

Database of Prepackaged Snacks – Drinks

The Department of Health recommends that students aged 6 to 11 drink at least 6 to 8 glasses of fluids every day, among which water is the best choice.

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		Hokkaido Low Fat Milk Beverage	Milk, Fresh Milk, Skimmed Milk Powder.	200	82	0.9	4.6	44	--
Snacks of Choice		KOWLOON DAIRY 1.5% Low Fat Hi-Calcium Slimilk	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		meiji CP-meiji High Calcium Skimmed Milk	100% High Calcium Skimmed Milk.	236	90	0.0	5.7	44	0.0
Snacks of Choice		Nestle Dairy Farm Hi-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, Fresh Milk, Stabilizer (Microcrystalline Cellulose, Cellulose Gum), Concentrate of Milk Mineral, Calcium Carbonate. Allergen information: Contains milk products.	236	98	0.3	5.6	56	--
Snacks of Choice		Pauls 100% Australian Skimmed Milk	Skimmed Milk Allergens: Milk.	250	90	0.0	5.1	60	--
Snacks of Choice		Pauls High Calcium Low Fat Milk Beverage	Ultra Filtered Low Fat Milk, Vitamin D. Allergens: Milk.	250	125	1.2	5.1	60	--

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Snacks of Choice		SAVAS Milk Protein Fat-free Milk Drink	Milk products, milk protein, antioxidant (300,306), flavoring, vitamin B6, vitamin D. Item contains milk product.	200	102	0.0	4.5	52	0.2
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	--
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, Emulsifier and Stabilizer (460, 471 and 466), Tricalcium Phosphate, Flavouring, Vitamin (E, A and D). Contains Milk. Produced in a factory where soyabeans, cereals containing gluten, tree nuts, peanut products and sesame products are also handled.	236	136	1.4	7.0	55	--
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		ASO OGUNI FARM Drink Yogurt	Fresh milk (Aso, Kumamoto), sugar & glucose-fructose syrup, oligosaccharides, yogurt culture.	150	138	3.3	10.0	31	--
Snacks to Choose in Moderation		Binggrae Banana Flavored Milk Drink	Milk 60%, Water, Sugar, Skim Milk Powder 1.9%, Whey Powder (Milk), Banana Juice Concentrate (0.32%) [Banana(100%)], Artificial Flavors, Emulsifier (Mono- and Di-Glycerides of fatty acids), Stabilizers (Carrageenan, Guar Gum), Colors (Tartrazine, Sunset Yellow FCF). Contains Milk.	200	158	2.8	10.5	43	--
Snacks to Choose in Moderation		Binggrae Chestnut Flavored Milk Drink	Milk 60%, Water, Sugar, Silk Milk Powder 1.9%, Whey Powder (Milk), Artificial Flavors, Chestnut Concentrate 0.06%, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilizer (Carrageenan, Guar Gum), Color (Tartrazine, Sunset Yellow FCF). Contains Milk, Tree Nuts.	200	162	2.5	11.0	34	--

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Snacks to Choose in Moderation		Binggrae Melon Flavored Milk Drink	Milk 60%, Water, Sugar, Skim Milk Powder 1.9%, Whey Powder (Milk), Melon Juice Concentrate (0.1%), Artificial Flavors, Emulsifier (Mono- and Di-Glycerides of fatty acids), Stabilizers (Carrageenan, Guar Gum), Colors [Yellow5(Tartrazine), Blue1(Brilliant Blue FCF)]. Contains Milk.	200	158	2.8	10.5	43	--
Snacks to Choose in Moderation		Binggrae Strawberry Flavored Milk Drink	Milk 60%, Water, Sugar, Skim Milk Powder 1.9%, Whey Powder (Milk), Strawberry Juice Concentrate (0.11%), Artificial Flavor, Emulsifier (Mono- and Di-Glycerides of fatty acids), Stabilizers (Carrageenan, Guar Gum), Color (Allura Red AC). Contains Milk.	200	158	2.8	10.5	43	--
Snacks to Choose in Moderation		Binggrae Taro Flavored Milk Drink	Milk, Water, Sugar, Stabilizer (1400), Flavor & Flavoring, Taro Juice Concentrate, Emulsifier (471), Stabilizer (407, 412), Color (129,133). Contain Milk Ingredient.	200	158	2.4	10.1	29	--
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		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	1.4	11.9	40	--
Snacks to Choose in Moderation		DUTCH LADY Chocolate Milk Beverage	Water, skimmed milk powder, sugar, milk fat, cocoa powder, stabilizer (E460(i), E471, E466, E407), magnesium chloride, iodized salt, flavours.	110	77	1.8	10.3	55	--
Snacks to Choose in Moderation		DUTCH LADY Chococious 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 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	--

