

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
穀物類									
限量選擇		超值牌 麥芽酥餅	小麥粉、棕櫚油、白砂糖、麥芽精、食鹽、麥芽糖、酵母、膨脹劑 [E500(ii)] 。 此產品含有麩質的穀類。	22	100	16.3	5.1	463	2.2
限量選擇		Bourbon Five Grain Biscuits^	Wheat Flour, Whole Wheat Flour, Vegetable Fat And Oil (Contains Sesame), Sugar, Milk Based Foods, Black Soybean Powder, Sesame Paste, Salt, Brown Rice, Shortening, Sesame, Barley Flour, Defatted Wheat Germ, Yeast, Mochiawa Powder, Glutinous Prosomillet Powder, Yeast Extract Powder, Raising Agent (E500 (ii), E503 (ii)), Modified Starch (From Wheat), Emulsifier (E473, E322 (From Soybean)), Flavours (From Sesame), Enzyme, Yeast Food (From Wheat), Antioxidant (Vitamin E), Vitamin C. Contains cereals containing gluten, milk, soybean products. May contain traces of egg products.	18	80	14.8	13.1	455	5.1
限量選擇		EDO 麥纖千層酥	小麥粉、植物油 (大豆) 、小麥胚芽、白砂糖、芝麻、麥微纖。 過敏提示：含有麩質的穀類及大豆製品。工廠可能生產花生、堅果及蛋類製品。	12	57	16.7	15.0	92	6.7
限量選擇		家樂氏 原味玉米片	粟米、糖、麥芽萃取、碘鹽、維生素C、鐵 (磷酸鐵、還原鐵) 、抗氧化劑 (混合生育酚濃縮物) 、菸鹼醯胺、氧化鋅、維生素A、維生素B6、維生素B12、維生素B2、維生素B1、葉酸。 含有麩質和大豆。本產品生產製程廠房，其設備或生產管線有處理微量花生、堅果和牛奶。	25	94	1.0	8.0	460	2.6
限量選擇		MADEGOOD Crispy Squares Vanilla^	Rice crisps* (Rice*, Cane Juice Sugar*, Salt, Brown Rice Syrup*), Invert Cane Syrup*, Brown Rice Syrup*, Vegetable Glycerin*, Water, Palm Fruit Oil†, Inulin*, Rice Protein*, Natural Flavor*, Tapioca Starch*, Sea Salt, Vegetable Extracts (Broccoli, Spinach, Shiitake Mushroom, Beet), Xanthan Gum, Vanilla Extract*. *Organic. †Sustainable.	22	80	2.3	31.8	455	4.5
限量選擇		MADEGOOD Organic Chewy Granola Bars Mixed Berry^	Pure Gluten Free Oats*, Agave Syrup*, Brown Rice Syrup*, Raisins*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps* (Brown Rice Flour*, Brown Rice Syrup*, Sea Salt), Gluten Free Oat Flour*, Dried Cranberries* (Cranberries*, Apple Juice Concentrate*, Sunflower Oil*), Currants*, Freeze-dried Raspberries*, Natural Flavor*, Vegetable Extracts (Shiitake Mushroom, Spinach, Beet, Broccoli), Agar*. *Organic.	24	100	8.3	25.0	21	8.3
限量選擇		MADEGOOD Organic Granola Bites Chocolate Banana^	Pure Gluten Free Oats*, Dried Banana*, Chocolate Chips (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Cane Sugar*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps* (Brown Rice Flour*, Brown Rice Syrup*, Sea Salt), Inulin*, Tapioca Starch*, Vegetable Extracts (Shiitake Mushroom, Spinach, Beet, Broccoli), Natural Flavor*. *Organic.	24	100	14.6	25.0	21	8.3

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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		MADEGOOD Organic Granola Bites Chocolate Chip^	Pure Gluten Free Oats*, Chocolate Chips* (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Cane Sugar*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps* (Brown Rice Flour*, Brown Rice Syrup*, Sea Salt), Inulin*, Dried Apple*, Tapioca Starch*, Natural Flavor*, Vegetable Extracts (Shiitake Mushroom, Spinach, Beet, Broccoli). *Organic.	24	110	16.7	25.0	21	8.3
限量選擇		MADEGOOD Organic Granola Bites Strawberry^	Pure Gluten Free Oats*, Cane Sugar*, Dried Strawberries* (Strawberries*, Apple Juice Concentrate*, Rice Flour*, Sunflower Oil*), Dried Apple*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps* (Brown Rice Flour*, Brown Rice Syrup*, Sea Salt), Inulin*, Tapioca Starch*, Natural Flavor*, Vegetable Extracts (Shiitake Mushroom, Spinach, Beet, Broccoli). *Organic.	24	100	10.4	25.0	21	8.3
限量選擇		Meadows 5紅小麥梳打	小麥粉、棕櫚油、洋蔥粉 [黃洋蔥 (4.2%)、紅洋蔥 (0.04%)]、豆穀粉 [紅米 (0.6%)、紅豆 (0.5%)、紅棗 (0.4%)、花生 (0.3%)、枸杞 (0.2%)]、鹽、色素 (INS162)、碳酸鈣、酵母、膨脹劑 (INS500(ii))、色素 (INS100(ii))。 此產品含有麩質的穀類 (小麥)、花生及其製品。生產此食品的廠房亦處理蛋類、奶類、大豆、木本堅果、堅果及其製品。	19	85	17.1	2.9	538	2.7
限量選擇		Meadows 燕麥梳打餅	小麥粉 (77%)、棕櫚油、燕麥片 (5%)、鹽、碳酸鈣、膨脹劑 (INS500(ii))、酵母。 此產品含有麩質的穀類 (小麥及燕麥) 及其製品。生產此食品的廠房亦處理麩質 (大麥)、蛋類、奶類、木本堅果及堅果、花生、亞硫酸鹽、大豆類及其製品。	19	86	21.2	0.7	470	3.0
限量選擇		Meadows 原味梳打餅	小麥粉 (79%)、棕櫚油、碳酸鈣、鹽、酵母、膨脹劑 (INS500(ii))。 此產品含有麩質的穀類 (小麥) 及其製品。生產此食品的廠房亦處理蛋類、奶類、木本堅果及堅果、花生、亞硫酸鹽、大豆類及其製品。	19	91	23.9	0.0	466	3.1
限量選擇		Meadows 減鹽亞麻籽梳打餅乾	小麥粉、水、起酥油 (棕櫚油)、亞麻籽 (4%)、玉米澱粉、膨脹劑 [INS503(ii)、INS500(ii)]、麵粉處理劑 [INS170(i)、INS1100、INS1101(i)]、鹽、木薯澱粉、酵母、木聚糖酶。 此產品含有麩質 (小麥)。生產此食品的廠房亦處理奶類、蛋類、花生、亞硫酸鹽、大豆類、魚類、甲殼類動物、木本堅果、堅果及其製品。	21	93	15.2	1.2	220	4.0
限量選擇		Meadows 減鹽梳打餅乾	小麥粉、水、起酥油 (棕櫚油)、玉米澱粉、植物油 (棕櫚油)、膨脹劑 [INS503(ii)、INS500(ii)]、麵粉處理劑 [INS170(i)、INS1100、INS1101(i)]、木薯澱粉、鹽、酵母、木聚糖酶。 此產品含有麩質 (小麥)。生產此食品的廠房亦處理奶類、蛋類、花生、亞硫酸鹽、大豆類、魚類、甲殼類動物、木本堅果、堅果及其製品。	21	90	13.6	2.1	316	3.1
限量選擇		Meadows 海苔梳打餅	小麥粉 (77%)、棕櫚油、海苔 (1.3%)、碳酸鈣、鹽、酵母、雞粉 [雞肉粉、酵母提取物、鹽、糖、水解植物蛋白 (大豆)、麥芽提取物 (大麥)、葡萄糖、胡椒、大蒜粉、增味劑 (INS621、INS627、INS631)、抗結劑 (INS551)]、膨脹劑 [INS500(ii)]。 此產品含有麩質的穀類 (小麥、大麥)、大豆類及其製品。生產此食品的廠房亦處理蛋類、奶類、木本堅果及堅果、花生、亞硫酸鹽及其製品。	19	85	18.7	0.0	507	3.8

