





















Biscuits, Breakfast Cereals and Cereals Bars Database of Prepackaged Snacks

Snack Classification	Product	Product Name	Ingredients	Size of Individual Pack (g)	Energy provided by individual pack (kcal)	per 100g				Agent / Manufacturer	Date of Submission (d/m/y)	Remarks
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		Made Good - Chocolate Chip Granola Bars	oats, agave nectar, chocolate chips(cane sugar, coca liquor, cocoa butter, vanilla), brown rice syrup, sun flower oil, whole grain crisp brown rice, agave inulin, molasses, vegetable powder( sofnach, broccoli, carrots, tomatoes, beets shiitake mushrooms), vanilla flavour. Allergen: Cereals containing gluten.	24.0	90	14.6	25.0	20.8	8.3	Made Good	14/03/2017	
Snacks to Choose Less		Made Good - Apple Cinnamon Granola Bars	oats, agave nectar, raisins, brown rice syrup, apple, sunflower oil, whole grain crisp brown rice, agave inulin, molasses, cinnamon, vegetable powder( spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms). Allergen: cereals containing gluten.	24.0	90	8.3	25.0	20.8	8.3	Made Good	14/03/2017	
Snacks to Choose Less		Made Good - Chocolate Banana Granola Bars	Pure rolled oats, agave nectar, brown rice syrup, bananas,chocolate chips( cocoa liquor, cane sugar, cocoa butter, cocoa powder), whole grain crisp brown rice, sunflower oil, agave inulin, molasses, vegetable powder( spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), banana flavour. Allergen: Cereals containing gluten	24.0	90	10.4	25.0	20.8	8.3	Riverside Natural Foods Ltd.	14/03/2017	
Snacks to Choose Less		FIRST CHOICE Sesame Crackers	Wheat Flour, Palm Oil, Sesame, Salt, Calcium Carbonate, Teast, Raising Agents(E500(I)). This product contains Gluten(wheat).	18.5	84	20.5	1.1	497.3	3.2	The Dairy Farm Company, Limited	14/03/2017	
Snacks to Choose Less		Baker Brothers Sping Onion Crackers	Wheat Flour, Palm Oil, Salt Calcium Carbonate, Spring Onion, Garlic Powder, Chicken Powder( Chicken Meat Powder, Yeast Extract, Salt, Sugar, Hydrolyzed Vegetable Protein, Malt Extract Glucose, Pepper, Garlic Powder, Flavour Enhance(E621, E635), Anticaking Agent(E551)), Yeast, Raising Agent(E500(I)). This product contains Gluten(wheat) and Soybean Products.	18.5	84	19.4	-	530.0	3.8	The Dairy Farm Company, Limited	14/03/2017	
Snacks to Choose Less		Black Sesame Oat Calcium Biscuits	Wholemeal Flour, Margarine( Refined vegetable oils and fats( Paptially Hydrogenated), Water, Salt, Permitted Emulsifier(E471, E322(I), E475), Permitted Preservative( E385), Permitted Flavourings, Permitted abtioxidants (E320 & E321) and Permitted Colourings (E100, E160a, E160b)), Sugar, Instant oats, Black Sesame, Glucose Syrup, Stabilizer(E170(I)), Evaporated Creamer( Milk Solids, Palm Olein, Maltodexrln, Permitted Emulsifiers(E322(I) and E471),Phosphate Slat, Permitted Stabiliser(E470a), Vitamin A( Retinyl Palmitate) and Vitamin D3( Cholecalcidero)), Raising Agent (E500(I)), Salt, Permitted Preservative(E202). This Product Contains Gluten( Wheat and Oat), SoyBean and Milk Products. Produced in a Factory Where Tree Nut Product is also Handle.	22.2	115	27.0	13.5	319.8	9.0	FIRST CHOICE BRANDS	14/03/2017	








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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		Made Good - Mixed Berry Granola Bars	oats, agave nectar, raisins, brown rice syrup, cranberries, sunflower oil, whole grain crisp brown rice, agave inulin, molasses, blueberries, raspberries, vegetable powder( spinach, broccoll, carrots, tomatoes, beets, shootake mushrooms), raspberry flavour, apple juice concentrate. Allergen: cereals containing gluten.	24.0	80	6.3	29.2	20.8	8.3	Riverside Natural Foods Ltd.	14/03/2017	
Snacks to Choose Less		SELECT Almond Pastry	Wheat Flour, Sugar, Vegetable Oil( Palm Oil), Almond Powder. This Product Contains Tree Nuts and Cereals Containing Gluten.	15.0	71	17.3	14.0	0.0	1.6	PARKnSHOP(HK) Limited	14/03/2017	
Snacks to Choose Less		Cereal Bars - Red Berries Naturally & Artificially Flavored	Cereal( Rice,Whole Grain Wheat , Sugar, Wheat Bran, Soluble Wheat Fibre, Salt, Malt Flavouring, Maltodextrin, Vitamin B1, Vitamin B2), Corn Syrup, Soluble corn fibre, Fructose, Strawberry Flavoured Fruit Pieces( Sugar, Cranberries, Acidity Regulator(Citric Acid), Natural Strawberry Flavour with other Natural Flavours, Natural colour(Elderberry juice concentrate), Sunflower oil), Sugar, Vegetable oil( Soybean and Palm Oil with Antioxixdnat( tertiary butylhydroquinone), Partilly hydrogenated Palm Kernel Oil), Maltodextrin, Contains 2% or less of dextrose, Humectant( Sorbitol, Glycerin), Nonfat Milk, Natural and Artificial Strawberry Flavour, Emulsifier( Soy Lecithin), Salt, Natural and Artificial Flavour, Niacinamide, Food Colour( Titanium Dioxide), Vitamin B6, Preservative( Butylated Hy droxytoluene). Contains Wheat, Milk and Soy Ingredients.	23.0	82	7.4	33.0	373.9	10.9	LF Asia( Hong Kong) Limited	14/03/2017	
Snacks to Choose Less		Envirokidz Organic Koala Chocolate Crispy Rice Bar	Organic Brown Rice Flour, Organic Brown Rice Syrup, Organic Honey, Organic Invert Cane Syrup, Organic Milk Chocolate( Organic Cane Sugar, Orgain cocoa butter, Organic Milk Powder, Organic unsweetened Chocolate, Emulsifier( Organic Soy Lecithin)), Organic Sunflower Oil, Organic Cane Sugar, Organic Cocoa, Thlckener(Organic acacia gum), sea salt, organic molasses, natural flavor. Cintains Milk, Soy and may contain traces of tree nuts and sesame.	28.0	110	8.9	21.4	250.0	3.6	Rainbow Asset LTD	14/03/2017	
Snacks to Choose Less		5 Gains Low Salt	Wheatflour, Plam Oil, Millet, Cox Seed, Soyabean, Corn, Rice, Yeast and Sugar. This Product Contains Gluten(Wheat) And Soyabean.	23.3	111	17.8	0.0	28.8	1.9	DFI Brands Limited	14/03/2017	
Snacks to Choose Less		TRAIDCRAFT - MIXED BERRIES GEOBAR	Cereals( crisped rice(rice flour, malted barley flour, sugar, sunflower oil, emulsifier, sunflower lecithin). Totasted wheat flakes, barley flakes, oats), glucose syrup, raisins( raisins, sunflower oil), oligofructose,sweetened dried cranberries( cranberries, sugar, sunflower oil), honey, sunflower oil, sweetened dried blueberries( blueberries, sugar, sunflower oil), natural flavouring. Including cereals containing gluten. May contain tree nuts.	35.0	120	2.5	33.4	20.0	6.8	PARKnSHOP(HK) Limited	14/03/2017	
Snacks to Choose Less		Envirokidz Organic Cheetaah Berry Crispy Rice Bar	Organic brown rice Flour, organic brown rice syrup, Orginic Honey, organic sunflower oil, organic invert cane syrup, organic cane sugar, organic corn starch, thickenr( organic acacia gum), organic freeze-dried raspberries, organic freeze-dried blueberries, natural flavour, sea salt, organic molasses. May contain traces of tree nuts, sesame, milk and soy.	28.0	110	10.7	21.4	250.0	3.6	RAINBOW ASSET LTD	14/03/2017	









