










Database of Prepackaged Snacks – Drinks

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Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (ml / g)	Energy per Individual Pack (kcal)	Per 100 ml / g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Milk									
Snacks of Choice		Anlene Original High Calcium Low Fat Milk Beverage	Water, Fresh Milk, Partly Skimmed Milk Powder, Stabilizers (E339(ii), E407, E460(i), E466, E1440) & Emulsifier (E322(ii)), Mineral Salts (Calcium, Magnesium & Zinc), Palm Oil, Collagen, Vitamins (C, D, E, B6 & B12). Contains Milk, Soya and Fish Products.	180	80	1.5	4.4	58	--
Snacks of Choice		KOWLOON DAIRY Hi-Calcium Low Fat Slimilk Milk Drink	Water, Milk Solids, Fresh Milk, Calcium Carbonate, Stabilizer (Carrageenan, Carob Bean Gum), Vitamins A&D (0.17% Calcium by Product Weight).	236	142	1.5	7.1	67	--
Snacks of Choice		KOWLOON DAIRY Hi-Calcium Skimmed Milk Drink	Water, Fresh Skimmed Milk, Milk Solids, Calcium Carbonate, Stabilizer (Carrageenan, Carob Bean Gum) (0.16% Calcium by Product Weight).	236	90	0.3	5.4	60	--
Snacks of Choice		MONMILK LOW-FAT HIGH-CALCIUM MILK BEVERAGE	Fresh Milk, Milk Minerals, Vitamin D3, Emulsifier (471), Emulsifying Salt (452i), Thickener (418).	250	108	1.3	4.9	72	--
Snacks of Choice		Nestle Dairy Farm High Calcium Low Fat Milk Drink	Water, Milk Solid, Maltodextrin, Concentrate of Milk Mineral, Emulsifier (471), Stabilizer (460, 466, 407, 412), Vitamin (A, D3). Allergen information: Contains milk products.	236	128	1.4	6.2	72	--
Snacks of Choice		Nestle Dairy Farm Skimmed Hi-Calcium Milk Drink	Water, Milk Solid, Soluble Dietary Fibre, Fresh Milk, Stabilizer (Microcrystalline Cellulose, Cellulose Gum), Concentrate of Milk Minerals, Calcium Carbonate, Vitamin D3. Allergen information: Contains milk products.	236	106	0.3	5.6	56	1.6
Snacks of Choice		Pauls High Calcium Low Fat Milk Beverage	ULTRA FILTERED LOW FAT MILK, VITAMIN D. ALLERGENS: MILK.	250	126	1.2	5.1	60	--
Snacks of Choice		Pauls Skimmed Milk	SKIMMED MILK ALLERGENS: MILK.	250	89	0.0	5.1	60	--
Snacks of Choice		Trappist Dairy Hi-Calcium Low Fat Milk Drink	Water, Milk Solid, Milk Fat (1.5%), Milk Calcium Powder (Milk Product, Calcium 0.17% by Weight), Stabilizers (E471, E401, E407, E412, E460, E466).	236	132	1.5	6.5	55	--










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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks of Choice		Trappist Dairy Hi-Calcium Skimmed Milk Drink	Water, Milk Solid, Milk Calcium Powder.	236	85	0.0	5.0	45	--
Snacks of Choice		Vita Hi-Calcium Low Fat Milk Beverage	Water, Milk Solid, Stabilizer (460, 340 and 466), Flavouring, Calcium Carbonate, Emulsifier (473), Vitamin D. Contains Milk.	250	113	1.2	5.3	44	--
Snacks of Choice		Vita Hi-Calcium Skimmed Milk Beverage	Water, Milk Solid, Calcium Carbonate, Stabilizer (460, 466, 407), Flavouring, Vitamin D. Contains Milk.	236	84	0.0	5.3	40	--
Snacks to Choose in Moderation		Anlene Black Sesame High Calcium Low Fat Milk Beverage	Water, Fresh Milk, Partly Skimmed Milk Powder, Sugar, Black Sesame, Stabilizers (E407, E460(i), E466, E1440) & Emulsifier (E322(ii)), Mineral Salts (Calcium, Magnesium & Zinc), Collagen, Palm Oil, Vitamins (C, D, E, B6 & B12). Contains Milk, Soya and Fish Products.	180	96	1.5	6.7	56	--
Snacks to Choose in Moderation		Binggrae Banana Flavored Milk Drink	Milk, Water, Sugar, Skim Milk Powder, Whey Powder, Banana Juice Concentrate (0.32%) [Banana (100%)], Artificial Flavors, Emulsifier (Mono- and Di-Glycerides), Stabilizers (Carrageenan, Guar Gum), Colors (Tartrazine, Sunset Yellow FCF). Contains Milk, Wheat.	200	158	2.8	10.5	43	0.0
Snacks to Choose in Moderation		Binggrae Melon Flavored Milk Drink	Milk, Water, Sugar, Skim Milk Powder, Whey Powder, Melon Juice Concentrate (0.1%), Artificial Flavor, Emulsifier (Mono- and Diglycerides), Stabilizer (Carrageenan, Guar Gum), Color (Yellow5 (Tartrazine), Blue1 (Brilliant Blue FCF)). Contains Milk.	200	158	2.8	10.5	43	0.0
Snacks to Choose in Moderation		Binggrae Strawberry Flavored Milk Drink	Milk, Water, Sugar, Skim Milk Powder, Whey Powder, Strawberry Juice Concentrate (0.1%), Artificial Flavor, Emulsifier (Mono- and Diglycerides), Stabilizers (Carrageenan, Guar Gum), Colors (Allura Red AC, Brilliant Blue FCF). Contains Milk.	200	158	2.8	10.5	43	0.0
Snacks to Choose in Moderation		Cheer Low Fat Drinking Yogurt Peach	Yogurt (semi-skimmed milk, lactic cultures), peach preparation (sugar, peach, thickener: pectin; flavor, acidity regulator: citric acid), sugar. CONTAINS MILK. GLUTEN and GMO FREE. Produced in a factory where cereals containing gluten (namely wheat, rye, barley, oats, spelt, their hybridized strains and their products); egg; soyabeans; milk products; tree nuts and nut products are also handled.	200	152	1.3	12.0	39	--
Snacks to Choose in Moderation		Cheer Low Fat Drinking Yogurt Strawberry	Yogurt (semi-skimmed milk, lactic cultures), strawberry preparation (sugar, strawberry, flavor, thickener: pectin; concentrated juice of elderberry, acidity regulator: citric acid), sugar. CONTAINS MILK. GLUTEN and GMO FREE. Produced in a factory where cereals containing gluten (namely wheat, rye, barley, oats, spelt, their hybridized strains and their products); eggs; soyabeans; milk products; tree nuts and nut products are also handled.	200	152	1.3	12.0	35	--

