

## 非預先包裝飲品樣本的營養素含量(以每個單位計)

| 非預先包裝飲品          |                                                          | 可獲得        |            |                   | 膳食       |                 | 飽和脂<br>肪<br>(克) | 膽固醇<br>(毫克) | 鈣<br>(毫克) | 鈉<br>(毫克) |            |
|------------------|----------------------------------------------------------|------------|------------|-------------------|----------|-----------------|-----------------|-------------|-----------|-----------|------------|
|                  |                                                          | 能量<br>(千卡) | 蛋白質<br>(克) | 的碳水<br>化合物<br>(克) | 糖<br>(克) | 纖維總<br>量<br>(克) |                 |             |           |           | 總脂肪<br>(克) |
| 凍飲(1 杯 = 300 毫升) |                                                          |            |            |                   |          |                 |                 |             |           |           |            |
| 珍多冰 (少甜)         | "Cendol" icy drink (Less sweet)                          | 220        | 0          | 28                | 17       | 0               | 11              | 9.3         | 0.75      | 20        | 39         |
| 珍多冰 (普通)         | "Cendol" icy drink (Regular)                             | 240        | 0          | 33                | 23       | 0               | 12              | 9.3         | 0.63      | 21        | 36         |
| 凍鴛鴦 (少甜)         | Iced "Yuan-yang" (mixed coffee milk-tea)<br>(Less sweet) | 120        | 3.9        | 18                | 17       | 微量              | 3.3             | 1.7         | 11        | 100       | 42         |
| 凍鴛鴦 (普通)         | Iced "Yuan-yang" (mixed coffee milk-tea)<br>(Regular)    | 160        | 4.5        | 26                | 24       | 0               | 3.9             | 1.9         | 12        | 110       | 48         |
| 凍杏仁霜 (少甜)        | Iced almond drink (Less sweet)                           | 130        | 3.3        | 20                | 14       | 0               | 3.9             | 2.2         | 7.2       | 96        | 48         |
| 凍杏仁霜 (普通)        | Iced almond drink (Regular)                              | 150        | 3.3        | 27                | 18       | 0               | 3.9             | 2.3         | 7.5       | 99        | 51         |
| 凍朱古力咖啡 (少甜)      | Iced caffe mocha(Less sweet)                             | 170        | 4.2        | 22                | 18       | 微量              | 6.9             | 3.9         | 13        | 120       | 78         |
| 凍朱古力咖啡 (普通)      | Iced caffe mocha(Regular)                                | 180        | 4.5        | 26                | 22       | 微量              | 6.6             | 3.6         | 12        | 130       | 78         |
| 凍泡沫咖啡 (少甜)       | Iced cappuccino(Less sweet)                              | 120        | 3.3        | 16                | 15       | 0               | 5.1             | 2.0         | 11        | 110       | 51         |
| 凍泡沫咖啡 (普通)       | Iced cappuccino(Regular)                                 | 150        | 3.6        | 23                | 21       | 0               | 5.1             | 2.1         | 11        | 120       | 51         |
| 凍朱古力飲品 (少甜)      | Iced chocolate drink (Less sweet)                        | 140        | 3.6        | 22                | 18       | 微量              | 4.2             | 2.6         | 7.8       | 90        | 75         |
| 凍朱古力飲品 (普通)      | Iced chocolate drink (Regular)                           | 170        | 3.3        | 28                | 20       | 微量              | 4.5             | 2.9         | 7.5       | 87        | 81         |
| 凍啫咕 (少甜)         | Iced cocoa drink (Less sweet)                            | 120        | 5.1        | 14                | 14       | 微量              | 5.1             | 3.0         | 13        | 120       | 57         |
| 凍啫咕 (普通)         | Iced cocoa drink (Regular)                               | 140        | 5.1        | 18                | 17       | 微量              | 5.4             | 3.0         | 13        | 120       | 57         |
| 凍咖啡 (少甜)         | Iced coffee (Less sweet)                                 | 120        | 3.0        | 18                | 14       | 微量              | 3.6             | 1.9         | 8.4       | 87        | 48         |