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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		Dare Breton Gluten Free Crackers - Black bean with Onion & Garlic	Dried black beans, arrowroot flour, corn starch, canola oil, coconut oil, high amylose corn starch, soya protein isolate, sugar, salt, whey powder, sesame seeds, raising agent(E503(i)), onion powder, thickener(E415), natural flavour, baking soda( raising agent( sodium bicarbonate)), emulsifier( E322). Contains Soya, milk & sesame seeds.	20.0	100	22.5	5.0	600.0	15.0	Dare Foods Limited	14/03/2017	
Snacks to Choose Less		Saltine Crackers	Wheat Flour, Palm Oil, Staf, Calcium Carbonate, Yeast, Raising Agent(E500(ii)). This product contains Gluten( Wheat).	18.5	88	20.0	0.0	510.0	2.9	The Dairy Farm Company, Limited	14/03/2017	
Snacks to Choose Less		NESTLE KOKO KRUNCH Breakfast Cereal	Cereal Grains[Whole Grain Wheat Flour(29.1%), Wheat Flour, Corn Semolina], Sugar, Fat-Reduced Cocoa Powder, Malt Extract( Malted Barley, Tapioca Starch), Palm Oil, Minerals( Calcium Carbonate, Reduced Iron), Iodized Salt( Sodium Chloride, Potassium Iodate), Emulsifier( Soya Lecithin E322), Flavouring (Vanillin), Antioxidant( Tocopherols Concentrate, Mixed E307b), Vitamins( B3/Nicotinamide, B5/Calcium Pantothenate, B6, B2, B9/Folic Acid). Contains gluten and may contain traces of tree nuts and milk.	25.0	93	3.2	30.0	156.0	6.4	Nestle Hong Kong Limited	14/03/2017	
Snacks to Choose Less		QUAKER Oat Cookies With Raisins	Oats (Oat Instant Flakes, Whole Oat Flour, Rolled Oat), Wheat( Wheat Flour, Wheat Bran), Sugar, Palm Oil, Raisin, Whey Powder( Contains Milk), Egg, Inulin, Raising Agents(E503(ii), E500(ii), E450(i)), Iodized Salt, Flavors, Emulsifier(E322). Contains Cereals containing Gluten, Milk, Egg and Soy. May contain trace of Peanut and Tree Nut(Almond).	27.0	122	15.3	31.7	480.0	3.9	DKSH Hong Kong Limited	14/03/2017	
Snacks to Choose Less		Sesame Pastry	Wheat Flour, Sugar, Vegetable Oil( Palm Oil), Black Sesame. This Product Contains Cereals containing Gluten.	15.0	72	18.0	14.6	0.0	0.8	PARKnSHOP(HK) Limited(產品資料只備英文)	14/03/2017	
Snacks to Choose Less		SOYJOY Fruits Soy Bar (Hawthorn Berry)	Soybean Powder (Non-GM Soybean), Raisin, Butter (Milk Products), Hawthorn Berry, Sugar, Red Bean Paste, Brown Sugar, Malt Dextrin, Egg, Wolfberry, Salt, Flavor (Red Bean, Brown Sugar)	27.0	109	18.1	38.9	151.5	7.0	Sims Trading Co., Ltd.	14/03/2017	
Snacks to Choose Less		Pumpkin Oat Calcium Biscuits	Wholemeal Flour, Margarine[ Refined vegetable oils and fats( Partially Hydrogenated), Water, Salt, Permitted Emulsifier(E471, E322(i), E475), Permitted Preservative( E385), Permitted Flavourings, Permitted antioxidants (E320 & E321) and Permitted Colours(E100, E160a, E160b)], Sugar, Instant Oats, Pumpkin Seed, Glucose Syrup, Stabilizer( E170(i)), Evaporated Creamer [Milk Solids, Palm Olein, Maltodextrin, Permitted Emulsifiers (E322(i) and E471), phosphate Salt, Permitted Stabiliser(E407a), Vitamin A( Retinyl Palmitate) and Vitamin D3 (Cholecalciferol), Raising Agent (E500(i)), Salt, Permitted Preservative(E202). This Product Contains Gluten (Wheat and Oat), Soybean and Milk Product. Produced in a Factory Where Tree Nut Product is also Handle.	22.2	115	27.0	13.5	441.4	9.0	FIRST CHOICE BRANDS	14/03/2017	









