Table 1: Test Results of Carbonated Drinks, Fruit Juice & Juice Drinks, Soya Beverages, and Lactic Acid Beverages (Ordinary Products)

|                           | Beverages (Ordinary Products)                             |                           | Nutrient Content per 100g of Beverage* |                           |                       |                       |                             |       |                        |                              |  |  |  |
|---------------------------|---|---------------------------|--|---------------------------|-----------------------|-----------------------|-----------------------------|-------|------------------------|------------------------------|--|--|--|
| Sample<br>Code<br>[1] [2] | Brand Name  | Volume<br>(ml)<br>[3] [4] | Sugars<br>(g)<br>[4] [5]               | Sodium<br>(mg)<br>[4] [6] | TFA<br>(g)<br>[4] [7] | SFA<br>(g)<br>[4] [8] | Total Fat<br>(g)<br>[4] [9] | (g)   | CHO<br>(g)<br>[4] [11] | Energy<br>(kcal)<br>[4] [12] |  |  |  |
| Carb                      | onated Drink  |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| Co                        | ola   |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| A1                        | 可口可樂汽水 Coca-Cola Coke                                     | 330                       | 10                                     | Trace                     | 0                     | 0                     | 0                           | 0     | 10                     | 42                           |  |  |  |
| A2                        | 百事可樂 PEPSI Cola   | 330                       | 11                                     | Trace                     | 0                     | 0                     | 0                           | 0     | 11                     | 43                           |  |  |  |
| Cr                        | eam Soda  |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| A3                        | 玉泉忌廉味汽水 Schweppes Cream Soda                              | 330                       | 12                                     | Trace                     | 0                     | 0                     | 0                           | 0     | 12                     | 48                           |  |  |  |
| Or                        | ange Soda   |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| A4                        | 新奇士橙汁汽水 Sunkist Sparkling Orange Juice Drink              | 345                       | 11                                     | Trace                     | 0                     | 0                     | Trace                       | 0     | 11                     | 47                           |  |  |  |
| A5                        | 美年達橙味碳酸飲料 MIRINDA Orange Flavor                           | 330                       | 13                                     | Trace                     | 0                     | 0                     | 0.3                         | 0     | 13                     | 57                           |  |  |  |
| A6                        | 芬達橙味汽水 Fanta Orange Orange Flavoured                      | 330                       | 13                                     | Trace                     | 0                     | 0                     | 0                           | 0     | 13                     | 55                           |  |  |  |
| Fruit                     | Juice & Juice Drink                                       |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| Or                        | ange Juice  |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| В1                        | Fresh 100% Made in Hong Kong Orange Juice                 | 350                       | 8.1                                    | 0                         | 0                     | 0.008                 | Trace                       | 0.4   | 9.2                    | 41                           |  |  |  |
| B2                        | HAPPY PLANET Organic Happiest Orange                      | 1,890                     | 8.9                                    | 0                         | 0                     | 0.011                 | 0.4                         | 0.7   | 10                     | 46                           |  |  |  |
| В3                        | Florida's Natural 100% Pure Orange Juice                  | 300                       | 9.3                                    | 0                         | 0                     | 0.013                 | 0.4                         | 0.6   | 10                     | 48                           |  |  |  |
| Or                        | ange Juice Drink  |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| B4                        | 美粒果果粒橙 Minute Maid Orange Juice Drink                     | 450                       | 9.4                                    | 11                        | 0                     | 0                     | 0.3                         | 0     | 10                     | 43                           |  |  |  |
| B5                        | 果汁先生橙汁飲品(啜啜裝)<br>Mr Juicy Orange Juice Drink (Cheer Pack) | 180                       | 10                                     | 0                         | 0                     | 0                     | Trace                       | Trace | 11                     | 46                           |  |  |  |
| B6                        | Capri-Sonne   | 200                       | 13                                     | 13                        | 0                     | 0                     | 0.4                         | 0     | 13                     | 56                           |  |  |  |
| Gı                        | rape Juice Drink  |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| B7                        | Snapple Grapeade  | 473                       | 10                                     | 0                         | 0                     | 0                     | Trace                       | 0     | 11                     | 45                           |  |  |  |
| В8                        | 維他黑加侖子汁飲品 VITA Blackcurrant Juice Drink                   | 250                       | 11                                     | 7                         | 0                     | 0                     | Trace                       | 0     | 12                     | 49                           |  |  |  |
| B9a                       | 利賓納黑加侖子飲品 Ribena Blackcurrant Drink                       | 330                       | 13                                     | Trace                     | 0                     | 0                     | Trace                       | 0     | 13                     | 52                           |  |  |  |
| Soya                      | Beverage  |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| Cla                       | 維他奶麥精豆奶 vitasoy Malted Soyabean Milk                      | 250                       | 5.3                                    | 46                        | 0.02                  | 0.38                  | 1.3                         | 1.7   | 7.5                    | 48                           |  |  |  |
| C2a                       | 維他奶豆奶 vitasoy Soyabean Milk                               | 250                       | 6.2                                    | 27                        | 0.01                  | 0.34                  | 1.5                         | 1.8   | 6.8                    | 48                           |  |  |  |
| C3                        | 酷兒の豆奶 Qoo Soya Milk                                       | 200                       | 6.3                                    | 39                        | 0                     | 0.14                  | 1.1                         | 0.7   | 6.8                    | 39                           |  |  |  |
| C4a                       | 金光鮮豆漿(特濃豆味) Soya Gold Fresh Rich Soya Milk                | 946                       | 6.6                                    | Trace                     | 0                     | 0.22                  | 1.6                         | 2.9   | 8.1                    | 58                           |  |  |  |
| C5                        | 陽光蜜瓜味豆奶 Hi-C Melon Flavoured Soya Milk                    | 250                       | 6.7                                    | 43                        | 0                     | 0.14                  | 1.1                         | 0.8   | 7.7                    | 44                           |  |  |  |
| C6a                       | 百福鮮豆漿(傳統風味) PAK FOOK Fresh Soya Milk (Traditional)        | 946                       | 6.7                                    | 0                         | 0                     | 0.44                  | 1.7                         | 2.6   | 7.8                    | 57                           |  |  |  |
| C7a                       | 大和豆漿(原味) Tai Wo Soybean Milk (Original)                   | 448                       | 7.2                                    | 8                         | 0                     | 0.13                  | 1.1                         | 1.6   | 7.9                    | 48                           |  |  |  |
|                           | c Acid Beverage   |                           |  |                           |                       |                       |                             |       |                        |                              |  |  |  |
| Dla                       | 活益比菲多乳酸菌發酵乳(原味)   | 340                       | 13                                     | 10                        | 0                     | 0.005                 | 0                           | 0.9   | 15                     | 64                           |  |  |  |
| D2                        | 美樂多活乳酸菌乳飲品 mini Live Lactobacillus Milk Drink             | 120                       | 15                                     | 14                        | 0                     | 0                     | Trace                       | 0.9   | 17                     | 75                           |  |  |  |
| D3                        | 益力多活性乳酸菌飲品 Yakult Live Lactobacillus Drink                | 100                       | 16                                     | 14                        | 0                     | 0.006                 | 0                           | 1.0   | 17                     | 75                           |  |  |  |