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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		DUTCH LADY Smart+ Milk Beverage	Water, skimmed milk powder, milk fat, vegetable oils, whey permeate powder, buttermilk powder, lactose, calcium carbonate, stabilizer (E460(i), E407, E466), flavours, emulsifier (E471), vitamin C, taurine, DHA powder (from microalgae oil), ferric pyrophosphate, vitamin E, niacin, zinc sulfate, vitamin B1, vitamin B6, calcium D - pantothenate, manganese sulfate, vitamin B2, vitamin A, folic acid, vitamin K1, potassium iodide, biotin, vitamin D3, vitamin B12. May contain soya products.	125	79	3.3	5.4	37	--
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), Whey Protein Powder, Lactobacillus delbrueckii subsp. bulgaricus, Streptococcus salivarius subsp. thermophilus. 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	--

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Snacks to Choose in Moderation		KOWLOON DAIRY Drinking Yogurt Blueberry	Fresh Milk, Sugar, Fructooligosaccharides (0.5% FOS by product weight), Blueberry Jam [Sugar, Water, Concentrated Blueberry Juice, Acidity Regulator (E330), Stabilizer (E415, E466), Colour (E123, E133), Flavouring], Milk Solids, Streptococcus salivarius subsp. thermophilus, Lactobacillus delbrueckii subsp. bulgaricus, Flavouring.	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		LB YOGURT CALCIUM DRINK	WATER, HIGH FRUCTOSE GLUCOSE SYRUP (JAPAN), FERMENTED MILK, SUGAR, SKIM MILK POWDER, POTASSIUM LACTATE, STABILIZER (440), ACID (330), FLAVOR & FLAVORING. THIS PRODUCT CONTAINS MILK.	200	102	0.0	12.0	14	0.0
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		MENGNIU PURE MILK	100% Fresh Milk	250	170	4.0	4.8	62	--

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Snacks to Choose in Moderation		Nestle Dairy Farm Fresh Milk 100%	Fresh Cows' Milk	236	159	3.9	4.5	56	--
Snacks to Choose in Moderation		Pauls 100% Australian Milk Pure Full Cream	Whole Milk Allergens: Milk.	250	159	3.4	5.0	60	--
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 Flavoured Milk Beverage Strawberry	Water, Skimmed Milk Powder, Sugar, Anhydrous Milk Fat, Emulsifiers (E471, E460(i), E466), Stabiliser (E407), Artificial Flavour, Colour (120). Allergens: Contains Milk. May Contain Traces of Walnuts, Peanuts, Soy, Fish.	110	84	2.8	9.9	48	0.0
Snacks to Choose in Moderation		Pauls UHT Recombined Flavoured Milk Beverage Vanilla	Water, Skimmed Milk Powder, Sugar, Anhydrous Milk Fat, Emulsifier (E471), Stabilisers (E407, E412), Artificial Flavours. Allergens: Contains Milk.	110	76	2.8	8.1	48	0.0
Snacks to Choose in Moderation		Seoul Chocolate Milk Beverage	Low Fat Milk (75.6%), Water, Refined Sugar, Liquefied Sugar, Chocolate Flavor (artificial), Cocoa Powder (Netherland (0.36%)/ Singapore (0.36%)), Stabilizer (E407), Salt.	200	125	1.5	9.5	43	--
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		SHINY MEADOW 3.6 100% FRESH MILK	100% Fresh Milk This product contain milk.	250	183	4.2	5.3	60	--