Biscuits, Breakfast Cereals and Cereals Bars Database of Prepackaged Snacks

Snack Classification	Product	Product Name	Ingredients	Size of Individual Pack (g)	Energy provided by individual pack (kcal)	per 100g				Agent / Manufacturer	Date of Submission (d/m/y)	Remarks
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		NESTLE HONEY STARS Breakfast Cereal	Cereal Grains[ Whole Grain Wheat Flour (37%), Corn Semolina], Sugar, Glucose Syrup, Honey, Palm Oil, Minerals(Calcium Carbonate, Reduced Iron), Flavourings( Vanillin, Honey Graham), Iodized Salt(Sodium Chloride, Potassium Iodate), Antioxidant (Tocopherols Concentrate, Mixed E307b), Vitamins (B3/Nicotinamide, B5/Calcium Pantothenate, B6, B2, B9/Folic Acid), Colour[β-Carotenes E160a]. Contains gluten, soyabean products and may contain traces of tree nuts and milk.	20.0	76	3.0	29.5	35.0	4.5	Nestle Hong Kong Limited	14/03/2017	
Snacks to Choose Less		NESTLE MILO Breakfast Cereal	Cereal Grains[Whole Grain Wheat Flour(28.2%), Wheat Flour, Corn Semolina], Sugar, Malt Extract( Malted Barley, Tapioca Starch), Fat-Reduced Cocoa Powder, Palm Oil, Minerals( Calcium Carbonate, Reduced Iron), Skimmed Milk Powder, Iodized Salt( Sodium Chloride, Potassium Iodate), Emulsifier( Soya lecithin E322), Flavourings( chocolate and Vanillin), Antioxidant( Tocopherols Concentrate, Mixed E307b), Vitamins( B3/Nicotinamide, B5/Calcium Pantothenate, B6, B2, B9/Folic Acid). Contains gluten and may contain traces of tree nuts.	25.0	93	2.8	29.2	160.0	7.2	Nestle Hong Kong Limited	14/03/2017	
Snacks to Choose Less		Pacific Sesame Soda Cracker	Wheat Flour, Vegetable Oil( Palm Oil-Contains Antioxidant(E319)), Sesame, Salt, Calcium Carbonate, Raising Agents( E500ii,E503ii), Barley Malt Extract, Yeast, Milk Powder, Iron Salt( Ferric Sodium EDTA Trihydrate), Emulsifier(E481). Allergen Information: Contains Wheat, Barley, Sesame and Milk. Manufactured on equipment that also processes biscuits containing peanut and egg.	25.0	119	19.9	2.0	548.0	-	Mondelez Hong Kong (產品資料只備英文)	14/03/2017	
Snacks to Choose Less		GARDEN MALKIST CRACKERS	Wheat Flour, Vegetable Shortening (contains antioxidant (ascorbyl palmitate, mixed tocopherols concentrate, soy lecithin)), Sugar, Invert Syrup (contains acidity regulator (hydrochloric acid, sodium carbonates)), Margarine (contains emulsifier(mono- and diglycerides of fatty acids, soy lecithin), antioxidant( α-tocopherol, calcium disodium EDTA), colour (carotenes)), Salt (contains anticaking agent (sodium ferrocyanide)), Malt Extract, Leavening/Raising Agent (sodium carbonates), Yeast, Flour Treatment Agent (ammonium chloride, calcium sulphate, proteases, amylases). Produced in a factory where egg products, peanut products, milk product, nut product and sesame product are also handled.	175.0	774	13.7	14.2	480.0	-	The Garden Company Limited	15/03/2017	
Snacks to Choose Less		DOODINGUES Petales Chocolate	cereals (wheat flour-whole wheat flour)-chocolate powder (sugar-cocoa powder)-Sugar-Sunflower oil-Salt-aroma-emulsifier:citric acid esters of mono- and diglycerides of fatty acids-cinnamon-vitamins: B1,B2,B3,B5,B6,B8,B9,B12-iron. Traces of peanut, soy, milk, nuts and puffed rice sesame.	25.0	97	3.2	28.0	120.0	7.0	PARKnSHOP(HK) Limited	15/03/2017	
Snacks to Choose Less		DOODINGUES Corn Flakes	Corn-sugar-barley malt extract-salt-emulsifier: mono and diglycerides of fatty acids-vitamins:B1,B2,B3,B5,B6,B9,B8,B12-Iron. Traces of peanut, soy, milk, nuts and sesame seeds.	25.0	95	0.5	28.0	520.0	3.5	PARKnSHOP(HK) Limited	15/03/2017	
Snacks to Choose Less		DOODINGUES Grain Seed Chocolate	Rice-sugar-chocolate powder (sugar-cocoa powder)-chocolate( sugar-cocoa mass-fat cocoa powder)-salt-glucose syrup-barley malt extract-aromas-emulsifier:mono and diglycerides of fatty acids-vitamins:B1, B2, B3, B5, B6, B9, B8, B12-Iron. Traces of peanut, soy, milk, nuts, and seeds.	30.0	118	2.5	23.0	440.0	3.0	PARKnSHOP(HK) Limited	15/03/2017	