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Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (ml / g)	Energy per Individual Pack (kcal)	Per 100 ml / g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		Cow & Gate Milk+ Milk Beverage	Fresh milk, Water, Skimmed milk powder, Maltodextrin, Galacto-oligosaccharide syrup, Vegetable oils, Anhydrous milk fat, Lactose, Stabilizer (460 (i), 471, 407, 466), Potassium chloride, Vitamins (C, E, A, Niacinamide, Pantothenate, D3, Biotin, B1, K1, B6, B2, B12, Folic acid), Long chain fructo-oligosaccharides, Algae oil extract, Taurine, Acidity regulator (Sodium hydroxide), Emulsifier (Soy lecithin). Contains Milk and Soy.	180	124	3.4	4.6	56	0.4
Snacks to Choose in Moderation		DAIONI ORGANIC Organic Milk Beverage with Chocolate	Organic milk (91.2%), organic sugar, organic cocoa powder (1.7%), stabiliser (carrageenan).	200	172	2.5	11.7	38	0.6
Snacks to Choose in Moderation		DAIONI ORGANIC Organic Semi-skimmed Milk Beverage with Banana	Organic semi-skimmed milk (95.4%), organic sugar, natural banana flavour, stabiliser (carrageenan).	200	128	1.5	8.9	39	0.0
Snacks to Choose in Moderation		DAIONI ORGANIC Organic Whole Cow's Milk	Organic Whole Milk (100%)	200	132	3.6	4.6	39	0.0
Snacks to Choose in Moderation		DAIRY KIRISHIMA MILK	100% fresh milk	200	132	3.8	4.6	40	--
Snacks to Choose in Moderation		Danone Actimel Yogurt Drink	Fermented Milk With Lactobacillus Casei, Sugar Syrup (Sucrose: 7.3%), Dextrose (0.6%), Vitamins D and B6.	100	73	1.6	10.8	40	--
Snacks to Choose in Moderation		Danone Actimel Yogurt Drink - Strawberry	Fermented Milk With Lactobacillus Casei, Sugar Syrup and Sugar (Sucrose: 8.5%), Strawberry (2.1%), Dextrose (0.6%), Thickener (Modified Starch), Natural Flavors, Acidity Regulators (330, 331), Vitamins D, B6.	100	76	1.5	11.9	40	--
Snacks to Choose in Moderation		DUTCH LADY Chocolate Milk Beverage	Water, skimmed milk powder, sugar, milk fat, cocoa powder, stabilizer (E460, E471, E466, E407), magnesium chloride, iodized salt, flavours.	225	158	1.8	10.3	55	--
Snacks to Choose in Moderation		DUTCH LADY DHA+ Milk Beverage	Water, fresh milk, skimmed milk powder, lactose, vegetable oils, modified starch, tricalcium phosphate, stabilizer (E460, E407, E466), DHA powder (from microalgae oil), vitamins (C, niacin, E, B6, B1, calcium D-pantothenate, A, B2, folic acid, K1, D3, biotin, B12), flavour, emulsifier (E471), taurine, potassium iodide. Contains soya products.	180	103	2.5	5.6	37	--










