

Table 1A: Test Results of Bakery Wares

Sample Code	Brand Name	Weight (g) [1]*	TFA (g) [2] [3]	SFA (g) [2] [4]	Chole-sterol (mg) [2] [5]	Total Fat (g) [2] [6]	Energy (kcal) [2] [7]	Unit Weight (g) [8]	
			Nutrient Content per 100g of Food						
Cookies									
A1	DANONE Chipsmore Original	180	0.033	10	0.36	21	480	12 (1 piece)	
A2	KRAFT Chips Ahoy! Chocolate Chip Cookies	160	0.085	14	0.51	25	490	11 (1 piece)	
A3	NABISCO OREO Chocolate Sandwich Cookies	150	0.58	8.6	0.19	21	480	11 (1 piece)	
A4	丹麥藍罐曲奇 Kjeldsens Butter Cookies	125	0.83	15	61	26	510	8.6 (1 piece)	
Wafer									
A5	特惠牌花生味忌廉威化 No Frills Peanut Flavoured Cream Wafers	200	0.052	12	0.16	27	520	8.6 (1 piece)	
A6	佳之選花生忌廉威化餅 Select Peanut Cream Wafers	200	0.060	14	0.20	30	530	8.5 (1 piece)	
A7	嘉頓忌廉威化(雲呢啡味) Garden Cream Wafers (Vanilla Flavour)	200	1.3	15	3.9	31	540	8.7 (1 piece)	
Wheat Cracker									
A8	JACOB'S Bran Crackers	200	0.055	7.4	0	18	450	7.4 (1 piece)	
A9	麥維他消化餅 McVITIE's Digestive	250	0.068	9.6	0	24	490	15 (1 piece)	
A10	四洲高纖全麥餅 FOUR SEAS PRO · VITA Wholewheat Crispbread	250	0.14	3.9	8.3	9.0	380	6.1 (1 piece)	
Saltine Cracker									
A11	嘉頓淮鹽梳打餅 Garden Saltine Crackers	350	0.041	5.1	0.09	12	430	5.6 (1 piece)	
A12	太平奶鹽梳打餅乾 KRAFT Pacific Saltine Soda Cracker	130	0.051	7.5	0.29	20	470	9 (1 piece)	
A13	時興隆合成較較餅 HUP SENG Special Cream Crackers	322	0.096	12	3.1	27	510	23 (1 small bag)	
Sandwich Biscuit									
A14	太平格斯花生醬口味夾心脆餅乾 KRAFT Pacific Pic-6 Peanut Butter Sandwich Biscuits	36g x 8 sachets per package	0.080	9.2	0.67	24	490	39 (1 small bag)	
A15	嘉頓時時食芝士味夾心餅 Garden Si Si Sic Cheese Flavour Cream Sandwich Biscuit	47	0.23	18	3.7	31	530	8.9 (1 piece)	
Sweet Pastry									
A16	百樂順果占酥餅(藍莓) Bahlsen DELOBA Puff Pastry Biscuits with Fruit Filling (Blueberry)	100	0.089	6.8	0.61	23	480	6.8 (1 piece)	
A17	維鮮牌牛油酥糕點 VICENZI Puff pastry sticks with butter	175	0.43	17	40	31	520	9.2 (1 piece)	
A18	LU PALMITO L'Original	100	0.68	16	0.30	30	530	8.5 (1 piece)	
Savoury Pastry									
A19	EDO Pack 麥纖千層酥 EDO Pack Wheat Pastry	210	0.093	6.2	0	21	480	13 (1 small bag)	
A20	時興隆香蔥方塊酥	130	0.23	9.6	0	25	500	15 (1 small bag)	
Remarks									
[1] * As declared on the product label.		[5] WHO/FAO recommended the intake of cholesterol should be limited to less than 300mg per day.							
[2] 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 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 listed in the table ÷ 100) x Unit weight, e.g. TFA content per piece of cookie = (0.033 ÷ 100) x 12 = 0.0040g.		[6] 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.							
[3] 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 example, an individual with daily energy intake of 2,000kcal should limit the TFA intake to less than 2.2g per day.		[7] Sum of total fat, protein and available 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. 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.							
[4] 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.		[8] Unit weight (e.g. weight of one piece, one small bag, or one package) was measured by the Centre for Food Safety, 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.							