Biscuits, Breakfast Cereals and Cereals Bars Database of Prepackaged Snacks

Snack Classification	Product	Product Name	Ingredients	Size of Individual Pack (g)	Energy provided by individual pack (kcal)	per 100g				Agent / Manufacturer	Date of Submission (d/m/y)	Remarks
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		Oat Crackers	Wheat Flour, Palm Oil, Oat Chips, Salt, Calcium Carbonate, Yeast, Raising Agent( E500(II)). This product contains Gluten( Wheat & Oat).	18.5	90	22.9	0.9	448.0	3.8	The Dairy Farm Company, Limited	15/03/2017	
Snacks to Choose Less		Spring Onion Crackers	Wheat Flour, Palm Oil, Salt Calcium Carbonate, Spring Onion, Garlic Powder, Chicken Powder( Chicken Meat Powder, Yeast Extract, Salt, Sugar, Hydrolyzed Vegetable Protein, Malt Extract Glucose, Pepper, Garlic Powder, Flavour Enhance(E621, E635), Anticaking Agent(E551)), Yeast Raising Agent (E500(II)). This product contains Gluten (Wheat) and soybean products.	18.5	84	19.4	0.0	530.0	3.6	The Dairy Farm Company, Limited	15/03/2017	
Snacks to Choose Less		Spring Onion Crackers	Wheat Flour, Palm Oil (Contains Antioxidant(E321)), Glucose Syrup, Sesame, Onion, Spring Onion, Garlic Powder, Yeast, Raising Agent(E500(II)), Salt, Preservative(E223). This product contain gluten (wheat) and preservative (sodium Metabalsulphite). Produced in a factory where peanuts and tree nuts products are also handled.	18.8	90	23.7	4.1	577.0	4.3	The Dairy Farm Company, Limited	15/03/2017	
Snacks to Choose Less		MADE GOOD Strawberry Muesli Minis	Pure rolled oats(37%), apricots, strawberry pieces (apple juice concentrate, apple puree, strawberry puree, cherry juice concentrate, apple pectin, natural flavour)(8.5%), coconut sugar, agave nectar, apples, sunflower oil, whole grain crisp brown rice, coconut oil, agave inulin, tapioca flour, vegetable powder (spinach, broccoli, carrots, tomatoes, beets)(0.4%), shiitake mushroom powder, strawberry flavour.	24.0	86	12.5	25.0	16.7	8.3	Made Good	15/03/2017	
Snacks to Choose Less		Amott's Vita-Wheat 9 Grains Crispbread	Wholegrains[Wheat(83%), Barley(1.2%), Rye(1.2%), Corn(0.6%)], Seeds [Canola(1.8%), Linseed(1.8%), Poppy Seed(1.8%), Sunflower Kernels(0.7%)], Vegetable oil, Salt, Sugar, Soy, Contains Cereals Containing Gluten, Soy and their product. May Contain Traces of Eggs, Milk, Peanuts, Tree Nuts, Sesame and their product.	23.2	95	9.4	1.8	452.0	-	Campbell Soup Asia Ltd	15/03/2017	
Snacks to Choose Less		CEREAL BARS - CHOCOLATEY PRETZEL NATURALLY & ARTIFICIALLY FLAVORED	Cereal( Rice, Whole Grain Wheat , Sugar, Wheat Bran, Salt, Soluble Wheat Fibre, Malt Flavouring, Niacinamide, Vitamin B1, Vitamin B2, Folic acid), Soluble corn fibre, Pretzel pieces (Enriched wheat flour (flour, Niacin, Reduced Iron, Vitamin B1, Vitamin B2, Folic acid) Malt flavouring, Salt, Soybean and/or Canola oil, Yeast), Sugar Corn syrup, Fructose, Partially hydrogenated Palm kernel oil, Sunflower oil, Dextrose, Contains 2% or less of cocoa, Humectant (Sorbitol, Glycerin), Natural and artificial flavours, Whey, Emulsifier(Soy lecithin), Caramel colour, Preservative (Butylated hydroxytoluene), Salt, Vitamin B6, Niacinamide. Contains Wheat, Milk and Soy Ingredients.	22.0	81	10.0	28.6	531.8	11.4	LF Asia( Hong Kong) Limited	15/03/2017	
Snacks to Choose Less		RYVITA Multigrain	Whole Grain Rye Flour (Gluten) 85%, Toasted Seeds and Grains (11%)(Buckwheat, Kibbled Soya, Sesame Seeds, Brown Linseed, Kibbled Rye( Gluten)), Salt.	22.0	369	7.2	4.9	240.0	18.3	The Jordans & Ryvita Company Australia Pty Ltd	15/03/2017	
Snacks to Choose Less		EDO Pack ALMOND PASTRY	WHEAT FLOUR, VEGETABLE OIL (SOYBEANS). WHEAT SHOOT, WHITE SUGAR, SESAME, ALMOND, (CONTAIN CEREALS CONTAINING GLUTEN, SOYBEANS AND NUT PRODUCTS)(FACTORY MAY PRODUCE CRUSTACEAN, EGG, FISH, PEANUTS AND MILK PRODUCTS)	12.0	59	18.3	18.3	108.0	5.0	KIU FUNG HONG. LTD	14/03/2017	

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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		Sesame Crackers	WHEAT FLOUR, PALM OIL, SESAME, SALT, CALCIUM CARBONATE, YEAST, RAISING AGENT(E500(II)). THIS PRODUCT CONTAINS GLUTEN(WHEAT).	18.6	84	20.4	1.0	495.0	3.2	The Dairy Farm Company, Limited	15/03/2017	
Snacks to Choose Less		MOMOKO BLACK SESAME LOW SALT CRACKERS	WHEAT FLOUR, PALM OIL, BLACK SESAME, YEAST AND SUGAR. THIS PRODUCT CONTAINS GLUTEN (WHEAT).	23.3	110	16.6	0.0	37.4	1.7	DFI Brands Limited	15/03/2017	
Snacks to Choose Less		Oat Crackers	WHEAT FLOUR, PALM OIL, OAT CHIPS, SALT, CALCIUM CARBONATE, YEAST, RAISING AGENT (E500(II)). THIS PRODUCT CONTAINS GLUTEN (WHEAT & OAT).	18.5	90	22.9	0.9	448.0	3.8	The Dairy Farm Company, Limited	15/03/2017	
Snacks to Choose Less		Seaweed Crackers	WHEAT FLOUR, PALM OIL, SALT, CALCIUM CARBONATE, SEAWEED, CHICKEN POWDER[ CHICKEN MEAT POWDER, YEAST EXTRACT, SALT, SUGAR, HYDROLYZED VEGETABLE PROTEIN, FLAVOUR ENHANCERS(E621, e635)ANTICAKING AGENT(E551)], YEAST, RAISING AGENT(E500(II)). THIS PRODUCT CONTAINS GLUTEN(WHEAT) AND SOYBEAN PRODUCTS.	18.5	86	19.3	0.0	634.0	3.4	The Dairy Farm Company, Limited	15/03/2017	
Snacks to Choose Less		BESTbuy-Market Crackers	Wheat Flour, Palm Oil, Sugar, Malt Extract, Salt, Maltose, Yeast, Raising Agent(E500(II)).	21.9	100	16.3	5.1	463.0	2.2	A.S. Watson Group(HK) Limited	15/03/2017	
Snacks to Choose Less		SureBuy-Marie Biscuits	Wheat Flour, Sugar, Palm Oil, Corn Starch, Maltose, Raising Agents( E503(II), E500(II)), Salt, Flavour And Flavouring (Vanilla, Vanillin), Flour Treatment Agents (E223, E1101). This product Contains Gluten Wheat.	19.6	86	12.4	19.9	365.0	3.0	The Dairy Farm Company, Limited	15/03/2017	
Snacks to Choose Less		MOMOKO SESAME LOW SALT CRACKERS	WHEAT FLOUR, PALM OIL, WHITE SESAME, YEAST AND SUGAR. THIS PRODUCT CONTAINS GLUTEN(WHEAT).	23.3	108	15.7	0.0	36.8	1.7	DFI Brands Limited	15/03/2017	
Snacks to Choose Less		RYVITA-CRISPBREAD ORIGINAL	Whole Grain Rye Flour (Gluten)(95%), Salt. Contains: Rye(Gluten). May Contain: Oats(Gluten), Wheat(Gluten), Sesame seeds, Soya.	20.0	80	0.0	3.0	300.0	15.0	PARKnSHOP(HK) Limited	15/03/2017	