| 凍咖啡 (普通)         | Iced coffee (Regular)                                    | 140        | 3.0        | 25                | 20       | 0               | 3.9             | 1.5         | 8.4       | 90        | 48         |
| 凍珍珠綠茶 (少甜)       | Iced green tea with pearl tapioca (Less sweet)           | 90         | 0          | 22                | 12       | 0               | 0               | 0           | 0         | 4.5       | 0          |
| 凍珍珠綠茶 (普通)       | Iced green tea with pearl tapioca (Regular)              | 120        | 0          | 30                | 18       | 0               | 0               | 0           | 0         | 4.8       | 0          |

| 非預先包裝飲品    |                                               | 能量   | 蛋白質 | 可獲得<br>的碳水 | 糖   | 膳食<br>纖維總 | 總脂肪 | 飽和脂<br>肪 | 膽固醇  | 鈣    | 鈉    |
|------------|-----------------------------------------------|------|-----|------------|-----|-----------|-----|----------|------|------|------|
|            |                                               | (千卡) | (克) | 化合物<br>(克) | (克) | 量<br>(克)  | (克) | (克)      | (毫克) | (毫克) | (毫克) |
| 凍檸檬金桔蜜(少甜) | Iced lemon and kumquat honey (Less sweet)     | 120  | 0.9 | 28         | 22  | 0         | 微量  | 0        | 0    | 14   | 330  |
| 凍檸檬金桔蜜(普通) | Iced lemon and kumquat honey (Regular)        | 140  | 微量  | 33         | 25  | 0         | 微量  | 0        | 0    | 15   | 330  |
| 凍檸檬咖啡(少甜)  | Iced lemon coffee (Less sweet)                | 87   | 0.9 | 21         | 17  | 0         | 0   | 0        | 0    | 19   | 0    |
| 凍檸檬咖啡(普通)  | Iced lemon coffee (Regular)                   | 110  | 0.9 | 27         | 23  | 0         | 0   | 0        | 0    | 17   | 0    |
| 凍檸樂        | Iced lemon cola                               | 99   | 0   | 24         | 23  | 0         | 0   | 0        | 0    | 10   | 微量   |
| 凍檸蜜(少甜)    | Iced lemon honey (Less sweet)                 | 70   | 0   | 16         | 15  | 0         | 微量  | 0        | 0    | 19   | 微量   |
| 凍檸蜜(普通)    | Iced lemon honey(Regular)                     | 100  | 0   | 23         | 21  | 0         | 微量  | 0        | 0    | 21   | 微量   |
| 凍檸檬梳打      | Iced lemon soda                               | 69   | 0   | 17         | 16  | 0         | 0   | 0        | 0    | 10   | 26   |
| 凍檸檬茶(少甜)   | Iced lemon tea (Less sweet)                   | 90   | 0   | 20         | 18  | 0         | 微量  | 0        | 0    | 14   | 0    |
| 凍檸檬茶(普通)   | Iced lemon tea (Regular)                      | 140  | 0   | 33         | 25  | 0         | 0.9 | 0        | 0    | 14   | 0    |
| 凍奶茶(少甜)    | Iced milk tea (Less sweet)                    | 100  | 2.7 | 17         | 15  | 0         | 2.7 | 1.1      | 8.7  | 90   | 48   |
| 凍珍珠奶茶(少甜)  | Iced milk tea with pearl tapioca (Less sweet) | 170  | 微量  | 27         | 12  | 0         | 6.9 | 6.0      | 微量   | 4.8  | 60   |
| 凍珍珠奶茶(普通)  | Iced milk tea with pearl tapioca (Regular)    | 200  | 微量  | 36         | 18  | 微量        | 6.6 | 5.7      | 微量   | 4.8  | 60   |
| 凍奶茶(普通)    | Iced milk tea(Regular)                        | 130  | 3.0 | 26         | 22  | 0         | 2.1 | 0.84     | 9    | 93   | 48   |
| 凍鹹檸檬梳打     | Iced salted lemon soda                        | 72   | 0   | 18         | 16  | 0         | 0   | 0        | 0    | 11   | 720  |
| 凍西洋菜蜜(少甜)  | Iced watercress honey (Less sweet)            | 78   | 微量  | 19         | 17  | 0         | 0   | 0        | 0    | 9.0  | 30   |
| 凍西洋菜蜜(普通)  | Iced watercress honey(Regular)                | 96   | 1.0 | 23         | 22  | 0         | 0   | 0        | 0    | 11   | 36   |
| 龍眼冰(普通)    | Longan icy drink (Regular)                    | 160  | 微量  | 33         | 30  | 0         | 2.4 | 0.48     | 0    | 16   | 15   |
| 龍眼冰(少甜)    | Longan icy drink (Regular)                    | 140  | 微量  | 29         | 25  | 0         | 2.7 | 0.93     | 0    | 19   | 微量   |
| 什果冰(少甜)    | Mixed fruit icy drink (Less sweet)            | 160  | 0   | 33         | 29  | 0         | 2.4 | 1.1      | 0    | 19   | 微量   |
| 什果冰(普通)    | Mixed fruit icy drink (Regular)               | 170  | 0   | 36         | 30  | 0         | 2.4 | 0.93     | 0    | 18   | 微量   |
| 什果賓治(少甜)   | Mixed fruit punch (Less sweet)                | 140  | 0   | 33         | 29  | 0         | 0.9 | 0.009    | 0    | 16   | 微量   |