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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		Meadows 芝麻梳打餅	小麥粉 (77%)、棕櫚油、芝麻 (2.8%)、碳酸鈣、鹽、酵母、膨脹劑 [INS500(ii)]。 此產品含有麩質的穀類 (小麥) 及其製品。生產此食品的廠房亦處理蛋類、奶類、木本堅果及堅果、花生、亞硫酸鹽、大豆類及其製品。	19	93	26.0	0.0	454	3.3
限量選擇		Meadows 香蔥梳打餅	小麥粉 (77%)、棕櫚油、碳酸鈣、香蔥 (0.9%)、鹽、雞粉 [雞肉粉、酵母提取物、鹽、糖、水解植物蛋白 (大豆)、麥芽提取物 (大麥)、葡萄糖、胡椒、大蒜粉、增味劑 (INS621、INS627、INS631)、抗結劑 (INS551)]、大蒜粉、酵母、膨脹劑 [INS500(ii)]。 此產品含有麩質的穀類 (小麥、大麥)、大豆類及其製品。生產此食品的廠房亦處理蛋類、奶類、木本堅果及堅果、花生、亞硫酸鹽及其製品。	19	87	20.9	0.0	373	3.6
限量選擇		明治 薄脆餅乾	小麥粉、植物油 (棕櫚油、完全氫化菜籽油)、牛油 (奶類製品)、鹽、膨脹劑 (E500)、(麥芽提取物、大麥芽粉) (含有麩質的穀類)、酵母、麵筋粉 (大豆、鹽)、麵團調節劑 [玉米澱粉、麵粉處理劑 (氯化銨、碳酸鈣)]。 本產品含有麩質的穀類、奶類及大豆製品。	26	116	12.5	1.5	487	1.6
限量選擇		Nestlé Finesse Red Berries Breakfast Cereal Bar^	Cereal Grains [Wholegrain Wheat (Gluten) (17%), Wholegrain Oats (Gluten) (11%), Rice, Wholegrain Wheat Flour (Gluten) (7%), Rice Flour, Corn Semolina], Glucose Syrup (Wheat), Sugar, Vegetable Oils (Coconut , Shea, Sunflower), Invert Sugar Syrup, Skimmed Milk Powder (Cow's Milk), Humectant (Glycerol), Sweetened Cranberries [Dried Cranberries (2%), Sugar], Powdered Strawberries [Strawberries (1%), Maltodextrin, Acidity Regulator (Citric Acid)], Minerals (Calcium Carbonate, Ferrous Fumarate, Reduced Iron), Maltodextrin, Freeze-Dried Strawberries (1%), Salt, Barley Malt Extract (Gluten) , Emulsifier (Lecithin), Natural Flavouring, Vitamins (B3, B5, B9, B6, B2), Acidity Regulator (Citric Acid), Molasses, Antioxidant [Mixed Tocopherol Concentrate (Soya)], Colour (Beta Carotene). Allergen information: Contains cereals containing gluten, milk, soyabean and tree nut products.	24	96	10.2	21.3	170	4.7
限量選擇		雀巢 蜂蜜星星穀類早餐	穀物 [全穀小麥 (40%)、玉米粉]、糖、蜂蜜 (3.5%)、綜合礦物質 (碳酸鈣、還原鐵)、非氫化棕櫚油、加碘食鹽 (氯化鈉、碘酸鉀)、香料 / 調味劑 (香蘭素、蜂蜜)、抗氧化劑 (混合濃縮生育醇 / 混合生育酚濃縮物)、綜合維生素 (菸鹼醯胺 / 維生素B3 / 菸酰胺、本多酸鈣 / 維生素B5、維生素B6、維生素B2、葉酸 / 維生素B9)、著色劑 / 色素 (β-胡蘿蔔素)。 致敏物提示：含有麩質的穀類及大豆製品。可能含有微量木本堅果及牛奶製品。	20	74	2.5	25.0	115	6.0
限量選擇		雀巢 可可脆片穀類早餐	穀物 [全穀小麥粉 (34.0%)、小麥粉 (32.0%)、玉米粉]、糖、大麥麥芽提取物 (大麥麥芽、木薯粉)、減脂可可粉、礦物質 (碳酸鈣、還原鐵)、非氫化棕櫚油、加碘食鹽 (氯化鈉、碘酸鉀)、穩定劑 (正磷酸三鈉)、調味劑、抗氧化劑 (混合生育酚濃縮物)、維生素 (B3、B5、B6、B2、B9)。 致敏物提示：含有麩質的穀類及大豆製品。可能含有微量木本堅果及奶類製品。	25	90	2.4	26.4	180	5.6

