

調製茶類飲品的糖含量及能量值

Sugar and Energy Contents of Common Non-Indigenous Tea-Based Beverages in Hong Kong

業界諮詢論壇
Trade Consultation Forum
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背景

Background



糖對健康的影響

Health effects of sugar

- 糖只含能量(每克糖提供4千卡能量)。
- 進食過多糖可能會令人攝取過多能量，增加超重和患上肥胖症的風險。
- 經常攝取過多的糖還會引至蛀牙。
- 肥胖症會增加患上一些慢性疾病(如：高血壓、心臟病和糖尿病)的風險。
- Sugar contains only energy (each gram of sugar can provide 4 kcal of energy).
- Consuming too much sugar can lead to excessive energy intake and in turn increase the risk of overweight and obesity.
- Frequent consumption of too much sugar can also lead to dental decay.
- Obesity increases the risk for a number of chronic diseases, such as hypertension, heart diseases and diabetes mellitus.



糖 Sugars

➤ 游離糖指所有由製造商、廚師和消費者在食物添加的單糖和雙糖，以及蜜糖、糖漿、果汁及濃縮果汁中天然含有的糖。

➤ Free sugars are monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.



能量 Energy

- 能量用以支持人體活動
- 能量需要量視乎年齡、性別、體重及活動而定

- Energy supports activities of human body
- Energy requirement depends on age, gender, body weight and activity level.



世衛游離糖攝入量建議

WHO's free sugar intake recommendations

➤ 以每日從膳食攝入2000千卡能量的人為例：

- 游離糖攝入量少於50克
 - 減低肥胖和某些慢性疾病的風險
- 游離糖攝入量少於25克
 - 除可減低肥胖和某些慢性疾病的風險外，更有助減少蛀牙

➤ For a total energy intake of 2000 kcal/day:

- < 50g free sugar
 - Reduce the risk of overweight and obesity and certain chronic diseases
- < 25g free sugar
 - Provide additional health benefits in the form of reduced dental caries



調製茶類飲品的糖含量

Sugar Contents in Tea-based beverages

- 根據中心取得的資料，估計本港成年人的糖總攝入量的32%來自不含酒精飲品，當中包括汽水、茶及蔬果汁／蔬果汁飲品。
- 此類調製茶類飲品一直受本地市民歡迎，但不少添加了蜜糖、糖漿或濃縮果汁（含游離糖）。
- 故中心和消委會進行聯合研究。
- Based on CFS' available data, it is estimated that 32% of total sugar intake is from non-alcoholic beverages, which consist of carbonated drinks, tea and fruit and vegetable juices/juice drinks.
- These tea-based beverages have become very popular by local population, but many of them have honey, syrup and fruit juice concentrates added (contain free sugar).
- CFS and CC thus conducted this joint study.



是次研究 The Study



目的 Objectives

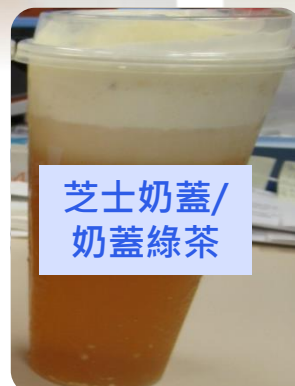
- 測試本港一些調製茶類飲品的糖含量和能量值。
- 增加公眾對這些茶類飲品的營養素含量的認識，從而幫助公眾作出知情和適合個人情況的選擇。
- 鼓勵食物業界改良產品配方，減低市面上這些茶類飲品的糖含量。
- To measure the levels of sugar and energy of non-indigenous tea-based beverages provided locally.
- To inform the public on the nutritional contents in these beverages to enable informed choices.
- To encourage the trade to provide beverages with less sugar content through recipe reformulation.



研究範疇 Scope of Study (1)

➤ 8種非預先包裝茶類飲品

➤ 8 types of non-prepackaged tea-based beverages



研究範疇 Scope of Study (2)

➤ 11個預先包裝茶類飲品

➤ 11 prepackaged tea-based beverages

茉莉綠茶



蜂蜜綠茶



抹茶拿鐵



方法 Method



採樣 Sampling

➤ 抽取樣本時間

- 2018年5月至7月

➤ 地點

- 非預先包裝飲品(127個)
 - ◆ 飲品店及食肆
- 預先包裝飲品(11個)
 - ◆ 超市及便利店等

➤ Sampling period

- May to July 2018

➤ Location

- Non-prepackaged beverages (127 samples)
 - ◆ Beverage stalls and restaurants
- Prepackaged beverages (11 samples)
 - ◆ Supermarkets and convenience stores, etc



