

Nutrient content of non-prepackaged beverages sampled (per unit)

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 (1 cup = 300 ml)</u>											
"Cendol" icy drink (Less sweet)	珍多冰 (少甜)	220	0	28	17	0	11	9.3	0.75	20	39
"Cendol" icy drink (Regular)	珍多冰 (普通)	240	0	33	23	0	12	9.3	0.63	21	36
Iced "Yuan-yang" (mixed coffee milk-tea) (Less sweet)	凍鴛鴦 (少甜)	120	3.9	18	17	Trace	3.3	1.7	11	100	42
Iced "Yuan-yang" (mixed coffee milk-tea) (Regular)	凍鴛鴦 (普通)	160	4.5	26	24	0	3.9	1.9	12	110	48
Iced almond drink (Less sweet)	凍杏仁霜(少甜)	130	3.3	20	14	0	3.9	2.2	7.2	96	48
Iced almond drink (Regular)	凍杏仁霜(普通)	150	3.3	27	18	0	3.9	2.3	7.5	99	51
Iced caffè mocha(Less sweet)	凍朱古力咖啡 (少甜)	170	4.2	22	18	Trace	6.9	3.9	13	120	78
Iced caffè mocha(Regular)	凍朱古力咖啡 (普通)	180	4.5	26	22	Trace	6.6	3.6	12	130	78
Iced cappuccino(Less sweet)	凍泡沫咖啡 (少甜)	120	3.3	16	15	0	5.1	2.0	11	110	51
Iced cappuccino(Regular)	凍泡沫咖啡 (普通)	150	3.6	23	21	0	5.1	2.1	11	120	51
Iced chocolate drink (Less sweet)	凍朱古力飲品 (少甜)	140	3.6	22	18	Trace	4.2	2.6	7.8	90	75
Iced chocolate drink (Regular)	凍朱古力飲品 (普通)	170	3.3	28	20	Trace	4.5	2.9	7.5	87	81
Iced cocoa drink (Less sweet)	凍哈咕 (少甜)	120	5.1	14	14	Trace	5.1	3.0	13	120	57
Iced cocoa drink (Regular)	凍哈咕 (普通)	140	5.1	18	17	Trace	5.4	3.0	13	120	57
Iced coffee (Less sweet)	凍咖啡 (少甜)	120	3.0	18	14	Trace	3.6	1.9	8.4	87	48
Iced coffee (Regular)	凍咖啡 (普通)	140	3.0	25	20	0	3.9	1.5	8.4	90	48
Iced green tea with pearl tapioca (Less sweet)	凍珍珠綠茶(少甜)	90	0	22	12	0	0	0	0	4.5	0
Iced green tea with pearl tapioca (Regular)	凍珍珠綠茶(普通)	120	0	30	18	0	0	0	0	4.8	0
Iced lemon and kumquat honey (Less sweet)	凍檸檬金桔蜜(少甜)	120	0.9	28	22	0	Trace	0	0	14	330
Iced lemon and kumquat honey (Regular)	凍檸檬金桔蜜(普通)	140	Trace	33	25	0	Trace	0	0	15	330
Iced lemon coffee (Less sweet)	凍檸檬咖啡(少甜)	87	0.9	21	17	0	0	0	0	19	0
Iced lemon coffee (Regular)	凍檸檬咖啡(普通)	110	0.9	27	23	0	0	0	0	17	0
Iced lemon cola	凍檸樂	99	0	24	23	0	0	0	0	10	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)	70	0	16	15	0	Trace	0	0	19	Trace
Iced lemon honey(Regular)	凍檸蜜(普通)	100	0	23	21	0	Trace	0	0	21	Trace
Iced lemon soda	凍檸檬梳打	69	0	17	16	0	0	0	0	10	26
Iced lemon tea (Less sweet)	凍檸檬茶(少甜)	90	0	20	18	0	Trace	0	0	14	0
Iced lemon tea (Regular)	凍檸檬茶(普通)	140	0	33	25	0	0.9	0	0	14	0
Iced milk tea (Less sweet)	凍奶茶(少甜)	100	2.7	17	15	0	2.7	1.1	8.7	90	48
Iced milk tea with pearl tapioca (Less sweet)	凍珍珠奶茶(少甜)	170	Trace	27	12	0	6.9	6.0	Trace	4.8	60
Iced milk tea with pearl tapioca (Regular)	凍珍珠奶茶(普通)	200	Trace	36	18	Trace	6.6	5.7	Trace	4.8	60
Iced milk tea(Regular)	凍奶茶(普通)	130	3.0	26	22	0	2.1	0.84	9	93	48
Iced salted lemon soda	凍鹹檸檬梳打	72	0	18	16	0	0	0	0	11	720
Iced watercress honey (Less sweet)	凍西洋菜蜜(少甜)	78	Trace	19	17	0	0	0	0	9.0	30
Iced watercress honey(Regular)	凍西洋菜蜜(普通)	96	1.0	23	22	0	0	0	0	11	36
Longan icy drink (Regular)	龍眼冰(普通)	160	Trace	33	30	0	2.4	0.48	0	16	15
Longan icy drink (Regular)	龍眼冰(少甜)	140	Trace	29	25	0	2.7	0.93	0	19	Trace
Mixed fruit icy drink (Less sweet)	什果冰(少甜)	160	0	33	29	0	2.4	1.1	0	19	Trace
Mixed fruit icy drink (Regular)	什果冰(普通)	170	0	36	30	0	2.4	0.93	0	18	Trace
Mixed fruit punch (Less sweet)	什果賓治(少甜)	140	0	33	29	0	0.9	0.009	0	16	Trace
Mixed fruit punch (Regular)	什果賓治(普通)	150	Trace	36	30	0	0.9	0.009	0	17	Trace
Pineapple icy drink (Less sweet)	菠蘿冰(少甜)	120	0	28	21	0	1.2	0.012	0	10	0
Pineapple icy drink (Regular)	菠蘿冰(普通)	160	0	36	33	0	1.2	0.009	0	11	0
Pineapple punch (Less sweet)	菠蘿賓治(少甜)	110	0	25	23	0	1.2	0.009	0	13	Trace
Pineapple punch (Regular)	菠蘿賓治(普通)	140	Trace	30	29	0	1.5	0.009	0	13	Trace
Red bean icy drink (Less sweet)	紅豆冰(少甜)	240	7.5	45	30	6.6	3.3	1.5	5.7	93	30
Red bean icy drink (Regular)	紅豆冰(普通)	260	7.8	48	36	6.0	3.6	1.6	6.0	100	33
Sweetened soybean milk (cold drink)	甜豆漿(凍飲)	165	6.3	25	23	0	4.5	0.57	0	27	0
Tri-colour icy drink (Less sweet)	三色冰(少甜)	230	3.0	36	29	3.0	8.7	6.3	0.18	18	21
Tri-colour icy drink (Regular)	三色冰(普通)	250	3.0	39	33	3.6	9.0	6.9	0.3	18	24

