

## 非預先包裝飲品樣本的營養素含量(以每100毫升計)

非預先包裝飲品		能量 (千卡)	蛋白質 (克)	可獲得 的碳水 化合物 (克)	糖 (克)	膳食 纖維總 量 (克)	總脂肪 (克)	飽和脂 肪 (克)	膽固醇 (毫克)	鈣 (毫克)	鈉 (毫克)
<b>凍飲</b>											
珍多冰(少甜)	"Cendol" icy drink (Less sweet)	72	0	9.4	5.6	0	3.8	3.1	0.25	6.8	13
珍多冰(普通)	"Cendol" icy drink (Regular)	80	0	11	7.5	0	3.9	3.1	0.21	7.0	12
凍鴛鴦(少甜)	Iced "Yuan-yang" (mixed coffee milk-tea) (Less sweet)	40	1.3	6.1	5.8	微量	1.1	0.58	3.7	34	14
凍鴛鴦(普通)	Iced "Yuan-yang" (mixed coffee milk-tea) (Regular)	52	1.5	8.7	8.1	0	1.3	0.64	4.1	37	16
凍杏仁霜(少甜)	Iced almond drink (Less sweet)	43	1.1	6.8	4.8	0	1.3	0.74	2.4	32	16
凍杏仁霜(普通)	Iced almond drink (Regular)	51	1.1	8.9	6.0	0	1.3	0.78	2.5	33	17
凍朱古力咖啡(少甜)	Iced caffe mocha(Less sweet)	55	1.4	7.3	6.0	微量	2.3	1.3	4.3	40	26
凍朱古力咖啡(普通)	Iced caffe mocha(Regular)	61	1.5	8.7	7.3	微量	2.2	1.2	4.1	43	26
凍泡沫咖啡(少甜)	Iced cappuccino(Less sweet)	41	1.1	5.4	4.9	0	1.7	0.66	3.8	36	17
凍泡沫咖啡(普通)	Iced cappuccino(Regular)	50	1.2	7.6	7.0	0	1.7	0.7	3.7	39	17
凍朱古力飲品(少甜)	Iced chocolate drink (Less sweet)	46	1.2	7.2	6.0	微量	1.4	0.87	2.6	30	25
凍朱古力飲品(普通)	Iced chocolate drink (Regular)	55	1.1	9.2	6.5	微量	1.5	0.95	2.5	29	27
凍啞咕(少甜)	Iced cocoa drink (Less sweet)	41	1.7	4.6	4.5	微量	1.7	1.0	4.4	40	19
凍啞咕(普通)	Iced cocoa drink (Regular)	47	1.7	6.1	5.8	微量	1.8	1.0	4.3	39	19
凍咖啡(少甜)	Iced coffee (Less sweet)	39	1.0	6.0	4.8	微量	1.2	0.64	2.8	29	16
凍咖啡(普通)	Iced coffee (Regular)	48	1.0	8.2	6.5	0	1.3	0.5	2.8	30	16
凍珍珠綠茶(少甜)	Iced green tea with pearl tapioca (Less sweet)	30	0	7.3	4.0	0	0	0	0	1.5	0
凍珍珠綠茶(普通)	Iced green tea with pearl tapioca (Regular)	41	0	10	6.1	0	0	0	0	1.6	0
凍檸檬金桔蜜(少甜)	Iced lemon and kumquat honey (Less sweet)	40	0.3	9.2	7.3	0	微量	0	0	4.6	110
凍檸檬金桔蜜(普通)	Iced lemon and kumquat honey (Regular)	47	微量	11	8.4	0	微量	0	0	4.9	110
凍檸檬咖啡(少甜)	Iced lemon coffee (Less sweet)	29	0.3	6.9	5.8	0	0	0	0	6.3	0
凍檸檬咖啡(普通)	Iced lemon coffee (Regular)	38	0.3	8.9	7.8	0	0	0	0	5.5	0

