

Table 1: Test Results of Breads, Egg Tarts, and Chicken Pies

Sample Code	Brand Name	Weight (g) [1]	Unit Weight (g) [2]	TFA (g) [3] [4]	SFA (g) [3] [5]	Cholesterol (mg) [3] [6]	Total Fat (g) [3] [7]	Energy (kcal) [3] [8]
				Nutrient Content per 100g Edible Portion of Food				
Wheat Bread & White Bread								
A1	首選牌切皮三文治原味方飽 First Choice Crustless White Sliced Bread	150 *	29 (1 slice)	0	1.3	0	2.9	230
A2	羅馬麵包12精選穀麥包 Roman Meal 12 Grain Bread	400 *	52 (1 slice)	0	1.5	0	5.5	280
A3	嘉頓生命麵包(高蛋白質) Garden Life Bread (High Protein)	450 *	29 (1 slice)	0.070	2.0	0.48	4.9	270
A4	大班高纖健康麥包 Taipan High Fibre Natural Wheat Bread	180 *	54 (1 slice)	0.090	3.7	22	9.1	300
A5	Bakers Choice 超軟方包 Bakers Choice Soft Bread	258	43 (1 slice)	0.39	1.4	0.50	4.4	280
A6	A-1 Bakery 全麥飽 A-1 Bakery Whole Wheat Bread	190 *	36 (1 slice)	0.50	2.7	18	7.5	300
A7	山崎麵包全麥麵包 Yamazaki Whole Wheat Bread	180 *	30 (1 slice)	0.56	2.3	0	6.0	300
Sweet Roll								
A8	嘉頓提子包 Garden Raisin Bun	180 *	58 (1 piece)	0.055	2.7	0	6.1	310
A9	Arome Bakery Raisin Wheat Bread	300 *	320 (1 piece)	0.15	2.6	8.4	6.3	320
A10	聖安娜加奶全蛋排包	289	59 (1 slice)	0.23	4.2	26	8.2	320
A11	美心排包至尊 Maxim's Supreme Butter Loaf	250 *	32 (1 slice)	0.31	5.2	32	10	330
Puff Pastry Bread								
A12	Délices 牛角包 Délices Croissant (金鐘金鐘廊)	47	47 (1 piece)	0.36	13	48	22	440
A13	原田風丹麥包 Harada Fu Danish Bread	180 *	200 (1 piece)	0.80	7.7	27	20	400
A14	嘉頓歐陸麵包 (法國牛角酥) Garden Continental Bread (French Croissants)	130 *	37 (1 piece)	0.98	16	65	27	450
Cream-filled Bread with Shredded Coconut								
A15	文華茶餐廳椰絲奶油包 (旺角西洋菜街)	110	110 (1 piece)	0.35	9.7	43	19	400
A16	7-Eleven 椰絲奶油包 (銅鑼灣糖街)	95	95 (1 piece)	1.4	11	42	26	430
A17	凱施餅店椰絲奶油包 (美孚美孚新邨萬事達廣場)	83	83 (1 piece)	1.8	9.8	32	21	420
Sausage Bun								
A18	大班麵包西餅腸仔包 Taipan Sausage Bread (金鐘金鐘廊)	93	93 (1 piece)	0.083	3.8	53	12	290
A19	美心西餅腸仔包 (旺角火車站)	85	85 (1 piece)	0.11	4.5	54	13	300
A20	君蘭餅店腸仔包 (美孚西鐵站)	91	91 (1 piece)	0.19	4.2	56	14	310
“Pineapple” Bun								
A21	新創記茶餐廳菠蘿包 (銅鑼灣糖街)	98	98 (1 piece)	0.076	4.2	27	12	370
A22	金鳳茶餐廳菠蘿包 (灣仔春園街)	110	110 (1 piece)	0.11	3.6	16	10	340
A23	銀龍粉麵茶餐廳菠蘿包 (旺角西洋菜街)	94g (1 serving 2 pieces)	47 (1 piece)	0.13	3.5	24	11	360
Egg Tart								
A24	康年餐廳酥皮蛋撻 (旺角通菜街)	67	67 (1 piece)	0.12	7.1	85	22	340