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Snacks to Choose in Moderation		DUTCH LADY Milky Original Milk Beverage	Fresh milk, water, skimmed milk powder, buttermilk powder, milk fat, emulsifier (E471), stabilizer (E407), lactose.	110	76	3.8	4.7	59	--
Snacks to Choose in Moderation		DUTCH LADY Milky Strawberry Flavour Milk Beverage	Water, fresh milk, sugar, skimmed milk powder, milk fat, lactose, emulsifier (E471), choline chloride, strawberry flavour, stabilizer (E407), colour (E129), vitamin D3.	110	80	1.7	11.5	44	--
Snacks to Choose in Moderation		Emmi Swiss Premium Whole Milk	100% pure and natural fresh Swiss milk.	250	163	3.5	4.9	50	--
Snacks to Choose in Moderation		Hokkaido Chocolate Milk Beverage	Fresh Milk, Sugar, Skimmed Milk Powder, Cream (Milk Product), Cacao Extract, Flavour and Flavouring, Emulsifier (E473), Colour (E150a), Acidity Regulator (E500ii).	200	168	3.5	9.6	44	--
Snacks to Choose in Moderation		Hokkaido Furano Specially Select 3.7 Milk	100% Fresh Milk	200	132	3.8	4.5	40	--
Snacks to Choose in Moderation		Hokkaido Specially Select 3.6 Milk	100% Fresh Milk	200	138	4.0	4.6	40	--
Snacks to Choose in Moderation		Just Pure Original Flavour Sipping Yoghurt	Fresh Milk, Sugar, Stabiliser (1442, 406, 440), Whipped Cream, Whey Protein Powder, Lactobacillus bulgaricus, Streptococcus thermophilus. Contains stabiliser as permitted food conditioner. Contains milk and milk products.	200	182	3.3	12.0	60	0.0
Snacks to Choose in Moderation		KOWLOON DAIRY 100% Fresh Milk	100% Fresh Milk	236	146	3.5	4.6	44	--
Snacks to Choose in Moderation		KOWLOON DAIRY Deluxe Chocolate Slimilk Milk Drink	Water, Milk Solids, Sugar, Cocoa Powder, Milk Fat, Stabilizer (E170, E407, E410, E471, E466, E401, E412), Emulsifier [E460(i)], Salt, Flavouring [Contains Colour (E150d, E124), Humectant (E1520)] (0.17% Calcium by Product Weight).	236	151	1.5	9.2	60	--

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Snacks to Choose in Moderation		KOWLOON DAIRY DRINKING YOGURT BLUEBERRY	Fresh Milk, Sugar, Fructooligosaccharides (0.5% FOS by Product Weight), Concentrated Blueberry Juice [Sugar, Water, Concentrated Blueberry Juice, Acidity Regulator (E330), Stabilizer (E415, E466), Colour (E123, E133), Flavouring], Milk Solids, Streptococcus thermophilus, Lactobacillus bulgaricus, Flavouring [Humectant (E1520), Water].	220	172	3.3	8.3	43	--
Snacks to Choose in Moderation		KOWLOON DAIRY DRINKING YOGURT ORIGINAL	Fresh Milk, Sugar, Fructooligosaccharides (0.5% FOS by Product Weight), Milk Solids, Streptococcus thermophilus, Lactobacillus bulgaricus.	220	169	3.3	8.0	44	--
Snacks to Choose in Moderation		KOWLOON DAIRY DRINKING YOGURT WHITE PEACH	Fresh Milk, Sugar, Peach Paste, Fructooligosaccharides (0.5% FOS by Product Weight), Milk Solids, Streptococcus thermophilus, Lactobacillus bulgaricus, Flavouring [Humectant (E1520, E422)].	220	167	3.2	7.9	43	--
Snacks to Choose in Moderation		KOWLOON DAIRY Hi-Calcium Chocolate Slimilk Milk Drink	Water, Milk Solids, Sugar, Milk Fat, Cocoa Powder, Stabilizer (E471, E407, E412, E170, E410), Flavouring, Salt, Vitamins A&D (0.15% Calcium by Product Weight).	236	168	1.5	11.0	64	--
Snacks to Choose in Moderation		KOWLOON DAIRY Hi-Fibre Papaya Milk Drink	Water, Milk Solids, Papaya Puree, Sugar, Dietary Fibre, Vegetable Oil, Stabilizer (E471, E407, E412, E1450, E202, E307), Milk Fat, Flavouring.	236	123	1.5	7.8	44	3.0
Snacks to Choose in Moderation		Meadows Full Cream Milk	Full Cream Milk	250	160	3.6	4.5	37	--
Snacks to Choose in Moderation		meiji CP-meiji Fresh Milk Beverage	100% Fresh Milk	236	156	3.9	4.7	35	0.0
Snacks to Choose in Moderation		meiji CP-meiji Premium Quality Milk	100% Fresh Milk	236	170	4.5	4.9	46	0.0
Snacks to Choose in Moderation		MONMILK Pure Milk	100% Fresh Milk	250	169	4.0	4.8	62	--