測試項目 Test Items

- 測試由食物安全中心食物研究化驗所進行
- 非預先包裝飲品(127個)
 - 「原味」樣本及珍珠奶茶中的珍珠
 - 糖含量及能量值
 - 「不加糖」樣本
 - 糖含量
- 預先包裝飲品(11個)
 - 檢視了這些樣本營養標籤
- Testing conducted by Food Research Laboratory of Centre for Food Safety
- Non-prepackaged beverages (127 samples)
 - “Regular” version and pearls in “Pearl tapioca milk tea”
 - sugar and energy contents
 - “No added sugar” version
 - sugar content
- Prepackaged beverages (11 samples)
 - Referred to the nutrition label



糖的來源

Source of sugar



調節飲品甜度而
添加的糖如糖水

「原味」樣本 “Regular” version

店舖預設的調製配方，配料的分量已設定了



「不加糖」樣本

“No added sugar” version

店舖提供的走糖(甜)／去糖(甜)的選擇或
在購買樣本時要求不添加調節飲品甜度而添加的糖



結果分析 Data analysis

每100克/毫升糖含量(克) Sugar content per 100 g/mL (g)	糖含量水平 Level of sugar content
≤ 0.5 *	「無糖」 “sugar-free”
≤ 5 *	「低糖」 “low in sugar”
> 7.5 # (每100毫升 Per 100 mL)	「含高糖分飲品」 “Drinks high in sugar”

*根據本地現行的營養標籤規例

The existing Nutrition Labelling Regulation in HK

#根據衛生署發出的「學生小食營養指引」

According to the “Nutritional Guidelines on Snacks for Students” published by the Department of Health



結果 Findings



「原味」樣本的糖含量

Sugar content of “Regular” version



非預先包裝茶類飲品樣本檢出的糖含量 – 「原味」樣本

Total sugar for non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每100克糖含量平均值[範圍](克) Mean of total sugar [range] (g/100 g)
百香果紅茶 Passion fruit black tea	7.1 [4.7-11]
茉莉綠茶 Jasmine green tea	6.0 [4.5-7.7]
蜂蜜綠茶 Honey green tea	5.8 [4.2-8.5]
芒果綠茶 Mango green tea	5.6 [3.9-7.6]
抹茶拿鐵 Matcha Latte	5.2 [3.0-11]
芋香奶茶 Taro milk tea	5.1 [2.8-10]
珍珠奶茶 Pearl tapioca milk tea	5.0 [1.6-7.3]
芝士奶蓋／奶蓋綠茶 Cheese milk foam/Milk foam green tea	3.5 [1.4-5.6]
整體 Overall	5.4 [1.4-11]