| 什果賓治(普通)   | Mixed fruit punch (Regular)                   | 150  | 微量  | 36         | 30  | 0         | 0.9 | 0.009    | 0    | 17   | 微量   |

| 非預先包裝飲品               |                                               | 能量<br>(千卡) | 蛋白質<br>(克) | 可獲得<br>的碳水<br>化合物<br>(克) | 糖<br>(克) | 膳食<br>纖維總<br>量<br>(克) | 總脂肪<br>(克) | 飽和脂<br>肪<br>(克) | 膽固醇<br>(毫克) | 鈣<br>(毫克) | 鈉<br>(毫克) |
|-----------------------|-----------------------------------------------|------------|------------|--------------------------|----------|-----------------------|------------|-----------------|-------------|-----------|-----------|
| 菠蘿冰(少甜)               | Pineapple icy drink (Less sweet)              | 120        | 0          | 28                       | 21       | 0                     | 1.2        | 0.012           | 0           | 10        | 0         |
| 菠蘿冰(普通)               | Pineapple icy drink (Regular)                 | 160        | 0          | 36                       | 33       | 0                     | 1.2        | 0.009           | 0           | 11        | 0         |
| 菠蘿賓治(少甜)              | Pineapple punch (Less sweet)                  | 110        | 0          | 25                       | 23       | 0                     | 1.2        | 0.009           | 0           | 13        | 微量        |
| 菠蘿賓治(普通)              | Pineapple punch (Regular)                     | 140        | 微量         | 30                       | 29       | 0                     | 1.5        | 0.009           | 0           | 13        | 微量        |
| 紅豆冰(少甜)               | Red bean icy drink (Less sweet)               | 240        | 7.5        | 45                       | 30       | 6.6                   | 3.3        | 1.5             | 5.7         | 93        | 30        |
| 紅豆冰(普通)               | Red bean icy drink (Regular)                  | 260        | 7.8        | 48                       | 36       | 6.0                   | 3.6        | 1.6             | 6.0         | 100       | 33        |
| 甜豆漿(凍飲)               | Sweetened soybean milk (cold drink)           | 165        | 6.3        | 25                       | 23       | 0                     | 4.5        | 0.57            | 0           | 27        | 0         |
| 三色冰(少甜)               | Tri-colour icy drink (Less sweet)             | 230        | 3.0        | 36                       | 29       | 3.0                   | 8.7        | 6.3             | 0.18        | 18        | 21        |
| 三色冰(普通)               | Tri-colour icy drink (Regular)                | 250        | 3.0        | 39                       | 33       | 3.6                   | 9.0        | 6.9             | 0.3         | 18        | 24        |
| <b>熱飲(1杯 = 240毫升)</b> |                                               |            |            |                          |          |                       |            |                 |             |           |           |
| 杏仁霜(不加糖)              | Almond drink (No sugar added)                 | 110        | 3.4        | 15                       | 9.1      | 0                     | 4.1        | 2.4             | 8.2         | 110       | 58        |
| 朱古力咖啡(不加糖)            | Caffe mocha (No sugar added)                  | 170        | 5.3        | 22                       | 18       | 2.6                   | 6.7        | 3.8             | 15          | 160       | 100       |
| 泡沫咖啡(不加糖)             | Cappuccino (No sugar added)                   | 96         | 5.0        | 7.2                      | 6.0      | 微量                    | 5.3        | 2.9             | 17          | 160       | 65        |
| 柚子茶                   | Citron tea                                    | 110        | 0          | 26                       | 24       | 0                     | 0          | 0               | 0           | 12        | 48        |
| 啫咕(不加糖)               | Cocoa drink (No sugar added)                  | 100        | 5.0        | 8.9                      | 8.6      | 3.1                   | 5.3        | 3.4             | 15          | 130       | 62        |
| 咖啡(不加糖)               | Coffee (No sugar added)                       | 100        | 4.8        | 7.9                      | 5.0      | 微量                    | 5.8        | 3.4             | 15          | 150       | 79        |