## Remarks

- Density of the samples ranged from 1.00 grams per millilitre (g/ml) to 1.07g/ml. To facilitate the calculation of the nutrient content from the beverages, this study assumed that the density of the beverages was roughly equal to that of water, i.e. 100g of beverages was about 100ml.
- [1] Samples were arranged in the order of increasing sugars content. When sugars content was the same, samples were arranged in the order of increasing energy content.
- a: Samples collected in this study included ordinary products and counterparts with nutrition claims on sugars and/or sugars related statement. Ordinary products with no counterparts would not have the letter "a" at the sample code; whereas those with counterparts would have the letter "a" (Table 4 and/or Table 5 listed the test results of the counterpart beverages).
- [3] Volume as declared on the product label.
- [4] The content of sugars, sodium, trans fatty acids (TFA), saturated fatty acids (SFA), total fat, protein, carbohydrates, 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 package. Nutrient content per package of sample = Nutrient content listed in the table x Volume ÷ 100, e.g. Sugars content per package of #A1 = 10 x 330 ÷ 100 = 33g.
  - Trace: Tested values below the limit of detection but above the limit of quantification. In each 100g of beverages, the content of sodium, total fat, and protein were between 2 milligrams (mg) to 5mg, 0.1g to 0.3g, and 0.1g to 0.3g, respectively.
- [5] Sum of fructose, glucose, galactose, sucrose, maltose and lactose. The World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (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. This study assumed all sugars in the samples were free sugars.

- [6] The table listed the sodium content in the samples. Use this formula to convert the sodium content to salt content in per 100g of beverages: Salt content per 100g of beverages = Sodium content listed in the table x 2.5. WHO/FAO recommended the daily intake of sodium should be less than 2g, equals to 5g of salt.
- [7] 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.
- [8] 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.
- [9] Including SFA, TFA, monounsaturated fatty acids, polyunsaturated fatty acids, phospholipids, sterol, 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.
- [10] WHO/FAO recommended the intake of protein should be 10-15% of daily energy intake. For example, an individual with daily energy intake of 2,000kcal should consume about 60g protein per day.
- [11] WHO/FAO recommended the intake of carbohydrates (CHO) should be 55-75% of daily energy intake. For example, an individual with daily energy intake of 2,000kcal should consume about 300g carbohydrates per day.
- [12] 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.