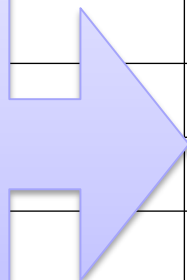


非預先包裝茶類飲品樣本檢出的糖含量 – 「原味」樣本

Total sugar for non-prepackaged samples – “Regular” version

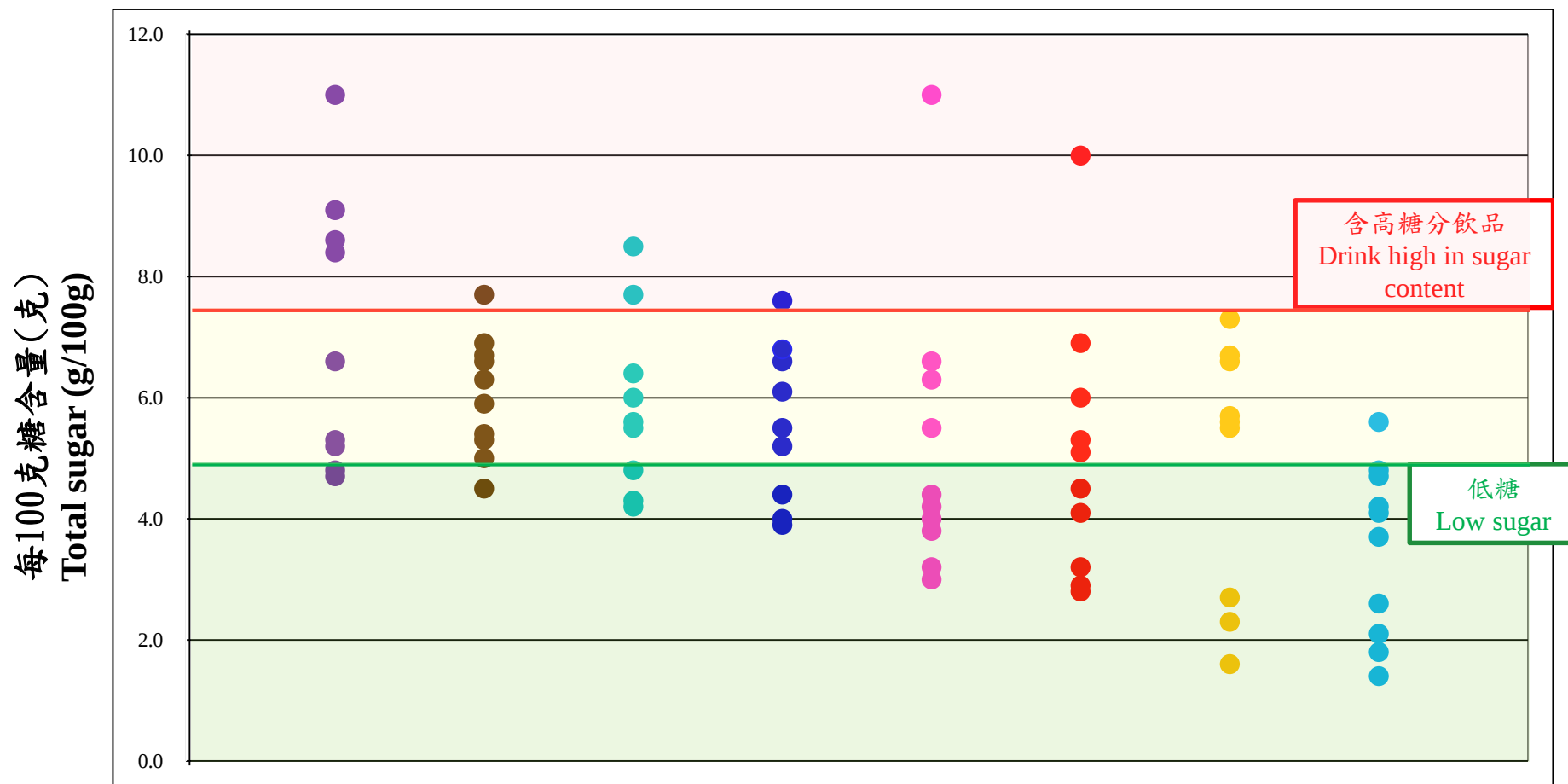
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茉莉綠茶 Jasm	6.0 [4.5-7.7]
蜂蜜綠茶 Hone	5.8 [4.2-8.5]
芒果綠茶 Mang	5.6 [3.9-7.6]
抹茶拿鐵 Matcha	5.2 [3.0-11]
芋香奶茶 Taro	5.1 [2.8-10]
珍珠奶茶 Pearl	5.0 [1.6-7.3]
芝士奶蓋／奶蓋 Cheese milk foam/Milk foam green tea	3.5 [1.4-5.6]
整體 Overall	5.4 [1.4-11]

同一種類飲品中，糖含量差異頗大，最高的樣本是最低的1.7至4.6倍，顯示業界有空間降低飲品的糖含量。



非預先包裝茶類飲品樣本的糖含量 – 「原味」樣本

Sugar content of non-prepackaged tea-based beverages – “Regular” version



百香果
紅茶
Passion
fruit
black tea

茉莉綠茶
Jasmine
green
tea

蜂蜜綠茶
Honey
green
tea

芒果綠茶
Mango
green
tea

抹茶拿鐵
Matcha
Latte

芋香奶茶
Taro
milk tea

珍珠奶茶
Pearl
tapioca
milk tea

芝士奶蓋/
奶蓋綠茶
Cheese Milk
Foam/
Milk Foam
Green Tea



非預先包裝茶類飲品的游離糖攝入量 – 「原味」樣本

Free sugar intake from non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每杯飲品平均 重量(克) Mean weight per portion (g)	每杯飲品平均糖含量 [範圍](克) Mean total sugar per portion [range] (g)	佔世衛建議每日游離糖攝入限量 百分比* [範圍](%) % to WHO's recommended daily free sugar intake* [range]
百香果紅茶 Passion fruit black tea	530	37 [25-55]	73 [49-110]
茉莉綠茶 Jasmine green tea	590	36 [24-50]	72 [48-100]
蜂蜜綠茶 Honey green tea	510	29 [19-51]	59 [37-100]
芒果綠茶 Mango green tea	590	33 [21-51]	66 [42-100]
抹茶拿鐵 Matcha Latte	490	27 [12-72]	54 [23-140]
芋香奶茶 Taro milk tea	550	27 [13-41]	54 [26-83]
珍珠奶茶 Pearl tapioca milk tea	520	26 [7.1-44]	52 [14-88]
芝士奶蓋／奶蓋綠茶 Cheese milk foam/Milk foam green tea	580	20 [8.4-31]	41 [17-62]
整體 Overall	540	29 [7.1-72]	58 [14-140]