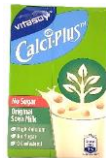








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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		Nestle Dairy Farm Fresh Milk	Fresh Cows Milk	236	152	3.6	4.5	56	--
Snacks to Choose in Moderation		Pauls Chocolate Flavoured Milk Beverage	SKIM MILK, MILK, SUGAR, COCOA POWDER (0.5%), FLAVOUR, MILK SOLIDS, EMULSIFIER (471), ACIDITY REGULATOR (452), STABILISER (407). ALLERGENS: THIS CONTAINS MILK.	200	150	2.0	10.2	47	--
Snacks to Choose in Moderation		Pauls Pure Milk	WHOLE MILK ALLERGENS: MILK.	250	159	3.4	5.0	60	--
Snacks to Choose in Moderation		Pauls Strawberry Flavoured Milk Beverage	SKIM MILK, MILK, SUGAR, MILK SOLIDS, FLAVOUR, COLOUR (120), ACIDITY REGULATOR (452), STABILISER (407). ALLERGENS: THIS CONTAINS MILK.	200	138	1.9	9.1	47	--
Snacks to Choose in Moderation		Seoul Chocolate Milk Beverage	Low Fat Milk (75.6%), Water, High Fructose Corn Syrup, Sucrose, Cocoa Powder (0.72%), Artificial Flavor (choco), Stabilizer (E407), Salt.	200	130	1.2	10.0	45	--
Snacks to Choose in Moderation		Seoul Pure Milk	Raw Milk 100%	200	120	3.4	4.5	50	--
Snacks to Choose in Moderation		Seoul Strawberry Milk Beverage	Low Fat Milk 74.02%, Water, High-fructose Corn Syrup, Refined Sugar, Strawberry Flavor (Artificial), Strawberry Concentrated Juice.	200	130	1.6	9.0	40	--
Snacks to Choose in Moderation		Trappist Dairy Banana Low Fat Milk Drink	Water, Milk Solid, Sugar, Milk Fat (1.5%), Banana Puree, Colour (E160a(i)), Flavour and Flavouring, Stabilizers (E471, E407, E412).	236	179	1.5	11.0	35	0.0
Snacks to Choose in Moderation		Trappist Dairy Fresh Milk	Fresh Milk	236	146	3.5	4.5	40	--

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Snacks to Choose in Moderation		Trappist Dairy Ginger Flavored Low Fat Milk Drink	Water, Milk Solid, Sugar, Milk Fat, Flavor and Flavoring, Stabilizers (E471, E407, E412), Ginger Extract, Turmeric Powder.	236	146	1.5	7.1	27	--
Snacks to Choose in Moderation		Trappist Dairy Hi-Calcium Chocolate Milk Drink	Water, Milk Solid, Sugar, Milk Fat, Cocoa Powder, Milk Calcium Powder, Stabilizers (E471, E401, E407, E412, E460, E466), Flavour and Flavouring, Acidity Regulators (E500(ii), E331).	236	191	2.4	9.9	40	0.0
Snacks to Choose in Moderation		Trappist Dairy Mango Papaya Low Fat Milk Drink	Water, Milk Solid, Sugar, Mango Puree, Papaya Puree, Milk Fat (1.5%), Flavour and Flavouring, Stabilizers (E471, E407, E412), Colour (E160a(i)), Salt, Acidity Regulator (E331).	236	135	1.5	8.0	45	0.0
Snacks to Choose in Moderation		Trappist Dairy Organic Milk	Organic Milk	200	134	3.8	4.9	40	--
Snacks to Choose in Moderation		Trappist Dairy Strawberry Low Fat Milk Drink	Water, Milk Solid, Sugar, Milk Fat (1.5%), Strawberry Puree, Flavour and Flavouring, Stabilizers (E471, E407, E412), Colour (E120).	236	151	1.5	9.1	40	0.0
Snacks to Choose in Moderation		Vita Hi-Calcium Chocolate Milk Beverage	Water, Milk Solid, Sugar, Cocoa Powder, Emulsifier and Stabilizer (471, 407 and 412), Acidity Regulator (331 and 500), Flavouring, Salt, Vitamin D. Contains milk. Produced in a factory where soybeans, cereals containing gluten, tree nuts and sesame products are also handled.	125	95	2.7	10.0	85	--
Snacks to Choose in Moderation		Vita Hi-Calcium Low Fat Chocolate Milk Beverage	Water, Milk Solid, Sugar, Cocoa Powder, Tricalcium Phosphate, Acidity Regulator (331 and 500), Flavouring, Emulsifier (471), Stabilizer (410 and 407), Salt, Vitamin D. Contains milk, soyabean products and cereal products containing gluten.	236	155	1.4	10.7	91	--
Snacks to Choose in Moderation		Vita Hi-Calcium Whole Milk Beverage	Water, Milk Solid, Emulsifier and Stabilizer (471, 460, 340 and 466), Tricalcium Phosphate, Flavouring, Vitamin D. Contains milk. Produced in a factory where soyabeans, cereals containing gluten, tree nuts, peanut products and sesame products are also handled.	236	156	3.6	5.1	42	--
Snacks to Choose in Moderation		WANT-WANT HOT-KID MILK BEVERAGE	WATER, WHOLE MILK POWDER, CONDENSED MILK, SUGAR, EMULSIFIER (MONO- AND DI-GLYCERIDES OF FATTY ACIDS/E471, SUCROSE ESTERS OF FATTY ACIDS/E473), FLAVOUR AND FLAVOURING (CONDENSED MILK FLAVOUR).	125	89	2.6	9.4	38	0.0