Table 1B: Test Results of Bakery Wares

Sample Code	Brand Name	Weight (g) [1]**	TFA (g)	SFA (g)	Cholesterol (mg)	Total Fat (g)	Energy (kcal)	Unit Weight (g) [8]
			[2] [3]	[2] [4]	[2] [5]	[2] [6]	[2] [7]	
			Nutrient Content per 100g of Food					
Chinese Puff Pastry								
A21	香港恆香老婆餅 (銅鑼灣崇光百貨)	78	0.025	4.5	26	18	400	78 (1 piece)
A22	奇華餅家冬蓉酥 (銅鑼灣白沙道)	73	0.28	5.8	20	22	430	73 (1 piece)
A23	榮華老婆餅 (灣仔史釗域道)	76	1.7	5.5	28	17	400	76 (1 piece)
Creamy / Butter Cake								
A24	大班麵包西餅鮮忌廉士多啤梨蛋糕 (銅鑼灣怡和街)	410	0.12	8.8	3.7	13	210	410 (1 piece)
A25	凱施餅店什果忌廉蛋糕 (灣仔軒尼詩道)	380	0.26	11	4.5	16	260	380 (1 piece)
A26	聖安娜餅屋全蛋瑞士卷 (銅鑼灣波斯富街)	210	0.15	5.4	12	22	390	210 (1 roll)
A27	美心西餅迷你瑞士卷旦 (灣仔軒尼詩道)	300	0.90	5.7	14	25	390	300 (1 roll)
Doughnut								
A28	東海堂炸包 (灣仔柯布連道)	60	0.25	3.4	25	14	370	60 (1 piece)
A29	A-1 Bakery冬甩 (樂富吉之島)	60	0.46	3.3	35	11	350	60 (1 piece)
A30	Krispy Kreme Doughnuts (Original Glazed) (銅鑼灣利園山道)	47	4.7	5.5	5.1	27	450	47 (1 piece)
"Pineapple" Bun with Butter								
A31	翠華餐廳菠蘿油 (銅鑼灣景隆街)	110	0.25	11	56	22	410	110 (1 piece)
A32	檀島咖啡餅店菠蘿油 (灣仔軒尼詩道)	110	0.39	7.4	41	17	380	110 (1 piece)
A33	銀龍粉麵茶餐廳菠蘿油 (旺角通菜街)	94g (2 pieces)/ per serving	0.44	8.0	40	18	390	47 (1 piece)
French Toast (Excluding Butter/ Margarine or Syrup)								
A34	美心MX花生醬西多士 (銅鑼灣波斯富街)	120	0.066	3.9	80	25	380	120 (1 piece)
A35	大快活煉奶西多士 (灣仔駱克道)	110	0.086	4.8	100	26	380	110 (1 piece)
A36	大家樂花生醬西多士 (灣仔駱克道)	110	0.18	4.0	77	30	420	110 (1 piece)
Remarks	[1] ** Weight of loose samples measured by the Centre for Food Safety. [2] – [8] Refer to Table 1A.							

Table 2: Test Results of Ready-to-eat Savouries, Instant Noodles & Seasonings, and Prepackaged Western Soups