Table 2: Test Results of Chocolate & Malt Drinks and Milk Tea & Coffee (Ordinary Products)

| Sample Code     |   | Valores                       | Nutrient Content per 100g of Beverage / Powder Mix * OR per 100ml of Beverage Prepared from Powder Mix |                           |                       |                       |                             |                            |                        |                              |  |
|-----------------|---|-------------------------------|--|---------------------------|-----------------------|-----------------------|-----------------------------|----------------------------|------------------------|------------------------------|--|
| [1] [2]         | Brand Name  | Volume<br>Or<br>Weight<br>[3] | Sugars<br>(g)<br>[4] [5]   | Sodium<br>(mg)<br>[4] [6] | TFA<br>(g)<br>[4] [7] | SFA<br>(g)<br>[4] [8] | Total Fat<br>(g)<br>[4] [9] | Protein<br>(g)<br>[4] [10] | CHO<br>(g)<br>[4] [11] | Energy<br>(kcal)<br>[4] [12] |  |
| Cho             | colate & Malt Drink   |                               |  |                           |                       |                       |                             |                            |                        |                              |  |
| Ch              | nocolate Drink  |                               |  |                           |                       |                       |                             |                            |                        |                              |  |
| E1              | Cadbury Hot Chocolate Drink 3 in 1 Cocoa Mix  | 450-                          | 53   | 280                       | 0                     | 13                    | 15                          | 6.5                        | <i>7</i> 1             | 440                          |  |
| LI              | [100ml beverage contains about 7.5g powder mix]   | 450g                          | 4.0  | 21                        | 0                     | 0.98                  | 1.1                         | 0.49                       | 5.3                    | 33                           |  |
| E2              | 雀巢三花香濃即沖朱古力粉<br>Nestlé Carnation Rich Chocolate Hot Cocoa Mix   | 250g<br>(25g x 10             | 67   | 320                       | 0.05                  | 5.1                   | 6.7                         | 4.0                        | 82                     | 400                          |  |
|                 | [100ml beverage contains about 12.5g powder mix]  | sachets)                      | 8.4  | 40                        | 0.006                 | 0.64                  | 0.84                        | 0.50                       | 10                     | 50                           |  |
| Ma              | alt Drink   |                               |  |                           |                       |                       |                             |                            |                        |                              |  |
| E3              | 雀巢美祿3合1巧克力麥芽營養飲品固體飲料<br>Nestlé MILO Nutritional Chocolate Malt Powdered Drink                         | 300g<br>(10 sachets)          | 56   | 440                       | 0.27                  | 5.9                   | 10                          | 11                         | 70                     | 410                          |  |
|                 | [100ml beverage contains about 15g powder mix]  |                               | 8.4  | 66                        | 0.041                 | 0.89                  | 1.5                         | 1.7                        | 11                     | 62                           |  |
| E4              | 好立克3合1即溶营养麦芽饮品<br>Horlicks 3 in 1 Instant Nutritious Malted Drink                                     | 28g x 8<br>sachets            | 56   | 460                       | 0.10                  | 2.9                   | 4.2                         | 11                         | 74                     | 380                          |  |
|                 | [100ml beverage contains about 14g powder mix]  | Sacriets                      | 7.8  | 64                        | 0.014                 | 0.41                  | 0.59                        | 1.5                        | 10                     | 53                           |  |
| E5              | 阿華田3合1營養麥芽飲品<br>Ovaltine 3 in 1 Nutritional Malted Drink  | 30g x 12<br>sachets           | 63   | 360                       | 0.02                  | 3.7                   | 5.1                         | 9.0                        | 79                     | 400                          |  |
|                 | [100ml beverage contains about 15g powder mix]  |                               | 9.5  | 54                        | 0.003                 | 0.56                  | 0.77                        | 1.4                        | 12                     | 60                           |  |
| Milk            | Tea & Coffee  |                               |  |                           |                       |                       |                             |                            |                        |                              |  |
| Re              | eady-to-drink Milk Tea  |                               |  |                           |                       |                       |                             |                            |                        |                              |  |