A25	凱施餅店酥皮蛋撻 (旺角弼街)	63	63 (1 piece)	0.17	6.6	83	17	290
A26	檀島咖啡餅店酥皮蛋撻 (灣仔軒尼詩道)	68	68 (1 piece)	0.17	8.3	94	21	340
A27	美心西餅蛋撻 (旺角火車站)	60	60 (1 piece)	0.38	5.3	110	15	310
A28	聖安娜餅屋蛋撻 (旺角西洋菜街)	96	96 (1 piece)	0.43	6.9	91	15	290
A29	泰昌餅家蛋撻 (旺角新世紀廣場)	72	72 (1 piece)	0.54	6.3	95	17	310
A30	肯德基瑪嘉烈葡撻 KFC Egg Tart (旺角彌敦道)	52	52 (1 piece)	0.82	13	140	26	380
Chicken Pie								
A31	Pie & Tart Specialists 雞批 (美孚美孚新邨蘭秀道)	180	180 (1 piece)	0.20	8.8	44	17	320
A32	美心西餅雞批 (旺角火車站)	92	92 (1 piece)	0.46	7.8	69	23	390
A33	東海堂日本高級麵包專門店雞批 (銅鑼灣波斯富街)	85	85 (1 piece)	0.78	12	99	24	400
Remarks			example, an individual with daily energy intake of 2,000kcal should limit the TFA intake to less than 2.2g per day.					
[1] * indicates weight as declared on the product label. Weight of loose samples or samples without net weight declared were measured by the Centre for Food Safety.			[5] 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 2,000kcal should limit the SFA intake to less than 22.2g per day.					
[2] Unit weight (e.g. weight of one slice or one piece) was measured by CFS, which might be slightly different from that listed on the product labels. Based on the amount of food eaten, consumers can use this unit weight as a reference to assess the intake of individual nutrients.			[6] WHO/FAO recommended the intake of cholesterol should be limited to less than 300mg per day.					
[3] The content of trans fatty acids (TFA), saturated fatty acids (SFA), cholesterol, total fat, and energy presented in the table was calculated as per 100g edible portion 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 ÷ 100) x Unit weight, e.g. TFA per unit weight of #A3 = (0.07 ÷ 100) x 29 = 0.020g.			[7] 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 2,000kcal should limit the total fat intake to 66.7g per day.					
[4] 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			[8] Estimation of energy requirements for healthy individuals takes account of age, gender, body weight and activity level. According to WHO/FAO, men aged 30 to 59 years, weight 65kg with low activity level need 2,350kcal per day, whereas women aged 30 to 59 years, weight 55kg with low activity level need about 1,850kcal per day.					