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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		Nestlé KOKO KRUNCH Breakfast Cereal Bar [^]	Cereal Grains [Wholegrain Wheat Flour (35%), Corn Semolina, Rice Flour], Glucose Syrup, Invert Sugar Syrup, Vegetable Oils (Sunflower, Coconut , Shea), Sugar, Humectants (Sorbitol Syrup, Glycerol), Skimmed Milk Powder, Cocoa Powder (3%), Barley Malt Extract, Minerals (Calcium Carbonate, Ferrous Fumarate), Maltodextrin, Salt, Emulsifier (Lecithin), Vitamins (B3, B5, B9, B6, B2), Antioxidant [Mixed Tocopherol Concentrate (Soya)]. Allergen information: Contains cereals containing gluten, milk, soyabean and tree nut products.	25	105	12.0	22.4	148	5.2
限量選擇		雀巢 美祿可可球穀類早餐	穀物 [全穀小麥粉 (35.2%) 、小麥粉、玉米粉] 、糖、大麥麥芽精 (大麥麥芽、木薯粉) 、減脂可可粉、礦物質 (碳酸鈣、還原鐵) 、非氫化棕櫚油、脫脂奶粉、加碘食鹽 (氯化鈉、碘酸鉀) 、乳化劑 (大豆卵磷脂) 、天然調味劑、抗氧化劑 (混合生育酚濃縮物) 、維生素 (B3、B5、B6、B2、B9) 。 致敏物提示：含有麩質的穀類、牛奶及大豆製品。可能含有微量木本堅果。	25	90	3.2	24.8	160	7.2
限量選擇		Nestlé MILO Breakfast Cereal Bar [^]	Cereal Grains [Wholegrain Wheat Flour (34%), Corn Semolina, Rice Flour], Glucose Syrup, Sugar, Vegetable Oils (Coconut , Shea, Sunflower), Humectants (Sorbitol Syrup, Glycerol), Invert Sugar Syrup, Barley Malt Extract, Skimmed Milk Powder, Minerals (Calcium Carbonate, Ferrous Fumarate), Cocoa Powder, Maltodextrin, Salt, Emulsifier (Lecithin), Vitamins (B3, B5, Folic Acid, B6, B2), Antioxidant [Tocopherol Mixed Concentrate (Soya)]. Allergen information: Contains cereals containing gluten, milk, soyabean and tree nut products.	24	99	10.6	22.6	179	5.1
限量選擇		太平 奶鹽味梳打餅乾	小麥粉、非氫化棕櫚油 [含抗氧化劑TBHQ (E319)] 、膨脹劑 (碳酸氫銨、碳酸氫鈉、正磷酸一鈣) 、乳粉、豌豆纖維、全麥粉0.9%、食鹽 (含海鹽3.5%) 、碳酸鈣、鮮酵母、酵母提取物、大麥麥芽提取物、抗氧化劑 (抗壞血酸) 、調味劑、乳化劑 (乳酰化硬脂酸鈉) 。 本品所使用之添加物為植物來源或人工合成。 致敏物信息：含有牛奶、小麥、其他含麩質之穀物。 此生產線也生產含有蛋類和芝麻的餅乾。	25	119	21.6	4.2	470	3.0
限量選擇		太平 芝麻味梳打餅乾	小麥粉、非氫化棕櫚油 [含抗氧化劑TBHQ (E319)] 、芝麻1.56%、膨脹劑 (碳酸氫銨、碳酸氫鈉、正磷酸一鈣) 、豌豆纖維、全麥粉0.9%、食鹽、碳酸鈣、鮮酵母、調味劑、大麥麥芽提取物、酵母提取物、抗氧化劑 (抗壞血酸) 、乳化劑 (乳酰化硬脂酸鈉) 。 本品所使用之添加物為植物來源或人工合成。 致敏物信息：含有芝麻、小麥、其他含麩質之穀物。 此生產線也生產含有蛋類和牛奶的餅乾。	25	122	22.7	4.5	496	3.2
限量選擇		太平 香蔥味梳打餅乾	小麥粉、非氫化棕櫚油 [含抗氧化劑TBHQ (E319)] 、膨脹劑 (碳酸氫銨、碳酸氫鈉、正磷酸一鈣) 、洋蔥粉、全麥粉0.9%、豌豆纖維、香蔥0.9%、食鹽、碳酸鈣、調味劑、鮮酵母、大麥麥芽提取物、酵母提取物、乳化劑 (乳酰化硬脂酸鈉) 。 本品所使用之添加物為植物來源或人工合成。 致敏物信息：含小麥、其他含麩質之穀物。 此生產線也生產含有蛋類、牛奶和芝麻的餅乾。	25	118	21.2	4.2	472	3.3
限量選擇		佳之選 杏仁方塊酥	麵粉、砂糖、植物油 (棕櫚油) 、杏仁粉。 此產品含有木本堅果及麩質的穀類。	15	71	17.3	14.0	0	1.6

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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		佳之選 芝麻方塊酥	麵粉、砂糖、植物油 (棕櫚油)、黑芝麻。 生產此食品的廠房亦處理木本堅果及其製品。	15	72	18.0	14.6	0	0.8
限量選擇		多多 即沖黑芝麻藜麥片	燕麥、黑芝麻、增稠劑 (E1412)、糖、有機藜麥片、黑豆粉。 本產品可能含有微量奶類製品、木本堅果、黑芝麻、花生和麩質。	28	109	14.6	11.8	0	12.9
蔬菜類									
限量選擇		Kwang Cheon Kim Baby Shark Organic Kids Crispy Seaweed ^	Laver 100% This product is manufactured in a facility that also processes products containing egg, milk, soybean, buckwheat, peanut, wheat, mackerel, crab, shrimp, sulfurous acid, peach, tomato, walnut, chicken, beef, squid, shellfish (oyster, abalone, mussel), pine nut.	2	5	3.8	0.0	250	--
限量選擇		PANDO 甜粟米粒	甜粟米粒、水、食鹽。	60	49	2.4	6.4	39	--
水果類									
適宜選擇		Annies 蘋果杏脯水果條	蘋果蓉83%、杏脯蓉17%、非濃縮果汁製成。 與大豆產品共用機器和生產。	20	68	1.5	59.5	5	--
適宜選擇		Annies 蘋果芒果熱情果水果條	蘋果蓉80%、芒果蓉15%、熱情果蓉5%、非濃縮果汁製造。 與大豆產品共用機器和生產。	20	63	1.5	60.5	5	--
適宜選擇		Annies 蘋果樹莓水果條	蘋果蓉90%、樹莓蓉10%、非濃縮果汁製造。 與大豆產品共用機器和生產。	20	68	0.5	58.5	5	--
適宜選擇		Annies 蘋果士多啤梨水果條	蘋果蓉89%、士多啤梨蓉11%、非濃縮果汁製造。 與大豆產品共用機器和生產。	20	68	0.5	61.0	5	--
適宜選擇		Bravo Season 芒果凍乾	芒果 生產此產品的廠房亦處理含有木本堅果及堅果製品。	25	89	2.0	72.0	4	6.8