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Snacks to Choose Less		Alpen Light Apple & Sultana	Cereals(33%)(Rice, Whole Oats, Whole Wheat), Oligofructose Syrup(30%), Sultanas(13%), Sugar, Cereal Flours( Rice,Wheat),Humectant: Glycerol Fruit Juice Concentrates (Grape, Apple(0.5%)), Dried Apple Pieces(3%)(with Preservative: Sulphur Dioxide), Glucose Syrup, Vegetable Oils (Palm Kernel, Sunflower, Rapeseed), Dextrose, Milk Lactose, Milk Yogurt Powder, Malted Barley Extract, Maize Starch, Flavourings, Salt, Emulsifier: Soya Lecithin, Acidity Regulator: Malic Acid, Antioxidant, Tocopherols.	19.0	63	3.6	25.0	70.0	22.0	Metro Alliance Ltd	15/03/2017	
Snacks to Choose Less		Sunflower Seed Bread	Whole rye meal(56%), water, sunflower seeds (5%), salt. May contain traces of sesame and soya. Without preservatives.	50.0	105	4.1	4.0	510.0	9.6	Nutrition Facts	15/03/2017	
Snacks to Choose Less		Linseed Bread	Whole rye meal(56%), water, linseed (5%), salt. May contain traces of sesame and soya. Without preservatives.	50.0	90	3.6	3.6	464.0	7.1	Nutrition Facts	15/03/2017	
Snacks to Choose Less		Fitness Bread	Whole rye meal(51%), water, whole oat meal(3%), sunflower seeds(2.5%),wheat germ(1.5%),salt. Ma contain traces of sesame and soya. Without preservatives.	50.0	95	1.5	3.0	580.0	8.6	Nutrition Facts	15/03/2017	
Snacks to Choose Less		Pumpernickel	Whloe rye meal(60%), water, sugar beet syrup, salt, malt extract(barley), yeast. May contain traces of sesame and soya. Without preservatives.	50.0	95	1.2	7.8	540.0	10.5	Nutrition Facts	15/03/2017	
Snacks to Choose Less		Whole Rye Bread	whloe rye meal(59%),water, salt. May contain traces of sesame and soya. Without preservatives.	50.0	91	4.1	4.0	510.0	9.6	Nutrition Facts	15/03/2017	

## Dried Fruit, other food items



## Database of Prepackaged Snacks

Snack Classification	Product	Product Name	Ingredients	Size of Individual Pack (g)	Energy provided by individual pack (kcal)	per 100mg				Agent / Manufacturer	Date of Submission (d/m/y)	Remarks
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to choice		SUN MAID NRTURAL CALIFORNIA RAISINS	CALIFORNIA SEEDLESS RAISINS PRODUCT OF CALIFORNIA, U.S.A	13.9	42	0.5	71.4	12.0	-	東輝有限公司(C hinese version only)	16/3/2017	
Snacks to choice		FRUIT BOWL FRUIT FLAKES STRAWBERRY	Concentrated Apple Puree, Concentrated Apple Juice, Strawberry Puree, Gluten Free Wheat Fibre, Gelling Agent(Pectin), Concentrated Elderberry Juice, Natural Flavouring.	20.0	64	1.0	58.0	100.0	7.5	PARKnSHOP(H K)Limited	16/3/2017	
Snacks to choice		Chestnut	Chestnut	35.0	65	1.2	9.6	1.0	6.5	Klu Fing Hong Ltd	16/3/2017	
Snacks to Choose Less		ANGAS PARK- Cranberries, Flame Raisins & Blueberries	CRANBERRIES(42%)(CRANBERRIES, SUGAR], FLAME RAISINS(42%), BLUEBERRIES(15%)(BLUEBERRIES, SUGAR], SUNFLOWER OIL.	35.0	116	0.2	67.0	5.0	0.0	RAINBOW ASSET LTD	16/3/2017	
Snacks to Choose Less		ANGAS PARK- Cranberries	Dried CRANBERRIES(54%), SUGAR, SUNFLOWER OIL	30.0	99	0.2	68.0	2.0	-	RAINBOW ASSET LTD	16/3/2017	
Snacks to Choose Less		Freeze-dried Strawberries Whole	Strawberries, Sugar	20.0	70	1.0	83.8	25.7	3.3	Cougar HK Ltd	16/3/2017	
Snacks to Choose Less		Freeze-dried Peach Slices	Peach, Sugar	20.0	80	0.2	89.4	30.0	1.4	Cougar HK Ltd	16/3/2017	









Dairy Products

Database of Prepackaged Snacks

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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to choice		Casino Plain Yoghurt	Milk at 15 g per liter of fat, skimmed milk, milk enzymes	125.0	64	1.4	5.2	60.0	0.0	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to choice		Emmi Swiss Premium Yoghurt Plain	Swiss milk, milk proteins, heat-treated fermented dairy solids, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus)	100.0	56	1.5	5.0	50.0	-	Wing Kee Produce Limited	16/03/2017	
Snacks to choice		Tims Dairy Natural Yoghurt	Skim Milk, Milk Protein, Cream, Dairy Cultures (Streptococcus thermophilus & Lactobacillus bulgaricus)	125.0	70	1.0	6.7	-	0.0	Tims Dairy Ltd	16/03/2017	
Snacks to choice		Yeo Organic Fromage Frais with Fruit Puree - Pear and Apple	Organic Fromage Frais (Milk), Organic Concentrate Grape Juice, Milk Protein, Organic Pear Puree, Organic Apple Puree, Organic Malze Starch, Natural Flavouring, Organic Concentrate Lemon Juice.	45.0	41	2.6	9.2	50.0	-		17/03/2017	
Snacks to choice		Yeo Organic Fromage Frais with Fruit Puree - Strawberry and Peach	Organic Fromage Frais (Milk), Organic Concentrate Grape Juice, Milk Protein, Organic Strawberry Puree, Organic Peach Puree, Organic Malze Starch, Natural Flavouring, Organic Concentrate Lemon Juice.	45.0	41	2.6	9.2	50.0	-		17/03/2017	
Snacks to choice		Yeo Valley Mixed Fruity Yogurt (Peach)	Organic Low Fat Yogurt, Organic Concentrated Grape Juice, Organic Peach Puree, Organic Malze Starch, Natural Flavouring, Organic Concentrated Lemon Juice	120.0	84	1.4	9.7	50.0	-	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to choice		Yeo Valley Mixed Fruity Yogurt (Strawberry)	Organic Low Fat Yogurt, Organic Concentrated Grape Juice, Organic Strawberries, Organic Malze Starch, Natural Flavouring, Organic Concentrated Lemon Juice	120.0	84	1.4	9.7	50.0	-	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to choice		Yeo Valley Mixed Fruity Yogurt (Raspberry)	Organic Low Fat Yogurt, Organic Concentrated Grape Juice, Organic Raspberries, Organic Malze Starch, Natural Flavouring, Organic Concentrated Lemon Juice	120.0	84	1.4	9.7	50.0	-	PARKnSHOP (HK) Limited	17/03/2017	