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Snacks to Choose in Moderation		SHINY MEADOW 4.0 100% FRESH MILK	100% Fresh Milk This product contain milk.	250	200	4.6	5.7	60	--
Snacks to Choose in Moderation		SHINY MEADOW PREMIUM 100% FRESH MILK	100% Fresh Milk	236	172	4.2	5.3	60	--
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) Produced in a factory where cereals containing gluten, peanuts, soybeans and tree nuts are also handled.	236	179	1.5	11.0	35	--
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		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 (RAW MILK SUGAR, ANHYDROUS BUTTER, MILK POWDER, LACTOSE (MILK PRODUCT)), SUGAR, EMULSIFIERS (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		KuangChuan Soya Milk	Water, Soybean, Sucrose, Emulsifier (Glycerol Esters of Fatty Acids). Contains soybean products. May contain traces of cereals containing gluten, egg, milk, peanut, tree nut products.	200	81	1.5	3.0	12	--
Snacks of Choice		Lactasoy Light Plus Collagen Soymilk	Soymilk (Water, Soybean), Sugar, Fibre (Inulin), Collagen, Mineral (Zinc), Vitamin (A, E, B1, B2, Biotin), Emulsifier (E322), Stabilizer (E331 (iii), E340 (ii)), Thickener (E418), Flavours. Contains soybean, fish products. May contain traces of milk products. (Per 250 mL: Vitamin A: 375ug, Zinc: 3.8mg, Biotin: 19.3ug, Omega 3: 243mg, Omega 6: 1667mg, Omega 9: 600mg.)	250	130	1.3	3.8	36	2.2
Snacks of Choice		Vitasoy Calci-Plus Hi-Calcium No Sugar Original Soya Milk	Water, Whole Soybeans, Tricalcium Phosphate, Stabilizer (460, 471, 418 and 466), Salt, Vitamin (D, B12 and B6). Contains Soybeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	250	53	1.2	0.0	40	--
Snacks of Choice		Vitasoy Calci-Plus Hi-Calcium Oat Soya Milk	Water, Whole Soybeans, Sugar, Malt Extract, Oat, Tricalcium Phosphate, Stabilizer (460 and 466), Salt, Acidity Regulator (500), Flavouring, Vitamin D. Contains Soybeans 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 Soybeans, Sugar, Tricalcium Phosphate, Stabilizer (460, 471, 418 and 466), Salt, Vitamin (D, B12 and B6). Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	250	83	1.2	3.6	40	--
Snacks of Choice		Vitasoy Low Sugar Malted Soyabean Milk	Water, Whole Soybeans, 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 Soybean 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	--

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Snacks of Choice		Vitasoy Pure Low Sugar Soyabean Extract	Water, Whole Soyabeans, Sugar, Sea Salt. Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	250	103	1.5	4.7	25	--
Snacks of Choice		Yeo's Soy Milk	Water, Soy Bean, Sugar.	250	108	1.5	4.9	0	--
Snacks to Choose in Moderation		KIKKOMAN SOYBEAN MILK (Caramel Flavoured)	Water, Soybeans, Sugar, Flavouring, Salt, Calcium lactate, Emulsifier (471), Thickener (407). CONTAINS SOYBEANS.	200	94	1.3	5.8	69	--
Snacks to Choose in Moderation		KIKKOMAN SOYBEAN MILK (Chocolate Mint Flavoured)	Water, Soybeans, Sugar, Rice bran oil, Cocoa powder, Flavouring, Thickener (460(i), 418, 407), Emulsifier [471 (hydrogenated oil)], Calcium lactate, Salt, Mint extract. CONTAINS SOYBEANS.	200	132	2.8	7.3	40	--
Snacks to Choose in Moderation		KIKKOMAN SOYBEAN MILK (Original)	Water, Soybeans, Sugar, Salt, Emulsifier [471 (hydrogenated oil)], Thickener (407), Flavouring.	200	90	2.4	1.4	78	--
Snacks to Choose in Moderation		KuangChuan Black Soya Milk	Water, Black Soybean, Sucrose. Contains soybean products. May contain traces of cereals containing gluten, egg, milk, peanut, tree nut products.	200	102	2.0	4.5	15	--
Snacks to Choose in Moderation		Lactasoy Black Sesame Soymilk	Soymilk (Water, Soybean), Sugar, Black Sesame, Sesame Oil, Mineral (Magnesium, Manganese, Phosphorus, Zinc, Selenium, Calcium, Iron), Maltodextrin, Vitamin (B1, B2, Niacin, Pantothenic Acid, B6, Folate, E, K), Emulsifier (E322), Stabilizer (E331(iii), E340 (ii), E466, E418), Flavours. Contains soybean products. May contain traces of fish, milk products. (Per 250mL: Vitamin B1: 0.5mg, Vitamin B2: 0.4mg, Vitamin B6: 0.5mg, Vitamin E: 3.3mg, Calcium: 307mg, Zinc: 3.9mg.)	250	150	2.4	5.2	38	0.4
Snacks to Choose in Moderation		Lactasoy Unsweetened Soymilk	Soymilk (Water, Soybean), Whole Milk Powder, Vegetable Fat (palm oil), Emulsifier (E322), Stabilizer (E331 (iii), E340 (ii), E466). Contains soybean, milk products. May contain traces of fish products.	250	110	2.4	1.0	39	--