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Soy Drinks									
Snacks of Choice		Vitasoy Calci-Plus Hi-Calcium No Sugar Original Soya Milk	Water, Whole Soyabeans, Tricalcium Phosphate, Stabilizer (460 and 466), Salt, Vitamin D. Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	250	55	1.2	0.0	40	--
Snacks of Choice		Vitasoy Calci-Plus Hi-Calcium Oat Soya Milk	Water, Whole Soyabeans, Sugar, Malt Extract, Oat, Tricalcium Phosphate, Stabilizer (460 and 466), Salt, Acidity Regulator (500), Flavouring, Vitamin D. Contains Soyabeans and Cereals containing Gluten. Produced in a factory where milk, tree nuts, peanut products and sesame products are also handled.	250	95	1.2	4.7	70	--
Snacks of Choice		Vitasoy Calci-Plus Hi-Calcium Original Soya Milk	Water, Whole Soyabeans, Sugar, Tricalcium Phosphate, Stabilizer (460 and 466), Salt, Vitamin D. Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	250	88	1.2	4.0	40	--
Snacks of Choice		Vitasoy Low Sugar Malted Soyabean Milk	Water, Whole Soyabeans, Malt Extract, Sugar, Milk Solid, Soyabean Oil, Acidity Regulator (500), Salt, Vitamin (Niacinamide, B6 and B2). Contains Soyabeans, Cereals Containing Gluten & Milk. Produced in a factory where tree nuts, peanut products and sesame products are also handled.	125	60	1.5	4.8	75	--
Snacks of Choice		Vitasoy Low Sugar Soyabean Milk	Water, Whole Soyabeans, Sugar, Milk Solid, Salt, Vitamin (Niacinamide, B6 and B2). Contains Soyabeans & Milk. Produced in a factory where cereals containing gluten, tree nuts, peanut products and sesame products are also handled.	125	50	1.5	4.5	40	--
Snacks of Choice		Vitasoy SAN SUI HI-CALCIUM LOW SUGAR FRESH SOYA MILK	Water, Organic Soyabeans, Sugar, Tricalcium Phosphate, Salt, Stabilizer (418), Anti-foaming Agent (Organic Soyabean Oil, Anti-foaming Agent (551)). Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	236	90	1.5	3.8	20	--
Snacks to Choose in Moderation		KIKKOMAN Soymilk Original	Water, Soybeans, Sugar, Salt, Emulsifier (471), Stabilizer (407, Modified Starch), Flavouring. CONTAINS SOYBEAN.	200	90	2.4	1.4	78	0.2
Snacks to Choose in Moderation		KIKKOMAN Soymilk Unsweetened	Water, Soybeans. CONTAINS SOYBEAN.	200	104	3.1	0.8	2	0.5
Snacks to Choose in Moderation		KYUSYU SOY MILK	Soybeans (Non-GMO) Product Contains Soybeans.	200	91	2.4	0.0	2	--










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Snacks to Choose in Moderation		MARUSAN Organic Soybean Drink	Water, Organic Soybean (China, USA).	200	103	3.1	2.0	0	--
Snacks to Choose in Moderation		MARUSAN Premium Pure Soybean Drink	Water, Soybean (Japan).	200	122	3.6	1.9	0	--
Snacks to Choose in Moderation		MARUSAN Processed Soy Milk	Water, Soybean (Non-GM), Corn Syrup, Salt, Trehalose, Acidity Regulator (E327), Thickener (E407).	200	108	2.5	4.0	80	--
Snacks to Choose in Moderation		PAK FOOK Hi Calcium Silky Soya Milk	Water, Grade No. 1 Soya Bean, Sugar, Calcium Carbonate, Emulsifier (471, 475, 322), Stabilizer (407, 412), Maltodextrin, Anti-caking Agent (504, 900a). Allergen information: Contains soyabeans and soyabean products.	236	141	2.4	5.9	16	--
Snacks to Choose in Moderation		Vitasoy Black Sesame Flavoured Black Soyabean Milk	Water, Whole Soyabeans (Black Soyabeans and Soyabeans), Sugar, Milk Solid, Soyabean Oil, Black Sesame, Salt, Flavouring, Vitamin (Niacinamide, B6 and B2). Contains Soyabeans, Milk, Sesame Products and Peanut Products. Produced in a factory where cereals containing gluten and tree nuts are also handled.	250	118	1.5	6.5	40	--
Snacks to Choose in Moderation		Vitasoy Calci-Plus Hi-Calcium Plant Sterol Soya Milk	Water, Whole Soyabeans, Sugar, Plant Sterol, Tricalcium Phosphate, Stabilizer (471, 460, 340 and 466), Salt, Vitamin D. Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	250	118	2.8	3.3	40	--
Snacks to Choose in Moderation		Vitasoy Malted Soyabean Milk	Water, Whole Soyabeans, Malt Extract, Sugar, Milk Solid, Soyabean Oil, Acidity Regulator (500), Salt, Vitamin (Niacinamide, B6 and B2). Contains Soyabeans, Cereals Containing Gluten & Milk. Produced in a factory where tree nuts, peanut products and sesame products are also handled.	125	64	1.5	6.0	75	--
Snacks to Choose in Moderation		Vitasoy SAN SUI EXTRA RICH BEANY TASTE FRESH SOYA MILK	Water, Organic Soyabeans, Sugar, Anti-foaming Agent (Organic Soyabean Oil, Anti-foaming Agent (551)). Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	236	142	2.3	6.0	10	--
Snacks to Choose in Moderation		Vitasoy SAN SUI LOW SUGAR FRESH BLACK SOYA MILK	Water, Organic Soyabeans (Soyabeans & Black Soyabeans), Sugar, Black Sesame, Anti-foaming Agent (Organic Soyabean Oil, Anti-foaming Agent (551)). Contains Soyabeans, Sesame Products and Cereals Containing Gluten. Produced in a factory where milk, tree nuts and peanut products are also handled.	236	132	2.3	5.0	10	--