Dairy Products









Database of Prepackaged Snacks








Snack Classification	Product	Product Name	Ingredients	Size of Individual Pack (g)	Energy provided by individual pack (kcal)	per 100mg				Agent / Manufacturer	Date of Submission (d/m/y)	Remarks
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to choice		Yeo Valley Mixed Fruity Yogurt (Mango)	Organic Low Fat Yogurt, Organic Concentrated Grape Juice, Organic Mango Puree, Organic Maize Starch, Natural Flavouring, Organic Concentrated Lemon Juice	120.0	84	1.4	9.7	50.0	-	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		Nestle Acti-V Apricot Low Fat Yoghurt	Fresh Milk, Water, Apricot Jam (Apricot, Sugar, Water, Stabilizer (E440, E410, E407), Modified Starch, Flavouring, Acidity Regulator (E330, E331, E341), Milk Solid, Sugar, Modified Starch, FORTIS Bifidobacterium (1 billion percup), Live Lactic Culture.	140.0	116	1.8	12.4	73.0	-	Nestle Hong Kong Ltd.	15/03/2017	
Snacks to Choose Less		Mevgal Fitline KIWI (Yogurt)	Yogurt (skimmed cow's milk, milk cream, milk enzymes, bifidobacterium animalis spp lactis), fruit preparation (pieces of kiwi, sugar, modified starch, gelatin, acidity regulator (sodium citrate, calcium citrate), stabilizer (pectin), natural flavors, color (chlorophyll jelly), preservative (potassium sorbate)	150.0	120	0.9	11.0	44.0	-	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		Emmi Swiss Premium Yogurt Aloe Vera	Swiss milk, fruit preparation (aloe vera, sugar, modified starch, flavour, lemon juice concentrate, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. Thermophilus, Lb. bulgaricus, Lb. acidophilus)	100.0	90	1.4	14.0	40.0	-	Wing Kee Produce Limited	15/03/2017	
Snacks to Choose Less		Emmi Swiss Premium Yogurt Pineapple	Swiss milk, fruit preparation (pineapples, sugar, modified starch, lemon juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus)	100.0	95	1.5	15.0	40.0	-	Wing Kee Produce Limited	15/03/2017	
Snacks to Choose Less		Emmi Swiss Premium Yogurt Buleberry	Swiss milk, fruit preparation (blueberries, sugar, modified starch, lemon juice concentrate, flavour, preservatives: sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100.0	95	1.5	15.0	40.0	-	Wing Kee Produce Limited	15/03/2017	

Snack Classification	Product	Product Name	Ingredients	Size of Individual Pack (g)	Energy provided by individual pack (kcal)	per 100mg				Agent / Manufacturer	Date of Submission (d/m/y)	Remarks
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		ACTIVIA Yogurt with Fruits Mango	Yogurt (milk), Mango (8%), Sugar (8%), Modified maize starch, Carrot and pumpkin concentrate, Flavouring, Stabiliser (carrageenan), Acidity regulators (sodium citrate, citric acid), Bifidobacterium lactis (Bifidus ActiRegularis) and Lactococcus lactis cultures.	125.0	120	3.4	12.9	-	0.2	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		ACTIVIA Yogurt with Fruits Apricot	Yogurt (milk), Apricot (8%), Sugar (7%), Modified maize starch, Acidity regulators (sodium citrate, calcium phosphate), Carrot and pumpkin concentrate, Stabiliser (pectin), Flavourings, Bifidobacterium lactis (Bifidus ActiRegularis) and Lactococcus lactis cultures.	125.0	121	3.3	12.7	120.0	-	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		ACTIVIA Yogurt with Fruits Strawberry	Yogurt (milk), Strawberry (8%), Sugar (8%), Modified maize starch, Stabiliser (carrageenan), Purple carrot juice concentrate, Flavouring, Acidity regulators (citric acid, sodium citrate), Bifidobacterium lactis (Bifidus ActiRegularis) and Lactococcus lactis cultures.	125.0	124	3.3	13.3	40.0	-	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		ACTIVIA Yogurt with Fruits Kiwi	Yogurt (milk), Kiwi (8%), Sugar (7%), Modified maize starch, Stabiliser (pectin), Flavouring, Acidity regulators (sodium citrate, calcium citrate, citric acid), Colour (chlorophyllins), Bifidobacterium lactis (Bifidus ActiRegularis) and Lactococcus lactis cultures.	125.0	123	3.4	12.8	40.0	-	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		DOODINGUES FRUIT YOGURTD (STRAWBERRY)	Fresh dairy product (pasteurized skim milk, pasteurized cream, milk protein, lactose) 81.8%, sugar 8.7%, fruit 8% (strawberry), stabilizer (E341(III)), starch corn, concentrate juices of vegetables and fruits (black carrot, carrot, pumpkin, orange, blackcurrant), natural flavorings.	50.0	48	2.3	12.0	30.0	0.0	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		DOODINGUES FRUIT YOGURTD (ABRICOT)	Fresh dairy product (pasteurized skim milk, pasteurized cream, milk protein, lactose) 81.8%, sugar 8.7%, fruit 8% (apricot), stabilizer (E341(III)), starch corn, concentrate juices of vegetables and fruits (black carrot, carrot, pumpkin, grapes, blackcurrant), natural flavorings.	50.0	48	2.3	12.0	30.0	0.0	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		DOODINGUES FRUIT YOGURTD (PEACH)	Fresh dairy product (pasteurized skim milk, pasteurized cream, milk protein, lactose) 81.8%, sugar 8.7%, fruit 8% (peach), stabilizer (E341(III)), starch corn, concentrate juices of vegetables and fruits (black carrot, carrot, pumpkin, grapes, blackcurrant), natural flavorings.	50.0	48	2.3	12.0	30.0	0.0	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		DOODINGUES FRUIT YOGURTD (BANANA)	Fresh dairy product (pasteurized skim milk, pasteurized cream, milk protein, lactose) 81.8%, sugar 8.7%, fruit 8% (banana), stabilizer (E341(III)), starch corn, concentrate juices of vegetables and fruits (black carrot, carrot, pumpkin, grapes, blackcurrant), natural flavorings, thickener (E410), vitamin D	50.0	48	2.3	12.0	30.0	0.0	PARKnSHOP (HK) Limited	15/03/2017	