*以每日從膳食攝入2000千卡能量的人為例，應攝入少於50克游離糖
 < 50g free sugar for a total energy intake of 2000 kcal/day



非預先包裝茶類飲品的游離糖攝入量 – 「原味」樣本

Free sugar intake from non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每杯飲品平均 重量(克) Mean weight per portion (g)	每杯飲品平均糖含量 [範圍](克) Mean total sugar per portion [range] (g)	佔世衛建議每日游離糖攝入限 量百分比*[範圍](%) % to WHO's recommended daily free sugar intake* [range]
百香果紅茶 Passion fruit black tea	530	37 [25-55]	73 [49-110]
茉莉綠茶 Jasmine green tea	59	36	5 [3-100]
蜂蜜綠茶 Honey green tea	510		
芒果綠茶 Mango green tea			100]
抹茶拿鐵 Matcha Latte			140]
芋香奶茶 Taro milk tea			83]
珍珠奶茶 Pearl tapioca milk tea			52 [14-88]
芝士奶蓋／奶蓋綠茶 Cheese milk foam/Milk foam green tea	58	20 [8.4-31]	41 [17-62]
整體 Overall	540	29 [7.1-72]	58 [14-140]

若飲用整杯飲品，共有五個樣本的糖含量皆超過世衛建議每日游離糖攝入限量，而另外接近六成樣本飲用兩杯亦可超過此限量。

*以每日從膳食攝入2000千卡能量的人為例，應攝入少於50克游離糖
< 50g free sugar for a total energy intake of 2000 kcal/day

「不加糖」樣本的糖含量
Sugar content of
“No added sugar” version



非預先包裝茶類飲品樣本檢出的糖含量 – 「不加糖」樣本

Total sugar for non-prepackaged samples – “No added sugar” version

飲品種類 Types of beverages	每100克糖含量平均值[範圍](克) Mean of total sugar [range] (g/100 g)		相對應「原味」樣本 糖含量減少百分比 (%) Relative reduction of sugar content with respect to “regular” version (%)
	「不加糖」樣本 “No added sugar” version	「原味」樣本 “Regular” version	
百香果紅茶 Passion fruit black tea	6.2 (5.1-8.9)	7.4 (4.8-11)	17
蜂蜜綠茶 Honey green tea	4.5 (3.8-5.1)	6.0 (4.3-7.7)	25
芒果綠茶 Mango green tea	4.1 (2.8-6.7)	5.5 (4.0-6.6)	25
芋香奶茶 Taro milk tea	3.4 (1.1-6.2)	5.5 (2.8-10)	39
抹茶拿鐵 Matcha Latte	2.9 (1.5-4.8)	5.0 (3.0-11)	43
珍珠奶茶 Pearl tapioca milk tea	2.2 (1.0-3.1)	4.7 (1.6-7.3)	54
芝士奶蓋／奶蓋綠茶 Cheese milk foam/Milk foam green tea	1.3 (0.34-2.2)	3.7 (1.8-5.6)	64
茉莉綠茶 Jasmine green tea	0.053 (0.0-0.12)	6.3 (5.0-7.7)	99
整體 Overall	3.0 (0.0-8.9)	5.5 (1.6-11)	45

非預先包裝茶類飲品樣本檢出的糖含量 – 「不加糖」樣本

Total sugar for non-prepackaged samples – “No added sugar” version

飲品種類 Types of beverages	每100克糖含量平均值[範圍](克) Mean of total sugar [range] (g/100 g)		相對應「原味」樣本 糖含量減少百分比 (%) Relative reduction of sugar content with respect to “regular” version (%)
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百香果紅茶 Passion fruit black tea	6.2 (5.1-8.9)	7.4 (4.8-11)	17
蜂蜜綠茶 Honey green tea	4.5 (3.8-5.1)	6.0 (4.3-7.7)	25
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「不加糖」樣本對於相對應的「原味」樣本減少超過四成

