

Table 2: Analytical Results of Cream Soup with Puff Pastry Samples

Sample no. [1]	Restaurant/Shop name [2]	Restaurant/ Shop address [2]	Product description [2]	Approximate retail price [3]	Unit [4]	Unit weight (g) [4]	iTFA/fat (%) [5]	TFA		Total fat (g/100g of food) [8]	SFA (g/100g of food) [9]
								g/100g of food [6]	Each sample's contribution to % of WHO's recommended daily intake limit [7]		
1	必勝客 Pizza Hut	香港德輔道西402-404號 創業商場1樓F5-21號鋪	酥皮忌廉 雞湯	\$53	每塊酥皮	49	0%	0.93	21%	28	13
2					每碗湯	200	0.14%	0.0036	0%	2.5	1.4
3	Amitie Kitchen	尖沙咀亞士厘道27號 捷利商業大廈8樓	龍蝦忌廉湯 加酥皮	\$50.5	每塊酥皮	44	3.1%	0.75	15%	24	13
4					每碗湯	260	0%	0.21	25%	8.4	4.5
5	Café 360	深水埗欽州街37號 西九龍中心 6樓622-625號鋪	酥皮 忌廉湯	\$36	每塊酥皮	38	11%	3.4	59%	31	12
6					每碗湯	220	0.26%	0.18	18%	5.1	2.6
7	夏捌月 Summer August	元朗媽橫路7號富來花園 A座地下15號鋪	酥皮 周打魚湯	\$32	每塊酥皮	34	11%	2.5	39%	22	8.1
8					每碗湯	200	0.61%	0.073	6.6%	6.2	0.87
9	Little Fusion	旺角通菜街2Q號 鴻輝大廈地鋪	酥皮西蘭花 忌廉湯	\$18	每塊酥皮	53	11%	2.9	70%	26	9.7
10					每碗湯	220	1.1%	0.056	5.6%	5.0	1.1
11	意粉屋 Spaghetti House	香港沙田新城市廣場 一期153-154號鋪	蘑菇森林 忌廉湯 加酥皮	\$18 (加酥皮)	每塊酥皮	41	11%	3.0	56%	27	10
12				\$51 (湯)	每碗湯	240	0.47%	0.071	7.7%	4.5	0.73
13	Oliver's Super Sandwiches	九龍大角咀奧海城一期 UG06號鋪	酥皮忌廉 磨菇湯	\$36	每塊酥皮	44	12%	3.0	60%	26	9.6
14					每碗湯	220	0%	0.042	4.2%	5.0	3.1
15	Ufufu Café (KF)	UFUFU Café at 葵芳 興芳路223號新都會 廣場3樓345A號鋪	焗酥皮 粟米湯	\$30	每塊酥皮	42	12%	3.2	61%	27	11
16					每碗湯	180	0%	0.019	1.6%	1.4	0.60