Dairy Products



Database of Prepackaged Snacks









Snack Classification	Product	Product Name	Ingredients	Size of Individual Pack (g)	Energy provided by individual pack (kcal)	per 100mg				Agent / Manufacturer	Date of Submission (d/m/y)	Remarks
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		DOODINGUES FRUIT YOGURT (RASPBERRY)	Fresh dairy product (pasteurized skim milk, pasteurized cream, milk protein, lactose) 81.8%, sugar 8.7%, fruit 6% (raspberry), stabilizer (E341(III)), starch corn, concentrate Juices of vegetables and fruits (black carrot, carrot, pumpkin, grapes, blackcurrant), natural flavorings, thickener (E410), vitamin D	50.0	48	2.3	12.0	30.0	0.0	PARKnSHOP (HK) Limited	15/03/2017	
Snacks to Choose Less		Nestle Acti-V Berries Paradise Low Fat Yoghurt	Fresh Milk, Water, Mix Berries Jam (Strawberry, Sugar, Water, Dextrin, Blueberry, Blackberry, Raspberry, Stabilizer (E440, E410), Flavouring, Acidity Regulator (E330, E331, E341), Lemon Juice Concentrate, Anti-caking Agent (E551)), Milk Solid, Sugar, Modified Starch, Live Lactic Culture, FORTIS Bifidobacterium (1 billion percup).	120.0	104	2.2	13.3	67.5	#VALUE!	Nestle Hong Kong Ltd.	16/03/2017	
Snacks to Choose Less		Nestle Acti-V Apple Low fat yoghurt	Fresh Milk, Water, Apple Jam (Apple, Sugar, Water, Modified Starch, Stabilizer (E407), Flavouring, Acidity Regulator (E330, E331), Colour (E160a), Vitamin C), Milk Solid, Sugar, Modified Starch, Live Lactic Culture, FORTIS Bifidobacterium (1 billion percup).	140.0	116	2.0	12.4	59.3	-	Nestle Hong Kong Ltd.	16/03/2017	
Snacks to Choose Less		Nestle Acti-V Plain Low fat yoghurt	Fresh Milk, Water, Milk Solid, Sugar, Modified Starch, Live Lactic Culture, FORTIS Bifidobacterium (1 billion percup).	140.0	102	2.5	8.0	73.6	-	Nestle Hong Kong Ltd.	16/03/2017	
Snacks to Choose Less		Casino Vanilla Bifidus Yogurts	Whole milk, 8.5% Sugar, lactose and milk protein, vanilla flavor, which lactic Bifidobacterium (bifidus active)	125.0	115	3.2	12.0	40.0	-	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to Choose Less		Casino Lemon Bifidus Yogurts	Whole milk, Sugar, lactose and milk protein, natural lemon flavor with other natural flavors, lactic ferments including Bifidobacterium	125.0	109	2.9	12.0	50.0	0.0	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to Choose Less		Casino Biol Org Vanil Yogurt Liquid	Whole milk 77%, 10% cane sugar, water, skimmed milk powder, rice native starch, thickener, guar gum, natural flavor, lactic acid, crushed vanilla, bean, acidity regulator, malic acid	125.0	118	2.7	13.0	30.0	-	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to Choose Less		Vaaila Rich & Fruity Yoghurt - Vanilla Blueberry	Skim milk, Milk solids, Sugar, Water, Blueberry (3%), Inulin (Dietary Fibre), Thickener (1442), Gelatin (Halal), Flavour, Acidity Regulators (331, 330), Live yoghurt cultures (Incl. L. Acidophilus, Bifidobacterium, Lactobacillus GG).	100.0	100	1.3	15.4	71.0	2.0	PARKnSHOP (HK) Limited	16/03/2017	

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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		Vaalla Rich & Fruity Yoghurt - Tropical Basket	Skim milk, Milk, Sugar, Water, Milk Solids, Fruit (6%), (Mango, Passion fruit, Pineapple, Banana, Guava), Water, Inulin (Dietary Fibre), Gelatin (Halal), Thickeners (1442), Flavours, Colour (160a), Acidity Regulators (331), Live yoghurt cultures (Incl. L. Acidophilus, Bifidobacterium, Lactobacillus GG).	100.0	96	1.3	14.3	68.0	2.0	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to Choose Less		Emmi Swiss Premium Yogurt Raspberry	Swiss milk, fruit preparation (raspberries, sugar, modified starch, lemon juice concentrate, beetroot juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. Thermophilus, Lb. bulgaricus, Lb. acidophilus)	100.0	95	1.5	15.0	40.0	-	Wing Kee Produce Limited	16/03/2017	
Snacks to Choose Less		Emmi Swiss Premium Yogurt Raspberry	Swiss milk, fruit preparation (mangoes, sugar, modified starch, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus)	100.0	95	1.5	15.0	40.0	-	Wing Kee Produce Limited	16/03/2017	
Snacks to Choose Less		Yogurt with Fruits (Strawberry)	Yogurt(Skimmed Milk, Cream, Concentrated Milk, Skimmed Milk Powder, Yogurt Cultures), Sugar, Strawberry, Modified Starch, Flavouring, Acidity Regulator(Citric Acid), Colour(Beta-carotene, Anthocyanin), Vitamin D	125.0	119	2.9	13.2	55.0	-	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to Choose Less		Yogurt with Fruits (Mixed Berries)	Yogurt(Skimmed Milk, Cream, Concentrated Milk, Skimmed Milk Powder, Yogurt Cultures), Sugar, Mixed Berries(Blackberry, Strawberry, Raspberry), Modified Starch, Flavouring, Acidity Regulator(Sodium Citrate, Citric Acid), Colour(Anthocyanin), Vitamin D	125.0	119	2.9	13.2	55.0	-	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to Choose Less		Yoplait Low Fat Yogurt with Mango	Milk, Milk solids, Skim milk, Sugar, Mango (min. 5.5%), Rice Starch, Halal gelatine, Natural Flavours, Preservative (Potassium Sorbate), Colour (Carotene), Live Yoghurt Cultures: (S.Thermophilus, L.Bulgaricus & B.Lactis).	125.0	118	1.9	13.8	59.0	0.1	F&N Foods Pte Ltd	16/03/2017	
Snacks to Choose Less		Yoplait Low Fat Yogurt with Strawberry	Milk, Milk solids, Skim milk, Sugar, Strawberry (min. 6%), Thickeners (Modified Starch, Carrageenan), Halal gelatine, Natural Flavours, Natural Flavours, Acidity Regulators (Sodium Citrate, Citric Acid), Firming Agent (Calcium Chloride), Colour (Carmine), Preservative (Potassium Sorbate), Live Yoghurt Cultures: (S.Thermophilus, L.Bulgaricus & B.Lactis)	125.0	116	1.9	13.5	63.0	0.2	F&N Foods Pte Ltd	16/03/2017	

