

Table 1: Test Results of Savoury Biscuits and Crisps

Sample Code	Brand Name	Nutrient Content per 100g of Food (Edible Portion) [2]							Unit Weight (g) [9]
		Weight (g) [1]	Sodium (mg) [3]	Sugars (g) [4] [10]	TFA (g) [5]	SFA (g) [6] [10]	Total Fat (g) [7]	Energy (kcal) [8]	
Saltine Cracker									
A1	四洲奶鹽梳打餅 FOUR SEAS Saltine Crackers	200	570	0.72	0.032	5.3	12	420	6.0 (1 piece)
A2	EDO Pack 芝麻梳打餅乾 EDO Pack Sesame Soda Crackers	100	590	0.44	0.042	7.9	17	460	5.0 (1 piece)
A3	嘉頓芝麻梳打餅 Garden Sesame Saltine	100	670 ▲	0.90	0.040	9.3	16	450	5.6 (1 piece)
Sandwich Cracker									
A4	力士特濃芝士夾心餅 munchy's LEXUS The Sandwich Calcium Cracker Cheese Cream	250	530	17	0.18	14	32	540	11 (1 piece)
A5	KRAFT RITZ Sandwich Cracker Cheese	118	610 ▲	15	0.11	18	28	510	9.2 (1 piece)
A6	太平洋斯真正芝士夾心餅乾 KRAFT Pacific Pic-6 Real Cheddar Cheese Sandwiches	36g x 8	750 ▲	14	0.13	12	24	490	6.5 (1 piece)
Digestive Biscuit									
A7	FIRST CHOICE 香蔥芝麻麥消化餅 FIRST CHOICE Spring Onion & Sesame Oat Digestive Biscuits	220	350	15	0.20	10	26	500	10 (1 piece)
A8	麥維他消化餅 McVitie's Digestive	270	600	16	0.087	10	20	470	8.5 (1 piece)
A9	GULLON Digestive	400	640 ▲	7	0.074	9	21	470	15 (1 piece)
Wafer									
A10	Loacker Napolitaner Hazelnut Cream Filled Wafer Cubes	250	110	25	0	18	26	510	3.6 (1 piece)
A11	嘉頓迷你忌廉威化花生味 Garden Mini Cream Wafers Peanut Flavoured	34	160	20	0.86	13	27	520	3.7 (1 piece)
A12	EDO Pack 花生威化餅 EDO Pack Peanut Wafer	172	360	23	0.092	9.8	23	490	9.3 (1 piece)
Cheese Cracker									
A13	EDO Pack 芝士餅 EDO Pack Cheese Cracker	197	460	7.8	0.33	14	30	530	4.1 (1 piece)
A14	雅樂思鄉村芝士餅乾 ARNOTT'S Country Cheese	250	970 ▲	6.3	0.37	7.6	17	450	5.5 (1 piece)
Potato Chip									
B1	品客洋芋片(香濃起司口味) Pringles Creamy Cheese Potato Crisps	170	370	2.8	0.16	12	38	560	180 (1 tub)
B2	Lay's Stax Sour Cream & Onion Great Tasting Potato Crisps	155.9	480	3.1	0.40	2.9	29	500	160 (1 tub)
B3	卡樂B薄餅味薯片 Calbee Pizza Flavoured Potato Chips	50	490	3.7	0.14	13	33	530	51 (1 bag)
B4	珍珍薯片蕃茄味 JACK'n JILL Potato Chips Tomato Flavour	60	490	4.0	0.18	16	35	540	61 (1 bag)
B5	BOURBON Potato Chips Ring Pepper Salt	41	510	0.77	0.15	16	33	530	44 (1 bag)
B6	WALKERS Baked Salt & Vinegar Flavour	37.5	920 ▲	5.8	0.020	0.96	7.6	390	38 (1 bag)
Prawn Cracker									
B7	快樂農心辣鮮蝦條 Nong Shim Spicy Shrimp Snack	90	620 ▲	4.2	0.090	8.5	24	480	93 (1 bag)
B8	卡樂B和風醬汁味蝦條 Calbee Japanese Okonomiyaki Prawn Crackers	90	940 ▲	4.9	0.074	9.6	22	480	90 (1 bag)
B9	BOURBON Shrimp Chip	65	1,000 ▲	8.5	1.4	6.5	24	500	70 (1 bag)
B10	明輝印尼蝦片印尼咖哩風味 Brilliant Indonesian Shrimp Chips Curry Flavoured	80	1,100 ▲	8.4	0.18	2	26	500	84 (1 bag)
B11	四洲紫菜風味脆蝦片 Four Seas Seaweed Flavour Prawn Chips	45	1,400 ▲	7.9	0.11	12	31	530	43 (1 bag)
Rice Cracker									
B12	TOPVALU Soy Sauce Flavored Rice Cracker	175	450	1.2	0	0.30	0.9	370	170 (1 bag)
B13	無印良品米菓 Soy Sauce Fried Rice Cracker	110	720 ▲	10	0.23	6.5	27	510	110 (1 bag)
B14	旺旺厚燒海苔米餅 Want Want Seaweed Rice Crackers	160	880 ▲	11	0.081	6.5	16	440	9.4 (1 piece)
Corn Nut									
B15	GARDEN of EATIN' Nacho Cheese All Natural Tortilla Chips	255	340	1.7	0.068	2.4	24	480	260 (1 bag)
B16	Doritos Spicy Nacho	198.4	570	2.3	0.14	3.5	28	510	200 (1 bag)
B17	真樂脆粟米片 - 燒烤味 Chacho's BBQ Bonanza Tortilla Corn Chips	80	620 ▲	4.1	0.066	9.9	28	490	81 (1 bag)