| F1              | 捷榮罐裝奶茶 TW Milk Tea  | 250ml                         | 6.9  | 30                        | 0.02                  | 0.78                  | 1.0                         | 1.4                        | 7.0                    | 45                           |  |
| F2              | 午後の紅茶 KIRIN Afternoon Tea Milk Tea  | 500ml                         | 7.1  | 16                        | 0                     | 0.26                  | 0.5                         | 0.4                        | 7.4                    | 36                           |  |
| F3              | 雀巢奶茶(絲滑) Milk Tea Beverage (Silky Smooth)   | 250ml                         | 7.1  | 49                        | 0.01                  | 0.60                  | 0.9                         | 0.8                        | 7.9                    | 42                           |  |
| Re              | eady-to-drink Coffee  |                               |  |                           |                       |                       |                             |                            |                        |                              |  |
| F4              | 雀巢咖啡(香滑) NESCAFÉ (Regular)  | 250ml                         | 6.4  | 59                        | 0.02                  | 0.50                  | 1.0                         | 1.0                        | 8.2                    | 45                           |  |
| F5              | 伯朗咖啡藍山風味<br>MR. BROWN Blue Mountain Blend Coffee  | 240ml                         | 6.6  | 36                        | 0.02                  | 0.54                  | 0.8                         | 0.8                        | 8.0                    | 43                           |  |
| F6<br><b>Mi</b> | STARBUCKS COFFEE Frappuccino Coffee Drink lk Tea Mix  | 281ml                         | 10   | 28                        | 0.02                  | 0.60                  | 1.1                         | 2.2                        | 14                     | 73                           |  |
| F7a             | Lipton 3合1奶茶金裝 <b>Lipton 3 in 1 Milk Tea Gold</b> [] [100ml beverage contains about 10.9g powder mix] | 18.5g x 10<br>sachets         | 49<br>5.3  | 190<br>21                 | 0.20                  | 13<br>1.4             | 16<br>1.7                   | 6.8<br>0.74                | 69<br>7.5              | 450<br>49                    |  |
| F8a             | 大排檔3合1即溶奶茶<br>DAI PAI DONG 3 in 1 Tea Mix Instant Milk Tea  | 17g x 10                      | 52   | 37                        | 2.8                   | 3.4                   | 12                          | 2.1                        | 74                     | 410                          |  |
|                 | [100ml beverage contains about 11.3g powder mix]  | sachets                       | 5.9  | 4.2                       | 0.32                  | 0.38                  | 1.4                         | 0.24                       | 8.4                    | 46                           |  |
| F.C.            | 捷榮三合一奶茶 TW All in One Milk Tea  | 14g x 12                      | 54   | 140                       | 0.12                  | 9.4                   | 11                          | 2.0                        | 82                     | 430                          |  |
| F9              | [100ml beverage contains about 11.2g powder mix]  | sachets                       | 6.0  | 16                        | 0.013                 | 1.1                   | 1.2                         | 0.22                       | 9.2                    | 48                           |  |
| Co              | offee Mix   |                               |  |                           |                       |                       |                             |                            |                        |                              |  |
| F10a            | 舊街場白咖啡3合1(經典)<br>OLD TOWN White Coffee 3 in 1 (Classic)   | 40g x 10<br>sachets           | 36   | 100                       | 0.63                  | 16                    | 18                          | 3.9                        | 70                     | 460                          |  |
|                 | [100ml beverage contains about 22.2g powder mix]  |                               | 8.0  | 22                        | 0.14                  | 3.6                   | 4.0                         | 0.87                       | 16                     | 102                          |  |
| Flla            | 雀巢咖啡1+2即溶咖啡飲品(原味)<br>NESCAFÉ 1+2 Complete Coffee Mix (Original)                                       | 312g                          | 52   | 190                       | 0.01                  | 13                    | 13                          | 4.0                        | 78                     | 450                          |  |
|                 | [100ml beverage contains about 8.7g powder mix]   | [13g x (22+2)<br>sachets]     | 4.5  | 17                        | 0.0009                | 1.1                   | 1.1                         | 0.35                       | 6.8                    | 39                           |  |
| F12a            | 麥斯威爾原味咖啡3合1<br>Maxwell House Original Coffee 3 in 1   | 336g                          | 53   | 77                        | 0.09                  | 8.6                   | 9.2                         | 3.3                        | 83                     | 430                          |  |
|                 | [100ml beverage contains about 9.3g powder mix]   | (14g x 24<br>sachets)         | 4.9  | 7.2                       | 0.008                 | 0.80                  | 0.86                        | 0.31                       | 7.7                    | 40                           |  |

