

## Study on Sugars Content of some Non-prepackaged Food in Hong Kong

**Table 1. Sugars content of non-alcoholic beverages.**

Food products	No. of samples		Mean sugars content [range] (g/100g)	
	Regular	Less sweet	Regular	Less sweet
<b><u>Icy drinks</u></b>				
Red bean icy drink	8	8	<b>13</b> [7.8 – 22]	<b>11</b> [6.4 – 20]
Pineapple icy drink	8	8	<b>9.6</b> [8.5 – 11]	<b>8.0</b> [4.6 – 9.3]
Tri-colour icy drink	8	8	7.1 [4.5 – 10]	5.1 [3.1 – 6.5]
<b><u>Iced tea or coffee</u></b>				
Iced lemon tea	8	8	6.5 [5.2 – 8.0]	4.7 [3.0 – 6.3]
Iced milk tea	8	8	6.3 [4.1 – 8.3]	4.6 [2.4 – 6.6]
Iced “yuan-yang” (mixed coffee milk-tea)	8	8	6.0 [3.8 – 8.3]	5.0 [2.7 – 7.5]
Iced coffee	8	8	5.7 [4.4 – 7.2]	4.0 [2.9 – 5.1]
Iced milk tea with pearl tapioca	8	8	5.4 [3.0 – 6.7]	3.8 [1.8 – 5.3]
Iced caffe mocha	8	8	4.9 [3.2 – 8.2]	3.7 [1.8 – 6.1]
<b><u>Hot beverages</u></b>				
Hot citron tea	8	--	<b>7.4</b> [5.7 – 11]	--
Hot sour plum drink	8	--	4.7 [1.7 – 9.3]	--

**Table 2. Sugars and energy content of dessert and bakery products.**

Food products	No. of samples	Mean sugars content [range] (g/100g)	Mean energy content [range] (kcal/100g)
Macaron	8	39 [27 – 51]	460 [440 – 480]
Spongy cake	8	20 [18 – 23]	310 [230 – 360]
Molten chocolate cake	8	19 [9.4 – 35]	430 [350 – 490]
Coconut tart	8	19 [16 – 24]	470 [420 – 530]
Muffin	8	19 [4.5 – 24]	390 [370 – 420]
Soufflé	8	16 [9.4 – 25]	190 [91 – 410]
Steamed sago dumpling with red bean paste	8	15 [11 – 18]	210 [160 – 290]
Pineapple bun	8	13 [11 – 15]	350 [320 – 370]
Caramel egg custard	8	12 [5.8 – 19]	270 [160 – 370]
Caramel egg custard (less sweet)	2	11 [10 – 12]	300 [250 – 350]
Frozen yoghurt	8	10 [3.7 – 14]	110 [65 – 140]
Glutinous rice ball with sesame filling	8	8.0 [5.8 – 9.5]	260 [220 – 280]
Mango pudding	8	7.8 [3.6 – 13]	100 [72 – 170]
Milk pudding	8	6.9 [5.1 – 9.4]	140 [75 – 220]
Red bean sweet soup	8	6.7 [3.7 – 8.8]	77 [68 – 87]
Glutinous rice ball with sesame filling (less sweet)	2	6.5 [5.7 – 7.3]	240 [200 – 270]
White bread	8	5.2 [3.0 – 7.0]	280 [260 – 300]