

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									
適宜選擇		Bebecook 有機小米棒(蔬菜味)	有機糙米、燕麥、菠菜粉、胡蘿蔔粉、甘藍粉。 過敏源資訊：本產品含有麩質及燕麥成份，不適合其過敏體質食用。	25	92	0.8	0.8	36	--
適宜選擇		Chung O Organic Rice Snack (Original)^	Organic rice (100%) Allergen information: Made in a facility that use soybean, sesame, milk and dairy, wheat, buckwheat, peanut, tomato, walnut, chicken, beef, pine nuts.	30	110	0.0	0.0	0	--
適宜選擇		FARM TO FAMILY Organic Rice Puffs Snack (Apple)^	Organic rice 98%, apple powder 1.5%, beet powder 0.5%. Manufactured in a facility that handles wheat, milk.	30	119	2.0	1.0	0	--
限量選擇		Alpen Bar Strawberry & Yoghurt^	Cereals (47%) (Whole Oats, Rice, Whole Wheat), Glucose Syrup, Sugar, Vegetable Oils (Palm Kernel, Sunflower, Rapeseed), Oligofructose Syrup, Dried Apple Pieces (3.1%) (with Preservative, Sulphur Dioxide), Humectant: Glycerol, Milk Lactose, Milk Yogurt Powder (2.5%), Dextrose, Freeze Dried Strawberry (0.8%), Strawberry Juice from Concentrate (0.7%), Maize Starch, Emulsifier; Soya Lecithin, Salt, Elderberry Juice Extract, Flavourings, Acidity Regulator: Malic Acid. Allergy Advice: For allergens, this product contains Oats, Wheat, Milk, Soya. Also, may contain nuts.	29	117	10.0	27.0	60	8.0
限量選擇		Apple Monkey Organic Rice Cracker Blueberry & Strawberry Flavour^	Organic Jasmine Rice (73.842%), Organic Tapioca Starch (14.51%), Organic Cane Sugar (7.49%), Strawberry (1.48%), Blueberry (1.48%), Sea Salt (0.89%), DHA Fish Oil (from Tuna) (0.044%), Strawberry flavour (0.13%), Blueberry flavour (0.13%), Natural Mixed Tocopherols (0.004%) (Antioxidant; contains soy).	3	12	3.3	3.3	333	1.0
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(E500ii)。 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 GRAINS BISCUITS^	WHEAT FLOUR (CEREALS CONTAINING GLUTEN), WHOLEMEAL FLOUR (CEREALS CONTAINING GLUTEN), VEGETABLE OIL (PALM COCONUT SESAME), SUGAR, MILK SYRUP, BLACK SOYBEAN POWDER, SESAME PASTE, SALT, BROWN RICE, SHORTENING (PALM RICE), SESAME RAISING AGENTS (E503, E500(II)), BARLEY POWDER (CEREALS CONTAINING GLUTEN), MODIFIED STARCH (CEREALS CONTAINING GLUTEN), DEFATTED WHEAT GERM (CEREALS CONTAINING GLUTEN), YEAST, FOXTAIL MILLET POWDER, MILLET POWDER, YEAST EXTRACT POWDER, EMULSIFIER (E322 (SOYBEAN PRODUCT)), FLAVOUR & FLAVOURING, ENZYME, YEAST FOOD (CEREALS CONTAINING GLUTEN), VITAMIN E, VITAMIN C. PRODUCED IN A FACTORY WHERE EGG IS ALSO HANDLED.	18	78	15.0	12.5	497	4.9

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						總脂肪(克)	糖(克)	鈉(毫克)	膳食纖維(克)
限量選擇		BOURBON NATURAL YEAST CRACKERS [^]	WHEAT FLOUR (CEREALS CONTAINING GLUTEN), VEGETABLE OIL (PALM, COCONUT), NATURAL YEAST (CONTAINS EGG, GLUTEN & SOYBEAN), MALT EXTRACT (CEREALS CONTAINING GLUTEN), SALT, UNCALCINED EGG SHELL CALCIUM, YEAST EXTRACT POWDER, ENZYME, VITAMIN E. PRODUCED IN A FACTORY WHERE MILK IS ALSO HANDLED.	18	79	11.8	0.2	536	2.7