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
適宜選擇		Delicious Orchard 真空凍乾無花果脆片	無花果	20	61	0.0	75.0	10	7.0
適宜選擇		Delicious Orchard 真空凍乾啤梨脆片	啤梨	20	70	1.0	59.5	60	6.3
適宜選擇		DJ&A Freeze Dried Blueberries^	Blueberry May contain gluten, milk, peanuts, tree nuts, soybeans, sesame, egg, fish, shellfish, lupins, celery and sulphites.	25	87	1.2	71.3	6	12.6
適宜選擇		Dovido MULTI KIDS Raisins^	Raisins, cotton seed oil.	14	46	0.5	71.0	52	--
適宜選擇		Forager fruits freeze-dried blueberries^	100% Australian Blueberries	15	57	0.0	74.0	0	--
適宜選擇		Forager fruits freeze-dried cherries^	100% Tasmanian Cherries May contain cherry pit or fragment.	15	41	1.0	54.5	0	--
適宜選擇		greenday CRISPY APPLE^	Apple 100%, Packaging gas (Nitrogen).	12	45	0.0	75.0	0	8.3
適宜選擇		greenday CRISPY MANGO^	Mango 100%	9	35	0.0	77.8	0	--
適宜選擇		Kooky Freeze Dried Mango^	Mango 100%	12	46	0.0	65.0	0	--

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量(千卡)	每100克提供			
						總脂肪(克)	糖(克)	鈉(毫克)	膳食纖維(克)
適宜選擇		輕鬆食 凍乾蘋果脆片	蘋果	20	74	1.0	75.0	20	7.5
適宜選擇		輕鬆食 凍乾火龍果脆片	火龍果	20	70	1.5	39.5	20	18.5
適宜選擇		輕鬆食 凍乾芒果脆片	芒果	20	73	1.5	54.5	30	16.0
適宜選擇		輕鬆食 凍乾菠蘿脆片	菠蘿	20	77	0.0	48.5	15	19.0
適宜選擇		輕鬆食 凍乾草莓脆片	草莓	20	72	1.0	52.5	75	13.5
適宜選擇		Serena 天然無添加金櫻桃 (金車厘子) 去核乾果	金櫻桃(金車厘子) 去核乾果	30	88	0.1	65.4	4	--
適宜選擇		Serena 天然無添加去核酸櫻桃 (酸車厘子) 乾果	酸櫻桃(酸車厘子) 乾果	30	89	0.2	57.4	12	--
適宜選擇		Serena 有機黑櫻桃(車厘子) 去核乾果	有機黑櫻桃(車厘子) 去核	30	91	0.1	66.9	4	--
適宜選擇		膳源澤 秋月梨乾	梨乾	12	32	0.7	57.2	0	7.5

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
適宜選擇		SnackMate Pitted Prunes^	Pitted Prunes, Preservative (Potassium Sorbate).	24	61	0.0	36.3	8	8.3
適宜選擇		Soul Fruit 100% Natural Keo Mango Crunchy Chips^	Keo Mango Allergens: Our packing facility may process nut products.	20	76	0.5	60.4	0	5.6
適宜選擇		SUN-MAID Organic Raisins^	Organic Raisins	14	40	0.0	64.3	0	<7.1
適宜選擇		SUN-MAID Raisins^	Raisins	14	41	0.2	64.0	25	4.4
適宜選擇		Sunny Fruit Organic Dried Apricots^	Organic Dried Apricots, Water.	50	120	0.0	52.0	10	8.0
適宜選擇		Sunny Fruit Organic Dried Figs^	Organic Dried Figs, Water.	50	120	0.0	46.0	10	10.0
適宜選擇		Sunny Fruit Organic Dried Prunes^	Organic Dried Prunes, Water.	30	70	0.0	40.0	0	--
適宜選擇		SUNSWEET NO. 1 PITTED PRUNES^	Pitted Prunes, Preservative (Potassium Sorbate).	9	21	0.0	35.0	0	7.5
適宜選擇		Tan Tan FREEZE DRIED MANGOSTEEN^	Mangosteen 100%	30	36	0.5	22.0	0	--

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
適宜選擇		Tan Tan FREEZE DRIED PINEAPPLE [^]	Pineapple 100%	30	117	0.0	80.0	2	--
適宜選擇		That's it. 1 APPLE + 1 MANGO IN THIS FRUIT BAR. [^]	APPLES, MANGOES. May contain occasional stem, seed or pit fragments.	35	100	0.0	65.7	71	8.6
適宜選擇		That's it. 1 APPLE + 1 PEAR IN THIS FRUIT BAR. [^]	APPLES, PEARS. May contain occasional stem, seed or pit fragments.	35	100	0.0	68.6	43	8.6
適宜選擇		That's it. 1 APPLE + 1/4 PINEAPPLE IN THIS FRUIT BAR. [^]	APPLES, PINEAPPLES. May contain occasional stem, seed or pit fragments.	35	100	0.0	51.4	57	14.3
適宜選擇		That's it. 1 APPLE + 12 STRAWBERRIES IN THIS FRUIT BAR. [^]	APPLES, STRAWBERRIES. May contain occasional stem, seed or pit fragments.	35	100	0.0	48.6	86	11.4
適宜選擇		That's it. 1 APPLE + 2 FIGS IN THIS FRUIT BAR. [^]	APPLES, ORGANIC FIGS. May contain occasional stem, seed or pit fragments.	35	70	0.0	28.6	0	8.6
適宜選擇		That's it. 1 APPLE + 20 BLUEBERRIES IN THIS FRUIT BAR. [^]	APPLES, BLUEBERRIES. May contain occasional stem, seed or pit fragments.	35	100	0.0	54.3	71	11.4
適宜選擇		That's it. BLUEBERRY FRUIT BAR [^]	BLUEBERRIES, DATES, ACTIVE CULTURES (BACILLUS COAGULANS GBI-30 6086). May contain occasional stem, seed or pit fragments.	35	100	0.0	40.0	0	14.3
適宜選擇		That's it. FIG FRUIT BAR [^]	ORGANIC FIGS, ACTIVE CULTURES (BACILLUS COAGULANS GBI-30 6086). May contain occasional stem, seed or pit fragments.	35	70	0.0	34.3	0	11.4