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Snacks to Choose in Moderation		MARUSAN Organic Soybean Drink	Water, Organic Soybean (China, USA).	200	103	3.0	2.3	0	--
Snacks to Choose in Moderation		Otsuka Foods Unsweetened Soy Milk	Soybean Flour (Soybeans)	200	104	3.0	0.4	26	--
Snacks to Choose in Moderation		Otsuka Foods Unsweetened Soy Milk Rich	Soybean Flour (Soybeans)	200	140	4.0	0.6	0	--
Snacks to Choose in Moderation		PAK FOOK High Calcium Low Sugar Soya Milk	Water, Soya Bean, Sugar, Calcium Carbonate, Emulsifier (471, 491, 475, 473), Stabilizer (407, 412), Maltodextrin, Anti-caking Agent (900a). Allergen information: Contains soyabeans and soyabean products.	236	108	2.0	4.7	20	--
Snacks to Choose in Moderation		PAK FOOK High Calcium No Added Sugar Soya Milk	Water, Soya Bean, Calcium Carbonate, Emulsifier (471, 491, 475, 473), Stabilizer (407, 412), Maltodextrin, Anti-caking Agent (900a). Allergen information: Contains soyabeans and soyabean products.	236	90	2.5	0.7	15	--
Snacks to Choose in Moderation		PAK FOOK High Calcium Silky Soya Milk	Water, Soya Bean, Sugar, Calcium Carbonate, Emulsifier (471, 491, 475, 473), Stabilizer (407, 412), Maltodextrin, Anti-caking Agent (900a). Allergen information: Contains soyabeans and soyabean products.	236	141	2.4	5.9	16	--
Snacks to Choose in Moderation		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	132	2.3	4.9	10	--
Snacks to Choose in Moderation		SAN SUI HI-CALCIUM LOW SUGAR FRESH SOYA MILK	Water, Organic Soyabeans, Sugar, Tricalcium Phosphate, Stabilizer (418), Anti-foaming Agent (Organic Soyabean Oil, Anti-foaming Agent (511)). Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	236	109	1.7	3.8	10	--

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						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		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 (511)). Contains Soyabeans and Sesame products. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products are also handled.	236	109	1.7	3.8	10	--
Snacks to Choose in Moderation		SAN SUI NO ADDED SUGAR FRESH SOYA MILK	Water, Organic Soyabeans, Anti-foaming Agent (Organic Soyabean Oil, Anti-foaming Agent (511)). Contains Soyabeans. Produced in a factory where cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	236	104	2.4	1.0	10	--
Snacks to Choose in Moderation		Tao Ti Five Black Soy Milk	Water, Sugar, Black Sesame, Organic Soybean, Black Rice, Black Quinoa, Black Mulberry, Black Goji Berry, Emulsifier (460(i), 466, 473, Soy Lecithin (Enzymatic), 472g), Antioxidant (316, 306), Acidity Regulator (500(ii), 331), Salt.	250	120	1.7	6.8	20	--
Snacks to Choose in Moderation		Tao Ti Soy Milk	Water, Organic Soybean, Polydextrose (Dietary Fibre), Sugar, Acidity Regulator (500(ii)), Salt.	250	100	2.0	2.0	25	3.0
Snacks to Choose in Moderation		Vitasoy Calci-Plus Hi-Calcium High Protein Soya Milk	Water, Whole Soybeans, Sugar, Soy Protein Isolate, Tricalcium Phosphate, Flavouring, Stabilizer (471, 460, 418, 466 and 340), 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	113	1.6	2.5	50	--
Snacks to Choose in Moderation		Vitasoy Calci-Plus Hi-Calcium Plant Sterol Soya Milk	Water, Whole Soybeans, 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 Low Sugar Banana Soybean Milk	Water, Soyabeans, Sugar, Milk Solid, Maltodextrin, Soybean Oil, Banana Juice, Flavouring, Acidity Regulator (340 and 500), Salt, Emulsifier (471), Stabilizer (407), Colour (160a(i)), Vitamin (Niacinamide, B6 and B2). Contains Soyabeans and Milk. Produced in a factory where cereals containing gluten, tree nuts, peanut products and sesame products are also handled.	250	120	1.9	5.0	48	--

