

Nutrient Content of Fruit and Vegetables (per 100 g)

Food item	Energy (kcal)	Total Carbohydrate (g)	Protein (g)	Lipid (g)	Saturated fat (g)	Cholesterol (mg)	Sugars (g)	Dietary fibre (g)	Calcium (mg)	Sodium (mg)	Vitamin C (mg)	Remarks
Vegetables												
Angled loofah 絲瓜	20	4.0	1.1	Trace	0.032	ND*	2	1.6	13	0	5	
Asparagus 蘆筍**	25	3.88	2.2	0.12	0.040	0	1.88	2.1	24	2	5.6	
Bitter cucumber 苦瓜	16	3.2	0.7	0	0.019	ND	0.26	2.2	14	0	120	C
Blanched Chinese chive 菲黃	19	2.6	1.5	0.3	0.024	ND	1.1	1.5	29	0	9	
Broccoli 西蘭花	33	4.1	3.1	0.5	0.068	ND	17	2.7	32	21	100	D, C
Cabbage 椰菜	22	4.3	1.3	Trace	0.021	ND	2.5	1.6	46	19	38	
Carrot 甘筍**	41	9.58	0.93	0.24	0.037	0	4.74	2.8	33	69	5.9	D
Cauliflower 椰菜花**	25	5.30	1.98	0.10	0.032	0	2.40	2.5	22	30	46.4	
Celery 西芹**	16	2.97	0.69	0.17	0.042	0	1.83	1.6	40	80	3.10	
Chayote 佛手瓜**	17	3.90	0.82	0.13	0.028	0	1.85	1.7	17	2	7.7	
Chinese cabbage 黃芽白**	16	3.23	1.20	0.20	0.043	0	1.41	1.2	77	9	27.0	
Chinese chive (Flower Stalks) 菲菜花	40	6.8	2.3	0.4	0.053	ND	2.8	2.9	26	0	31	D
Chinese chive 菲菜	30	4.3	2.2	0.4	0.061	ND	1.4	2.4	110	0	21	
Chinese flowering cabbage 菜心	18	1.6	2.1	0.3	0.032	ND	0.44	1.5	100	30	37	
Chinese kale 芥蘭	34	4.1	3.0	0.6	0.061	ND	1.1	2.3	140	18	90	C

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Chinese lettuce 唐生菜	8.4	1.1	1.0	Trace	0.029	ND	0.98	Trace	28	8	10	
Chinese Spinach 莧菜	21	2.5	1.9	0.4	0.048	ND	0.15	2.0	140	15	15	
Cucumber 青瓜	10	1.8	0.7	Trace	0.018	ND	1.4	Trace	20	0	10	
Eggplant 茄子	26	5.6	1.0	Trace	0.026	ND	2.5	2.6	14	0	3	
French bean 四季豆	34	6.0	1.9	0.3	0.046	ND	2.1	2.5	49	0	9	
Garden peas 碗豆**	42	7.55	2.8	0.20	0.039	0	4.00	2.6	43	4	60.0	
Garland Chrysanthemum 茼蒿**	24	3.02	3.36	0.56	NA*	0	NA	3.0	117	118	1.4	D
Green water Spinach 青通菜	23	2.9	2.0	0.4	0.071	ND	0.21	2.3	59	32	20	
Hairy gourd 節瓜	20	4.1	0.8	Trace	0.029	ND	2.1	1.5	15	0	71	
Honey peas 蜜糖豆	48	8.6	3.3	Trace	0.034	ND	3.3	2.2	44	0	39	
Indian lettuce 麥菜	23	3.6	1.2	0.4	0.042	ND	1.4	1.7	44	13	17	
Lettuce 西生菜	11	1.9	0.9	Trace	0.023	ND	1.6	Trace	57	51	3	
Lotus root 蓮藕**	74	17.23	2.6	0.10	0.030	0	NA	4.9	45	40	44.0	D
Mustard leaf 芥菜	27	3.4	2.1	0.5	0.057	ND	1.3	1.8	110	9	94	C
Onions 洋葱 **	40	9.34	1.10	0.10	0.042	0	4.24	1.7	23	4	7.4	
Pea shoots 豆苗	38	3.8	4.2	0.7	0.075	ND	0.39	2.0	49	Trace	88	C
Pumpkin 南瓜**	26	6.50	1.00	0.10	0.052	0	1.36	0.5	21	1	9.0	