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
適宜選擇		That's it. MANGO FRUIT BAR^	MANGOES, ACTIVE CULTURES (BACILLUS COAGULANS GBI-30 6086). May contain occasional stem, seed or pit fragments.	35	100	0.0	65.7	0	5.7
適宜選擇		TRILEZY Freeze-Dried Blueberry^	Blueberry	20	73	0.0	67.0	8	15.8
適宜選擇		TRILEZY Freeze-Dried Lychee^	Lychee	20	74	0.0	76.0	0	7.7
適宜選擇		TRILEZY Freeze-Dried Mulberry^	Mulberry	20	73	1.2	66.4	0	13.4
適宜選擇		Wel-B Freeze-dried Apple^	Apple 100%	12	43	0.3	79.2	8	9.2
適宜選擇		Wel-B Freeze-dried Apricot^	Apricot 100%	14	54	0.7	75.0	29	1.4
適宜選擇		Wel-B Freeze-dried Peach^	Peach 100%	14	53	0.0	80.7	29	1.4
適宜選擇		Wel-B Freeze-dried Strawberry^	Strawberry 100%	14	53	0.7	57.1	14	1.4
適宜選擇		Wel-B Freeze-dried Strawberry and Banana^	Banana 70%, Strawberry 30%.	16	60	0.6	81.9	25	1.3

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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		Delicious Orchard 真空凍乾蘋果脆片	蘋果	20	60	1.3	77.9	171	3.7
限量選擇		Delicious Orchard 真空凍乾鮮水蜜桃脆片	水蜜桃、糖。	20	80	0.2	89.4	30	1.4
限量選擇		Delicious Orchard 真空凍乾鮮原粒草莓	草莓、糖。	20	70	1.0	83.8	26	3.3
限量選擇		DJ&A Freeze Dried Strawberries^	Strawberry, Cane Sugar. May contain gluten, milk, peanuts, tree nuts, soybeans, sesame, egg, fish, shellfish, lupins, celery and sulphites.	25	92	0.9	72.4	8	10.8
限量選擇		greenday CRISPY PEACH^	Peach 98%, Sugar 2%, Packaging gas (Nitrogen).	12	45	0.0	75.0	0	0.0
限量選擇		greenday CRISPY STRAWBERRY^	Strawberry 98%, Sugar 2%, Packaging gas (Nitrogen).	12	46	0.0	66.7	0	7.1
限量選擇		Ruby Mountain Freeze Dried Peach Slices^	Peach, Sugar.	30	112	0.0	86.7	30	1.7
限量選擇		Serra BioFrutto 意大利有機軟身杏脯 蘋果果粒水果條	杏脯蓉*90%、濃縮蘋果汁*、蘋果乾*、蘋果纖維*、果膠*。 *有機原材料。 可能含微量大豆、牛奶或果仁。	30	95	0.0	56.7	40	--
限量選擇		SnackMate Dragon Fruit Chips^	100% red & white dragon fruit.	30	107	5.7	64.7	7	7.3

有「營」小食資料庫 – 食品

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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		SnackMate Whole Dried Blueberries^	Blueberries, Sugar, Sunflower Oil.	15	51	1.3	73.3	7	6.7
限量選擇		Sunny Fruit Organic Infused Dried Strawberry^	Organic Infused Dried Strawberries (organic strawberries, organic apple juice concentrate, antioxidant (E300), organic rice flour).	20	60	0.0	65.0	0	0.0
限量選擇		TRILEZY Freeze-Dried Whole Strawberry^	Strawberry, Sugar.	20	74	0.0	75.2	0	10.9
肉、魚、蛋及代替品									
適宜選擇		百福 豆腐花低糖原味	水、大豆、糖、酸度調節劑 (575)、抗結劑 (900a)、乳 化劑 (491、475、473)。 致敏物提示：含有大豆及大豆製品。	229	108	1.8	5.0	7	--
限量選擇		TASTAZ Healthy Chicken Breast Jerky^	Chicken Breast, Spices, Salt. Processed in a factory that handles soy, eggs, peanuts, and sesame.	25	98	2.8	0.0	317	--
果仁類									
限量選擇		美國藍鑽石 鹽焗杏仁	杏仁 (木本堅果)、植物油 (杏仁油、芥花籽油、紅花油 及 / 或葵花籽油)、海鹽。 可能含有微量奶類產品、大豆、花生、小麥及其他木本堅 果。	14	85	56.4	3.5	300	10.6
限量選擇		美國藍鑽石 煙焗杏仁	杏仁 (木本堅果)、植物油 (芥花籽油及 / 或紅花油)、海 鹽、麥芽糊精、天然胡桃木調味料、酵母、水解玉米和大豆 蛋白質、天然調味料。 可能含有微量奶類產品、大豆、花生、小麥及其他木本堅 果。	14	86	54.9	4.3	541	9.9

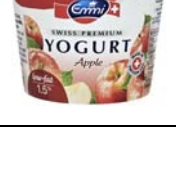
有「營」小食資料庫 – 食品

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						總脂肪(克)	糖(克)	鈉(毫克)	膳食纖維(克)
栗子									
適宜選擇		759阿信屋 有機板栗	有機栗子(木本堅果)	60	93	2.0	10.1	0	3.9
適宜選擇		759阿信屋 有機甘栗仁	有機栗仁100%(木本堅果)	60	93	2.0	10.1	0	3.9
適宜選擇		甜品二重奏 甘栗^	Chestnut	35	65	1.2	9.6	1	6.5
適宜選擇		甜品二重奏 有機甘栗^	Chestnut	40	75	1.2	9.6	1	6.5
適宜選擇		FRESHNUSS 甘栗	有機甘栗 本產品含有木本堅果。	50	96	1.5	10.3	0	--
適宜選擇		FRESHNUSS 特選甘栗	特選有機甘栗 本產品含有木本堅果。	50	88	1.4	8.5	0	--
適宜選擇		MARUSEI ORGANIC PEELED CHESTNUTS^	ORGANIC CHESTNUT THIS PRODUCT CONTAINS NUT.	50	90	0.8	12.0	1	--
適宜選擇		One Day 100% 山野即食栗子	100% 栗子	50	85	0.6	8.0	0	--