## Remarks

Results were per 100ml of reconstituted beverages calculated according to the reconstitution instruction on product labels. Sample #F8a did not indicate the amount of water used for reconstitution;

thus, the average amount of water used in other similar products, i.e. 150ml, was taken as a reference to reconstitute the product.

[3] Volume or weight as declared on the product label.

[1], [2], [4] - [12] Please refer to Table 1.

<sup>\*</sup> This study assumed that the density of ready-to-drink beverages was roughly equal to that of water, i.e. 100g of beverages was about 100ml. Details please refer to Table 1.

Table 3: Test Results of Other Tea & Herbal Drinks and Sports & Energy Drinks (Ordinary Products)

|                          |  | Nutrient Content per 100g of Bevera |                          |                           |                       |                       |                             |                            |                        |                              |
|--------------------------|--|-------------------------------------|--------------------------|---------------------------|-----------------------|-----------------------|-----------------------------|----------------------------|------------------------|------------------------------|
| Sample<br>Code<br>[1][2] | Brand Name   | Volume<br>(ml)<br>[3]               | Sugars<br>(g)<br>[4] [5] | Sodium<br>(mg)<br>[4] [6] | TFA<br>(g)<br>[4] [7] | SFA<br>(g)<br>[4] [8] | Total Fat<br>(g)<br>[4] [9] | Protein<br>(g)<br>[4] [10] | CHO<br>(g)<br>[4] [11] | Energy<br>(kcal)<br>[4] [12] |
|                          | Tea & Herbal Drink<br>mon Tea  |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| G1                       | 雀巢檸檬茶 NESTEA Lemon Tea   | 250                                 | 8.3                      | 0                         | 0                     | 0                     | Trace                       | 0                          | 8.8                    | 36                           |
| G2                       | 康師傅冰紅茶檸檬口味茶飲品<br>Mr. KON Ice Tea Lemon Flavor                                    | 490                                 | 9.3                      | 25                        | 0                     | 0                     | Trace                       | 0                          | 9.8                    | 41                           |
| G3a                      | Mr. KON ice led Lemon Flavor<br>陽光檸檬茶 Lemon Tea                                  | 250                                 | 12                       | 0                         | 0                     | 0                     | Trace                       | 0                          | 13                     | 56                           |
| G4a                      | 維他檸檬茶飲品 VITA Lemon Tea Drink   | 250                                 | 13                       | 6                         | 0                     | 0                     | Trace                       | 0                          | 14                     | 56                           |
| Gre                      | een Tea with Honey   |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| G5                       | 首選牌蜂蜜綠茶 FIRST CHOICE Honey Green Tea   | 500                                 | 3.0                      | 15                        | 0                     | 0                     | 0                           | 0                          | 3.2                    | 13                           |
| G6                       | 道地綠茶(蜂蜜) Tao Ti Honey Green Tea  | 250                                 | 3.5                      | 12                        | 0                     | 0                     | 0                           | 0                          | 3.6                    | 15                           |
| Fru                      | it-flavoured Tea   |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| <br>  G7                 | 鴻福堂蘋果蕎麥茶<br>HUNG FOOK TONG Apple Buckwheat Tea Drink                             | 500                                 | 7.9                      | Trace                     | 0                     | 0                     | 0                           | 0                          | 8.4                    | 34                           |
| G8                       | 雀巢清新點蜂蜜雪梨茶 NESTEA Honey Pear Tea   | 500                                 | 8.3                      | 6                         | 0                     | 0                     | 0                           | 0                          | 8.8                    | 36                           |
| G9                       | Snapple Peach Tea  | 473                                 | 9.3                      | 0                         | 0                     | 0                     | Trace                       | 0                          | 9.8                    | 40                           |
| G10                      | 維他果然系蘋果芒果茶飲品<br>VITA Gor Yin Hai Apple Mango Tea Drink                           | 250                                 | 9.4                      | 16                        | 0                     | 0                     | Trace                       | 0                          | 9.9                    | 41                           |
| Ch                       | rysanthemum Tea  |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| G11                      | Yeo's 菊花茶 <b>Yeo's Chrysanthemum Tea</b>   | 250                                 | 6.2                      | 0                         | 0                     | 0                     | 0                           | 0                          | 6.7                    | 27                           |
| G12                      | 陽光菊花茶 Chrysanthemum Tea  | 250                                 | 7.8                      | Trace                     | 0                     | 0                     | 0                           | 0                          | 8.2                    | 33                           |
| G13                      | 維他菊花茶飲品 VITA Chrysanthemum Tea Drink   | 250                                 | 8.3                      | Trace                     | 0                     | 0                     | 0                           | 0                          | 8.7                    | 36                           |
| Su                       | gar Cane Drink   |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| G14                      | 鴻福堂竹蔗茅根<br>HUNG FOOK TONG Imperatae Cane Drink                                   | 500                                 | 5.8                      | Trace                     | 0                     | 0                     | 0                           | 0                          | 6.3                    | 25                           |
| G15a                     | Yeo's 甘蔗水 <b>Yeo's Sugar Cane Drink</b>  | 250<br>(Carton)                     | 6.1                      | 0                         | 0                     | 0                     | 0                           | 0                          | 6.3                    | 26                           |
| G16                      | 健康工房竹蔗茅根海底椰<br>HealthWorks Sugarcane, Rhizoma Imperatae and Sea<br>Coconut Drink | 500                                 | 6.3                      | 0                         | 0                     | 0                     | 0                           | 0                          | 6.5                    | 26                           |
| Pru                      | <i>ın</i> ella <i>vulgari</i> s Beverage   |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| G17                      | 鴻福堂夏枯草<br>HUNG FOOK TONG Common Selfheal Fruit-Spike Drink                       | 500                                 | 4.1                      | 0                         | 0                     | 0                     | 0                           | 0                          | 4.5                    | 18                           |
| G18a                     | 健康工房夏枯草 HealthWorks Self-Heal Spike Drink  | 330<br>(Carton)                     | 6.1                      | Trace                     | 0                     | 0                     | 0                           | 0                          | 6.6                    | 27                           |
| Sport                    | s & Energy Drink   |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| Spe                      | orts Drink   |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| н1                       | 飛雪動奕等滲補充飲品<br>Bonaqua BonActive Isotonic Replenishment Drink                     | 500                                 | 4.4                      | 20                        | 0                     | 0                     | 0                           | 0                          | 4.4                    | 18                           |
| H2                       | 寶礦力水特電解質補充飲料<br>POCARI SWEAT ion Supply Drink                                    | 500                                 | 6.1                      | 46                        | 0                     | 0                     | 0                           | 0                          | 6.5                    | 26                           |
| H3                       | 屈臣氏促動純冰口感運動飲品<br>watsons Iso-Tone Pure-Ice Sports Drink                          | 500                                 | 6.1                      | 38                        | 0                     | 0                     | 0                           | 0                          | 6.6                    | 27                           |
| End                      | ergy Drink   |                                     |                          |                           |                       |                       |                             |                            |                        |                              |
| H4                       | 葡萄適葡萄糖能量飲品(原味) Lucozade Energy (Original)  | 300                                 | 9.7                      | 6                         | 0                     | 0                     | 0                           | 0                          | 18                     | 72                           |
|                          | narks<br>d [1] - [12] Please refer to Table1.                                    |                                     |                          |                           |                       |                       |                             |                            |                        |                              |