非預先包裝茶類飲品的游離糖攝入量 – 「不加糖」樣本

Free sugar intake from non-prepackaged samples – “No added sugar” version

飲品種類 Types of beverages	每杯飲品平均 重量(克) Mean weight per portion (g)	每杯飲品平均糖含量 [範圍](克) Mean total sugar per portion [range] (g)	佔世衛建議每日游離糖攝入限量 百分比* [範圍](%) % to WHO's recommended daily free sugar intake* [range] (%)
百香果紅茶 Passion fruit black tea	480	30 [22-43]	59 (44-85)
蜂蜜綠茶 Honey green tea	450	20 [14-25]	40 (28-49)
芒果綠茶 Mango green tea	550	22 [13-33]	45 (27-66)
芋香奶茶 Taro milk tea	540	17 [6.6-28]	34 (13-55)
抹茶拿鐵 Matcha Latte	460	14 [4.9-31]	29 (10-62)
珍珠奶茶 Pearl tapioca milk tea	480	11 [3.9-19]	22 (7.8-37)
芝士奶蓋／奶蓋綠茶 Cheese milk foam/Milk foam green tea	560	7.4 [2.0-12]	15 (4.1-24)
茉莉綠茶 Jasmine green tea	570	0.32 [0.0-0.72]	0.63 (0.0-1.4)
整體 Overall	510	15 [0.0-43]	30 (0.0-85)

*以每日從膳食攝入2000千卡能量的人為例，應攝入少於50克游離糖
< 50g free sugar for a total energy intake of 2000 kcal/day



非預先包裝茶類飲品的游離糖攝入量 – 「不加糖」樣本

Free sugar intake from non-prepackaged samples – “No added sugar” version

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而飲用一杯「不加糖」樣本平均亦可攝取每日游離糖攝入限量的三成，不過已比「原味」樣本減少接近一半。

*以每日從膳食攝入2000千卡能量的人為例，應攝入少於50克游離糖
< 50g free sugar for a total energy intake of 2000 kcal/day

非預先包裝茶類飲品樣本檢出的糖含量 – 「不加糖」樣本

Total sugar for non-prepackaged samples – “No added sugar” version

- 由於要維持某程度的口味，某些種類就算選擇「不加糖」樣本亦未必能大大減少其糖含量及攝入量，如那些含有蜜糖、濃縮果汁或果味糖漿的飲品。
- 一個「不加糖」樣本亦可視為「含高糖分飲品」。
- 消費者因此要留意就算已調整糖含量，其糖含量有可能不算低。
- In order to maintain the flavor of the beverage in a certain extent, sugar content and intake may not be reduced enormously, such as those contain honey, fruit juice concentrates and syrups.
- A sample of “no added sugar” version could also be regarded as “drink high in sugar content”.
- Consumers should therefore be aware that even sugar level is adjusted, the sugar content may not be low.



配料的糖含量 –
例子:珍珠

Sugar content of topping –
e.g. pearl tapioca



配料的糖含量

Sugar content of topping

- 珍珠在飲品中亦是糖分的來源。
- 檢測於「不加糖」樣本的珍珠奶茶樣本中珍珠的糖含量。
- 每100克珍珠的糖含量平均為3.8克。
- 平均每份珍珠提供6克糖，即佔每日游離糖攝入限量的一成二。
- 平均整杯珍珠奶茶的糖含量有超過四分之一也是來自珍珠。
- Pearl tapioca is one of the sugar sources in the beverages.
- Measured the sugar content of pearl tapioca in “no added sugar” version of pearl tapioca milk tea.
- Mean sugar content is 3.8g per 100g of pearl tapioca.
- Each portion of beverage provided 6g of pearl tapioca on average, which means 12% of WHO’s recommended daily free sugar intake.
- One-fourth of sugar content of each portion of pearl tapioca milk tea came from pearl tapioca on average.



「原味」樣本的能量值

Energy level of “Regular” version



能量的來源

Source of energy



奶類成分、奶精等的
脂肪含量較高
(每克脂肪提供
9千卡能量)

糖或果味材料及額外配料
亦可提供能量
(每克糖提供4千卡能量)