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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
奶品類									
適宜選擇		DANONE Yoghurt - Natural [^]	Skimmed milk, skimmed milk concentrate and powder, cream, ferments. Milk origin: France. Contains milk.	125	56	1.0	5.1	56	--
適宜選擇		Emmi SWISS PREMIUM YOGURT Plain [^]	Swiss milk, milk proteins, heat-treated fermented dairy solids, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	56	1.5	5.0	50	--
適宜選擇		KOLIÓS Authentic Greek Yogurt - Fat Free [^]	Pasteurized skimmed cow's milk, pasteurized skimmed condensed cow's milk, milk proteins, lactic ferments.	150	75	0.0	4.0	60	--
適宜選擇		KOLIÓS Hercules High Protein Greek Yogurt - 0% Fat [^]	Pasteurized skimmed condensed cow's milk, milk proteins, lactic ferments.	200	112	0.0	4.5	112	--
適宜選擇		KOLIÓS Organic Greek Yogurt - 0% Fat [^]	Pasteurized organic skimmed cow's milk, lactic ferments.	150	75	0.0	4.0	60	--
適宜選擇		KOUKAKIS Authentic Greek Yoghurt 0% Fat [^]	Skimmed, pasteurized cow's milk, milk proteins, lactic acid culture.	150	72	0.0	4.0	52	--
適宜選擇		meiji CP-meiji Natural Low Fat Yoghurt [^]	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Thickener (E 1422, E 1442, E 440), <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> and <i>Streptococcus thermophilus</i> (1.35 billion CFU/cup). Contains: Milk Products.	135	85	1.9	4.6	61	0.0
適宜選擇		TOPVALU GREEK YOGURT PLAIN [^]	DAIRY PRODUCTS (JAPAN). THIS PRODUCT CONTAINS MILK.	110	67	0.0	4.4	35	0.2
限量選擇		CHOBANI Greek Yogurt - Blueberry [^]	Cultured nonfat milk, blueberries, cane sugar, water, thickener (fruit pectin), natural flavors, thickeners (guar gum, locust bean gum), lemon juice concentrate. Contains 6 live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei and L. Rhamnosus.	150	110	0.0	9.3	37	0.0

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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		CHOBANI Non-Fat Greek Yogurt - Vanilla [^]	Cultured nonfat milk, cane sugar, water, natural flavors, thickeners (fruit pectin, guar gum, locust bean gum), vanilla extract, lemon juice concentrate, 6 live and active cultures: <i>S. Thermophilus</i> , <i>L. Bulgaricus</i> , <i>L. Acidophilus</i> , <i>Bifidus</i> , <i>L. Casei</i> and <i>L. Rhamnosus</i> .	150	110	0.0	9.3	37	--
限量選擇		卡士鮮酪乳 3.3g 乳酪 (原味)	鮮牛奶 (≥80%)、加糖煉乳、白砂糖、稀奶油、乳清蛋白粉、穩定劑 (440)、增稠劑 (1442)、乳化劑 (471)、酸度調節劑 (331iii)、益生菌 (德氏乳桿菌保加利亞亞種、唾液鏈球菌嗜熱亞種、動物雙歧桿菌乳亞種、嗜酸乳桿菌、副乾酪乳酪桿菌) (益生菌含量≥1.0X10 ⁹ CFU/100g·出廠時)。 本產品含有奶類及奶類製品、大豆製品。	100	97	4.0	11.0	70	--
限量選擇		DANONE Activia Yogurt - Cherry [^]	Whole milk (72.7%) (origin: France), skimmed milk concentrate & powder (origin: EU), cherry (8%), sugar (6.2%), cream (milk) (origin: France), natural flavor, carrot & blueberry concentrates, thickeners (modified starch, fruit pectin), milk mineral concentrate, ferments (including yoghurt cultures & <i>Bifidobacterium</i> (milk)).	125	114	2.9	11.9	56	--
限量選擇		DANONE Activia Yogurt - Figs [^]	Whole milk (72.7%) (origin: France), skimmed milk concentrate & powder (origin: EU), fig (8%), sugar (5.9%), cream (milk) (origin: France), lemon juice concentrate, carrot concentrate, thickeners (modified starch, fruit pectin), natural flavors (milk), milk mineral concentrate, ferments (including yogurt ferments and <i>Bifidobacterium</i> (milk)).	125	113	2.9	11.8	56	--
限量選擇		DANONE Activia Yogurt - Strawberry [^]	Whole milk (71.7%) (origin: France), skimmed milk concentrate & powder (origin: EU), strawberry (9.5%), sugar (6.4%), cream (milk) (origin: France), thickeners (modified starch, fruit pectin), lemon juice concentrate, black carrot juice concentrate, carrot juice concentrate, natural flavors (milk), ferments (including yogurt cultures & <i>Bifidobacterium</i> (milk)).	125	111	2.8	11.8	56	--
限量選擇		DANONE Activia Yogurt with Bifidus - Natural [^]	Part-skimmed milk 3.2% fat (98.5%), concentrated or powdered skimmed milk, ferments (including yoghurt ferments and <i>Bifidobacterium</i> (milk). Milk origin: France.	125	76	3.2	4.6	48	--
限量選擇		DANONE Veloute Fruit Yogurt - Strawberry [^]	Yogurt (milk, cultures) (86.5%), sugar (6.7%), strawberry (5%), thickener (modified starch), purple carrot and carrot concentrates, flavors, acidity regulators (sodium citrate, citric acid).	125	106	2.6	11.5	52	--
限量選擇		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 (<i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i> , <i>Lb. acidophilus</i>).	100	90	1.4	14.0	40	--
限量選擇		Emmi SWISS PREMIUM YOGURT Apple [^]	Swiss milk, fruit preparation (apples, sugar, modified starch, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (<i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i> , <i>Lb. acidophilus</i>).	100	95	1.5	15.0	40	--

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		Emmi SWISS PREMIUM YOGURT Apricot [^]	Swiss milk, fruit preparation (apricots, sugar, modified starch, lemon juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--
限量選擇		Emmi SWISS PREMIUM YOGURT Blueberry [^]	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	95	1.5	15.0	40	--
限量選擇		Emmi SWISS PREMIUM YOGURT Mango [^]	Swiss milk, fruit preparation (mangos, sugar, modified starch, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--
限量選擇		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	95	1.5	15.0	40	--
限量選擇		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	95	1.5	15.0	40	--
限量選擇		Emmi SWISS PREMIUM YOGURT Strawberry [^]	Swiss milk, fruit preparation (strawberries, sugar, modified starch, beetroot juice concentrate, lemon juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--
限量選擇		meiji CP-meiji Low Fat Yoghurt with Mango [^]	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Mango in Syrup (Mango, Sugar), Thickener (E 1442, E 1422, E 440), Artificial Flavouring and Natural Identical Flavouring, <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> and <i>Streptococcus thermophilus</i> (1.35 billion CFU/cup), Acidity Regulator (E 330), Preservative (E 211) (carry over from fruit syrup), Colour (E 102). Contains: Milk Products.	135	113	1.6	11.5	43	0.6
限量選擇		meiji CP-meiji Low Fat Yoghurt with Mixed Berry [^]	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Mixed Berry in Syrup (Strawberry, Sugar, Blueberry, Raspberry Juice Concentrate), Thickener (E 1442, E 1422, E 440), Natural Identical Flavouring, <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> and <i>Streptococcus thermophilus</i> (1.35 billion CFU/cup), Acidity Regulator (E 330), Preservative (E 211) (carry over from fruit syrup), Colour (E 124, E 133). Contains: Milk Products.	135	113	1.6	10.7	34	0.6