Table 2: Test Results of Cakes and Other Bakery Products

Sample Code	Brand Name	Weight (g) [1]	Unit Weight (g) [2]	TFA (g) [3] [4]	SFA (g) [3] [5]	Cholesterol (mg) [3] [6]	Total Fat (g) [3] [7]	Energy (kcal) [3] [8]
				Nutrient Content per 100g Edible Portion of Food				
Chinese Cake								
A34	奇華正式雞蛋糕	150 *	150 (1 piece)	0	1.9	120	7.5	340
A35	恆香正式雞蛋糕	150 *	150 (1 piece)	0.010	1.4	76	5.0	320
A36	奇華黑芝麻蒸蛋糕	45 *	52 (1 piece)	0.036	2.4	140	6.6	290
A37	榮華正蛋糕	85	85 (1 piece)	0.090	4.5	240	11	340
A38	榮華奶黃綠茶蓉蛋糕	120	120 (1 piece)	0.096	4.4	110	8.1	280
Other Cake								
A39	首選牌呷呢噏味蛋糕 First Choice Vanilla Flavour Sponge Cake	360 *	370 (1 piece)	0.051	3.0	140	12	320
A40	原田風軟蛋糕 Harada Fu Toast Cake	360 *	73 (1 slice)	0.062	3.0	130	13	320
A41	美心朱古力雪芳 Maxim's Chocolate Chiffon	55	55 (1 piece)	0.063	4.9	240	18	390
A42	佳之選迷你蛋糕仔 (呷呢噏味) Select Kids Twin Cake (Vanilla Flavour)	45g x 6 pieces per bag *	41 (1 piece)	0.088	7.6	62	19	410
A43	嘉頓雪芳蛋糕 (朱古力味) Garden Chiffon Cake (Chocolate Flavour)	60 *	60 (1 piece)	0.11	2.9	140	15	360
A44	Elledi Gran Biscotti Soft Doughnuts with Cocoa	180 *	31 (1 small bag)	0.11	8.9	100	28	480
A45	山崎麵飽蒸蛋糕	83	83 (1 piece)	0.16	2.3	110	11	320
A46	四洲夾心蛋糕 (牛奶味) Four Seas Premium Cake (Milk Flavour)	90 *	16 (1 small bag)	0.19	5.9	94	12	390
A47	Arome Bakery Chiffon Cake	100 *	110 (1 piece)	0.22	8.2	210	15	350
Egg Roll								
A48	優之良品原味肉鬆蛋卷 Aji Ichiban Egg Rolls with Shredded Pork	250 *	7.3 (1 roll)	0	3.2	25	5.9	400
A49	聖安娜樂脆鳳凰卷 Saint Honore Assorted Fung Wong Rolls	100	10 (1 small bag)	0.091	9.0	17	20	490
A50	香港奇禮芝麻椰絲鳳凰卷	156	39 (1 small bag)	0.34	17	51	30	540
A51	恆香蜂巢雞蛋卷 Hang Heung Egg Rolls	400 *	19 (1 roll)	0.48	13	190	35	560
A52	榮華蛋卷 Wing Wah Egg Roll	450 *	16 (1 roll)	1.0	11	240	31	540
Waffle								
A53	吉之島格仔餅 (將軍澳東港城)	140	140 (1 waffle)	0.028	3.7	28	10	320
A54	雞蛋仔小吃店格仔餅 (旺角花園街)	140	140 (1 waffle)	0.046	2.7	22	15	350
A55	津味格仔餅 (旺角奶路臣街)	130	130 (1 waffle)	0.069	4.6	33	18	380
Egg Puff								
A56	吉之島雞蛋仔 (將軍澳東港城)	150	150 (1 waffle)	0	0.84	17	2.8	270
A57	雞蛋仔小吃店雞蛋仔 (旺角花園街)	110	110 (1 waffle)	0	1.2	21	6.1	320
A58	津味雞蛋仔 (旺角奶路臣街)	150	150 (1 waffle)	0.031	2.1	43	11	350
Remarks: [1] – [8] Refer to Table 1. [9] Waffle samples collected as purchased, i.e. spread with peanut butter, condensed milk and butter or margarine.								