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Hot beverage (1 cup = 240 ml)											
Almond drink (No sugar added)	杏仁霜 (不加糖)	110	3.4	15	9.1	0	4.1	2.4	8.2	110	58
Caffe mocha (No sugar added)	朱古力咖啡 (不加糖)	170	5.3	22	18	2.6	6.7	3.8	15	160	100
Cappuccino (No sugar added)	泡沫咖啡 (不加糖)	96	5.0	7.2	6.0	Trace	5.3	2.9	17	160	65
Citron tea	柚子茶	110	0	26	24	0	0	0	0	12	48
Cocoa drink (No sugar added)	哈咕 (不加糖)	100	5.0	8.9	8.6	3.1	5.3	3.4	15	130	62
Coffee (No sugar added)	咖啡 (不加糖)	100	4.8	7.9	5.0	Trace	5.8	3.4	15	150	79
Cogon grass and sugar cane drink	茅根竹蔗水	60	0	15	14	0	0	0	0	9.1	Trace
Espresso (No sugar added)	特濃咖啡 (不加糖)	29	1.9	4.1	0	Trace	Trace	0.11	0	110	0
"Five flower tea"	五花茶	72	0	17	16	0	Trace	0	0	11	0
Ginseng honey	花旗參蜜	89	0	21	19	0	Trace	0	0	6.5	0
Green tea with pearl tapioca (No sugar added)	珍珠綠茶 (不加糖)	89	0	22	11	0	0	0	0	6.0	Trace
Hot chocolate drink (No sugar added)	朱古力飲品 (不加糖)	140	4.1	19	14	2.6	4.8	2.9	9.8	110	91
Lemon and kumquat honey	檸檬金桔蜜	130	Trace	31	23	0	Trace	0	0	18	330
Lemon coffee (No sugar added)	檸檬咖啡 (不加糖)	43	1.1	9.1	5.3	0	Trace	0	0	24	0
Lemon cola	檸樂 (熱)	100	Trace	24	22	0	Trace	0	0	19	0
Lemon honey	檸蜜	96	0	22	18	0	1.0	0	0	24	Trace
Lemon tea (No sugar added)	檸檬茶 (不加糖)	36	Trace	7.4	2.0	0	Trace	0	0	21	0
Milk tea (No sugar added)	奶茶 (不加糖)	110	5.5	7.7	7.0	2.6	6.5	3.4	17	190	96
Milk tea with pearl tapioca (No sugar added)	珍珠奶茶 (不加糖)	180	0.7	29	13	Trace	6.7	6.0	0.16	6.2	60
Sour plum drink	酸梅湯	120	0	29	26	0	Trace	0	0	14	0
Soybean milk (No sugar added)	豆漿 (不加糖)	67	5.8	2.2	1.8	0	3.8	0.55	0	23	Trace
Watercress honey	西洋菜蜜	86	Trace	21	19	0	0	0	0	11	31
"Yuan-yang" (mixed coffee milk-tea)	鴛鴦 (不加糖)	130	6.0	13	12	Trace	5.8	3.6	20	170	74