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		meiji CP-meiji Low Fat Yoghurt with Strawberry^	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Strawberry in Syrup (Strawberry, Sugar), Thickener (E 1442, E 1422, E 440), Natural Identical Flavouring, <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> and <i>Streptococcus thermophilus</i> (1.35 billion CFU/cup), Preservative (E 211) (carry over from fruit syrup), Acidity Regulator (E 330), Colour (E 124). Contains: Milk Products.	135	111	1.6	11.0	47	0.7
限量選擇		MÖVENPICK Greek Style Forest Fruit Yogurt^	Milk, sugar, 1.8% strawberries, 1.6% elderberry juice from elderberry juice concentrate, 1.3% raspberries, 1.1% blackberries, modified starch, 0.5% blueberries, water, natural flavouring, acidity regulator: citric acid; live lactic acid cultures (<i>Bifidobacterium</i> , <i>Lb. acidophilus</i> , <i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i>). This product contains milk.	100	117	4.1	13.7	16	--
限量選擇		MÖVENPICK Greek Style Mango-vanilla Yogurt^	Milk, sugar, 3.6% mango, 2.7% mango puree, modified starch, water, vanilla extract, colour: carotenes; natural flavouring, acidity regulator: citric acid; live lactic acid cultures (<i>Bifidobacterium</i> , <i>Lb. acidophilus</i> , <i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i>). This product contains milk.	100	119	4.1	14.1	16	--
限量選擇		MÖVENPICK Greek Style Plain Yogurt^	Milk, live lactic acid cultures (<i>Bifido-bacterium</i> , <i>Lb. acidophilus</i> , <i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i>). This product contains milk.	100	89	5.0	4.1	20	--
限量選擇		MÖVENPICK MOMENTS OF JOY BLUEBERRY^	Milk, sugar, 3% blueberries, 2% blueberry puree, modified starch, water, thickener: pectins; carrot concentrate, natural flavouring, beetroot juice concentrate, cultures (<i>Lb. bulgaricus</i> , <i>Sc. thermophilus</i>). This product contains milk.	100	112	4.1	14.2	38	--
限量選擇		MÖVENPICK MOMENTS OF JOY PEACH-PASSION FRUIT^	Milk, sugar, 5% peach, modified starch, water, 0.4% passion fruit juice from passion fruit juice concentrate, thickener: pectins; natural flavouring, acidity regulator: citric acid; cultures (<i>Lb. bulgaricus</i> , <i>Sc. thermophilus</i>). This product contains milk.	100	110	4.0	13.8	38	--
限量選擇		MÖVENPICK MOMENTS OF JOY RASPBERRY^	Milk, sugar, 2.8% raspberries, 2.3% raspberry puree, modified starch, water, thickener: pectins; beetroot and elderberry juice concentrate, natural flavouring, carrot concentrate, cultures (<i>Lb. bulgaricus</i> , <i>Sc. thermophilus</i>). This product contains milk.	100	112	4.0	14.2	38	--
限量選擇		MÖVENPICK MOMENTS OF JOY SWEETENED^	Milk, sugar, modified starch, water, thickener: pectins; vanilla extract, acidity regulator: citric acid; natural vanilla flavouring, cultures (<i>Lb. bulgaricus</i> , <i>Sc. thermophilus</i>). This product contains milk.	100	88	4.6	6.5	44	--
限量選擇		Nestlé Acti-V Probiotic Low Fat Blueberry Yoghurt^	Fresh Milk (51%), Water, Blueberry Sauce (17%) (Water, Blueberry Sugar, Starch, Lemon Juice Concentrate, Flavouring, Stabilizer (Pectins)), Milk Solid, Sugar, Enzyme (0.03%), FORTIS® <i>Bifidobacterium</i> (10 million per g), Live Lactic Culture (100 million per g). Allergen information: Contains milk products.	100	88	1.9	13.9	59	--

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		Nestlé Acti-V Probiotic Low Fat Plain Yoghurt^	Fresh Milk (62%), Water, Milk Solid, Sugar, Enzyme (0.04%), FORTIS® Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen information: Contains milk products.	100	80	2.4	10.1	58	--
限量選擇		Nestlé Acti-V Probiotic Low Fat Strawberry Yoghurt^	Fresh Milk (51%), Water, Strawberry Sauce (17%) (Strawberry, Sugar, Water, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum, Calcium Chloride), Acidity Regulator (330, 331, 341), Fruit and Vegetable Concentrate (Blackcurrant, Carrot), Enzyme), Milk Solid, Sugar, Enzyme (0.03%), FORTIS® Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen information: Contains milk products.	100	88	1.9	13.9	59	--
限量選擇		雀巢牛奶公司 高鈣低脂藍莓乳酪	水、鮮牛奶 (21%)、藍莓醬 (16%) (水、藍莓、糖、澱粉、濃縮檸檬汁、調味劑、穩定劑 (果膠類))、奶固體、糖、澱粉、濃縮奶礦物質、活性乳酸菌 (每克1億個)。 致敏物提示： 含有奶類製品。	140	120	1.9	13.4	55	--
限量選擇		雀巢牛奶公司 高鈣低脂芒果乳酪	水、鮮牛奶 (21%)、芒果醬 (16%) (芒果、水、糖、澱粉、調味劑、穩定劑 (果膠類、角豆膠)、濃縮檸檬汁、酸度調節劑 (330、331、341)、蔬菜及水果提取物 (南瓜、蘋果))、奶固體、糖、澱粉、濃縮奶礦物質、活性乳酸菌 (每克1億個)。 致敏物提示： 含有奶類製品。	140	120	1.9	13.4	55	--
限量選擇		雀巢牛奶公司 高鈣低脂士多啤梨乳酪	水、鮮牛奶 (21%)、士多啤梨醬 (16%) (士多啤梨、糖、水、澱粉、調味劑、穩定劑 (果膠類、角豆膠、氯化鈣)、酸度調節劑 (330、331、341)、濃縮水果及蔬菜汁 (黑加侖子、胡蘿蔔)、酵素)、奶固體、糖、澱粉、濃縮奶礦物質、活性乳酸菌 (每克1億個)。 致敏物提示： 含有奶類製品。	140	120	1.9	13.4	55	--
限量選擇		雀巢牛奶公司 高鈣低脂甜味純乳酪	鮮牛奶 (41%)、水、奶固體、糖、澱粉、濃縮奶礦物質、活性乳酸菌 (每克1億個)。 致敏物提示： 含有奶類製品。	140	114	2.0	10.5	82	--
限量選擇		雀巢牛奶公司 高鈣低脂柚子乳酪	水、鮮牛奶 (21%)、柚子醬 (16%) (水、糖、柚子果肉、澱粉、調味劑、柚子汁、穩定劑 (果膠類、角豆膠)、酸度調節劑 (330、331、341)、蔬菜及水果提取物 (南瓜、蘋果))、奶固體、糖、澱粉、濃縮奶礦物質、活性乳酸菌 (每克1億個)。 致敏物提示： 含有奶類製品。	140	120	1.9	13.4	55	--
限量選擇		Pauls Low Fat YOGURT MIXED BERRY^	Fruit Mix [Mixed Fruit 3% (Apple, Black Carrot, Strawberry, Blueberry), Flavourings, Acidity Regulator (Citric Acid E330), Preservative (Potassium Sorbate E202), Colour (E163), Stabilisers (E1442, E415)], Milk Solids (Cow's Milk), Sugar, Stabilisers (E1442), Mixed Live Culture (Streptococcus thermophilus, Lactobacillus bulgaricus). Contains milk and milk products.	130	109	1.4	12.6	32	0.0
限量選擇		Pauls Low Fat YOGURT NATURAL^	Milk Solids (Cow's Milk), Sugar, Stabiliser (E1442), Mixed Live Culture (Streptococcus thermophilus, Lactobacillus bulgaricus). Contains milk and milk products.	130	92	1.5	9.3	34	0.0

