

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

Sample Code [1] [2]	Brand Name	Nutrient Content per 100g of Beverage*								
		Volume (ml) [3] [4]	Sugars (g) [4] [5]	Sodium (mg) [4] [6]	TFA (g) [4] [7]	SFA (g) [4] [8]	Total Fat (g) [4] [9]	Protein (g) [4] [10]	CHO (g) [4] [11]	Energy (kcal) [4] [12]
Carbonated Drink										
Cola										
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
Cream Soda										
A3	玉泉忌廉味汽水 Schweppes Cream Soda	330	12	Trace	0	0	0	0	12	48
Orange 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										
Orange Juice										
B1	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
B3	Florida's Natural 100% Pure Orange Juice	300	9.3	0	0	0.013	0.4	0.6	10	48
Orange 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(嚟嚟裝) Mr Juicy Orange Juice Drink (Cheer Pack)	180	10	0	0	0	Trace	Trace	11	46
B6	Capri-Sonne 橙味果汁飲品 Capri-Sonne Orange	200	13	13	0	0	0.4	0	13	56
Grape Juice Drink										
B7	Snapple Grapeade	473	10	0	0	0	Trace	0	11	45
B8	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										
C1a	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	酷兒的豆奶 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
Lactic Acid Beverage										
D1a	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.					[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.					
[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.					[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.					
[2] 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).					[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.					
[3] Volume as declared on the product label.					[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.					
[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.					[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.					
[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.					[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.					