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 Low Sugar Peach Soybean Milk	Water, Soyabeans, Sugar, Milk Solid, Maltodextrin, White Peach Juice, Soyabean Oil, Flavouring, Fructose, Acidity Regulator (340 and 500), Salt, Emulsifier (471), Stabilizer (407), Colour (160a(i)), Vitamin (Niacinamide, B6 and B2). Contains Soyabeans and Milk. Produced in a factory where cereals containing gluten, tree nuts, peanut products and sesame products are also handled.	250	118	1.9	5.0	48	--
Snacks to Choose in Moderation		Vitasoy Low Sugar Strawberry Soybean Milk	Water, Soyabeans, Sugar, Milk Solid, Strawberry Juice, Maltodextrin, Fructose, Flavouring, Acidity Regulator (500), Salt, Emulsifier (471), Stabilizer (466), Colour (160a(i)), Vitamin (Niacinamide, B6 and B2). Contains Soyabeans and Milk. Produced in a factory where cereals containing gluten, tree nuts, peanut products and sesame products are also handled.	250	123	1.7	5.0	55	--
Snacks to Choose in Moderation		Vitasoy Malted Soybean 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 No Added Sugar Soybean Milk	Water, Whole Soybeans, Milk Solid, Dietary Fibre, Erythritol, 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.	250	90	1.7	1.5	30	--
Snacks to Choose in Moderation		Vitasoy Pure Low Sugar Black Soyabean Extract	Water, Whole Soyabeans (Soyabeans and Black Soyabeans), Sugar, Black Sesame, Sea Salt. Contains Soyabeans and Sesame Product. Produced in a factory where cereals containing gluten, milk, tree nuts and peanut products are also handled.	250	113	1.8	4.9	30	--
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	--

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)
Chinese Beverages / Herbal Tea									
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, Colour (150d).	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		Tao Ti Longan Red Date Ginger Drink	Water, Sugar, Red Date Juice, Longan Juice, Goji Berry Juice, Antioxidant (331, 301), Ginger Juice.	250	70	0.0	6.8	16	--
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. Produced in a factory where soyabeans, cereals containing gluten, milk, tree nuts, peanut products and sesame products are also handled.	250	63	0.0	6.2	30	--
Fruit Juice									
Snacks to Choose in Moderation		Dairy APPLE 100%	Water, Apple, Flavor.	200	90	0.0	11.1	2	--
Snacks to Choose in Moderation		Hollinger Organic Apple Cherry Cloudy School Juice	Apple juice* 55%, water, sour cherry juice* 5%. *From organic farming.	200	58	0.5	6.6	4	--
Snacks to Choose in Moderation		Hollinger Organic Apple Cloudy Juice	Apple juice*, water. *From organic farming.	200	56	0.5	6.3	4	--
Snacks to Choose in Moderation		Hollinger Organic Pear Cloudy Juice	Pear juice*, water, antioxidant: ascorbic acid. *From organic farming.	200	50	0.5	5.4	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 Juice	Grape juice*, water. *From organic farming.	200	76	0.5	9.0	4	--
Snacks to Choose in Moderation		ITO NOEN MIKAN JUICE	UNSHU MANDARIN *THIS PRODUCT MAY CONTAIN TRACES OF GLUTEN, SOYBEAN.	180	72	0.1	10.4	0	--
Snacks to Choose in Moderation		ITOEN APPLE AND MIXED FRUIT DRINK	WATER, FRUIT (APPLE, CAMU CAMU), ACIDITY REGULATOR (E330).	200	97	0.0	11.0	8	--
Snacks to Choose in Moderation		KOH COCONUT 100% Coconut Water	100% Coconut Water	250	47	0.0	4.2	17	--
Snacks to Choose in Moderation		LB FRUIT VINEGAR MIXED POMEGRANATE FLAVOR	WATER, APPLE JUICE (CHINA), POMEGRANATE JUICE, APPLE VINEGAR, FLAVOR & FLAVORING, ANTIOXIDANT (300).	200	92	0.2	11.0	8	--
Snacks to Choose in Moderation		Meiji Anpanman apple juice	Apple, flavours.	125	59	0.0	11.6	9	--
Snacks to Choose in Moderation		Meiji Anpanman grape & apple juice	Fruit (grape, apple), flavours.	125	55	0.0	10.8	5	--
Snacks to Choose in Moderation		mySmoothie Blueberry	Apple juice* 54%, banana puree 20%, blueberry puree 10%, grape juice*10%, raspberry puree 5%, aronia juice* 1%. *From concentrate.	250	128	0.2	10.0	8	0.0
Snacks to Choose in Moderation		mySmoothie 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