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		Pauls Low Fat YOGURT STRAWBERRY [^]	Fruit Mix [Mixed Fruit 3% (Strawberry, Apple), Black Carrot Concentrate, Flavourings, Acidity Regulator (Citric Acid E330), Preservative (Potassium Sorbate E202), Stabilisers (E1442, E415)], Milk Solids (Cow's Milk), Sugar, Stabilisers (E1442), Mixed Live Culture (Streptococcus thermophilus, Lactobacillus bulgaricus). Contains milk and milk products.	130	109	1.4	12.6	32	0.0
限量選擇		Trappist Dairy Sippa Yogurt Melon [^]	Fresh Milk, Sugar, Melon Puree, Whey Protein, Egg Yolk Powder, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactobacillus Paracasei, Lactobacillus Rhamnosus, Flavour and Flavouring.	120	116	3.5	11.2	30	--
限量選擇		Trappist Dairy Spoonu Yogurt [^]	Fresh Milk, Sugar, Water, Heavy Cream, Whey Protein, Egg Yolk Powder, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactococcus Lactis subsp. Lactis, Lactococcus Lactis subsp. Cremoris, Gelatin, Emulsifiers (E1414, E471).	120	118	4.2	9.5	40	--
限量選擇		Trappist Dairy Spoonu Yogurt Low Fat Plain [^]	Fresh Milk, Water, Sugar, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Gelatin, Emulsifiers (E1414, E471).	90	75	2.8	9.6	29	--
限量選擇		Trappist Dairy Spoonu Yogurt Low Fat Strawberry [^]	Fresh Milk, Water, Sugar, Strawberry Sauce, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Gelatin, Emulsifiers (E1414, E471), Flavour and Flavouring.	90	75	2.8	9.6	29	--
限量選擇		Yoplait Petit Miam Blueberry Yoghurt [^]	MILK, (min. 70%) [MILK, SKIM MILK], SUGAR, MILK SOLIDS, WATER, BLUEBERRY (3%), APPLE JUICE CONCENTRATE, THICKENER (MODIFIED STARCH 1442), FIRMING AGENT (MINERAL SALT 341), NATURAL FLAVOURS, ACIDITY REGULATOR (331, 296), VITAMIN D, YOGHURT CULTURES (S. THERMOPHILUS, L. BULGARICUS, B. LACTIS). CONTAINS MILK.	70	51	2.3	7.7	48	--
限量選擇		Yoplait Petit Miam Strawberry Yoghurt [^]	MILK, (min. 70%) [MILK, SKIM MILK], SUGAR, MILK SOLIDS, WATER, STRAWBERRY (4%), APPLE JUICE CONCENTRATE, THICKENER (MODIFIED STARCH 1442), FIRMING AGENT (MINERAL CALCIUM 341), NATURAL FLAVOURS, BLACK CARROT & BLACKCURRANT CONCENTRATE, ACIDITY REGULATOR (331, 296), VITAMIN D, YOGHURT CULTURES: (S. THERMOPHILUS, L. BULGARICUS, B. LACTIS). CONTAINS MILK.	70	51	2.3	7.6	46	--

有「營」小食資料庫 – 食品

小食營養分類	圖片	產品名稱	成分	獨立包裝分量 (克)	獨立包裝所含 熱量 (千卡)	每100克提供			
						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
其他食品									
適宜選擇		HARMLESS HARVEST Unsweetened Plain Organic Cultured Coconut^	Organic coconutmilk (water, organic coconut meat*), organic tapioca starch, live and active cultures. Live and active cultures: L. acidophilus, B. lactis, S. thermophilus, L. casei, L. bulgaricus, B. bifidum, L. rhamnosus. *Fair for life fair trade certified.	125	70	2.0	0.8	8	3.2
限量選擇		DANONE Activia Yogurt - Muesli^	Whole milk (68.6%), water, skimmed milk concentrate, sugar (5.5%), muesli (3.5%) (wheat, oat, hazelnut, almond, walnut, raisin), oligofructose, cream (milk), lemon juice concentrate, flavors, thickeners (modified starch, fruit pectin), milk mineral concentrate, cultures (including yoghurt ferments and Bifidobacterium) (milk). Contains: milk, cereals containing gluten, nuts.	120	112	2.9	10.9	53	1.4
限量選擇		HARMLESS HARVEST Organic Dairy-Free Coconut Yogurt - Strawberry^	Organic coconutmilk (water, organic coconut meat), organic cane sugar, organic strawberries, organic tapioca starch, organic flavors, thickener (pectin), live and active cultures. Live and active cultures: L. acidophilus, B. lactis, S. thermophilus, L. casei, L. bulgaricus, B. bifidum, L. rhamnosus.	125	90	2.0	7.2	8	2.4
限量選擇		燕塘 鮮奶布丁原味	生牛乳 (≥80%) 、白砂糖、黃油、水、蛋黃粉、增稠劑 (428、460(i)、406) 、調味劑、乳化劑 (471) 、增稠劑 (407、418、466) 、麥芽糊精。 含有蛋類、奶類及奶類製品。	100	120	6.5	10.7	48	--

最後更新日期：2026年8月