非預先包裝茶類飲品樣本檢出的能量值 – 「原味」樣本

Energy level for non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每杯飲品平均重量 (克) Mean weight per portion (g)	每100克平均能量值 [範圍](千卡) Mean energy level [range] (kcal/100 g)
珍珠奶茶 Pearl tapioca milk tea	520	78 (58-94)
芋香奶茶 Taro milk tea	550	74 (45-100)
芝士奶蓋／奶蓋綠茶 Cheese milk foam/Milk foam green tea	580	57 (40-74)
抹茶拿鐵 Matcha Latte	490	56 (38-74)
百香果紅茶 Passion fruit black tea	530	41 (30-56)
芒果綠茶 Mango green tea	590	37 (30-46)
茉莉綠茶 Jasmine green tea	590	29 (21-36)
蜂蜜綠茶 Honey green tea	510	29 (20-40)
整體 Overall	540	50 (20-100)



非預先包裝茶類飲品樣本檢出的能量值 – 「原味」樣本

Energy level for non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每杯飲品平均重量 (克) Mean weight per portion (g)	每100克平均能量值 [範圍](千卡) Mean energy level [range] (kcal/100 g)
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	590	37 (30-46)
	590	29 (21-36)
	510	29 (20-40)
	540	50 (20-100)

以上4種飲品都會加入奶類成分、奶精或奶蓋粉，這些成分（尤其是奶精或奶蓋粉）脂肪含量較高，因此會導致整杯飲品的能量值比其餘四種只加入糖或果味材料的飲品相對為高。



非預先包裝茶類飲品樣本檢出的能量值 – 「原味」樣本

Energy level for non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每杯飲品平均能量值 [範圍] (千卡) Mean energy level per portion [range] (kcal)	佔每日能量需要量百分比* [範圍] (%) Percentage to daily energy intake* [range] (%)
珍珠奶茶 Pearl tapioca milk tea	400 [270-490]	20 [13-25]
芋香奶茶 Taro milk tea	400 [240-600]	20 [12-30]
芝士奶蓋／奶蓋綠茶 Cheese milk foam/Milk foam green tea	330 [230-440]	17 [11-22]
抹茶拿鐵 Matcha Latte	280 [190-480]	14 [9.3-24]
百香果紅茶 Passion fruit black tea	220 [150-250]	11 [7.6-12]
芒果綠茶 Mango green tea	220 [150-320]	11 [7.4-16]
茉莉綠茶 Jasmine green tea	170 [130-230]	8.5 [6.3-12]
蜂蜜綠茶 Honey green tea	150 [87-240]	7.2 [4.3-12]
整體 Overall	270 [87-600]	14 [4.3-30]

*基於每日從膳食攝入2000千卡能量的人為例 < For a total energy intake of 2000 kcal/day

非預先包裝茶類飲品樣本檢出的能量值 – 「原味」樣本

Energy level for non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每杯飲品平均能量值 [範圍] (千卡) Mean energy level per portion [range] (kcal)	佔每日能量需要量百分比* [範圍] (%) Percentage to daily energy intake* [range] (%)
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芋香奶茶 Taro milk tea	400 [240-490]	20 [13-30]
芝士奶蓋／奶蓋綠茶 Cheese milk foam/Milk foam green tea		
抹茶拿鐵 Matcha Latte		
百香果紅茶 Passion fruit black tea	220 [150-300]	11 [6-12]
芒果綠茶 Mango green tea	220 [150-300]	11 [7.4-16]
茉莉綠茶 Jasmine green tea	170 [130-240]	8.5 [6.3-12]
蜂蜜綠茶 Honey green tea	150 [87-240]	7.2 [4.3-12]
整體 Overall	270 [87-600]	14 [4.3-30]

飲用一杯平均可攝取270
千卡，以每日攝取2000
千卡能量計，佔每日能
量需要量的14%。

*基於每日從膳食攝入2000千卡能量的人為例 < For a total energy intake of 2000 kcal/day

非預先包裝茶類飲品樣本檢出的能量值 – 「原味」樣本

Energy level for non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每杯飲品平均能量值 [範圍] (千卡) Mean energy level per portion [range] (kcal)	佔每日能量需要量百分比* [範圍] (%) Percentage to daily energy intake* [range] (%)
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蜂蜜綠茶 Honey green tea	150 [87-240]	7.2 [4.3-12]
整體 Overall	270 [87-600]	14 [4.3-30]

其中一個芋香奶茶樣本，
飲用一杯可攝取600千卡，
即佔每日能量需要量的
30% (以每日攝取2,000千
卡能量計)。以一日三餐計，
一杯已差不多佔了一餐需
要攝取的能量。

*基於每日從膳食攝入2000千卡能量的人為例 < For a total energy intake of 2000 kcal/day

配料的能量值

Energy level of topping

- 配料如珍珠會增加飲品的能量值。
- 以珍珠奶茶為例，一杯「原味」珍珠奶茶平均含400千卡，而每份珍珠平均含170千卡，即超過四成能量來自珍珠。
- 市民要留意如選擇添加配料，會增加整杯飲品的能量值。
- Topping such as pearl tapioca could increase the energy level of beverages.
- Take Pearl Tapioca Milk Tea as an example, one serve of “regular” version contains 400kcal on average, in which 170kcal (40% of energy of the drink) came from pearl tapioca.
- Consumers should notice that the energy of the whole drink will be increased if choose to add topping in it.