Table 4: Test Results of Samples with Nutrition Claims on Sugars

| Sample                      |  | Nutrition<br>Claims on   |                               | N (                              | Nutrient<br>OR per        | Content               | per 100g of Beverage / Powder Mix *<br>Beverage Prepared from Powder Mix |                             |                            |                        |                              |  |
|-----------------------------|--|--|-------------------------------|----------------------------------|---------------------------|-----------------------|--|-----------------------------|----------------------------|------------------------|------------------------------|--|
| Code<br>[1] [2]             | Brand Name   | Sugars and/or<br>Sugars<br>Related<br>Statement on<br>the Label  | Volume<br>Or<br>Weight<br>[3] | Sugars<br>(g)<br>[4] [5]<br>[13] | Sodium<br>(mg)<br>[4] [6] | TFA<br>(g)<br>[4] [7] | SFA<br>(g)<br>[4] [8]  | Total Fat<br>(g)<br>[4] [9] | Protein<br>(g)<br>[4] [10] | CHO<br>(g)<br>[4] [11] | Energy<br>(kcal)<br>[4] [12] |  |
|                             | oles with "No Sugars" Claim  |  |                               |                                  |                           |                       |  |                             |                            |                        |                              |  |
| Mi                          | Ik Tea & Coffee  |  |                               |                                  |                           |                       |  |                             |                            |                        |                              |  |
| F10b                        | 舊街場白咖啡 2合1(無糖) OLDTOWN White Coffee 2 in 1 (No Sugar Added) <sup>§</sup> [100ml drink contains about 13.9g | 無糖<br>No Sugar<br>Added  | 250g (25g x<br>10 sachets)    | 5.3                              | 130                       | 1.2                   | 24   | 26                          | 5.4                        | 59                     | 490                          |  |
|                             | powder mix]  |  |                               | 0.74                             | 18                        | 0.17                  | 3.3  | 3.6                         | 0.75                       | 8.2                    | 68                           |  |
|                             | oles with "Low Sugars" Claim   |  | _                             |                                  |                           |                       |  |                             |                            |                        |                              |  |
| 50                          | ya Beverage  | 低糖   |                               |                                  |                           |                       |  |                             |                            |                        |                              |  |
| C1bc                        | 維他奶麥精豆奶(低糖)<br>vitasoy Malted Soyabean Milk<br>(Low Sugar)   | LOW SUGAR<br>低糖 ≤5%<br>少甜口味  | 250ml                         | 4.8                              | 46                        | 0.02                  | 0.39   | 1.3                         | 1.7                        | 6.9                    | 46                           |  |
| C2bc                        | 維他奶豆奶(低糖)<br>vitasoy Soyabean Milk (Low Sugar)   | 低糖<br>LOW SUGAR<br>低糖 ≤5%<br>少甜口味  | 250ml                         | 4.7                              | 27                        | 0.01                  | 0.32   | 1.4                         | 1.9                        | 5.0                    | 40                           |  |
| C4b                         | 金光鮮豆漿(低糖)<br>Soya Gold Fresh Low Sugar Soya Milk   | 低糖<br>Low Sugar  | 946ml                         | 4.3                              | 6                         | 0                     | 0.29   | 1.9                         | 3.3                        | 5.1                    | 51                           |  |
| C6b                         | 百福鮮豆漿(低糖)<br>PAK FOOK Fresh Soya Milk (Lite)   | 低糖   | 946ml                         | 4.6                              | 0                         | 0                     | 0.45   | 1.8                         | 2.9                        | 5.0                    | 48                           |  |
| C7b                         | 大和豆漿(低糖)<br>Tai Wo Soybean Milk (Low Sugar)  | 低糖<br>Low sugar  | 448ml                         | 5.5                              | 9                         | 0                     | 0.15   | 1.0                         | 1.6                        | 6.2                    | 41                           |  |
| La                          | ctic Acid Beverage   |  |                               |                                  |                           |                       |  |                             |                            |                        |                              |  |
| D1b                         | 活益比菲多乳酸菌發酵乳<br>(乳多糖少)  | 糖少<br>糖度減低<br>30%  | 350ml                         | 11\$                             | 9                         | 0.01                  | 0.34   | 0.5                         | 0.7                        | 13                     | 59                           |  |
| Mi                          | ilk Tea & Coffee   |  |                               |                                  |                           |                       |  |                             |                            |                        |                              |  |
| <br>                        | Lipton 3合1奶茶(輕怡)<br>Lipton 3 in 1 Milk Tea Lite  | 低糖<br>LOW Sugar  |                               | 49 <sup>♦</sup>                  | 210                       | 0.28                  | 9.4  | 11                          | 4.1                        | 76                     | 420                          |  |
| F7b<br> <br> <br> <br> <br> | [100ml drink contains about 8.7g powder mix]   | 與一般奶茶 3<br>合 1 比較,每<br>杯 糖 分 低<br>40%  | 10.9g x 10<br>sachets         | 4.3                              | 18                        | 0.024                 | 0.82   | 0.96                        | 0.36                       | 6.6                    | 37                           |  |
| Of                          | ther Tea & Herbal Drink  |  |                               |                                  |                           |                       |  |                             |                            |                        |                              |  |
| <b>O</b>                    | 維他ight檸檬茶飲品<br>VITA light Lemon Tea Drink  | 低糖 Low<br>Sugar 與其他<br>維他檸檬茶相<br>比,此產品糖<br>含量少 95%。<br>This product<br>contains95%<br>less Sugar<br>than VITA<br>Lemon Tea | 250ml                         | 0.30                             | 17                        | 0                     | 0  | 0                           | 0                          | 0.8                    | 3.6                          |  |
| G15b                        | Yeo's 甘蔗水(低糖)<br>Yeo's Sugar Cane Drink  | 低糖   | 330ml<br>(Can)                | 6.0                              | 0                         | 0                     | 0  | 0                           | 0                          | 6.1                    | 25                           |  |
| G18b                        | 健康工房夏枯草(低糖)<br>HealthWorks Self-Heal Spike Drink   | 低糖   | 500ml<br>(Bottle)             | 6.2                              | 0                         | 0                     | 0  | 0                           | 0                          | 6.6                    | 27                           |  |