Sample Code	Brand Name	Weight (g) [1]*	TFA (g) [2] [3]	SFA (g) [2] [4]	Chole-sterol (mg) [2] [5]	Total Fat (g) [2] [6]	Energy (kcal) [2] [7]	Unit Weight (g) [8]	
			Nutrient Content per 100g of Food						
Potato Chip									
B1	KETTLE Chips (Sea Salt & Vinegar)	142	0.027	2.6	0	31	530	140 (1 bag)	
B2	威斯比番茄醬風味薯片 WISE Cottage Potato Chips (Tomato Ketchup Flavour)	100	0.054	13	0	30	510	100 (1 tub)	
B3	利士薯片 Lay's Classic Potato Chips	184.2	0.079	3.3	0	33	530	180 (1 bag)	
B4	珍珍燒烤味辣薯片 JACK'nJILL Potato Chips BBQ Flavour	140	0.080	13	0.39	33	530	140 (1 bag)	
B5	TERRA RED BLISS Olive Oil, Sun-Dried Tomatoes & Balsamic Vinegar potato chips	141	0.13	2.8	0	22	450	150 (1 bag)	
B6	Pringles Potato Crisps Original	170	0.17	9.9	0	39	580	170 (1 tub)	
B7	卡樂B燒烤味薯片 Calbee Potato Chips BBQ Flavoured	60	0.20	11	0	32	530	61 (1 bag)	
Prawn Cracker / Chip									
B8	時興隆卡拉咪鮮蝦條 HANAMI Prawn Crackers	105	0.061	6.8	4.5	18	470	110 (1 tub)	
B9	卡樂B原味蝦條 Calbee Original Flavour Prawn Crackers	110	0.099	8.3	6.4	22	480	110 (1 bag)	
B10	明輝印尼蝦片 Brilliant Indonesian Shrimp Chips	90	0.12	2.0	28	26	500	91 (1 bag)	
Corn Snack / Tortilla									
B11	Fonzies BBQ Curry Best Flavoured Corn Snacks	80	0.029	5.6	0	23	490	81 (1 bag)	
B12	卡樂B燒烤味粟一燒(香脆粟米條) Calbee Barbecue Flavoured Grill-A-Corn	80	0.052	5.4	0	28	530	83 (1 bag)	
B13	Doritos Nacho Cheese Flavored Tortilla Chips	198.4	0.10	3.3	3.9	23	480	200 (1 bag)	
Rice Cracker									
B14	Fantastic Barbeque Flavour Rice Crackers	100	0	1.5	0	3.5	400	1.9 (1 piece)	
B15	Kameda Sweet Soy Sauce Rice Cracker	360	0.20	2.6	0.15	9.1	410	7.3 (1 piece)	
B16	旺旺燒米餅 WANT WANT MAIPEN Rice Crackers	72	0.26	13	0	30	530	10 (1 small bag)	
Instant Noodles									
C1a	福上湯伊麵 FUKU Superior Soup Instant Noodle	(Noodles)	90	0.022	7.5	0.17	18	460	94 (1 bag)
C1b		(Seasoning)		0	0.19	0.11	0.7	150	3.8 (1 portion)
C2	日清食品合味道蝦杯麵 NISSIN Cup Noodles Prawn	75	0.060	8.5	53	21	450	73 (1 cup)	
C3a	媽咪麵 MAMEE Snack Noodles	(Noodles)	60	0.073	7.5	0.23	18	460	62 (1 bag)
C3b		(Seasoning)		0	0.14	0	2.1	170	2.8 (1 portion)
C4a	農心辛特辣香菇麵	(Noodles + Vegetables)	72	0.067	7.6	0.21	18	450	64 (1 cup)
C4b	NONG SHIM Spicy Mushroom Flavour	(Seasoning)	(Noodles: 60)	0.033	0.92	4.2	4.5	220	8.5 (1 portion)
C5a	公仔麵(麻油)	(Noodles)	107	0.056	8.8	0.21	20	470	100 (1 bag)
C5b	DOLL Instant Noodle Sesame Oil Flavour	(Seasoning + Oil)		0.084	2.7	0.19	19	290	8.5 (1 portion)
C6a	日清出前一丁附加「麻油」	(Noodles)	100	0.049	10	0.12	21	470	100 (1 bag)
C6b	NISSIN DEMAE RAMEN Instant Noodle with Sesame Oil	(Seasoning + Oil)		0.091	2.2	1.6	14	260	8.3 (1 portion)
C7	童星點心麵(雞肉味) Baby Star Snack Noodle Chicken Flavoured	50	0.24	8.7	0.37	22	480	47 (1 bag)	
Prepackaged Western Soup (Ready-to-eat after heating, no need to add water)									
D1	Health Valley Organic Potato Leek Soup	425	0	0.059	0	0.9	42	430 (1 can)	
D2	金寶滋選湯98%脫脂忌廉蘑菇湯 Campbell's Select 98% Fat Free Cream of Mushroom	527	0.013	0.81	1.7	3.5	55	530 (1 can)	
D3	Mures Smoky Fish Chowder	1 Litre	0.019	0.39	6.1	1.3	42	1,000 (1 box)	
Prepackaged Western Soup (Dry Mix)									
D4	WAITROSE Soup in a Cup Mediterranean Tomato	18g x 4 sachets per package	0	3.2	0.49	7.4	300	17 (1 small bag)	
D5	荷美爾周打蜆肉湯 Hormel Soup Cups New England Clam Chowder	213	0.022	0.77	5.6	2.0	56	210 (1 cup)	
D6	Batchelors Slim a Soup Chicken & Mushroom	58	0.067	7.6	14	14	410	14 (1 small bag)	
Remarks	[1] – [8] Refer to Table 1A.								