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		ORIGINA BLACKCURRANT Fruit Juice Drink	Water, blackcurrant juice concentrate (10%), apple juice concentrate, vitamin C (200mg), blackcurrant flavour, preservative (E202).	200	42	0.0	4.6	8	--
Snacks to Choose in Moderation		PLEIN FRUIT Apple Juice - from Concentrate	Apple juice from concentrate (water, apple juice concentrate). Contains naturally occurring sugar.	200	100	0.0	10.5	0	--
Snacks to Choose in Moderation		PLEIN FRUIT Orange Juice - from Concentrate	Orange juice from concentrate (water, orange juice concentrate), vitamin C. Contains naturally occurring sugar.	200	90	0.0	8.0	0	--
Snacks to Choose in Moderation		PLEIN FRUIT Pineapple Juice - from Concentrate	Reconstituted pineapple juice (water, pineapple juice concentrate).	200	100	0.0	9.6	0	--
Snacks to Choose in Moderation		Rabenhorst 100% Cranberry Juice	100% Cranberry Juice	125	26	0.0	4.8	12	0.0
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 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		SANGARIA 100% RED GRAPE JUICE	GRAPE, FLAVOURING.	190	89	0.0	9.4	5	--
Snacks to Choose in Moderation		SANGARIA FRUIT MIX JUICE 100%	FRUIT (APPLE, ORANGE, PINEAPPLE, PEACH, GRAPE), FLAVOURING, VITAMIN C.	190	87	0.0	9.7	20	--

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		SECOMA 100% APPLE DRINK	WATER, APPLE, FLAVOURING, ANTIOXIDANT (E300).	200	88	0.0	10.9	0	--
Snacks to Choose in Moderation		SECOMA 100% GRAPEFRUIT DRINK	WATER, GRAPEFRUIT, FLAVOURING.	200	78	0.0	9.5	8	--
Snacks to Choose in Moderation		SECOMA 100% PINEAPPLE DRINK	WATER, PINEAPPLE, FLAVOURING, STABILIZER (E440).	200	102	0.0	12.5	6	--
Snacks to Choose in Moderation		SIMPLY KIDS Apple Juice	Apple Juice (water, apple juice concentrate), Acidity Regulator (296), Vitamin C.	125	62	0.0	10.8	0	--
Snacks to Choose in Moderation		SIMPLY KIDS Orange Juice	Orange Juice (water, orange juice concentrate), Vitamin C.	125	58	0.0	9.6	48	--
Snacks to Choose in Moderation		SK Special Apple Juice	Apple Juice made with Concentrate Apple Juice	250	133	0.0	10.1	4	--
Snacks to Choose in Moderation		SK Special Orange Juice	Orange Juice made with Concentrate Orange Juice	250	128	0.5	8.8	4	--
Snacks to Choose in Moderation		Sunraysia 99.9% Juice Prune No Added Sugar	99.9% Reconstituted Prune Juice, Preservative (Potassium Sorbate).	250	158	0.0	8.6	5	1.2
Snacks to Choose in Moderation		Tipco 99.968% APPLE & GRAPE JUICE	APPLE JUICE FROM APPLE JUICE CONCENTRATE, GRAPE JUICE FROM GRAPE JUICE CONCENTRATE, VITAMIN C.	110	48	0.0	9.4	10	0.0