限量選擇		子母 Milk Cereal+ 即沖奶穀物早餐	脫脂奶粉(32%)、穀物片(小麥粉、葡萄糖漿、米粉、麥芽提取 物、糖、玉米粉、大豆粉、氯化鈉)、植脂末(葡萄糖漿、完全 氫化植物油、酪蛋白酸鹽、穩定劑(E340、E452)、乳化劑 (E471)、抗結劑(E551)、色素(E160a))、糖、可溶性玉米纖 維、木薯粉、穩定劑(E466)、磷酸三鈣、氯化鉀、氯化鈉、維 他命C、焦磷酸鐵、硫酸鋅、煙酸、雞蛋粉、維他命A、維他 命D3、生物素、亞硒酸鈉、碘化鉀、維他命B1、維他命 B2、維他命B6、葉酸、維他命B12。	30	110	6.9	38.0	466	7.4
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。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		四洲紫菜梳打餅	小麥粉、棕櫚油、植物起酥油、穩定劑(碳酸鈣)、膨脹劑(碳酸 氫鈉)、鹽、(麥精、麥芽粉)(含有麩質的穀類)、酵母、紫菜、 麵粉處理劑(木瓜酶、木聚糖酶)。	17	70	9.4	1.1	553	--
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 處理微量花生和堅果。	25	94	1.0	8.0	460	2.6
限量選擇		M&S salted mini pretzels [^]	Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin), Sea Salt, Dextrose, Rapeseed Oil, Emulsifier: Lecithins, Dried Yeast, Acidity Regulator: E524.	25	96	2.1	2.9	792	3.9
限量選擇		MADE GOOD Apple Cinnamon Granola Minis [^]	Pure Oats*, Sugars* (Cane Sugar*, Invert Cane Syrup*, Agave Syrup*, Brown Rice Syrup*), Dried Apple Pieces*, Raisins*, Sunflower Oil*, Brown Rice Crisps*, Inulin*, Tapioca Starch*, Cinnamon*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Salt. *Organic. Contain cereals containing gluten.	24	100	12.5	25.0	21	8.3
限量選擇		MADE GOOD Chocolate Banana Granola Minis [^]	Pure Oats*, Sugars* (Cane Sugar*, Invert Cane Syrup*, Agave Syrup, Brown Rice Syrup*), Dried Banana Pieces* (Dried Banana*, Banana Powder*), Sunflower Oil*, Chocolate Chips* (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Brown Rice Syrup*, Inulin*, Tapioca Starch*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Natural Flavour*, Salt. *Organic. Contain cereals containing gluten.	24	110	16.7	25.0	21	8.3
限量選擇		MADE GOOD 機格蘭諾拉麥片糙米 朱古力碎能量棒	全正無麩質燕麥*、龍舌蘭糖漿*、巧克力碎(蔗糖*、無糖巧克 力*、可可脂*)、糙米糖漿*、葵花籽油*、糙米片*、菊粉*、植 物提取物(菠菜、西蘭花、胡蘿卜、番茄、甜菜、香菇)、天然 調味料*、瓊脂*、鹽。 *有機	24	100	14.6	25.0	42	4.2

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						總脂肪(克)	糖(克)	鈉(毫克)	膳食纖維(克)
限量選擇		MADE GOOD Mixed Berry Granola Bars [^]	Pure Oats*, Sugars (Agave syrup*, Brown Rice Syrup*, Invert Cane Syrup*), Brown Rice Crisps*, Sunflower Oil, Raisins, Oat Flour, Dried Cranberries* (Apple Juice Concentrate*, Cranberries*, Sunflower Oil*), Zante Currants*, Freeze Dried Raspberries*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Natural Flavour*, Agar*, Salt. *Organic. Contain cereals containing gluten.	24	100	10.4	25.0	42	8.3
限量選擇		Meadows OAT SALTINES [^]	WHEAT FLOUR, PALM OIL, OAT CHIPS, SALT, CALCIUM CARBONATE, CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT & OAT).	19	86	21.2	0.7	470	3.0
限量選擇		Meadows ORIGINAL SALTINES [^]	WHEAT FLOUR, PALM OIL, SALT, CALCIUM CARBONATE, CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT).	19	84	19.3	1.0	508	3.1
