

Annex VI. Nutrient Content of Local Foods (per unit)

Food items	Nutrient Parameters ^{*1}	Energy	Protein	Available	Sugars	Dietary	Total	SFA	TFA	Chol	Ca	Na	Unit ^{*2}	Unit Wt ^{*3} (g)
		(kcal)	(g)	CHO (g)	(g)	fibre (g)	fats (g)	(g)	(g)	(mg)	(mg)	(mg)		
Oils and fats 油脂														
Peanut oil	花生油	130	0	0	0	0	14	2.4	0.045	0.11	0	0	1 tbsp	14
Corn oil	粟米油	130	0	0	0	0	14	1.8	0.14	0.18	0	0	1 tbsp	14
Canola oil	芥花籽油	130	0	0	0	0	14	0.91	0.039	0.34	0	0	1 tbsp	14
Olive oil	橄欖油	130	0	0	0	0	14	2.0	0.015	0	0	0	1 tbsp	14
Soft margarine	軟人造牛油	94	Trace	0.18	0.06	0	11	2.4	0.21	0.66	1.3	73	1 tbsp	14
Hard margarine (with animal and vegetable fats/oils) ^{*4}	硬人造牛油(含動物性油脂及植物油)	100	0	0.084	0	0	11	4.6	0.49	21	0.5	200	1 tbsp	14
Hard margarine (with vegetable oils) ^{*4}	硬人造牛油(含植物油)	100	Trace	0.17	0	0	11	2.0	1.5	0.2	0.3	66	1 tbsp	14
Butter	牛油	100	0.1	0.15	0.08	0	11	7.3	0.36	34	3.1	83	1 tbsp	14
Lard ^{*4}	豬油	120	Trace	0.026	0	0	13	4.9	0.098	12	0	0	1 tbsp	13
Bakery products 烘焙食品														
Cheese cake	芝士蛋糕	400	9.6	38	24	Trace	24	15	0.57	160	76	260	1 piece	126
Assorted cakes	雜款西餅	250	4.5	27	18	1.1	14	6.8	0.30	76	24	120	1 piece	76
Pound cake	淨牛油蛋糕	240	3.8	25	15	Trace	13	6.2	0.38	67	17	170	1 piece	56
Muffin	鬆餅	320	5.4	39	21	1.5	15	5.3	0.24	68	35	260	1 piece	81
Cream bun	忌廉包	290	7.7	45	15	1.3	9.0	4.0	0.13	30	57	160	1 piece	105
Garlic bread	蒜蓉包	220	6.5	31	3.4	1.4	7.7	3.4	0.23	14	31	300	1 piece	59
Cocktail bun	雞尾包	360	7.5	42	14	2.0	17	9.0	0.39	28	51	220	1 piece	90
Tuna puff	吞拿魚酥皮卷	300	9.2	25	3.7	1.1	18	7.6	0.82	58	34	430	1 puff	84

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Food items	Nutrient Parameters ^{*1}	Energy	Protein	Available	Sugars	Dietary	Total	SFA	TFA	Chol	Ca	Na	Unit ^{*2}	Unit Wt ^{*3} (g)
		(kcal)	(g)	CHO (g)	(g)	fibre (g)	fats (g)	(g)	(g)	(mg)	(mg)	(mg)		
Curry puff	咖喱酥皮卷	280	6.0	22	2.7	1.3	18	8.4	0.64	47	20	390	1 puff	70
Pizza bread (contains cheese, meat and vegetables)	薄餅麵包(含芝士、肉類及蔬菜)	300	13	36	9.7	2.2	12	4.9	0.20	39	140	620	1 slice	115
Dairy and dairy-like products 奶及奶製品														
Full cream milk	全脂奶	160	8.0	12	11	0	9.5	4.6	0.23	36	280	100	1 cup	257
Filled evaporated milk ^{*4}	植脂淡奶	310	15	28	25	0	16	6.9	0.072	11	570	330	1 cup	257
Whipping cream ^{*4}	攪拌忌廉	340	2.2	3.5	2.6	0	35	23	0.76	110	72	28	100ml unwhipped	98
Other ready-to-eat foods 其他即食食物														
Fast foods 快餐食物														
Rice with chicken & creamy sauce	白汁雞絲飯	1000	37	150	2.3	Trace	31	10	0.24	140	95	1600	1 plate	731
Baked spaghetti with meat sauce	焗肉醬意粉	820	45	94	12	10	32	9.4	0.36	94	230	2400	1 plate	588
Fried noodles with shredded pork	肉絲炒麵	950	35	89	3.7	7.7	53	8.3	0.17	150	83	2300	1 plate	591
Fried rice in Yangzhou-style	楊州炒飯	970	36	130	2.8	Trace	37	8.1	0.11	390	81	1700	1 plate	508
Cheese burger	芝士漢堡包	610	33	51	9.9	3.0	30	13	0.84	97	250	1300	1 piece	254
Fish burger	魚柳包	400	16	39	5.7	2.0	20	5.3	0.21	44	63	600	1 piece	143
Cream soup with puff pastry	酥皮忌廉湯	410	10	31	4.7	Trace	26	11	1.6	44	69	1100	1 bowl	315
Tuna sandwich													1 sandwich	160
	吞拿魚三文治	340	16	37	7.4	2.6	14	3.4	0.14	56	35	670	(2 slices of bread)	
Egg salad sandwich	蛋沙律三文治	390	16	39	5.5	3.3	19	5.1	0.19	210	78	740	1 sandwich (2 slices of bread)	195

