

Annex IV. Nutrient content of local foods (per 100 g)

Food item	Nutrient Parameters ^{*1}	Energy (kcal)	Protein (g)	CHO (g)	Sugars (g)	Dietary fibre (g)	Total fats (g)	SFA (g)	TFA (g)	Chol (mg)	Ca (mg)	Na (mg)	Remarks ^{*2}
Oils and fats 油脂													
Peanut oil	花生油	900	0	0	0	0	100	17	0.32	0.80	0	0	D=0.912 g/ml
Corn oil	粟米油	900	0	0	0	0	100	13	0.97	1.3	0	0	D=0.914 g/ml
Canola oil	芥花籽油	900	0	0	0	0	100	6.5	0.28	2.4	0	0	D=0.913 g/ml
Olive oil	橄欖油	900	0	0	0	0	100	14	0.11	0	0	0	D=0.907 g/ml
Soft margarine	軟人造牛油	670	Trace	1.3	0.41	0	75	17	1.5	4.7	9.6	520	
Hard margarine (with animal and vegetable fats/oils) ^{*3}	硬人造牛油(含動物性油脂及植物油)	730	0	0.60	0	0	81	33	3.5	150	3.4	1400	
Hard margarine (with vegetable oils) ^{*3}	硬人造牛油(含植物油)	730	Trace	1.2	0	0	80	14	11	1.4	2.0	470	
Butter	牛油	740	0.5	1.1	0.59	0	81	52	2.6	240	22	590	
Lard ^{*3}	豬油	900	0	0.20	0	0	100	38	0.75	95	0	0	
Bakery products 烘焙食品													
Cheese cake	芝士蛋糕	320	7.6	30	19	Trace	19	12	0.45	130	60	210	
Assorted cakes	雜款西餅	330	5.9	35	24	1.4	18	8.9	0.40	100	32	160	
Pound cake	淨牛油蛋糕	420	6.7	45	26	Trace	24	11	0.68	120	31	300	
Muffin	鬆餅	390	6.7	48	26	1.8	19	6.5	0.30	84	43	320	
Cream bun	忌廉包	280	7.3	43	14	1.2	8.6	3.8	0.12	29	54	150	
Garlic bread	蒜蓉包	370	11	52	5.7	2.4	13	5.8	0.39	23	52	500	
Cocktail bun	雞尾包	400	8.3	47	16	2.2	19	10	0.43	31	57	240	

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Tuna puff	吞拿魚酥皮卷	360	11	30	4.4	1.3	21	9.0	0.98	69	41	510	
Curry puff	咖喱酥皮卷	400	8.6	31	3.8	1.9	26	12	0.91	67	29	550	
Pizza bread (contains cheese, meat and vegetables)	薄餅麵包(含芝士、肉類及蔬菜)	260	11	31	8.4	1.9	10	4.3	0.17	34	120	540	
Dairy and dairy-like products 奶及奶製品													
Full cream milk	全脂奶	64	3.1	4.7	4.2	0	3.7	1.8	0.091	14	110	40	D=1.026 g/ml
Filled evaporated milk ^{*3}	植脂淡奶	120	5.9	11	9.9	0	6.1	2.7	0.028	4.4	220	130	
Whipping cream ^{*3}	攪拌忌廉	350	2.2	3.6	2.7	0	36	23	0.78	110	73	29	D=0.976 g/ml
Other ready-to-eat foods 其他即食食物													
Fast foods 快餐食物													
Rice with chicken and creamy sauce	白汁雞絲飯	140	5.0	20	0.32	Trace	4.3	1.4	0.033	19	13	220	
Baked spaghetti with meat sauce	焗肉醬意粉	140	7.7	16	2.0	1.7	5.5	1.6	0.062	16	39	410	
Fried noodles with shredded pork	肉絲炒麵	160	5.9	15	0.63	1.3	8.9	1.4	0.028	26	14	390	
Fried rice in Yangzhou-style	楊州炒飯	190	7.0	25	0.55	Trace	7.2	1.6	0.022	77	16	330	
Cheese burger	芝士漢堡包	240	13	20	3.9	1.2	12	5.0	0.33	38	100	500	
Fish burger	魚柳包	280	11	27	4.0	1.4	14	3.7	0.15	31	44	420	
Tuna sandwich	吞拿魚三文治	210	10	23	4.6	1.6	8.6	2.1	0.087	35	22	420	
Egg salad sandwich	蛋沙律三文治	200	8.4	20	2.8	1.7	9.6	2.6	0.095	110	40	380	
Cream soup with puff pastry	酥皮忌廉湯	130	3.3	9.9	1.5	Trace	8.2	3.4	0.50	14	22	350	
Milk shake	奶昔	110	1.3	14	12	0	5.2	2.8	0.11	13	90	41	
Soft ice-cream (without cone)	軟雪糕(不連筒)	150	2.9	23	18	Trace	5.0	2.5	0.088	17	130	66	