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凍檸樂	Iced lemon cola	33	0	8.0	7.5	0	0	0	0	3.4	微量
凍檸蜜(少甜)	Iced lemon honey (Less sweet)	24	0	5.4	5.0	0	微量	0	0	6.4	微量
凍檸蜜(普通)	Iced lemon honey(Regular)	32	0	7.5	7.0	0	微量	0	0	6.9	微量
凍檸檬梳打	Iced lemon soda	23	0	5.5	5.3	0	0	0	0	3.4	8.8
凍檸檬茶(少甜)	Iced lemon tea (Less sweet)	29	0	6.7	5.9	0	微量	0	0	4.6	0
凍檸檬茶(普通)	Iced lemon tea (Regular)	48	0	11	8.3	0	0.3	0	0	4.5	0
凍奶茶(少甜)	Iced milk tea (Less sweet)	34	0.9	5.5	4.9	0	0.9	0.38	2.9	30	16
凍珍珠奶茶(少甜)	Iced milk tea with pearl tapioca (Less sweet)	57	微量	9.0	3.9	0	2.3	2.0	微量	1.6	20
凍珍珠奶茶(普通)	Iced milk tea with pearl tapioca (Regular)	68	微量	12	6.1	微量	2.2	1.9	微量	1.6	20
凍奶茶(普通)	Iced milk tea(Regular)	44	1.0	8.5	7.2	0	0.7	0.28	3	31	16
凍鹹檸檬梳打	Iced salted lemon soda	24	0	5.9	5.3	0	0	0	0	3.8	240
凍西洋菜蜜(少甜)	Iced watercress honey (Less sweet)	26	微量	6.2	5.8	0	0	0	0	3.1	10
凍西洋菜蜜(普通)	Iced watercress honey(Regular)	32	0.3	7.6	7.3	0	0	0	0	3.6	12
龍眼冰(普通)	Longan icy drink (Regular)	54	微量	11	9.9	0	0.8	0.16	0	5.3	5.0
龍眼冰(少甜)	Longan icy drink (Regular)	48	微量	9.8	8.4	0	0.9	0.31	0	6.3	微量
什果冰(少甜)	Mixed fruit icy drink (Less sweet)	53	0	11	9.7	0	0.8	0.35	0	6.4	微量
什果冰(普通)	Mixed fruit icy drink (Regular)	56	0	12	10	0	0.8	0.31	0	6.1	微量
什果賓治(少甜)	Mixed fruit punch (Less sweet)	46	0	11	9.5	0	0.3	0.003	0	5.3	微量
什果賓治(普通)	Mixed fruit punch (Regular)	49	微量	12	10	0	0.3	0.003	0	5.5	微量
菠蘿冰(少甜)	Pineapple icy drink (Less sweet)	41	0	9.2	7.1	0	0.4	0.004	0	3.4	0
菠蘿冰(普通)	Pineapple icy drink (Regular)	53	0	12	11	0	0.4	0.003	0	3.6	0
菠蘿賓治(少甜)	Pineapple punch (Less sweet)	38	0	8.4	7.6	0	0.4	0.003	0	4.2	微量
菠蘿賓治(普通)	Pineapple punch (Regular)	46	微量	10	9.6	0	0.5	0.003	0	4.4	微量
紅豆冰(少甜)	Red bean icy drink (Less sweet)	79	2.5	15	10	2.2	1.1	0.49	1.9	31	10
紅豆冰(普通)	Red bean icy drink (Regular)	87	2.6	16	12	2.0	1.2	0.54	2.0	34	11
甜豆漿(凍飲)	Sweetened soybean milk (cold drink)	55	2.1	8.4	7.6	0	1.5	0.19	0	9.0	0
三色冰(少甜)	Tri-colour icy drink (Less sweet)	78	1.0	12	9.6	1.0	2.9	2.1	0.06	5.9	7.0

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三色冰(普通)	Tri-colour icy drink (Regular)	83	1.0	13	11	1.2	3.0	2.3	0.1	6.0	8.0
<b>熱飲</b>											
杏仁霜(不加糖)	Almond drink (No sugar added)	46	1.4	6.3	3.8	0	1.7	1.0	3.4	46	24
朱古力咖啡(不加糖)	Caffe mocha (No sugar added)	71	2.2	9.1	7.5	1.1	2.8	1.6	6.0	66	43
泡沫咖啡(不加糖)	Cappuccino (No sugar added)	40	2.1	3.0	2.5	微量	2.2	1.2	6.9	68	27
柚子茶	Citron tea	47	0	11	10	0	0	0	0	5.2	20
啫咕(不加糖)	Cocoa drink (No sugar added)	43	2.1	3.7	3.6	1.3	2.2	1.4	6.2	55	26
咖啡(不加糖)	Coffee (No sugar added)	43	2.0	3.3	2.1	微量	2.4	1.4	6.3	62	33
茅根竹蔗水	Cogon grass and sugar cane drink	25	0	6.1	5.7	0	0	0	0	3.8	微量
特濃咖啡(不加糖)	Espresso (No sugar added)	12	0.8	1.7	0	微量	微量	0.047	0	4.7	0
五花茶	"Five flower tea"	30	0	7.0	6.5	0	微量	0	0	4.6	0
花旗參蜜	Ginseng honey	37	0	8.6	8.1	0	微量	0	0	2.7	0
珍珠綠茶(不加糖)	Green tea with pearl tapioca (No sugar added)	37	0	9.2	4.4	0	0	0	0	2.5	微量
朱古力飲品(不加糖)	Hot chocolate drink (No sugar added)	57	1.7	8.1	5.8	1.1	2.0	1.2	4.1	47	38
檸檬金桔蜜	Lemon and kumquat honey	54	微量	13	9.5	0	微量	0	0	7.7	140
檸檬咖啡(不加糖)	Lemon coffee (No sugar added)	18	0.4	3.8	2.2	0	微量	0	0	9.8	0
檸樂(熱)	Lemon cola	42	微量	10	9.2	0	微量	0	0	7.8	微量
檸蜜	Lemon honey	40	0	9.1	7.7	0	0.4	0	0	9.8	微量
檸檬茶(不加糖)	Lemon tea (No sugar added)	15	微量	3.1	0.82	0	微量	0	0	8.9	0
奶茶(不加糖)	Milk tea (No sugar added)	46	2.3	3.2	2.9	1.1	2.7	1.4	7.1	77	40
珍珠奶茶(不加糖)	Milk tea with pearl tapioca (No sugar added)	75	0.3	12	5.3	微量	2.8	2.5	0.07	2.6	25
酸梅湯	Sour plum drink	51	0	12	11	0	微量	0	0	6.0	0
豆漿(不加糖)	Soybean milk (No sugar added)	28	2.4	0.9	0.74	0	1.6	0.23	0	9.7	0
西洋菜蜜	Watercress honey	36	微量	8.6	8.1	0	0	0	0	4.5	13
鴛鴦(不加糖)	"Yuan-yang" (mixed coffee milk-tea)	53	2.5	5.3	4.9	微量	2.4	1.5	8.3	70	31