Remarks

- [1] Weight or amount as declared on the product label.
*: Weight of loose samples was measured by the Centre for Food Safety (CFS).
- [2] The content of sodium, sugars, trans fatty acids (TFA), saturated fatty acids (SFA), total fat, and energy presented in the table was calculated as per 100g of food (edible portion). Use this formula to convert the nutrient content from per 100g to per unit weight: Nutrient content per unit weight of sample = (Nutrient content listed in the table ÷ 100) x Unit weight, e.g. Sodium content per unit weight of #A1 = (570 ÷ 100) x 6.0 = 34.2mg.
- [3] The table listed the sodium content in the samples. Use this formula to convert the sodium content to salt content in per 100g of foods: Salt content per 100g of foods = Sodium content listed in the table x 2.5. The World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) recommended the daily intake of sodium should be less than 2,000mg, equals to 5g of salt.
▲: The Food Standards Agency of the United Kingdom (UKFSA) suggested that foods containing more than 1.5g of salt (about 600mg of sodium) per 100g of food meaning they were high in sodium or salt.
- [4] Sum of fructose, glucose, galactose, sucrose, maltose and lactose. WHO/FAO recommended intake of free sugars 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 free sugars intake to less than 50g per day.
- [5] 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). WHO/FAO

recommended the intake of TFA should be limited to less than 1% of daily energy intake. For example, an individual with daily energy intake of 2,000kcal should limit the TFA intake to less than 2.2g per day.

- [6] 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 20g per day.
- [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 60g per day.
- [8] Sum of total fat, protein and carbohydrates multiplied by their energy conversion factors (i.e. fat: 9kcal/g; protein: 4kcal/g; carbohydrates: 4kcal/g). Estimation of energy requirements for individuals takes account of age, gender, body weight and activity level. For those aged 18 to 49 years, weight 56kg with moderate activity level, women need about 2,000kcal per day whereas men need about 2,700kcal per day.
- [9] Unit weight (e.g. weight of one piece or one bag) 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.
- [10] According to the UKFSA, that foods containing more than 15g of sugars per 100g of food were considered as high in sugars; whereas foods containing more than 5g of SFA per 100g of food were considered as high in SFA.