Table 3: Test Results of Milk Product & Analogue, Mayonnaises, Chocolate Spread, Peanut Butter, and Chocolate

Sample Code	Brand Name	Weight (g) [1]*	TFA (g) [2] [3]	SFA (g) [2] [4]	Chole-sterol (mg) [2] [5]	Total Fat (g) [2] [6]	Energy (kcal) [2] [7]	Unit Weight (g) [8]
			Nutrient Content per 100g of Food					
		Evaporated Milk						
E1	子母全脂淡奶配方 DUTCH LADY Full Cream Evaporated Milk Formula	410	0.22	4.6	24	7.8	130	30 (2 tbsp) [#]
E2	雀巢三花淡奶 Nestlé Carnation Full Cream Evaporated Milk	160	0.32	4.6	24	8.1	140	30 (2 tbsp) [#]
Condensed Milk								
E3	壽星公甜奶 Longevity Sweetened Milk Spread	390	0.048	2.5	9.9	7.1	320	20 (1 tbsp) [#]
E4	雀巢鷹嘜煉奶 Nestlé EAGLE Full Cream Sweetened Condensed Milk	397	0.24	4.2	25	7.5	330	20 (1 tbsp) [#]
Creamer (Powder)								
E5	麥斯威爾奶精(原味) KRAFT Maxwell House Non-Dairy Creamer	500	0	32	0.59	34	530	10 (1 tbsp) [#]
E6	雀巢咖啡伴侶植脂末 Nestlé Coffee-mate Coffee Creamer	200	0.017	31	1.1	34	530	10 (1 tbsp) [#]
Salad Dressing								
F1	卡夫奇妙醬 KRAFT Miracle Whip	300	0.31	6.7	49	49	510	15 (1 tbsp) [#]
F2	頂好牌沙律醬 Best Foods Salad Dressing	320ml	0.46	6.6	22	41	450	15 (1 tbsp) [#]
Chocolate Spread								
F3	ALL NATURAL (Peanut Butter & Co) Dark Chocolate Dreams	454	0.021	8.2	0	40	560	37 (2 tbsp) [#]
F4	金比榛子朱古力醬 crumpy Duo Chocolate Hazelnut Spread 'Duo'	225	0.15	7.9	0.61	37	570	37 (2 tbsp) [#]
Peanut Butter								
F5	PLANTERS 粗粒裝花生醬 PLANTERS Crunchy Peanut Butter	340	0.011	8.0	0	50	600	16 (1 tbsp) [#]
F6	佳之選幼滑花生醬 Select Creamy Peanut Butter	510	0.025	9.8	0	51	610	16 (1 tbsp) [#]
F7	頂好牌粗粒裝花生醬 SKIPPY Superchunk Peanut Butter	340	0.038	9.5	0	50	610	16 (1 tbsp) [#]
F8	首選牌幼滑花生醬 FIRST CHOICE Smooth Peanut Butter	340	0.39	11	0	47	600	16 (1 tbsp) [#]
Chocolate								
G1	明治黑朱古力 Meiji Black Chocolate	70	0.043	20	4.8	35	550	67 (1 bar)
G2	費列羅金莎朱古力 FERRERO ROCHER	35	0.045	6.1	5.6	40	560	13 (1 piece)
G3	雀巢Kit Kat威化條夾心朱古力 Nestlé Kit Kat Wafer fingers centered in chocolate	35	0.071	22	5.6	29	530	18 (1 small bag)
G4	健達繽紛樂巧克力 Kinder bueno Milk Chocolate	43	0.084	9.4	12	38	560	22 (1 small bag)
G5	麥提莎 Maltesers	100	0.17	8.7	16	23	490	100 (1 box)
G6	吉百利 Time Out 朱古力 Cadbury Time Out Bar	40	0.76	10	18	28	520	43 (1 bag)
Remarks	[1] – [7] [8]	Refer to Table 1A. Unit weight (e.g. weight of one bar, one piece, or one small bag) was measured by the Centre for Food Safety, 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. # indicates the approximate weight of usual serving size of the product. Tbsp = Tablespoon.						