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Ice-cream	雪糕	180	3.6	23	21	Trace	8.6	4.9	0.17	43	120	54	
Pancake (with butter and syrup)	班戟(加牛油及糖漿)	310	5.0	45	24	1.0	12	4.8	0.48	49	56	330	
Dim sum點心食物													
Curry fish ball	咖喱魚蛋	130	8.7	16	3.3	1.3	2.8	0.60	0.024	20	55	950	
Eggplant, bell pepper and fried tofu stuffed with minced dace	煎釀三寶	110	7.0	7.1	2.1	1.8	5.4	1.3	0.022	6.6	190	260	
"Stinky tofu" ^{*3}	臭豆腐	150	17	11	0.22	1.4	4.3	2.4	0.048	0.86	140	380	
Spring roll	春卷	320	9.1	25	2.6	1.7	21	3.7	0.072	33	26	500	
Deep-fried taro dumpling	芋角	360	4.7	25	2.0	1.7	27	5.5	0.091	12	28	370	
Deep-fried meat dumpling	鹹水角	330	5.2	41	8.9	1.0	16	4.5	0.047	15	17	230	
Baked barbecued pork puff	叉燒酥	430	8.6	33	6.1	1.6	29	10	0.20	81	17	320	
Red bean pancake	豆沙鍋餅	320	6.0	39	15	2.6	16	2.6	0.085	67	27	24	
Spring onion pancake	蔥油餅	360	5.6	38	3.5	1.8	21	4.9	0.18	15	23	350	
Paratha	印度薄餅	320	8.2	49	3.1	2.4	9.8	2.8	0.064	4.0	26	370	
Snacks 零食													
Popcorns (popped)	爆谷(已熟)	500	4.5	58	30	7.4	28	20	0.027	0.35	6.5	27	
Dehydrated vegetables and fruits chips	脫水蔬菜水果片	460	4.4	55	34	9.5	25	5.5	0.095	0.59	53	130	
"Fluffy" peanut candy	花生酥糖	480	13	58	47	2.8	22	4.1	0.013	0.44	26	5	
Sesame candy	芝麻糖	510	15	47	34	4.9	29	4.3	0.014	0	150	10	
Nougat	烏結糖	430	7.1	68	40	2.9	14	3.8	0.057	5.5	76	67	
Toffee candy	拖肥糖	470	3.7	68	49	1.4	21	11	0.23	18	110	190	

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Beverages 不含酒精飲品													
Red bean icy drink (Regular)	紅豆冰(普通)	82	2.4	15	11	1.9	1.1	0.51	0.012	1.9	32	10	D=1.068 g/ml
"Cendol" icy drink (Regular)	珍多冰(普通)	77	0	11	7.2	0	3.8	3.0	0	0.20	6.7	12	D=1.037 g/ml
Tri-colour icy drink (Regular)	三色冰(普通)	78	1.0	12	10	1.1	2.8	2.2	0	0.09	5.6	8	D=1.066 g/ml
Coffee	咖啡	41	1.9	3.2	2.0	Trace	2.3	1.3	0.033	6.1	60	32	D=1.041 g/ml
Milk tea	奶茶	44	2.2	3.1	2.8	1.1	2.6	1.3	0.069	6.8	74	38	D=1.047 g/ml
Almond drink	杏仁霜	45	1.4	6.1	3.7	0	1.7	0.98	0.017	3.3	45	23	D=1.023 g/ml
"Yuan-yang" (mixed coffee milk-tea)	鴛鴦	52	2.4	5.2	4.8	Trace	2.3	1.5	0.024	8.1	68	30	D=1.022 g/ml
Milk tea with pearl tapioca	珍珠奶茶	72	0.3	11	5.1	Trace	2.7	2.4	0.021	0.06	2.5	24	D=1.043 g/ml

*1 CHO = available carbohydrates; SFA = saturated fatty acids; TFA = trans fatty acids; Chol = cholesterol; Ca = calcium; Na = sodium. All values are rounded to the same decimal places as the limit of detection (LOD) and then to two significant figures, except for Energy and CHO (only rounded up to two significant figures). Values below LOD were reported as "0". Values between LOD and LOQ were reported as "Trace".

*2 D = Averaged density measured by FRL. To convert the nutrient value per 100g to per 100ml, multiply that nutrient value by the density. For example, the density of peanut oil is 0.912 g/ml. the TFA per 100ml will be 0.32*0.912, i.e. 0.29g per 100ml.

*3 All items had 10 samples paired to form 5 composites, except for the followings due to their inavailability in the market (number of items purchased): "stinky tofu" (6), filled evaporated milk (2), whipping cream (6), lard (2), hard margarine (1 with animal & vegetable fats/oils, 2 with vegetable oils). The nutrient means of "stinky tofu" and whipping cream are calculated using this formula: [(composite 1 *2) + individual sample 2 + individual sample 3 + individual sample 4 + individual sample 5]/6.