Table 2: Test Results of Nuts and Meat & Seafood Products

Sample Code	Brand Name	Nutrient Content per 100g of Food (Edible Portion) [2]							Unit Weight (g) [9]
		Weight (g) [1]	Sodium (mg) [3]	Sugars (g) [4] [10]	TFA (g) [5]	SFA (g) [6] [10]	Total Fat (g) [7]	Energy (kcal) [8]	
Peanut									
C1	華園露露果仁魚皮花生 WAH YUEN Thunder Nuts Cladded Peanut	94	180	11	0.010	5.0	29	500	95 (1 bag)
C2	開心牌鹽焗花生(整粒裝) Handsome Salted Peanuts (Whole Kernels)	185	230	5.7	0.024	9.4	43	560	190 (1 can)
C3	FIRST CHOICE 美味的選 南乳花生 FIRST CHOICE Nam Yue Peanut	100	440	6.0	0.029	8.6	43	560	100 (1 bag)
C4	醒目牌脆皮花生 WIZARD Crunchy Peanut	35	530	9.3	0.074	12	40	560	36 (1 bag)
C5	PLANTERS Dry Roasted Peanuts	226	610 ▲	6.4	0.016	5.6	45	570	230 (1 jar)
C6	零食新世代南乳花生 Nam Yue Peanuts	200	1,100 ▲	6.7	0.015	9.6	44	550	180 (1 bag)
Cashew									
C7	特選鹽焗腰果 N.O.1 Salted Cashewnuts	128	140	7.0	0.029	10	44	590	130 (1 bag)
C8	CAMEL 鹽焗腰果 CAMEL Roasted Salted Cashews	40	230	7.8	0.030	9.6	47	610	41 (1 bag)
C9	蝴蝶牌金香腰果 Butterfly Brand Dry Roasted Cashews	85	370	13	0.024	8.2	40	570	84 (1 bag)
Macadamia									
C10	MAUNA LOA Dry Roasted Macadamias with Sea Salt	32	350	3.9	0.013	12	75	740	33 (1 bag)
C11	SUNCOAST GOLD Abalone Flavour Macadamias Nuts	125	370	4.5	0.017	12	71	720	130 (1 can)
C12	HAMAKUA PLANTATIONS Garlic Onion Flavor Island Onion Macadamia Nuts	128	410	4.0	0.013	12	68	690	130 (1 can)
Almond									
C13	FERIDIES Almonds Salted	255.15	60	4.1	0.036	4.4	51	590	260 (1 can)
C14	日式鹽焗杏仁	35	360	4.9	0.023	3.9	48	570	30 (1 bag)
C15	BLUE DIAMOND Smokehouse Almonds	150	610 ▲	3.6	0.044	4.5	53	610	150 (1 can)
Fish Ball									
D1	OK便利店咖喱魚蛋 (九龍九龍城馬頭圍邨洋葵樓)	108* (1 serving 6 pieces)	650 ▲	2.8	0	0.33	1.2	100	18 (1 piece)
D2	津味雲吞麵勁辣魚蛋 (九龍旺角花園街)	58.4* (1 serving 8 pieces)	710 ▲	2.0	0.077	2.5	7.3	160	7.3 (1 piece)
D3	7-ELEVEN 龍鳳茶樓咖喱魚蛋 Curry Fish Ball	210	750 ▲	3.7	0	0.22	1.6	91	19 (1 piece)
D4	香港仔四海魚蛋咖喱魚蛋 Curry Fish Ball	200	750 ▲	4.0	0.021	0.45	3.9	110	13 (1 piece)
D5	7-ELEVEN 便利店咖喱魚蛋 (九龍九龍城馬頭圍邨洋葵樓)	80* (1 serving 5 pieces)	840 ▲	3.8	0	0.32	1.6	100	16 (1 piece)
Fish Siu Mai (Excluding Added Sauce)									
D6	鴻福堂杞子燒賣 (九龍太子地鐵站)	84* (1 serving 6 pieces)	530	2.2	0.018	4.4	12	240	14 (1 piece)
D7	香港仔四海魚蛋魚肉燒賣 Fish Meat Shao Mai	135	600	3.2	0.036	6.4	16	280	10 (1 piece)
D8	龍津風味美食店魚肉燒賣 (九龍旺角旺角道寶安大樓)	70* (1 serving 5 pieces)	610 ▲	1.6	0.028	4.7	13	270	14 (1 piece)
D9	公仔好味點心魚蓉燒賣 DOLL EATWELL DIM SUM Fish Shao Mai	20 pieces	730 ▲	2.4	0.021	3.3	8.4	180	12 (1 piece)
D10	淘大魚肉燒賣 AMOY Fish Shaomai	260	820 ▲	5.9	0.015	3.9	9.7	200	13 (1 piece)
Squid Floss									
D11	時興隆金龜嘍魷魚絲 LADYBIRD BRAND Dried Seasoned Cuttlefish	27	1,800 ▲	0	0	1.0	3.1	310	26 (1 bag)
D12	華園魷魚絲 WAH YUEN Sliced Cuttlefish	30	1,800 ▲	41	0	0.097	1.4	300	31 (1 bag)
D13	MARUESU Soft Smoked Squid	102	1,900 ▲	20	0	0.32	1.6	240	100 (1 bag)
Dried Pork									
D14	美珍香原味豬肉乾 BEE CHENG HIANG (銅鑼灣怡和街)	Amount as purchased	930 ▲	32	0.018	2.8	7.9	350	58 (1 piece)
D15	華園沙爹豬肉片 WAH YUEN Sate Sliced Pork	70	1,500 ▲	39	0.017	2.7	8.9	370	70 (1 bag)
D16	黑橋牌炭烤肉乾 Black Bridge BBQ Pork Jerky	110	1,600 ▲	37	0	1.5	4.2	330	110 (1 bag)
Beef Jerky									
D17	優的良品五香牛肉乾 A JI ICHIBAN Seasoned Beef (新界荃灣港鐵站)	Amount as purchased	1,400 ▲	33	0.014	1.7	6.0	320	33 (1 piece)
D18	自然派沙爹牛肉乾 NATURAL IS BEST Satay Dried Beef	60	1,400 ▲	35	0.021	1.5	5.0	350	62 (1 bag)
D19	JACK LINK'S Peppered Beef Jerky	25	1,600 ▲	26	0	0.56	2.8	280	26 (1 bag)
Remarks [1] – [10] Refer to Table 1.									