Table 3: Analytical Results of Pie/ Tart/ Pastry Roll Samples

Sample no. [1]	Restaurant/ Shop name [2]	Restaurant/ Shop address [2]	Product description [2]	Approximate retail price [3]	Unit [4]	Unit weight (g) [4]	iTFA/fat (%) [5]	TFA		Total fat (g/100g of food) [8]	SFA (g/100g of food) [9]
								g/100g of food [6]	Each sample's contribution to % of WHO's recommended daily intake limit [7]		
雞批 Chicken pie											
17	美心西餅 Maxim's Cake	香港港鐵站29號舖	甜雞批	\$10	每件	91	0.87%	0.24	10%	23	7.9
18	東海堂 Arome	新界元朗天水圍嘉湖銀座二期地下G56店	小型雞批	\$10.5	每件	96	0.89%	0.25	11%	23	8.2
19	金鳳茶餐廳	灣仔春園街41號春園大廈地下	雞批	\$11	每件	82	1.8%	0.46	17%	23	10
20	批&撻 Pie & Tart	香港尖沙咀加連威老道77號地下	雞批	\$14	每件	146	2.3%	0.51	34%	20	8.2
21	華輝餐廳 Mayo Wah Fai Restaurant	香港大埔鄉事會坊17號地舖	雞批	\$14	每件	125	2.6%	0.49	28%	19	6.6
22	喜喜冰室	銅鑼灣Fashion Walk百德新街57號地下C&D號舖	雞批	\$13	每件	105	3.4%	0.96	46%	24	8.7
23	快樂餅店	香港灣仔皇后大道東106號地下	雞批	\$9	每件	104	4.2%	1.0	47%	24	8.7
24	蛇寶樂香園咖啡室	中環機利文新街8-12號地下	雞批	\$10	每件	94	4.3%	1.0	43%	23	8.2
25	新華茶餐廳	九龍長沙灣青山道334號	雞批	\$9	每件	115	4.3%	0.94	49%	20	8.0
蛋撻 Egg tart											
26	聖安娜餅屋	新界青衣青衣城179號舖	蛋撻	\$57(12件)	每件	66	0.28%	0.38	11%	17	7.1
27	美心西餅 Maxim's Cake	香港港鐵站29號舖	蛋撻	\$4.5	每件	63	0.71%	0.12	3.4%	17	6.0
28	酥妃皇后 Queen Sophie	將軍澳重華路8號東港城1樓107號舖	酥皮蛋撻 (原味蛋撻)	\$10	每件	92	0.98%	0.17	7.1%	17	6.2
29	泰昌餅家 Tai Cheong Bakery	九龍紅磡必嘉街92-112紅磡灣中心地下17號舖	酥皮蛋撻	\$7	每件	63	1.1%	0.28	8.0%	22	8.1
30	肯德基 KFC	新界大埔安邦路大埔超級城501-504號舖	經典葡撻	\$7.5	每件	51	1.2%	0.97	22%	29	14
31	澳門茶餐廳	上環干諾道中168-200號信德中心2樓270-273號舖	葡式蛋黃蛋撻	\$10	每件	66	1.2%	0.84	25%	26	12
32	蛋撻王餅店	九龍土瓜灣馬頭角道33號欣榮花園地下11舖	牛油皮蛋撻	\$7.5	每件	62	1.7%	0.34	10%	18	7.4
33	凱施餅店 Hoixe Catering Group	G/F, 17 Tung Sing Road, Aberdeen, HK	酥皮蛋撻	\$5.5	每件	69	2.0%	0.36	11%	18	7.5
咖喱角/酥皮卷 Samosa/ Meat stuffed pastry roll											
34	東海堂 Arome	新界元朗教育路36,40及42號及元朗康樂路33-35號豐興樓地下C舖	火腿吞拿丹麥酥	\$9.50	每件	75	0%	0.46	16%	21	11
35	批&撻 Pie & Tart	香港尖沙咀加連威老道77號地下	迷你咖喱牛肉酥	\$28(6件)	每件	33	0.66%	0.14	2.1%	18	7.4
36	OK便利店	九龍碧街50及52號地下	香酥吞拿魚條	\$9	每件	86	0.83%	0.44	17%	23	10
37	烤爐印度餐廳 Clay Pot Indian Restaurant	北角電氣道229號電氣道市政大廈2樓CF5號舖	咖喱角 Samosa	\$44(4件)	每件	43	1.3%	0.31	6.1%	16	3.3
38	好時沙嘜	尖沙咀麼地道63號好時中心144-148號舖	咖喱角	\$37(4件)	每件	40	1.8%	0.35	6.4%	19	3.3
39	阿拉丁咖喱屋 Aladin Mess	銅鑼灣羅素街60號富興大廈2樓	咖喱角 Samosa	\$38(4件)	每件	41	1.8%	0.23	4.3%	13	0.96
40	新意達 Sangeetha Vegetarian Restaurant	尖沙咀麼地道62號永安廣場UG層1-5,31舖	咖喱角 Samosa	\$10	每件	72	1.8%	0.48	16%	18	2.7
41	新德里餐廳 The Delhi Club (Mess)	尖沙咀彌敦道36-44號重慶大廈C座3樓3室	素咖喱角 Samosa	\$7	每件	62	1.9%	0.27	7.6%	14	3.0
42	多多麵包	美孚新村百老匯街65號地下	咖喱角	\$9	每件	88	2.7%	0.77	31%	29	11

