

Nutrient content of non-prepackaged beverages sampled (per 100ml)

Non-prepackaged beverage		Energy (kcal)	Protein (g)	Available carbo- hydrate (g)	Sugar (g)	Total Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
<u>Cold beverage</u>											
"Cendol" icy drink (Less sweet)	珍多冰 (少甜)	72	0	9.4	5.6	0	3.8	3.1	0.25	6.8	13
"Cendol" icy drink (Regular)	珍多冰 (普通)	80	0	11	7.5	0	3.9	3.1	0.21	7.0	12
Iced "Yuan-yang" (mixed coffee milk-tea) (Less sweet)	凍鴛鴦 (少甜)	40	1.3	6.1	5.8	Trace	1.1	0.58	3.7	34	14
Iced "Yuan-yang" (mixed coffee milk-tea) (Regular)	凍鴛鴦 (普通)	52	1.5	8.7	8.1	0	1.3	0.64	4.1	37	16
Iced almond drink (Less sweet)	凍杏仁霜(少甜)	43	1.1	6.8	4.8	0	1.3	0.74	2.4	32	16
Iced almond drink (Regular)	凍杏仁霜(普通)	51	1.1	8.9	6.0	0	1.3	0.78	2.5	33	17
Iced caffè mocha(Less sweet)	凍朱古力咖啡 (少甜)	55	1.4	7.3	6.0	Trace	2.3	1.3	4.3	40	26
Iced caffè mocha(Regular)	凍朱古力咖啡 (普通)	61	1.5	8.7	7.3	Trace	2.2	1.2	4.1	43	26
Iced cappuccino(Less sweet)	凍泡沫咖啡 (少甜)	41	1.1	5.4	4.9	0	1.7	0.66	3.8	36	17
Iced cappuccino(Regular)	凍泡沫咖啡 (普通)	50	1.2	7.6	7.0	0	1.7	0.7	3.7	39	17
Iced chocolate drink (Less sweet)	凍朱古力飲品 (少甜)	46	1.2	7.2	6.0	Trace	1.4	0.87	2.6	30	25
Iced chocolate drink (Regular)	凍朱古力飲品 (普通)	55	1.1	9.2	6.5	Trace	1.5	0.95	2.5	29	27
Iced cocoa drink (Less sweet)	凍哈咕 (少甜)	41	1.7	4.6	4.5	Trace	1.7	1.0	4.4	40	19
Iced cocoa drink (Regular)	凍哈咕 (普通)	47	1.7	6.1	5.8	Trace	1.8	1.0	4.3	39	19
Iced coffee (Less sweet)	凍咖啡 (少甜)	39	1.0	6.0	4.8	Trace	1.2	0.64	2.8	29	16
Iced coffee (Regular)	凍咖啡 (普通)	48	1.0	8.2	6.5	0	1.3	0.5	2.8	30	16
Iced green tea with pearl tapioca (Less sweet)	凍珍珠綠茶(少甜)	30	0	7.3	4.0	0	0	0	0	1.5	0
Iced green tea with pearl tapioca (Regular)	凍珍珠綠茶(普通)	41	0	10	6.1	0	0	0	0	1.6	0
Iced lemon and kumquat honey (Less sweet)	凍檸檬金桔蜜(少甜)	40	0.3	9.2	7.3	0	Trace	0	0	4.6	110
Iced lemon and kumquat honey (Regular)	凍檸檬金桔蜜(普通)	47	Trace	11	8.4	0	Trace	0	0	4.9	110
Iced lemon coffee (Less sweet)	凍檸檬咖啡(少甜)	29	0.3	6.9	5.8	0	0	0	0	6.3	0
Iced lemon coffee (Regular)	凍檸檬咖啡(普通)	38	0.3	8.9	7.8	0	0	0	0	5.5	0
Iced lemon cola	凍檸樂	33	0	8.0	7.5	0	0	0	0	3.4	Trace