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		Tipco 99.968% MIXED VEGGIE & FRUIT JUICE	SPINACH JUICE FROM SPINACH JUICE CONCENTRATE, KIWI FRUIT JUICE FROM KIWI FRUIT JUICE CONCENTRATE, GRAPE JUICE FROM GRAPE JUICE CONCENTRATE, ORANGE JUICE FROM ORANGE JUICE CONCENTRATE, PINEAPPLE JUICE, VITAMIN C.	110	46	0.0	9.6	22	0.0
Snacks to Choose in Moderation		Tipco 99.968% SHOGUN ORANGE JUICE	SHOGUN ORANGE JUICE, VITAMIN C.	110	46	0.0	9.3	10	0.0
Snacks to Choose in Moderation		TOPVALU TV BP APPLE JUICE	WATER, APPLE (CHINA), FLAVOR & FLAVORING, ANTIOXIDANT (300).	200	94	0.0	11.7	6	0.0
Snacks to Choose in Moderation		TOPVALU TV BP GRAPE JUICE	WATER, GRAPE, FLAVOR & FLAVORING.	200	103	0.0	12.7	0	0.0
Snacks to Choose in Moderation		TOPVALU TV BP GRAPEFRUIT JUICE	WATER, GRAPEFRUIT (MEXICO, SOUTH AFRICA), FLAVOR & FLAVORING.	200	75	0.0	8.9	6	0.1
Snacks to Choose in Moderation		TOPVALU TV BP ORANGE JUICE	WATER, ORANGE (SPAIN, BRAZIL), FLAVOR & FLAVORING.	200	93	0.0	10.7	0	0.2
Snacks to Choose in Moderation		TOPVALU TV BP PINEAPPLE JUICE	WATER, PINEAPPLE (PHILIPPINES, COSTA RICA), FLAVOR & FLAVORING.	200	102	0.0	12.3	19	0.2
Snacks to Choose in Moderation		Tree Top 100% Apple Juice	100% Pure Apple Juice from concentrate (Water, Pure Apple Juice from concentrate). Produced in a factory where mango, peanut, sesame, milk, egg, nuts, cereals containing gluten and soybean products is also handled.	200	94	0.0	10.3	7	--
Snacks to Choose in Moderation		Tree Top 100% Orange Juice	100% Pure Orange Juice from concentrate (Water, Pure Orange Juice from concentrate). Produced in a factory where mango, peanut, sesame, milk, egg, nuts, cereals containing gluten and soybean products is also handled.	200	89	0.0	9.2	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		Woolworths Apple & Blackcurrant Juice	Reconstituted Fruit Juices (Apple (98%) and Blackcurrant (1%)), Acidity Regulator (Citric Acid), Vitamin C, Natural Flavour.	250	109	0.1	10.0	<5	0.1
Snacks to Choose in Moderation		Woolworths Apple Juice	Reconstituted Apple Juice (99%), Acidity Regulator (Citric Acid), Vitamin C, Natural Flavour.	250	109	0.1	10.0	<5	0.1
Vegetable Juice									
Snacks of Choice		KAGOME Tomato Juice	Water, Concentrated Tomato Juice.	200	42	0.0	3.4	31	--
Snacks of Choice		KAGOME 野菜一日一本 Light [^]	蔬菜（白菜（辣椒）、番茄、胡蘿蔔、姜、孢子甘藍（小面紗）、羽衣甘藍、辣椒、菠菜、西蘭花、明天、甜菜、白菜、日本芥菜、菠菜、南瓜、歐芹、水生菜、蘆筍、芹菜、玉米、圖案包、豌豆、紫薯、白菜、生菜、洋蔥、白蘿蔔、紫甘藍、紅辣椒、花椰菜、茄子）、檸檬汁。	200	32	0.0	3.1	59	--
Snacks of Choice		KAGOME 糖質OFF野菜汁 [^]	蔬菜（白菜、芹菜、番茄、菠菜、紅沙丁魚、蘆筍、捲心菜、茄子、白蘿蔔、羽衣甘藍、生菜、油菜、歐芹、甜菜、南瓜）、檸檬汁、香料。	200	22	0.0	2.3	80	--
Snacks to Choose in Moderation		ITOEN FULL VEGETABLES RISOU NO CARROT	CONCENTRATED CARROT, CARROT.	200	73	0.0	5.9	59	--
Snacks to Choose in Moderation		ITOEN TOMATO DRINK	TOMATO JUICE (CONCENTRATED TOMATOES)	200	75	0.0	5.8	116	--
Snacks to Choose in Moderation		KAGOME Japan Kagome Less 30% Carbohydrate Lemon Vegetable Juice	Vegetables (Carrots (Imported), Komatsuna, Kale, Broccoli, Green Pepper, Spinach, Asparagus, Red Perilla, Radish, Chinese Cabbage, Celery, Brussels Sprouts (Petit Vert), Purple Cabbage, Beets, Onions, Lettuce, Cabbage, Parsley, Watercress, Pumpkin), Fruits (Lemon, Apple, Lime), Fermented Carrot Juice/Flavoring, Vitamin C, Citric Acid (This Product Contains Apple).	200	45	0.0	5.3	5-38	--