Table 4: Analytical Results of Cookies/ Cake Samples

Sample no. [1]	Restaurant/ Shop name [2]	Restaurant/ Shop address [2]	Product description [2]	Approximate retail price [3]	Unit [4]	Unit weight (g) [4]	iTFA/fat (%) [5]	TFA		Total fat (g/100g of food) [8]	SFA (g/100g of food) [9]
								g/100g of food [6]	Each sample's contribution to % of WHO's recommended daily intake limit [7]		
曲奇 Cookies											
43	菲爾斯曲奇專賣店 Mrs. Fields Cookies	Shop TST4, Tsim Sha Tsui MTR Station, Kowloon	牛油曲奇	\$30 (6件)	每塊	13	0%	0.51	3.0%	23	11
44	貴族蛋糕 The Supreme	香港太子太子道西 176號地下	曲奇	\$100 (袋)	每塊	8	0%	0.74	2.7%	36	17
45	嘉藍餅店	灣仔道236號地下E1舖	牛油曲奇	\$18 (1/4磅)	每塊	9	0%	0.91	3.7%	35	18
46	晞斯餅店 Hegsze Cake Shop	元朗青山公路41號 C,D,E,F舖	曲奇	\$88(磅)	每塊	8	1.0%	1.4	5.1%	39	18
47	百事吉餅店	灣仔石水渠街 15號地舖	曲奇	\$80(磅)	每塊	5	1.2%	0.94	2.1%	28	12
48	多多麵包	美孚新村百老匯街 65號地下	長曲奇	\$98(磅)	每塊	6	2.5%	0.92	2.5%	36	13
蛋糕 Cake											
49	Lady M	香港銅鑼灣Fashion Walk 加寧街1-3號地下C舖	千層蛋糕 Signature Mille Crepes	\$68	每件	108	0%	0.56	27%	26	12
50	龍島美食店 Lucullus	香港尖沙咀彌敦道 63號SQUARE 國際廣場 LG層4B號舖	拿破崙蛋糕 (芒果千層蛋糕) Mango Mille-feuille Cake	\$329 (整個)	每個	910	0%	0.36	19%*	17	9.3
					每件*	114*					
51	車厘子餅店	新界元朗天水圍 天瑞路88號 俊宏軒地下G01舖	蛋糕	\$28 (2件)	每件	145	0.76%	0.076	5.0%	10	2.4
52	山崎麵包 Yamazaki	上水匯分店	蒸蛋糕 (日式雲尼拿)	\$9	每件	88	0.82%	0.098	3.9%	12	1.9
53	凱施餅店 Hoixe Catering Group	九龍旺角碧街 54號地下	迷你蛋糕	\$4.5	每件	43	1.1%	0.16	3.1%	15	2.9
54	皇爵麵包西餅 Dynasty Bakery Cake Shop	九龍深水埗桂林街 117號地下	牛油蛋糕	\$13	每件	210	1.7%	0.30	29%	18	2.5
55	聖羅蘭餅屋	G/F, 293 Queen's Road West, Sai Ying Pun, Western District	牛油蛋糕	\$16	每件	297	2.3%	0.62	84%	27	11
56	超群 Maria's	馬安山恆錦街1號恆安商場 2樓219B號舖	牛油切餅	\$6	每件	53	4.2%	1.1	27%	26	10

Table 5: Analytical Results of Chinese/ Sweet Pastry & Others Samples

Sample no. [1]	Restaurant/ Shop name [2]	Restaurant/ Shop address [2]	Product description [2]	Approximate retail price [3]	Unit [4]	Unit weight (g) [4]	iTFA/fat (%) [5]	TFA		Total fat (g/100g of food) [8]	SFA (g/100g of food) [9]
								g/100g of food [6]	Each sample's contribution to % of WHO's recommended daily intake limit [7]		
中式酥餅/甜酥餅 Chinese/ Sweet pastry											
57	百事吉餅店	灣仔石水渠街15號地鋪	蝴蝶酥	\$120(袋)	每件	6	0%	1.2	3.3%	35	19
58	榮華	灣仔史釗域道1號	老婆餅	\$7.6	每件	78	0.61%	0.11	3.9%	18	7.4
59	新樂富麵包	Shop No. 2, G/F, 473 & 475 Un Chau Street, Sham Shui Po, Kowloon	蝴蝶酥	\$5	每件	50	0.73%	0.16	3.6%	22	9.1
60	明華餅家	旺角煙廠街1-3D	老婆餅	\$4.5	每件	87	0.82%	0.14	5.5%	17	6.0
61	八仙餅家	九龍深水埗南昌街197號 鑽石樓地下	老婆餅	\$10	每件	140	0.83%	0.15	9.5%	18	5.8
62	恆香老餅家	新界元朗大馬路66號	皮蛋酥	\$9	每件	71	1.0%	0.26	8.4%	25	6.6
63	美其香餅家	深水埗興華街27E號地下	老婆餅	\$6	每件	93	1.1%	0.20	8.5%	19	4.2
64	大同老餅家	元朗阜財街57號地下	老婆餅	\$8	每件	79	1.3%	0.35	13%	27	11
其他 Others											
65	Green Waffle Diner	香港銅鑼灣軒尼詩道500號 希慎廣場13樓1303號舖	Fresh Fruit Pancake	\$89 (一份共3塊)	每塊	97	0%	0.053	2.3%	3.8	1.6
66	Marks & Spencer	Kinwick Food Store, 1/F, Kinwick Centre, HK	鬆餅	\$14	每件	79	0%	0.40	14%	17	9.0
67	Bove	香港葵芳葵富路7號葵涌廣場3樓 TOP世界3069-T20號舖	原味班戟	\$28(2件)	每件	75	0.048%	0.043	1.5%	6.3	1.7
68	文華餅店	香港中環干諾道中 5 號 (香港文華東方酒店)	Apple & Pop Muffin	\$28	每件	95	0.26%	0.23	9.9%	18	4.1
69	麥當勞 McDonald's	上水智昌路九號上水名都商場 二樓12至16號舖	薯條	\$12	每份	90	0.88%	0.17	7.0%	16	1.7
70	Taco Chaca	香港西環西營盤第二街 119號地下	Pollo Taco Flour Tortilla	\$53 (一份共2件)	每件	82	0.90%	0.07	2.6%	7.8	2.1
71	A-1 Bakery	九龍城賈炳達道128號 九龍城廣場LG09號舖	冬甩	\$11	每件	56	1.1%	0.19	4.8%	15	3.4
72	TED's Lookout	香港灣仔月街17A號月豐閣地下	Chicken Taco	\$98 (一份共3件)	每件	63	1.3%	0.14	4.0%	11	1.7
73	City'super	Harbour City, Gateway Arcade, L3, Shop 3001, Tsim Sha Tsui	Banana Muffin 香蕉全麥鬆餅	\$19	每件	94	1.6%	0.33	14%	21	2.1
74	Mos Burger	G01-06, E-Plaza, 7 Shing Yip St, Kwun Tong	薯條	\$16	每份	138	2.4%	0.29	18%	12	0.96
75	Panash	九龍九龍灣德福商場F33-34號舖	糖環冬甩	\$10	每件	54	2.5%	0.81	20%	27	9.8