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Nutrient Parameters ^{*1}		Energy	Protein	Available	Sugars	Dietary	Total	SFA	TFA	Chol	Ca	Na	Unit ^{*2}	Unit
Food items		(kcal)	(g)	CHO (g)	(g)	fibre (g)	fats (g)	(g)	(g)	(mg)	(mg)	(mg)		Wt ^{*3} (g)
bread)														
Pancake (with butter and syrup)	班戟(加牛油及糖漿)	410	6.6	59	32	1.3	16	6.3	0.63	65	74	440	1 piece	132
Milk shake	奶昔	330	3.9	42	36	0	16	8.5	0.33	39	270	120	1 cup	302
Soft ice-cream (without cone)	軟雪糕(不連筒)	160	3.0	24	19	Trace	5.2	2.6	0.092	18	140	69	1 ball	104
Ice-cream	雪糕	130	2.6	17	15	Trace	6.3	3.6	0.12	31	88	39	1 scoop	73
Dim sum 點心食物														
Curry fish ball	咖喱魚蛋	13	0.9	1.6	0.33	0.13	0.28	0.06	0.002	2.0	5.5	95	1 ball	10
Eggplant, bell pepper & fried tofu stuffed with minced dace	煎釀三寶	110	7.1	7.2	2.1	1.8	5.5	1.3	0.022	6.7	190	270	1 piece each	102
"Stinky tofu" ^{*4}	臭豆腐	110	12	7.7	0.15	1.0	3.0	1.7	0.034	0.60	98	270	1 piece	70
Spring roll	春卷	110	3.2	8.8	0.91	0.6	7.4	1.3	0.025	12	9.1	180	1 piece	35
Deep-fried taro dumpling	芋角	140	1.9	10	0.80	0.7	11	2.2	0.036	4.8	11	150	1 piece	40
Deep-fried meat dumpling	鹹水角	150	2.3	18	4.0	0.5	7.2	2.0	0.021	6.8	7.7	100	1 piece	45
Baked barbecued pork puff	叉燒酥	170	3.4	13	2.4	0.6	11	3.9	0.078	32	6.6	120	1 piece	39
Red bean pancake	豆沙鍋餅	430	8.0	52	20	3.5	21	3.5	0.11	90	36	32	1 piece	134
Spring onion pancake	蔥油餅	570	8.8	60	5.5	2.8	33	7.7	0.28	24	36	550	1 piece	157
Paratha	印度薄餅	430	11	66	4.2	3.2	13	3.8	0.086	5.4	35	500	1 piece	135
Snacks 零食														
Popcorns (popped)	爆谷(已熟)	830	7.5	96	50	12	46	33	0.045	0.58	11	45	1 bag	166
Dehydrated vegetables and fruits chips	脫水蔬菜水果片	220	2.1	26	16	4.5	12	2.6	0.045	0.28	25	61	1 bag	47
"Fluffy" peanut candy	花生酥糖	110	2.9	13	10	0.6	4.8	0.90	0.003	0.10	5.7	1	1 candy	22
Sesame candy	芝麻糖	61	1.8	5.6	4.1	0.6	3.5	0.52	0.002	0	18	1	1 candy	12

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Food items	Nutrient Parameters ^{*1}	Energy (kcal)	Protein (g)	Available CHO (g)	Sugars (g)	Dietary fibre (g)	Total fats (g)	SFA (g)	TFA (g)	Chol (mg)	Ca (mg)	Na (mg)	Unit ^{*2}	Unit Wt ^{*3} (g)
Nougat	烏結糖	52	0.9	8.2	4.8	0.4	1.7	0.46	0.007	0.66	9.1	8	1 candy	12
Toffee candy	拖肥糖	33	0.3	4.8	3.4	0.1	1.5	0.77	0.016	1.3	7.7	13	1 candy	7
Beverages 不含酒精飲品														
Red bean icy drink (Regular)	紅豆冰(普通)	270	7.9	49	36	6.3	3.6	1.7	0.039	6.3	110	33	1 cup	329
"Cendol" icy drink (Regular)	珍多冰(普通)	260	0	37	24	0	13	10	0	0.67	23	40	1 cup	336
Tri-colour icy drink (Regular)	三色冰(普通)	280	3.3	43	36	3.9	9.9	7.8	0	0.33	20	27	1 cup	355
Coffee	咖啡	93	4.3	7.2	4.5	Trace	5.2	2.9	0.075	14	140	72	1 cup	226
Milk tea	奶茶	98	4.9	6.9	6.2	2.5	5.8	2.9	0.15	15	170	85	1 cup	223
Almond drink	杏仁霜	99	3.1	13	8.1	0	3.7	2.2	0.037	7.3	99	51	1 cup	220
"Yuan-yang" (mixed coffee milk-tea)	鴛鴦	120	5.5	12	11	Trace	5.3	3.4	0.055	19	160	69	1 cup	229
Milk tea with pearl tapioca	珍珠奶茶	190	0.8	30	14	Trace	7.3	6.5	0.056	0.18	6.7	65	1 cup	269

*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 to two significant figures). Values below LOD will be reported as “0”. Values between LOD and LOQ will be reported as “Trace”.

*2 1 tbsp = 1 tablespoon = 15 ml.

*3 Unit weight (in grams) is determined by averaging the weights of the food samples of each item.

*4 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.