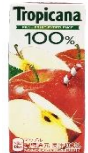







Database of Prepackaged Snacks – Drinks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (ml / g)	Energy per Individual Pack (kcal)	Per 100 ml / g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		Vitasoy SAN SUI NO ADDED SUGAR FRESH SOYA MILK	Water, Organic Soyabeans, Anti-foaming Agent (Organic Soyabean Oil, Anti-foaming Agent (551)). Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	236	101	2.4	0.9	10	--
Snacks to Choose in Moderation		Vitasoy Soyabean Milk	Water, Whole Soyabeans, Sugar, Milk Solid, Soyabean Oil, Salt, Vitamin (Niacinamide, B6 and B2). Contains Soyabeans & Milk. Produced in a factory where cereals containing gluten, tree nuts, peanut products and sesame products are also handled.	125	59	1.5	6.5	40	--
Snacks to Choose in Moderation		Yeung Gwong Coconut Flavoured Soya Milk	Water, Sugar, Soya Flour, Skim Milk Powder, Vegetable Oil, Flavourings, Salt, Vitamins (A, B Complex, C, D, E). Contain fish & milk products.	250	108	1.2	7.1	50	--
Chinese Beverages / Herbal Tea									
Snacks of Choice		CHECKCHECKCIN RED BEAN · RICE WATER	Water, Red Bean Paste (Red Bean, Sugar, Maltose), Rock Sugar, Red Rice, White Rice.	250	30	0.0	1.9	10	--
Snacks of Choice		Yeo's Chrysanthemum Tea	Water, Chrysanthemum fFower Extract, Sugar and Fructose.	250	50	0.0	5.0	2	--
Snacks of Choice		Yeo's Snow Pear Tea	Water, Extract of Dried Pear, Dried Mandarin Orange, Apricot Kernel, Bei Sha Shen (Radix glehniae) & Chuan Bei Mu (Bulbus fritillariae cirrhosae), Sugar, Fructose, Natural Flavours and Colour (Caramel IV). This product contains apricot kernel (tree nuts).	250	50	0.0	5.0	0	--
Snacks to Choose in Moderation		HEALTHWORKS Sugarcane, Rhizoma Imperatae and Sea Coconut Drink	Water, Sugar, Rhizoma Imperatae Concentrate, Sugarcane Juice Concentrate, Medulla Junci Extract, Acidity Regulator (330), Mint Extract, Sea Coconut.	250	68	0.0	6.2	7	--
Snacks to Choose in Moderation		Mr. Juicy Honey Pear Juice Drink	Water, Sugar, Concentrated Pear Juice, Pear Juice, Honey, Flavours, Acidity Regulators (330, 331), Vitamin C, Stabilizer (466). Produced in a factory where cereals containing gluten, crustacea, eggs, fish, peanuts, soybeans, milk and tree nuts are also handled.	250	73	0.0	7.3	7	--
Snacks to Choose in Moderation		Mr. Juicy Sugarcane Water Chestnut Juice Drink	Water, Sugar, Concentrated Sugarcane Juice, Water Chestnut Juice, Flavours, Vitamin C, Acidity Regulator (331). Produced in a factory where cereals containing gluten, crustacea, eggs, fish, peanuts, soybeans, milk and tree nuts are also handled.	250	55	0.0	5.5	0	--
Snacks to Choose in Moderation		VITA TSING SUM ZHAN Sugar Cane, Imperatae, Water Chestnut and Carrot Drink	Water, Sugar Cane Juice, Carrot, Water Chestnut, Sugar, Acidity Regulator (331), Salt, Imperatae Extract.	250	63	0.0	6.2	30	--









Database of Prepackaged Snacks – Drinks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (ml / g)	Energy per Individual Pack (kcal)	Per 100 ml / g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Fruit Juice									
Snacks to Choose in Moderation		DAIRY APPLE 100%	Water, Fruit (Apple), Flavor.	200	87	0.0	9.9	2	--
Snacks to Choose in Moderation		DOLE ORANGE JUICE	Water, Orange, Flavor (Orange).	200	90	0.1	10.2	40	0.2
Snacks to Choose in Moderation		golden circle Popper Juice apple	Reconstituted Apple Juice (99.7%), Food Acid (Malic Acid), Vitamin C, Natural Apple Flavour.	150	75	0.0	11.4	8	0.2
Snacks to Choose in Moderation		golden circle Popper Juice apple blackcurrant	Reconstituted Apple Juice (94.8%), Reconstituted Blackcurrant Juice (5%), Vitamin C, Food Acid (Malic Acid), Natural Flavour.	150	75	0.0	11.7	9	0.2
Snacks to Choose in Moderation		golden circle Popper Juice orange	Reconstituted Orange Juice (99.7%), Food Acid (Citric Acid), Vitamin C, Natural Flavours.	150	63	0.1	7.6	8	0.2
Snacks to Choose in Moderation		HOLLINGER Organic Apple Cherry Cloudy School Juice	Apple juice* 54%, water, sour cherry juice* 6%. Contains naturally occurring sugars. *From organic farming.	200	58	0.5	6.6	4	--
Snacks to Choose in Moderation		HOLLINGER Organic Cloudy Apple Nectar	Apple juice (60%), still water.	200	56	0.0	6.3	0	--
Snacks to Choose in Moderation		HOLLINGER Organic Cloudy Pear Nectar	Pear juice (60%), still water, antioxidant (ascorbic acid).	200	50	0.0	5.4	0	--
Snacks to Choose in Moderation		HOLLINGER Organic Orange School Juice	Orange juice* from concentrate 60%, water. Contains naturally occurring sugars. *From organic farming.	200	56	0.5	5.5	4	--