Table 3: Test Results of Preserved Fruits, Imitation Shark Fin Soups, and Snack Type Seaweeds

Sample Code	Brand Name	Nutrient Content per 100g of Food (Edible Portion) [2]							Unit Weight (g) [9]
		Weight (g) [1]	Sodium (mg) [3]	Sugars (g) [4] [10]	TFA (g) [5]	SFA (g) [6] [10]	Total Fat (g) [7]	Energy (kcal) [8]	
Dried Orange Peel									
E1	EDO Pack 江戸御品 清香陳皮 EDO Pack Sweet Preserved Orange Peel	75	6,700 ▲	4.7	0	0.063	1.0	87	75 (1 bag)
E2	品味一番九製陳皮 Nice Preserved Chen Pi	85	7,300 ▲	6.5	0	0.032	1.2	56	86 (1 jar)
E3	佳寶牌九製陳皮 Ka Po Preserved Mandarin Peel	30	7,600 ▲	4.5	0	0.025	0.9	66	30 (1 bag)
Preserved Lemon									
E4	名菓物語薄荷檸檬	100	1,100 ▲	62	0	0.012	1.4	270	139 (240ml measuring cup)
E5	鯉魚門紹香園檸檬王子 (鑽石山荷李活廣場百佳)	Amount as purchased	1,600 ▲	47	0	0.018	1.2	210	135 (240ml measuring cup)
E6	優の良品特製檸檬條 A JI ICHIBAN Thai Lemon Slices (新界荃灣港鐵站)	Amount as purchased	6,400 ▲	2.7	0	0.040	1.0	79	80 (240ml measuring cup)
Preserved Prune									
E7	天和幸福果子話梅 Isky Plums Pleasant Fruit Sweet & Sour	25	7,300 ▲	5.7	0	0.033	1.0	130	0.76 (edible portion of 1 piece)
E8	加寶牌九製話梅 Ka Po Preserved Plum	20	10,000 ▲	1.8	0	0.089	2.0	120	1.4 (edible portion of 1 piece)
E9	優の良品九製話梅 A JI ICHIBAN Preserved Sweet Plum (九龍鑽石山荷里活廣場)	Amount as purchased	13,000 ▲	7.2	0	0.036	1.5	100	0.88 (edible portion of 1 piece)
Imitation Shark Fin Soup									
F1	大快活碗仔翅 (九龍旺角花園街鴻威大廈)	340 *	370	0.86	0	0.30	1.3	35	340 (1 bowl)
F2	美心MX碗仔翅 (九龍旺角西洋菜南街友誠商業中心)	310 *	460	1.1	0	0.043	Trace	18	310 (1 bowl)
F3	大家樂碗仔翅 (九龍旺角西洋菜南街友誠商業中心)	320 *	560	1.2	0	0.18	0.3	41	320 (1 bowl)
Snack Type Seaweed									
G1	四洲紫菜(原味) FOUR SEAS Seaweed (Original Flavour)	50	1,500 ▲	6.7	0	0.87	4.2	270	0.24 (1 piece)
G2	時興陳味付海苔 Seasoned Seaweed	100	1,500 ▲	6.0	0	0.89	3.6	280	0.21 (1 piece)
G3	EDO Pack 即食鹽焗紫菜泡菜風	20	1,700 ▲	0.27	0.12	4.9	34	440	0.34 (1 piece)
Remarks [1] – [10] Refer to Table 1.									