Remarks
This study assumed that the density of ready-to-drink beverages was roughly equal to that of water, i.e. 100g of beverages was about 100ml. Details please refer to Table 1.

- Results were per 100ml of reconstituted beverages calculated according to the reconstitution instruction on product labels.
- Analysis had excluded the individual sugar packs inside the products.
- Samples were arranged by sample code sequence. [1]
- Samples collected in this study included ordinary products and counterparts with nutrition claims on sugars and/or sugars related statement. Samples with the letter "b" were products with nutrition claims on sugars, which were the counterparts of the ordinary products (with the letter "a" in the sample code) and the test results were listed in Tables 1, 2 or 3. [2]
- Volume or weight as declared on the product label.
- [4] [12] Please refer to Table 1.
- Under the Food and Drugs (Composition and Labelling) (Amendment: Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008 ("the Amendment Regulation"), from 1 July 2010, all prepackaged foods applicable to the Amendment Regulation are permitted to have nutrition claims on sugars if the prescribed conditions are met: "sugars free" or "no sugars": Food (solid or liquid) containing not more than 0.5g of sugars per 100g or ml of food.

  "Iow sugars": Food (solid or liquid) containing not more than 5g of sugars per 100g or ml of food.

Samples that will not fulfil the "no sugars" or "low sugars" condition set out in the Amendment Regulation.