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Radish 蘿蔔	18	3.7	0.8	Trace	0.009	ND	2.1	1.0	21	24	13	
Shanghai white cabbage 小唐菜	18	1.6	2.3	0.3	0.033	ND	0.70	1.6	97	35	33	
Small Chinese white cabbage 小白菜	20	1.5	2.7	0.4	0.048	ND	0.39	1.5	140	18	33	
Spinach 菠菜	21	2.0	2.3	0.4	0.040	ND	0.43	1.7	18	5	22	
Sweet peppers 西椒	21	4.5	0.8	Trace	0.017	ND	1.6	1.6	11	0	77	
Tomato 蕃茄	18	3.9	0.7	Trace	0.042	ND	2.4	1.3	9.7	0	24	
Water celery 水芹	16	2.6	1.4	Trace	0.032	ND	0.24	1.7	120	73	16	
Water chestnut 馬蹄	56	13	1.0	Trace	0.055	ND	6.8	1.1	4.5	0	7	
Watercress 西洋菜	19	2.4	1.6	0.3	0.040	ND	0.18	1.5	81	66	38	
Wax gourd/ winter melon 冬瓜	13	2.9	0.4	0	0.007	ND	1.5	1.1	8.3	Trace	24	
White cabbage 白菜	15	1.9	1.9	Trace	0.030	ND	0.43	1.2	140	50	35	
White water spinach 白通菜	16	2.4	1.5	Trace	0.058	ND	0.31	2.0	60	47	20	
Wong Choi cabbage 王菜(娃娃菜)	16	2.5	1.5	Trace	0.029	ND	1.3	1.2	47	20	19	
Yardlong bean 青豆角**	47	8.35	2.80	0.40	0.105	0	NA	NA	50	4	18.8	
Fruits												
Avocado 牛油果**	160	8.53	2.00	14.66	2.126	0	0.66	6.7	12	7	10.0	D, F
Banana 香蕉**	89	22.84	1.09	0.33	0.112	0	12.23	2.6	5	1	8.7	S
Black currant 黑加侖子 **	63	15.38	1.40	0.41	0.034	0	NA	NA	55	2	181.0	C

Food item	Energy (kcal)	Total Carbohydrate (g)	Protein (g)	Lipid (g)	Saturated fat (g)	Cholesterol (mg)	Sugars (g)	Dietary fibre (g)	Calcium (mg)	Sodium (mg)	Vitamin C (mg)	Remarks
Canned peach 罐頭桃**	77	19.79	0.54	0.14	0.004	0	17.63	2.2	3	6	2.8	S
Canned pineapple 罐頭菠蘿**	60	15.56	0.51	0.11	0.008	0	14.26	1.3	16	1	9.4	S
Dragon fruit 火龍果	61	11	1.1	1.4	0.134	ND	7.6	1.7	5.8	0	9	
Durian 榴槤**	147	27.09	1.47	5.33	NA	0	NA	3.8	6	2	19.7	D, F
Fragrant pear 香梨	58	14	0.3	0.3	0.013	ND	7.1	2.6	7.9	0	3	
Fuji apple 富士蘋果	58	14	Trace	0.4	0.062	ND	11	1.7	4.9	0	2	
Grape 提子	68	15	0.6	0.6	0.013	ND	14	Trace	8.2	0	3	S
Grapefruit 西柚**	32	8.08	0.63	0.10	0.014	0	6.98	1.1	12	0	34.4	
Green apple 青蘋果	59	14	0.3	0.3	0.048	ND	9.9	2.8	6.2	0	4	
Guava 番石榴**	68	14.32	2.55	0.95	0.272	0	8.92	5.4	18	2	228.3	D, C
Honey pear 蜜梨	49	12	0.4	Trace	0.006	ND	5.8	2.5	4.0	0	3	
Kiwi fruit 奇異果**	61	14.66	1.14	0.52	0.029	0	8.00	3.0	34	3	92.7	D, C
Lemons 檸檬**	29	9.32	1.10	0.30	0.039	0	2.50	2.8	26	2	53.0	
Longan 龍眼**	60	15.14	1.31	0.10	NA	0	NA	1.1	1	0	84.0	C
Lychee 荔枝**	66	16.53	0.83	0.44	0.099	0	15.23	1.3	5	1	71.5	C, S
Mango 芒果**	65	17.00	0.51	0.27	0.066	0	14.80	1.8	10	2	27.7	S
Oranges 橙**	47	11.75	0.94	0.12	0.015	0	9.35	2.4	40	0	53.2	
Papaya 木瓜**	39	9.81	0.61	0.14	0.043	0	5.90	1.8	24	3	61.8	