| 茅根竹蔗水                 | Cogon grass and sugar cane drink              | 60         | 0          | 15                       | 14       | 0                     | 0          | 0               | 0           | 9.1       | 微量        |
| 特濃咖啡(不加糖)             | Espresso (No sugar added)                     | 29         | 1.9        | 4.1                      | 0        | 微量                    | 微量         | 0.11            | 0           | 110       | 0         |
| 五花茶                   | "Five flower tea"                             | 72         | 0          | 17                       | 16       | 0                     | 微量         | 0               | 0           | 11        | 0         |
| 花旗參蜜                  | Ginseng honey                                 | 89         | 0          | 21                       | 19       | 0                     | 微量         | 0               | 0           | 6.5       | 0         |
| 珍珠綠茶(不加糖)             | Green tea with pearl tapioca (No sugar added) | 89         | 0          | 22                       | 11       | 0                     | 0          | 0               | 0           | 6.0       | 微量        |
| 朱古力飲品(不加糖)            | Hot chocolate drink (No sugar added)          | 140        | 4.1        | 19                       | 14       | 2.6                   | 4.8        | 2.9             | 9.8         | 110       | 91        |
| 檸檬金桔蜜                 | Lemon and kumquat honey                       | 130        | 微量         | 31                       | 23       | 0                     | 微量         | 0               | 0           | 18        | 330       |

| 非預先包裝飲品   |                                              | 能量<br>(千卡) | 蛋白質<br>(克) | 可獲得<br>的碳水<br>化合物<br>(克) | 糖<br>(克) | 膳食<br>纖維總<br>量<br>(克) | 總脂肪<br>(克) | 飽和脂<br>肪<br>(克) | 膽固醇<br>(毫克) | 鈣<br>(毫克) | 鈉<br>(毫克) |
|-----------|----------------------------------------------|------------|------------|--------------------------|----------|-----------------------|------------|-----------------|-------------|-----------|-----------|
| 檸檬咖啡(不加糖) | Lemon coffee (No sugar added)                | 43         | 1.1        | 9.1                      | 5.3      | 0                     | 微量         | 0               | 0           | 24        | 0         |
| 檸樂(熱)     | Lemon cola                                   | 100        | 微量         | 24                       | 22       | 0                     | 微量         | 0               | 0           | 19        | 0         |
| 檸蜜        | Lemon honey                                  | 96         | 0          | 22                       | 18       | 0                     | 1.0        | 0               | 0           | 24        | 微量        |
| 檸檬茶(不加糖)  | Lemon tea (No sugar added)                   | 36         | 微量         | 7.4                      | 2.0      | 0                     | 微量         | 0               | 0           | 21        | 0         |
| 奶茶(不加糖)   | Milk tea (No sugar added)                    | 110        | 5.5        | 7.7                      | 7.0      | 2.6                   | 6.5        | 3.4             | 17          | 190       | 96        |
| 珍珠奶茶(不加糖) | Milk tea with pearl tapioca (No sugar added) | 180        | 0.7        | 29                       | 13       | 微量                    | 6.7        | 6.0             | 0.16        | 6.2       | 60        |
| 酸梅湯       | Sour plum drink                              | 120        | 0          | 29                       | 26       | 0                     | 微量         | 0               | 0           | 14        | 0         |
| 豆漿(不加糖)   | Soybean milk (No sugar added)                | 67         | 5.8        | 2.2                      | 1.8      | 0                     | 3.8        | 0.55            | 0           | 23        | 微量        |
| 西洋菜蜜      | Watercress honey                             | 86         | 微量         | 21                       | 19       | 0                     | 0          | 0               | 0           | 11        | 31        |
| 鴛鴦(不加糖)   | "Yuan-yang" (mixed coffee milk-tea)          | 130        | 6.0        | 13                       | 12       | 微量                    | 5.8        | 3.6             | 20          | 170       | 74        |