預先包裝茶類飲品的 糖含量和能量值

Sugar and energy contents in
prepackaged tea-based beverages



預先包裝茶類飲品的糖含量和能量值

Sugar and energy contents of prepackaged tea-based beverage samples

茶類飲品樣本 Tea-based beverage samples	每淨重量的糖含量(克) Sugar content per serve (g)	每淨重量的能量值(千卡) Energy level per serve (kcal)
Pokka 茉莉綠茶 Pokka Green Tea Jasmine	30	120
伊藤園 Relax茉莉花茶 Itoen Relax Jasmine Tea	0	0
Le Café茉莉花茶 Haruna Le Café Jasmine Tea	0	0
淳。茶舍茉莉銀毫綠茶 (無糖) Yinhao Jasmine Green Tea Beverage (No Sugar)	0	0
光泉牧場午后時光蜂蜜冰綠茶 Kuang Chuan Dairy Co. Ltd Tea Time Honey Green Tea	23	100
康師傅綠茶蜂蜜茉莉味—低糖 Mr. Kon Green Tea Honey with Jasmine Flavours – Low Sugar	21	90
道地蜂蜜綠茶 Tai Ti Green Tea (with honey)	17	65
雪印濃厚牛奶綠茶 Snow Brand Milky Green Tea	21	200
星巴克抹茶星冰樂 Starbucks Match Tea Drink	24.1	153
UCC Barista 抹茶拿鐵 UCC Barisata Maccha Latte	13	78
Meiji Green Tea Latte	13.4	71
整體 Overall	15	80

預先包裝茶類飲品的糖含量和能量值

Sugar and energy contents of prepackaged tea-based beverage samples

茶類飲品樣本 Tea-based beverage samples	每淨重量的糖含量(克) Sugar content per serve (g)	每淨重量的能量值(千卡) Energy level per serve (kcal)
Pokka 茉莉綠茶 Pokka Green Tea Jasmine	30	120
伊藤園 Relax茉莉花茶 Itoen Relax Jasmine Tea		0
Le Café茉莉花茶 Haruna Le Café Jasmine Tea		0
淳。茶舍茉莉銀毫綠茶 (無糖) Yinhao Jasmine Green Tea Beverage (No Sugar)		0
光泉牧場午后時光蜂蜜冰綠茶 Kuang Chuan Dairy Co. Ltd Tea Time Honey Green Tea	23	100
康師傅綠茶蜂蜜茉莉味—低糖 Mr. Kon Green Tea Honey with Jasmine Flavours – Low Sugar	21	90
道地蜂蜜綠茶 Tai Ti Green Tea (with honey)	17	65
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UCC Barista 抹茶拿鐵 UCC Barisata Maccha Latte		78
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整體 Overall	15	80

由於包裝分量較多，一份已有30克糖，即佔世衛建議的六成。

糖含量平均佔世衛建議每日游離糖攝入限量的三成。

預先包裝茶類飲品的糖含量和能量值

Sugar and energy contents of prepackaged tea-based beverage samples

茶類飲品樣本 Tea-based beverage samples	每淨重量的糖含量(克) Sugar content per serve (g)	每淨重量的能量值(千卡) Energy level per serve (kcal)
Pokka 茉莉綠茶 Pokka Green Tea Jasmine	22	122
伊藤園 Relax茉莉花茶 Itoen Relax Jasmine Tea	0	0
Le Café茉莉花茶 Haruna Le Café Jasmine Tea	0	0
淳。茶舍茉莉銀毫綠茶（無糖） Yinhao Jasmine Green Tea Beverage (No Sugar)	0	0
光泉牧場午后時光蜂蜜冰綠茶 Kuang Chuan Dairy Co. Ltd Tea Time Honey Green Tea	23	100
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Meiji Green Tea Latte	13.4	71
整體 Overall	15	80

同一種飲品中，每100克也可含有0-6克糖。消費者在購買預先包裝飲品時，應留意營養標籤上的糖含量。

結果1:

- 飲用一杯「原味」飲品平均已攝取世衛建議每日游離糖攝入限量的58%，個別同種類茶類飲品樣本的糖含量差異頗大。

這表示消費者可從這些飲品攝入不少糖分，而業界減低這些茶類飲品的糖含量是切實可行的。

Finding 1:

- One portion of beverage in “regular” version contributed 58% of WHO’s recommended daily intake of free sugar on average. Sugar content varied widely for certain types of tea-based beverages.

