0 | Trace | 0 | 0 | 14 | 0 |
| Soybean milk (No sugar added) | 豆漿 (不加糖) | 67 | 5.8 | 2.2 | 1.8 | 0 | 3.8 | 0.55 | 0 | 23 | Trace |
| Watercress honey | 西洋菜蜜 | 86 | Trace | 21 | 19 | 0 | 0 | 0 | 0 | 11 | 31 |
| "Yuan-yang" (mixed coffee milk-tea) | 鴛鴦 (不加糖) | 130 | 6.0 | 13 | 12 | Trace | 5.8 | 3.6 | 20 | 170 | 74 |