Annex V

Food item	Energy (kcal)	Total Carbohydrate (g)	Protein (g)	Lipid (g)	Saturated fat (g)	Cholesterol (mg)	Sugars (g)	Dietary fibre (g)	Calcium (mg)	Sodium (mg)	Vitamin C (mg)	Remarks
Peaches 桃**	39	9.54	0.91	0.25	0.019	0	8.39	1.5	6	0	6.6	
Pineapple 菠蘿**	48	12.63	0.54	0.12	0.009	0	9.26	1.4	13	1	36.2	
Pomelo 柚子	46	9.8	0.7	0.4	0.019	ND	7.2	1.3	14	0	59	
Red delicious apple 蛇果 (蘋果)	61	14	Trace	0.4	0.014	ND	12	2.4	6.3	0	3	S
Starfruit 楊桃**	31	6.73	1.04	0.33	0.019	0	3.98	2.8	3	2	34.4	
Strawberry 士多啤梨**	32	7.68	0.67	0.30	0.015	0	4.89	2.0	16	1	58.8	
Mandarin orange 柑**	53	13.34	0.81	0.31	0.039	0	10.58	1.8	37	2	26.7	
Watermelon 西瓜**	30	7.55	0.61	0.15	0.016	0	6.20	0.4	7	1	8.1	
Wax jumbo 蓮霧	37	8.6	0.6	Trace	0.046	ND	6.7	1.0	2.3	Trace	11	
Western pear 啤梨	60	15	Trace	Trace	0.016	ND	7.4	3.0	6.5	0	4	D
Juices												
Fresh carrot juice 新鮮甘筍汁	25	5.5	0.7	Trace	0.025	ND	3.6	Trace	8.9	75	3	
Fresh mango juice 新鮮芒果汁	44	11	Trace	Trace	0.032	ND	9.3	0	2.9	0	25	
Fresh orange juice 鮮榨橙汁	43	10	0.7	Trace	0.016	ND	7.7	0	14	0	49	
Fresh pear juice 新鮮梨汁	40	10	Trace	Trace	0.010	ND	8.8	0	1.2	0	4	
Fresh watermelon juice 新鮮西瓜汁	27	6.2	0.6	0	0.011	ND	5.3	0	7.7	0	6	

* ND = Not determined; NA= Data not available ** Data from USDA SR19

Remarks: C= 5 fruit/vegetables highest in vitamin C; D= 5 fruit/vegetables highest in dietary fibre; S= 5 fruit highest in sugar and 2 high sugar canned fruits; F=High fat fruit

Nutrient Content of Fruit (per portion)