This reflects consumers can take in certain amount of sugar from these tea-based beverages, and it is possible for the Trade to reduce the sugar content in these tea-based beverages.

結果2:

- 「不加糖」樣本每100克的糖含量比「原味」樣本平均下降45%，而平均游離糖攝入量下降接近一半。

消費者應盡量選擇「不加糖」或「少糖」的飲品。

Finding 2:

- On average, sugar content per 100g of “No added sugar” version was reduced by 45% when comparing with respective “regular” version, while free sugar intake was reduced nearly by half.

Consumers should choose “no added sugar” or “less sugar” beverages if possible.



結果3:

- 飲用一杯「原味」飲品平均佔每日能量需要量的14%（以每日2000千卡能量計）。選用脂肪含量較高的材料或添加含有糖分的配料對飲品的能量有直接影響。

業界可選用較低糖／脂肪含量的原材料；而消費者選擇此類飲品時，應注意其能量值。

Finding 3:

- One portion of “regular” version contributed 14% of daily energy intake (for a total energy intake of 2000 kcal/day). Raw materials with high fat content or topping with added sugar could contribute energy to the beverage.

The trade could choose to use raw materials with lower sugar/fat contents; while Consumers should take note of the energy values of these tea-based beverages.



給消費者的建議 Advice to Consumers (1)

- 留意茶類飲品的糖含量及能量值。可參考本研究結果及中心的營養資料查詢系統。保持均衡飲食，限制飲用添加大量糖分的飲品。
- 購買飲品時，盡量選擇「不加糖」或「少糖」的飲品。
- Take note of the sugar content and energy values of tea-based beverages. Make reference to the result of this study and the Nutrition Information Inquiry System (NIIS) from the CFS. Maintain a balanced diet and limit the consumption of drinks with high amount of added sugars.
- Ask for “no added sugar” or “less sugar” drinks if possible.



給消費者的建議 Advice to Consumers (2)

- 留意飲品的分量。可考慮選擇最少食用分量以減少攝入大量糖分和能量。家長尤其要留意兒童於小食時間飲用這些飲品的分量，以免影響進食正餐的胃口。另外茶類飲品一般含咖啡因，家長要留意。
- 購買這些飲品時如要添加配料，可留意一些配料如珍珠會令飲品的糖含量和能量值增加。
- Take note of the portion size of beverages. Consider the smallest portion size to avoid taking in great amount of sugar and energy. Parents should be aware of the portion of these beverages consumed by children during snack time, to prevent affecting their appetite during main meals. Parents should also note that tea-based beverages contain caffeine.
- Beware that certain topping such as pearl tapioca could contribute sugar content and energy value of the beverage.



給消費者的建議 Advice to Consumers (3)

- 飲用預先包裝飲品時，可參考營養標籤上的糖含量和能量值，及產品作出的聲稱以選擇合適自己的飲品。
- Read the nutrition label when buying prepackaged beverages, take note of the sugar content and energy values, as well as any claims made on the products.



給業界的建議 Advice to Trade (1)

- 參考中心的《降低食物中糖和脂肪含量的業界指引》，在可行情況下，應選用較低糖／脂肪含量的配料。
- 由於大部分飲品的食用分量較大，除提供中杯或大杯的飲品外，還可提供較少分量如250毫升版本的飲品。
- Make reference to the CFS' "Trade Guidelines for Reducing Sugars and Fats in Foods". If possible, choose raw ingredients with lower sugar/fat.
- Apart from medium size or large size, provide beverages in a smaller portion such as 250mL.



給業界的建議 Advice to Trade (2)

- 遵從優良製造規範去製作較低糖含量的食物，並做好質量管理以確保產品有穩定的質素。
- 在菜單、價目表及其他印刷品上展示所供應飲品的營養成分資料（尤其是能量／卡路里和糖），讓消費者作出知情的選擇。
- Adhere to the Good Manufacturing Practice (GMP) to produce foods with lower sugar contents and conduct quality control to ensure a stable quality of products.
- Provide nutrition information for non-prepackaged beverages on menu, price list or other printed materials so that customers can make informed choice.



謝謝
Thank You