Database of Prepackaged Snacks – Drinks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (ml / g)	Energy per Individual Pack (kcal)	Per 100 ml / g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		HOLLINGER Organic Red Grape Nectar	Red grape juice (60%), still water.	200	76	0.0	9.0	0	--
Snacks to Choose in Moderation		KIRIN TROPICANA APPLE JUICE	Water, Apple, Flavor, Antioxidant (Vitamin C). Contains Apple.	250	112	0.0	10.4	5	--
Snacks to Choose in Moderation		KIRIN TROPICANA PINEAPPLE JUICE	Pineapple, Flavoring.	250	115	0.0	10.3	5	--
Snacks to Choose in Moderation		KOH COCONUT 100% Coconut Water	100% Coconut Water	250	47	0.0	4.2	17	0.0
Snacks to Choose in Moderation		my Smoothie Blueberry	Apple juice* 47%, blueberries 18%, banana puree 16.5%, grape juice* 10%, raspberry puree 8.5%. *From concentrate.	250	128	0.2	10.0	8	0.0
Snacks to Choose in Moderation		my Smoothie Mango	Mango puree 25%, apple juice* 20%, banana puree 20%, grape juice* 16%, mandarin juice* 15%, passion fruit juice* 4%. *From concentrate.	250	140	0.2	11.9	11	0.0
Snacks to Choose in Moderation		my Smoothie Pomegranate	Pomegranate* juice 25%, grape juice* 23%, apple juice* 22%, banana puree 19%, raspberry puree 6%, blueberries 5%. *From concentrate.	250	148	0.1	12.8	13	0.0
Snacks to Choose in Moderation		my Smoothie Strawberry	Strawberry puree 30%, apple juice* 26%, grape juice* 18%, banana puree 15%, orange juice* 9%, aroniaberry juice* 2%. *From concentrate.	250	120	0.2	10.4	9	0.0
Snacks to Choose in Moderation		PLEIN FRUIT JUS D'ANANAS DU COSTA RICA - PINEAPPLE JUICE	Reconstituted Pineapple Juice (Water, Pineapple Juice Concentrate).	200	100	0.0	9.6	0	--

Database of Prepackaged Snacks – Drinks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (ml / g)	Energy per Individual Pack (kcal)	Per 100 ml / g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		PLEIN FRUIT JUS D'ORANGE - ORANGE JUICE	Orange Juice from Concentrate (Water, Orange Juice Concentrate), Antioxidant (Ascorbic Acid).	200	90	0.0	8.0	0	--
Snacks to Choose in Moderation		Rabenhorst 100% Cranberry Juice	Cranberry juice 100%	125	26	0.0	4.8	12	--
Snacks to Choose in Moderation		Rabenhorst Prune Drink	Concentrated dry prune extract (water, 50% dry prunes).	125	90	0.0	14.0	32	0.0
Snacks to Choose in Moderation		S&W Premium 100% Pineapple Juice	PINEAPPLE JUICE, VITAMIN C (ASCORBIC ACID), VITAMIN A, VITAMIN E.	240	133	0.0	10.4	2	0.2
Snacks to Choose in Moderation		Sunraysia APPLE & BLACKCURRANT JUICE	Reconstituted Juices (Apple 95.8%, Blackcurrant 3.7%, Lemon 0.4%), Natural Flavour.	200	97	0.0	11.4	7	--
Snacks to Choose in Moderation		Sunraysia APPLE JUICE	Reconstituted Apple Juice 99.9%, Natural Flavour, Vitamin C.	200	90	0.0	10.2	8	--
Snacks to Choose in Moderation		Sunraysia PRUNE JUICE	Reconstituted Prune Juice 99.9%, Potassium Sorbate (Preservative).	250	158	0.0	8.6	5	1.2
Snacks to Choose in Moderation		Sunraysia TROPICAL JUICE	Reconstituted Juices (Apple 85.6%, Mixed Fruits 14.3% [Apple, Peach, Orange, Mango, Banana, Guava, Pineapple, Passionfruit, Apricot]), Vitamin C, Natural Flavours.	200	96	0.0	11.3	9	--