Table 5: Test Results of Samples with Sugars Related Statement

| Sample         |   | Nutrition<br>Claims on  | Volume                     |                          |                           | Content p             |                       |                             |                            |                        |                              |
|----------------|---|---|----------------------------|--------------------------|---------------------------|-----------------------|-----------------------|-----------------------------|----------------------------|------------------------|------------------------------|
| Code<br>[1][2] | Re States the   | Sugars and/or<br>Sugars<br>Related<br>Statement on<br>the Label | Or<br>Weight<br>[3]        | Sugars<br>(g)<br>[4] [5] | Sodium<br>(mg)<br>[4] [6] | TFA<br>(g)<br>[4] [7] | SFA<br>(g)<br>[4] [8] | Total Fat<br>(g)<br>[4] [9] | Protein<br>(g)<br>[4] [10] | CHO<br>(g)<br>[4] [11] | Energy<br>(kcal)<br>[4] [12] |
| _              | oles with "Less Sweet" Statem   | ent   |                            |                          |                           |                       |                       |                             |                            |                        |                              |
| Fru            | uit Juice &Juice Drink  |   |                            |                          |                           |                       |                       |                             |                            |                        |                              |
| B9c            | 利賓納黑加侖子飲品(少甜)<br>Ribena Blackcurrant Drink<br>(Less Sweet)                              | 少甜<br>Less Sweet  | 330ml                      | 9.1                      | Trace                     | 0                     | 0                     | 0                           | 0                          | 9.7                    | 40                           |
| So             | ya Beverage   |   |                            |                          |                           |                       |                       |                             |                            |                        |                              |
| C1bc           | 維他奶麥精豆奶(低糖)<br>vitasoy Malted Soyabean Milk<br>(Low Sugar)                              | 低糖<br>LOW SUGAR<br>低糖 ≤5%<br>少甜口味                               | 250ml                      | 4.8                      | 46                        | 0.02                  | 0.39                  | 1.3                         | 1.7                        | 6.9                    | 46                           |
| C2bc           | 維他奶豆奶(低糖)<br>vitasoy Soyabean Milk (Low Sugar)  | 低糖<br>LOW SUGAR<br>低糖 ≤5%<br>少甜口味                               | 250ml                      | 4.7                      | 27                        | 0.01                  | 0.32                  | 1.4                         | 1.9                        | 5.0                    | 40                           |
| Mil            | lk Tea & Coffee   |   |                            |                          |                           |                       |                       |                             |                            |                        |                              |
| F12c           | 麥斯威爾香醇低脂咖啡3合1(微甜)<br>Maxwell House Reduced Sugar<br>Low Fat Coffee Mix 3 in 1           | 微甜<br>Reduced Sugar   | 14g x 20<br>sachets        | 40                       | 100                       | 0.09                  | 8.8                   | 9.4                         | 4.4                        | 80                     | 420                          |
|                | [100ml drink contains about 9.3g powder mix]  | _   |                            | 3.7                      | 9.3                       | 0.008                 | 0.82                  | 0.87                        | 0.41                       | 7.4                    | 39                           |
| Ot             | her Tea & Herbal Drink  |   |                            |                          |                           |                       |                       |                             |                            |                        |                              |
| G3c            | 陽光檸檬茶(少甜)<br>Lemon Tea (Less Sweet)   | 少甜<br>Less Sweet  | 250 ml                     | 9.8                      | Trace                     | 0                     | 0                     | 0                           | 0                          | 10                     | 42                           |
|                | oles with "No Sugars Added" S   | Statement   |                            |                          |                           |                       |                       |                             |                            |                        |                              |
| Mil            | lk Tea & Coffee   |   |                            |                          |                           |                       |                       |                             |                            |                        |                              |
| F8c            | 大排檔無糖添加即溶奶茶<br>DAI PAI DONG No Sugar Added<br>Instant Milk Tea                          | 無糖添加<br>No Sugar Added  | 12g x 10<br>sachets        | 8.5                      | 71                        | 5.0                   | 6.3                   | 26                          | 4.5                        | 50                     | 450                          |
|                | [100ml drink contains about 8g powder mix]  | _   |                            | 0.68                     | 5.7                       | 0.40                  | 0.50                  | 2.1                         | 0.36                       | 4.0                    | 36                           |
| Fllc           | 雀巢咖啡1+1 即溶咖啡飲品<br>(原味無糖添加)<br>NESCAFÉ 1+1 Complete Coffee Mix<br>(Original Unsweetened) | 無糖添加<br>Unsweetened   | 121g (11g x<br>11 sachets) | 4.3                      | 400                       | 0.02                  | 26                    | 28                          | 6.0                        | 53                     | 490                          |
|                | [100ml drink contains about 7.3g powder mix]  | _   |                            | 0.31                     | 29                        | 0.001                 | 1.9                   | 2.0                         | 0.44                       | 3.9                    | 36                           |

## Remarks

- \* This study assumed that the density of ready-to-drink beverages was roughly equal to that of water, i.e. 100g of beverages was about 100ml. Details please refer to Table 1.
- Results were per 100ml of reconstituted beverages calculated according to the reconstitution instruction on product labels. Sample #F8c did not indicate the amount of water used for reconstitution; thus, the average amount of water used in other similar products, i.e. 150ml, was taken as a reference to reconstitute the product.
- [1] Please refer to Table 4.

[2] b/c: Samples collected in this study included ordinary products and counterparts with nutrition claims on sugars and/or sugars related statement. Samples with the letter "c" were products with sugars related statement, which were the counterparts of the ordinary products (with the letter "a" in the sample code) and the test results were listed in Tables 1, 2 or 3.

[3] Volume or weight as declared on the product label.

[4] – [12] Please refer to Table 1.