## Dairy Products

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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		Yeo 0% Fat Vanilla Organic Yogurt	Organic Fat Free Yoghurt, Organic sugar, Organic Vanilla Extract, Organic Maize Starch, Organic Vanilla Powder, Organic Concentrated Lemon Juice.	120.0	104	0.0	15.5	90.0	-	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to Choose Less		Nestle Hi-Calcium Low Fat Strawberry Yoghurt	Water, Strawberry Sauce (Strawberry, Sugar, Water, Modified Starch, Flavouring, Stabilizer (E410, E415, E509), Acidity Regulator (E330, E331), Colour (E163), Enzyme, Anti-caking Agent (E551), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million	140.0	106	1.1	10.7	63.0	-	Nestle Hong Kong Ltd.	16/03/2017	
Snacks to Choose Less		Nestle Hi-Calcium Low Fat Mango Yoghurt	Water, Mango Sauce (Mango, Sugar, Water, Stabilizer (E440, E410), Flavouring, Acidity Regulator (E330, E331), Colour (E160a), Anti-caking Agent (E551), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per cup).	140.0	120	0.8	14.6	66.0	-	Nestle Hong Kong Ltd.	16/03/2017	
Snacks to Choose Less		Nestle Hi-Calcium Low Fat Blueberry Yoghurt	Water, Blueberry Sauce (Water, Blueberry, Sugar, Modified Starch, Oligofructose, Lemon Juice Concentrate, Flavouring), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per cup).	140.0	105	1.0	10.1	42.0	-	Nestle Hong Kong Ltd.	16/03/2017	
Snacks to Choose Less		Casino Plain Veloute Yoghurt	Whole milk 97%, milk proteins, lactic ferments Allergen Warning Milk - Lactose	125.0	86	3.5	4.9	60.0	0.0	PARKnSHOP (HK) Limited	16/03/2017	
Snacks to Choose Less		Yoplait Petits Filous Strawberry Fraie	Fromage Fraie (Skimmed Milk, Cream, Lactic culture), sugar, strawberry puree from concentrate, fructose, carrot juice, corn flour, lemon juice, natural flavouring, milk mineral concentrate, vitamin D.	47.0	45	2.3	11.9	46.0	-	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		Yoplait Petits Filous Apricot Fraie	Fromage Fraie (Skimmed Milk, Cream, Lactic culture), sugar, apricot puree from concentrate, fructose, carrot juice, corn flour, pumpkin juice, lemon juice, natural flavouring, milk mineral concentrate, vitamin D.	47.0	45	2.3	11.9	46.0	-	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		DELAMERS Goats Yogurt (Strawberry)	Whole Goat Milk, Strawberry, Cane Sugar, Goat Milk Solid, Modified Starch, Tapioca Starch, Lemon Juice from Concentrate, Stabilizer (Carob Gum), Natural Flavouring, Culture (S Thermophilus, L casei)	90.0	95	3.5	10.0	57.0	-	PARKnSHOP (HK) Limited	17/03/2017	

Snack Classification	Product	Product Name	Ingredients	Size of Individual Pack (g)	Energy provided by individual pack (kcal)	per 100mg				Agent / Manufacturer	Date of Submission (d/m/y)	Remarks
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)			
Snacks to Choose Less		DELAMERS Goats Yogurt (Raspberry)	Whole Goat Milk, Raspberry, Cane Sugar, Goat Milk Solid, Modified Starch, Tapioca Starch, Lemon Juice from Concentrate, Stabilizer (Carob Gum), Natural Flavouring, Culture (S Thermophilus, L casei)	90.0	95	3.5	10.0	57.0	-	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		LIBERTE Strained Greek Style Yogurt with Milk	Skimmed Milk, Honey, Water, Sugar, Skimmed Milk Powder, Maize Starch, Lemon Juice, Stabilizer (Pectins, Guar Gum), Milk Mineral Concentrate, Lactic Cultures, Natural Flavouring	100.0	91	0.1	13.2	50.0	-	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		Vaalia My First Strawberry Yoghurt	Skim Milk, Milk Solids, Cream, Sugar, Water, Strawberry Puree (2.2%), Gelatin (halal), Thickener (1442) (from maize), Elderberry Juice, Natural Flavours, Stabilizer (509), Live yoghurt cultures (Incl L Acidophilus, Bifidobacterium, Lactobacillus GG)	90.0	80	2.5	10.9	66.0	less than 1	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		Vaalia My First Vanilla Yoghurt	Skim Milk, Milk Solids, Cream, Apple Juice, Water, Sugar, Gelatin (halal), Rice Starch, Natural Flavours, Acidity Regulators (330, 331), Live yoghurt cultures (Incl L Acidophilus, Bifidobacterium, Lactobacillus GG)	90.0	76	2.5	9.9	59.0	less than 1	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		Little Yeos Smooth Organic Yogurt with a Smooth Fruit Puree (Peach)	Organic Whole Milk Yogurt (88%), Organic Peach Puree (5%), Organic Sugar, Organic Maize Starch, Natural Flavouring, Organic Concentrated Lemon Juice. Packed in a dairy that handles nut ingredients	90.0	97	4.5	10.8	70.0	0.1	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		Little Yeos Smooth Organic Yogurt with a Smooth Fruit Puree (Apricot)	Organic Whole Milk Yogurt (88%), Organic Apricot Puree (5%), Organic Sugar, Organic Maize Starch, Natural Flavouring, Organic Concentrated Lemon Juice. Packed in a dairy that handles nut ingredients	90.0	97	4.5	10.8	70.0	0.1	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		Little Yeos Smooth Organic Yogurt with a Smooth Fruit Puree (Strawberry)	Organic Whole Milk Yogurt (88%), Organic Strawberry Puree (5%), Organic Sugar, Organic Maize Starch, Natural Flavouring, Organic Concentrated Lemon Juice. Packed in a dairy that handles nut ingredients	90.0	97	4.5	10.8	70.0	0.1	PARKnSHOP (HK) Limited	17/03/2017	
Snacks to Choose Less		Little Yeos Smooth Organic Yogurt with a Smooth Fruit Puree (Raspberry)	Organic Whole Milk Yogurt (88%), Organic Raspberry Puree (5%), Organic Sugar, Organic Maize Starch, Natural Flavouring, Organic Concentrated Lemon Juice. Packed in a dairy that handles nut ingredients	90.0	97	4.5	10.8	70.0	0.1	PARKnSHOP (HK) Limited	17/03/2017	