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Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (ml / g)	Energy per Individual Pack (kcal)	Per 100 ml / g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Vegetable Juice									
Snacks to Choose in Moderation		Campbell's 100% Tomato Juice	TOMATO JUICE FROM CONCENTRATE (WATER AND CONCENTRATED JUICES OF TOMATOES), SALT, VITAMIN C (ASCORBIC ACID).	163	30	0.0	2.5	288	0.6
Snacks to Choose in Moderation		KAGOME Carrot Juice	Water, Concentrated Carrot Juice.	200	60	0.0	6.4	97	--
Other Drinks									
Snacks of Choice		137 Degrees Real Oat Milk Unsweetened	Fresh Oat Milk (Filtered Water, Whole Oat) (Oats) 96.687%, Job's Tears 3%, Calcium Carbonate 0.3%, Mix Vitamins 0.013%. Contains: Oats.	180	90	1.4	0.0	53	0.6
Snacks of Choice		Amandin Organic Vegan Low Sugar Low Salt Oat Drink with Calcium	Water, oat* (15%), high oleic sunflower oil*, calcareous marine algae: Lithothamnium calcareum. *Organic ingredients. May contain traces of nuts.	200	98	0.9	4.6	48	--
Snacks of Choice		Blue Diamond Almond Breeze Original Almond Milk	Almond Milk (Filtered Water and Almonds) 96.6%, Raw Cane Sugar 2.7%, Calcium Carbonate 0.3%, Salt 0.1%, Vitamin E 0.005%, Food Additives (Potassium Citrate, Sunflower Lecithin, Gellan Gum) Nature Identical Flavor Added. Allergen: Contains almonds, may contain other tree nuts.	180	45	1.1	2.8	33	0.6
Snacks of Choice		Oatly Oat Drink Original	Water, oats (10%), rapeseed oil, minerals (calcium carbonate, calcium phosphates), salt, vitamins (B2, D2, B12). Allergens: Contains gluten and oats. Free from milk and soya.	250	115	1.5	4.1	40	0.8
Snacks of Choice		Vitasoy Calci-Plus Hi-Calcium Oat Milk	Water, Oat Powder, Sugar, Inulin (Dietary Fibre), Rapeseed Oil, Tricalcium Phosphate, Stabilizer (460, 418 and 466), Acidity Regulator (340), Calcium Carbonate, Salt, Vitamin D. Contains Cereal Containing Gluten. Produced in a factory where soyabeans, milk, tree nuts, peanut products and sesame products are also handled.	250	108	1.4	2.3	45	1.5
Snacks to Choose in Moderation		137 Degrees Almond Milk Original	Fresh Almond Milk (Filtered Water 81%, Whole Almonds (Tree Nut) (from California) 13%), Sunflower Seeds 5%, Organic Coconut Flower Nectar 1%. Contains: Tree nut. Contains Omega-6: 2130.86 mg per serving.	180	60	2.5	0.0	6	0.0

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Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (ml / g)	Energy per Individual Pack (kcal)	Per 100 ml / g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		137 Degrees Almond Milk Original Unsweetened	Fresh Almond Milk (Filtered Water 82%, Whole Almonds (Tree Nut) (from California) 13%), Sunflower Seeds 5%. Contains: Tree nut. Contains Omega-6: 1985.72 mg per serving.	180	60	2.8	0.0	6	0.0
Snacks to Choose in Moderation		137 Degrees Pistachio Milk Original Cashew Blend	Fresh Pistachio Milk (Filtered Water 46%, Whole Pistachios (Tree Nut) 14%), Cashew Milk (Filtered Water 21%, Whole Cashews 13%), Sunflower Seeds 5%, Organic Coconut Flower Nectar 1%. Contains: Tree nut. Contains Omega-6: 1057.32mg per serving.	180	45	1.7	0.6	8	0.0
Snacks to Choose in Moderation		137 Degrees Walnut Milk Original	Fresh Walnut Milk (Filtered Water 81%), Whole Walnuts (Tree Nut) 13%, Sunflower Seeds 5%, Organic Coconut Flower Nectar 1%. Contains: Tree nut. Contains Omega-6: 2893.25mg per serving.	180	60	2.8	0.6	8	0.0
Snacks to Choose in Moderation		HOLLINGER Organic Multi Sunrise School Juice	Mixed fruit juice* from mixed fruit juice concentrate*, fruit juice pulp* 54% (apple*, orange*, pineapple*, peach*, mango*, passion fruit*, lemon*), water, carrot juice* (6%) from carrot juice concentrate*. Contains naturally occurring sugars. *From organic farming.	200	50	0.5	5.5	4	--
Snacks to Choose in Moderation		MARUSAN Craft Oat Milk	Oat Milk (Japan), Water, Stabilizers (Fermented Cellulose, 412). Manufactured in a facility that handles wheat, soy.	200	87	1.1	7.5	40	--
Snacks to Choose in Moderation		Oatly Oat Drink Chocolate	Water, oats 10%, sugar 3.5%, cocoa powder 1%, rapeseed oil, minerals (calcium carbonate, calcium phosphates), salt, flavourings, vitamins (B2, D2, B12). Allergens: Contains gluten and oats. Free from milk and soya.	250	153	1.5	7.5	60	1.1
Snacks to Choose in Moderation		Vitasoy Calci-Plus Hi-Calcium Almond Milk	Water, Almond, Sugar, Tricalcium Phosphate, Stabilizer (460, 466 and 418), Emulsifier (Sunflower Lecithin), Potassium Chloride, Salt, Acidity Regulator (500), Vitamin D. Contains Tree Nuts. Produced in a factory where soyabeans, cereals containing gluten, milk, peanut products and sesame products are also handled.	250	85	2.2	2.6	60	--

Date of last review: January 2024