Non-prepackaged beverage		Energy (kcal)	Protein (g)	Available carbo- hydrate (g)	Sugar (g)	Total Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Iced lemon honey (Less sweet)	凍檸蜜(少甜)	24	0	5.4	5.0	0	Trace	0	0	6.4	Trace
Iced lemon honey(Regular)	凍檸蜜(普通)	32	0	7.5	7.0	0	Trace	0	0	6.9	Trace
Iced lemon soda	凍檸檬梳打	23	0	5.5	5.3	0	0	0	0	3.4	8.8
Iced lemon tea (Less sweet)	凍檸檬茶(少甜)	29	0	6.7	5.9	0	Trace	0	0	4.6	0
Iced lemon tea (Regular)	凍檸檬茶(普通)	48	0	11	8.3	0	0.3	0	0	4.5	0
Iced milk tea (Less sweet)	凍奶茶(少甜)	34	0.9	5.5	4.9	0	0.9	0.38	2.9	30	16
Iced milk tea with pearl tapioca (Less sweet)	凍珍珠奶茶(少甜)	57	Trace	9.0	3.9	0	2.3	2.0	Trace	1.6	20
Iced milk tea with pearl tapioca (Regular)	凍珍珠奶茶(普通)	68	Trace	12	6.1	Trace	2.2	1.9	Trace	1.6	20
Iced milk tea(Regular)	凍奶茶(普通)	44	1.0	8.5	7.2	0	0.7	0.28	3	31	16
Iced salted lemon soda	凍鹹檸檬梳打	24	0	5.9	5.3	0	0	0	0	3.8	240
Iced watercress honey (Less sweet)	凍西洋菜蜜(少甜)	26	Trace	6.2	5.8	0	0	0	0	3.1	10
Iced watercress honey(Regular)	凍西洋菜蜜(普通)	32	0.3	7.6	7.3	0	0	0	0	3.6	12
Longan icy drink (Regular)	龍眼冰(普通)	54	Trace	11	9.9	0	0.8	0.16	0	5.3	5.0
Longan icy drink (Regular)	龍眼冰(少甜)	48	Trace	9.8	8.4	0	0.9	0.31	0	6.3	Trace
Mixed fruit icy drink (Less sweet)	什果冰(少甜)	53	0	11	9.7	0	0.8	0.35	0	6.4	Trace
Mixed fruit icy drink (Regular)	什果冰(普通)	56	0	12	10	0	0.8	0.31	0	6.1	Trace
Mixed fruit punch (Less sweet)	什果賓治(少甜)	46	0	11	9.5	0	0.3	0.003	0	5.3	Trace
Mixed fruit punch (Regular)	什果賓治(普通)	49	Trace	12	10	0	0.3	0.003	0	5.5	Trace
Pineapple icy drink (Less sweet)	菠蘿冰(少甜)	41	0	9.2	7.1	0	0.4	0.004	0	3.4	0
Pineapple icy drink (Regular)	菠蘿冰(普通)	53	0	12	11	0	0.4	0.003	0	3.6	0
Pineapple punch (Less sweet)	菠蘿賓治(少甜)	38	0	8.4	7.6	0	0.4	0.003	0	4.2	Trace
Pineapple punch (Regular)	菠蘿賓治(普通)	46	Trace	10	9.6	0	0.5	0.003	0	4.4	Trace
Red bean icy drink (Less sweet)	紅豆冰(少甜)	79	2.5	15	10	2.2	1.1	0.49	1.9	31	10
Red bean icy drink (Regular)	紅豆冰(普通)	87	2.6	16	12	2.0	1.2	0.54	2.0	34	11
Sweetened soybean milk (cold drink)	甜豆漿(凍飲)	55	2.1	8.4	7.6	0	1.5	0.19	0	9.0	0
Tri-colour icy drink (Less sweet)	三色冰(少甜)	78	1.0	12	9.6	1.0	2.9	2.1	0.06	5.9	7.0
Tri-colour icy drink (Regular)	三色冰(普通)	83	1.0	13	11	1.2	3.0	2.3	0.1	6.0	8.0

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Hot beverage											
Almond drink (No sugar added)	杏仁霜（不加糖）	46	1.4	6.3	3.8	0	1.7	1.0	3.4	46	24
Caffe mocha (No sugar added)	朱古力咖啡（不加糖）	71	2.2	9.1	7.5	1.1	2.8	1.6	6.0	66	43
Cappuccino (No sugar added)	泡沫咖啡（不加糖）	40	2.1	3.0	2.5	Trace	2.2	1.2	6.9	68	27
Citron tea	柚子茶	47	0	11	10	0	0	0	0	5.2	20
Cocoa drink (No sugar added)	咯咕（不加糖）	43	2.1	3.7	3.6	1.3	2.2	1.4	6.2	55	26
Coffee (No sugar added)	咖啡（不加糖）	43	2.0	3.3	2.1	Trace	2.4	1.4	6.3	62	33
Cogon grass and sugar cane drink	茅根竹蔗水	25	0	6.1	5.7	0	0	0	0	3.8	Trace
Espresso (No sugar added)	特濃咖啡（不加糖）	12	0.8	1.7	0	Trace	Trace	0.047	0	4.7	0
"Five flower tea"	五花茶	30	0	7.0	6.5	0	Trace	0	0	4.6	0
Ginseng honey	花旗參蜜	37	0	8.6	8.1	0	Trace	0	0	2.7	0
Green tea with pearl tapioca (No sugar added)	珍珠綠茶（不加糖）	37	0	9.2	4.4	0	0	0	0	2.5	Trace
Hot chocolate drink (No sugar added)	朱古力飲品（不加糖）	57	1.7	8.1	5.8	1.1	2.0	1.2	4.1	47	38
Lemon and kumquat honey	檸檬金桔蜜	54	Trace	13	9.5	0	Trace	0	0	7.7	140
Lemon coffee (No sugar added)	檸檬咖啡（不加糖）	18	0.4	3.8	2.2	0	Trace	0	0	9.8	0
Lemon cola	檸樂（熱）	42	Trace	10	9.2	0	Trace	0	0	7.8	Trace
Lemon honey	檸蜜	40	0	9.1	7.7	0	0.4	0	0	9.8	Trace
Lemon tea (No sugar added)	檸檬茶（不加糖）	15	Trace	3.1	0.82	0	Trace	0	0	8.9	0
Milk tea (No sugar added)	奶茶（不加糖）	46	2.3	3.2	2.9	1.1	2.7	1.4	7.1	77	40
Milk tea with pearl tapioca (No sugar added)	珍珠奶茶（不加糖）	75	0.3	12	5.3	Trace	2.8	2.5	0.07	2.6	25
Sour plum drink	酸梅湯	51	0	12	11	0	Trace	0	0	6.0	0
Soybean milk (No sugar added)	豆漿（不加糖）	28	2.4	0.9	0.74	0	1.6	0.23	0	9.7	0
Watercress honey	西洋菜蜜	36	Trace	8.6	8.1	0	0	0	0	4.5	13
"Yuan-yang" (mixed coffee milk-tea)	鴛鴦（不加糖）	53	2.5	5.3	4.9	Trace	2.4	1.5	8.3	70	31