Note:

[1] Samples in each category are arranged in ascending order of the percentage of industrially produced trans fat (iTFA) in total fat (%). Testing of cream soup with puff pastry samples was done on the puff pastry. Samples with the same iTFA/fat (%) are arranged by restaurant/shop name in English alphabetical order or in order of stroke number of Chinese characters if both Chinese and English names are available. Test results of (#24) could not be verified with “蛇寶樂香園咖啡室” as its premises were found to have changed hands when the results were sent there.

[2] Information of the samples was collected from the menu, receipt or official website of the restaurants/shops.

[3] Unless otherwise specified, the approximate retail price is for each product and for reference only, which was the current price when the samples were bought in Nov and Dec 2018. Exact price may vary with each restaurant/shop and district.

[4] The unit weight of loose-packed food samples was measured by the Centre for Food Safety (CFS). The unit weight of the puff pastry on the cream soup with puff pastry samples was measured by CFS, while the weight of the soup was provided by the restaurants/shops. The unit weight is for reference only. By referring to the unit weight, consumers can assess the intake of individual nutrients based on the amount of food eaten. The nutrient content per 100g can be converted to per unit weight using the following formula:
Nutrient content per unit weight of sample = (Nutrient content (g/100g of food) ÷ 100) x Unit weight, e.g. TFA content per unit weight of puff pastry sample (#5) = (3.4 ÷ 100) x 38 = 1.3g

[5] According to the approach in Denmark, if a food contains ingredients from ruminants (e.g. milk), the iTFA content can be estimated based on the contents of total TFA and butyric acid (C4:0) measured in laboratory and some presumed ratios of ruminant fats using the following formula:
iTFA = Total TFA – (C4:0) x (6 ÷ 3.6)
*The unit weight of the cake sample was 910g. For ease of comparison, the cake was divided into 8 pieces. The TFA contribution to % of WHO's recommended daily intake limit was calculated based on the weight per piece, i.e. 114g.

[6] (a) The TFA tested in the study met the definition of TFA in the Food and Drugs (Composition and Labelling) Regulations. TFA is defined as the sum of all unsaturated fatty acids which contains at least one non-conjugated and trans double bond, i.e. 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), C18:3T, C20:1T(11-trans) and C22:1T(13-trans).
(b) According to CFS' Technical Guidance Notes on Nutrition Labelling and Nutrition Claims, prepackaged foods with TFA < 0.3g per 100g of food can claim to have “zero” TFA on the nutrition label.

[7] The TFA contribution to % of WHO's recommended daily intake limit per unit weight of sample can be calculated using the following formula:
(TFA (g/100g of food) ÷ 100 x Unit weight) ÷ 2.2%
The World Health Organization (WHO) and the Food and Agriculture Organization (FAO) recommend that the daily TFA intake should be limited to less than 1% of daily energy intake. For example, an individual with an energy intake of 2000 kcal per day should limit the daily TFA intake to less than 2.2g.

[8] (a) Total fat includes saturated fat (SFA), TFA, monounsaturated fatty acids, polyunsaturated fatty acids, phospholipids, sterols, etc. WHO and FAO recommend that the daily total fat intake should be 15-30% of daily energy intake. For example, an individual with an energy intake of 2000 kcal per day should limit the daily total fat intake to 66g.
(b) According to CFS' Shopping Guide Cards, foods with total fat > 20g per 100g of food are considered to be “high fat”.

[9] SFA is the 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 and FAO recommend that the daily SFA intake should be limited to less than 10% of daily energy intake. For example, an individual with an energy intake of 2000 kcal per day should limit the daily SFA intake to less than 22g.