[^] Information available in Chinese only

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		KAGOME Japan Kagome Nori Life Sugar-Free Carrot Juice	Concentrated carrots (carrots (New Zealand or America))	200	66	0.0	7.3	1-148	--
Snacks to Choose in Moderation		KAGOME Vegetable and Fruit Mixed Juice	Water, Concentrated Vegetable Juice (Tomato, Carrot, Brussels Sprouts, Kale, Komatsuna, Broccoli, Bell Pepper, Spinach, Asparagus, Red Perilla, Japanese Radish, Chinese Cabbage, Celery, Red Cabbage, Red Beet, Onion, Lettuce, Cabbage, Parsley, Watercress, Pumpkin), Concentrated Lemon Juice.	200	63	0.0	5.5	99	--
Snacks to Choose in Moderation		KAGOME Vegetable and Fruit Mixed Juice Botanical Beverage Mix	Water, Concentrated Vegetable Juice (Carrot, Komatsuna, Kale, Broccoli, Bell Pepper, Spinach, Asparagus, Red Perilla, Japanese Radish, Chinese Cabbage, Celery, Brussels Sprouts, Red Cabbage, Red Beet, Onion, Lettuce, Cabbage, Parsley, Watercress, Pumpkin), Concentrated Fruit Juice (Apple, Orange, Lemon), Natural Flavour, Vitamin C.	200	67	0.0	6.5	69	--
Snacks to Choose in Moderation		KAGOME Vegetables for One Day Triple Care	Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Tomato, Carrot, Kale, Bell Pepper, Brussels Sprouts, Spinach, Broccoli, Ashitaba Leaf, Red Beet, Chingensai (Chinese Cabbage), Komatsuna (Mustard Spinach), Pumpkin, Parsley, Watercress, Asparagus, Celery, Ginger, Corn, Burdock, Green Pea, Violet Sweet Potato, Cabbage, Lettuce, Onion, Japanese Radish, Red Cabbage, Red Perilla, Cauliflower, Eggplant, Chinese Cabbage), Lemon Juice.	200	70	0.0	5.7	57	1.2
Other Drinks									
Snacks of Choice		Oatly Oat Drink Original	Water, oats 10%, rapeseed oil, minerals (calcium carbonate, tricalcium phosphate, dicalcium phosphate), salt. Allergen: Contains gluten and oats.	250	110	1.5	4.5	50	0.8
Snacks of Choice		Vitasoy VitaOat Chocolate Oat Milk	Water, Oat Powder (4.8%), Sugar, Cocoa Powder, Malt Extract, Tricalcium Phosphate, Rapeseed Oil, Flavouring, Stabilizer (460, 466 and 418), Salt, Acidity Regulator (340), Emulsifier (417). Contains Cereals Containing Gluten. Produced in a factory where soyabeans, milk, tree nuts, peanut products and sesame products are also handled.	250	108	0.9	5.0	85	--

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 of Choice		Vitasoy VitaOat Original Oat Milk	Water, Oat Powder (6%), Sugar, Rapeseed Oil, Tricalcium Phosphate, Acidity Regulator (340), Stabilizer (460, 418 and 466), Calcium Carbonate, Salt. Contains Cereals Containing Gluten. Produced in a factory where soyabeans, milk, tree nuts, peanut products and sesame products are also handled.	250	108	1.5	2.3	45	--
Snacks to Choose in Moderation		137 Degrees Almond Milk Unsweetened	Almond Milk (Filtered water 82%, Whole almonds (tree nut) (from California) 13%), Sunflower seeds 5%. Contains: Tree nut	180	74	2.7	0.5	32	0.6
Snacks to Choose in Moderation		137 Degrees Oat Milk Original	Fresh oat milk 99%, Unrefined sugar 1%. Contains: Oats	180	120	3.4	3.6	67	0.6
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	180	110	4.3	1.7	16	0.9
Snacks to Choose in Moderation		Hollinger Organic Multi Sun School Juice	Mixed fruit juice* from concentrate 53% (apple*, peach*, orange*, mango*, lemon*, passion fruit*, pineapple*), water, carrot juice* from concentrate 7%. *From organic farming.	200	50	0.5	5.4	4	--
Snacks to Choose in Moderation		Tsukuba Rich Almond Milk High in Dietary Fiber	Almond (Tree Nuts), Inulin (Dietary Fiber).	125	78	4.5	1.1	0	--
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 (E and 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	--

Last updated: August 2026