Table 3: Test Results of Deep Fried Foods

Sample Code	Brand Name	Weight (g) [1]	Unit Weight (g) [2]	TFA (g) [3] [4]	SFA (g) [3] [5]	Chole-sterol (mg) [3] [6]	Total Fat (g) [3] [7]	Energy (kcal) [3] [8]
				Nutrient Content per 100g Edible Portion of Food				
Potato Product								
A59	大家樂薯條 (旺角新世紀廣場)	74	74 (1 serving)	0.060	1.4	5.2	12	230
A60	肯德基格格脆薯塊(大) <b>KFC Criss Cut Fries (Large)</b> (將軍澳東港城)	210	210 (1 serving)	0.15	7.3	0	24	360
A61	美心MX薯條 (旺角火車站)	140	140 (1 serving)	0.38	4.6	0.91	14	280
A62a	麥當勞薯條(大) (於5月搜集) <b>McDonald's French Fries (Large)</b> (collected in May) (金鐘海富中心)	110	110 (1 serving)	2.4	4.8	0	17	340
A62b	麥當勞薯條(大) (於9月搜集) <b>McDonald's French Fries (Large)</b> (collected in September) (深水埗康寶大廈)	120	120 (1 serving)	0.095	6.3	0	17	340
Meat Product								
A63	美心M X 炸雞髀 (荃灣綠楊坊)	170	136 (edible portion of 1 thigh)	0.059	4.1	140	13	230
A64	肯德基炸雞(原味) <b>KFC Original Recipe Chicken</b> (將軍澳東港城)	250	210 (edible portions of 1 breast and 1 wing)	0.061	6.2	95	20	320
A65	大快活炸豬排 (荃灣富華中心)	110	106 (edible portion of 1 piece of pork chop)	0.095	4.2	60	22	340
A66	麥當勞麥樂雞 <b>McDonald's McNuggets</b> (金鐘海富中心)	160	160 (9 pieces)	0.14	8.5	54	25	350
Chinese Fritter								
A67	天天素食煎堆 (荃灣富華中心)	186g (3 pieces per serving)	62 (1 piece)	0.034	3.7	0	16	390
A68	海景粥店煎堆 (旺角弼街)	95	95 (1 piece)	0.061	1.1	0	12	370
A69	海皇粥店煎堆 (銅鑼灣東角道)	110	110 (1 piece)	0.069	1.4	0	10	350
A70	新釗記茶餐廳油炸鬼 (銅鑼灣糖街)	86	86 (1 piece)	0.095	4.1	0	30	480
A71	海景粥店油炸鬼 (旺角弼街)	120	120 (1 piece)	0.14	1.8	0	28	450
A72	海皇粥店油炸鬼 (銅鑼灣東角道)	130	130 (1 piece)	0.15	2.3	0	17	370
Remarks [1] – [8] Refer to Table 1.								

Table 4: Test Results of Butter and Margarine/ Margarine-like Spreads

Sample Code	Brand Name	Weight (g) [1]	Unit Weight (g) [2]	TFA (g) [3] [4]	SFA (g) [3] [5]	Cholesterol (mg) [3] [6]	Total Fat (g) [3] [7]	Energy (kcal) [3] [8]
				Nutrient Content per 100g Edible Portion of Food				
Butter								
B1	紐西蘭安佳奶油 Anchor Pure New Zealand Butter	227 *	14 (1 tablespoon)	3.5	50	220	82	740
Margarine/ Margarine-like Spread								
B2	花嘜輕怡植物牛油 Flora Light	500 *	14 (1 tablespoon)	0.12	10	1.4	48	430
B3	味道美原味 Meadowlea Original	250 *	14 (1 tablespoon)	0.15	15	0	71	640
B4	花嘜軟滑植物牛油 Flora Original	250 *	14 (1 tablespoon)	0.19	16	2.8	72	650
B5	Olive Grove Spread with Cholesterol Free Olive Oil Lite	500 *	14 (1 tablespoon)	0.20	13	0	56	510
B6	銀寶輕脂軟質牛油 Lurpak Lighter Spreadable	250 *	14 (1 tablespoon)	0.84	21	95	61	550
B7	First Choice Light Reduced Fat, Reduced Salt Spread	500 *	14 (1 tablespoon)	3.2	11	0.79	60	540
B8	雪印特級植物牛油 Snow Brand Neo Soft Spread	180 *	14 (1 tablespoon)	4.2	12	0	83	750
Remarks	<p>[1],[2],[4] – [8] Refer to Table 1.</p> <p>[3] The content of trans fatty acids (TFA), saturated fatty acids (SFA), cholesterol, total fat, and energy presented in the table was calculated as per 100g edible portion of food. According to overseas data, about 1 tablespoon (14g) may be needed for bread spreading. Use this formula to convert the nutrient content from per 100g to 1 tablespoon: (Nutrient content ÷ 100) x 14, e.g. TFA per tablespoon of #B2 = (0.12 ÷ 100) x 14 = 0.017g.</p>							