Food item	Energy (kcal)	Total Carbo-hydrate (g)	Protein (g)	Lipid (g)	Saturated fat (g)	Cholesterol (mg)	Sugars (g)	Dietary fibre (g)	Calcium (mg)	Sodium (mg)	Vitamin C (mg)	Portion	Weight (g)
Avocado 牛油果**	161	8.58	2.01	14.74	2.137	0	0.67	6.8	12	7	10.1	1/2 piece	101
Banana 香蕉**	61	15.53	0.74	0.22	0.076	0	8.32	1.8	3	1	5.9	1/2 large	68
Black currant 黑加侖子 **	36	8.62	0.79	0.23	0.019	0	NA	NA	31	1	101.4	1/2 cup	61
Canned peach 罐頭桃**	85	21.97	0.60	0.16	0.004	0	19.57	2.4	3	7	3.1	1/2 cup	111
Canned pineapple 罐頭菠蘿**	54	14.08	0.46	0.10	0.007	0	12.91	1.2	14	1	8.5	1/2 cup chunks	91
Dragon fruit 火龍果	107	19	1.9	2.5	0.228	ND	13.3	3.0	10.2	0	15	1/2 medium	175
Durian 榴槿**	179	32.91	1.79	6.48	NA	0	NA	4.6	7	2	23.9	1/2 cup flesh	122
Fragrant pear 香梨	71	17	0.4	0.4	0.016	ND	8.7	3.2	9.6	0	4	1 medium	122
Fuji apple 富士蘋果	80	19	NA	0.6	0.086	ND	15.2	2.3	6.8	0	3	1 medium	138
Grape 提子	51	11	0.5	0.5	0.010	ND	10.5	NA	6.2	0	2	1/2 cup	75
Grapefruit 西柚**	41	10.34	0.81	0.13	0.018	0	8.93	1.4	15	0	44.0	1/2 medium	128
Green apple 青蘋果	81	19	0.4	0.4	0.066	ND	13.7	3.9	8.6	0	6	1 medium	138
Guava 番石榴**	37	8.92	1.40	0.52	0.150	0	4.91	3.0	10	1	125.6	1 small	55
Honey pear 蜜梨	60	15	0.5	NA	0.007	ND	7.1	3.1	4.9	0	4	1/2 small	122
Kiwi fruit 奇異果**	46	11.14	0.87	0.40	0.022	0	6.83	2.3	26	2	70.5	1 medium	76
Lemons 檸檬**	24	7.83	0.92	0.25	0.033	0	2.10	2.4	22	2	44.5	1 piece	84
Longan 龍眼**	29	7.27	0.63	0.05	NA	0	NA	0.5	0	0	40.3	15 piece	48
Lychee 荔枝**	63	15.70	0.79	0.42	0.094	0	14.47	1.2	5	1	67.9	1/2 cup	95

Annex VI

Food item	Energy (kcal)	Total Carbo-hydrate (g)	Protein (g)	Lipid (g)	Saturated fat (g)	Cholesterol (mg)	Sugars (g)	Dietary fibre (g)	Calcium (mg)	Sodium (mg)	Vitamin C (mg)	Portion	Weight (g)
Mango 芒果**	67	17.59	0.53	0.28	0.068	0	15.32	1.9	10	2	28.7	1/2 large	104
Oranges 橙**	62	15.39	1.23	0.16	0.020	0	12.25	3.1	52	0	69.7	1 medium	131
Papaya 木瓜**	27	6.87	0.43	0.10	0.030	0	4.13	1.3	17	2	43.3	1/2 cup cubes	70
Peaches 桃**	58	14.31	1.36	0.38	0.029	0	12.59	2.2	9	0	9.9	1 medium	150
Pineapple 菠蘿**	37	9.79	0.42	0.09	0.007	0	7.18	1.1	10	1	28.1	1/2 cup diced	78
Pomelo 柚子	56	12	0.9	0.5	0.023	ND	8.8	1.6	17.1	0	72	1/5 pc	122
Red delicious apple 蛇果(蘋果)	84	19	NA	0.6	0.019	ND	16.6	3.3	8.7	0	4	1 medium	138
Starfruit 楊桃**	19	4.17	0.64	0.20	0.012	0	2.47	1.7	2	1	21.3	1/2 large	62
Strawberry 士多啤梨**	23	5.53	0.48	0.22	0.011	0	3.52	1.4	12	1	42.3	1/2 cup whole	72
Mandarin orange 柑**	47	11.74	0.71	0.27	0.034	0	9.31	1.6	33	2	23.5	1 medium	88
Watermelon 西瓜**	23	5.74	0.46	0.11	0.012	0	4.71	0.3	5	1	6.2	1/2 cup diced	76
Wax jumbo 蓮霧	44	10	0.7	NA	0.055	ND	8.0	1.2	2.8	NA	13	1 medium	120
Western pear 啤梨	107	27	NA	NA	0.028	ND	13.2	5.3	11.6	0	7	1 medium	178

* ND = Not determined; NA= Data not available ** Data from USDA SR19