限量選擇		Meadows SEAWEED SALTINES [^]	WHEAT FLOUR, PALM OIL, SALT, SEAWEED, CALCIUM CARBONATE, CHICKEN POWDER [CHICKEN MEAT POWDER, YEAST EXTRACT, SALT, SUGAR, HYDROLYZED VEGETABLE PROTEIN, MALT EXTRACT, GLUCOSE, PEPPER, GARLIC POWDER, CONTAINS MONOSODIUM GLUTAMATE (INS621) AND DISODIUM 5'-RIBONUCLEOTIDE (INS635) AS PERMITTED FLAVOUR ENHANCERS, CONTAINS ANTICAKING AGENT (INS551) AS PERMITTED FOOD CONDITIONER], CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT) AND SOYBEAN PRODUCTS.	19	85	21.1	1.9	521	3.1
限量選擇		Meadows SESAME SALTINES [^]	WHEAT FLOUR, PALM OIL, WHITE SESAME, SALT, CALCIUM CARBONATE, CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT).	19	87	21.9	0.8	481	3.1
限量選擇		Meadows SPRING ONION SALTINES [^]	WHEAT FLOUR, PALM OIL, SPRING ONION, SALT, CALCIUM CARBONATE, CHICKEN POWDER [CHICKEN MEAT POWDER, YEAST EXTRACT, SALT, SUGAR, HYDROLYZED VEGETABLE PROTEIN, MALT EXTRACT, GLUCOSE, PEPPER, GARLIC POWDER, CONTAINS MONOSODIUM GLUTAMATE(INS621) AND DISODIUM 5'-RIBONUCLEOTIDE (INS635) AS PERMITTED FLAVOUR ENHANCERS, CONTAINS ANTICAKING AGENT (INS551) AS PERMITTED FOOD CONDITIONER], GARLIC POWDER, CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT) AND SOYBEAN PRODUCTS.	19	84	20.0	0.9	573	3.2
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

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						總脂肪(克)	糖(克)	鈉(毫克)	膳食纖維(克)
限量選擇		明治燕麥餅乾	小麥粉、植物油(棕櫚油、完全氫化菜籽油)、燕麥(含有麩質的穀類)、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物、奶類及大豆。	26	116	12.9	1.4	489	1.6
限量選擇		明治芝麻餅乾	小麥粉、植物油(棕櫚油、完全氫化菜籽油)、膨化芝麻籽、牛油(奶類製品)、芝麻粉、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	114	12.0	1.5	498	2.2
限量選擇		Nestle Finesse Red Berries Breakfast Cereal Bar [^]	Cereal Grains [Wholegrain Wheat (Gluten) (13.9%), Wholegrain Oat Flakes (Gluten) (13.7%), Rice, Wholegrain Wheat Flour (Gluten) (7.5%), Rice Flour, Corn Semolina], White Compound [Skimmed Milk Powder (Cow's Milk) (4.2%), Vegetable Fat (Coconut), Maltodextrin, Sugar, Mineral (Calcium Carbonate), Cocoa Butter, Emulsifier (Sunflower Lecithin), Natural Flavouring], Glucose Syrup, Sugar, Invert Sugar Syrup (Glucose, Fructose, Sucrose), Sunflower Oil, Dried Cranberries (4.2%), Humectant (Glycerol), Powdered Strawberries (3.0%) [Strawberry Powder, Maltodextrin, Acidity Regulator (Citric Acid)], Freeze Dried Strawberry Pieces (1.0%), Barley Malt Extract [Barley (Gluten), Malted Barley (Gluten)], Salt, Minerals (Calcium Carbonate, Ferrous Fumarate, Reduced Iron), Emulsifiers (Sunflower Lecithin, Monoglycerides), Natural Flavouring, Vitamins (B3, B5, Folic Acid, B6, B2), Acidity Regulator (Citric Acid), Antioxidant (Tocopherols), Colour (Beta Carotene). Contains Permitted Antioxidant, Flavouring, Colouring, Humectant, Emulsifier and Acidity Regulator. All additives are of plant or synthetic origin. Allergen information: Contains gluten, milk, tree nuts and soya.	24	92	10.6	21.7	200	5.5
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(36.8%)、小麥粉、玉米粉]、糖、減脂可可粉、大麥芽精(大麥麥芽、樹薯澱粉/木薯粉)、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)、乳化劑(大豆卵磷脂E322)、香料/調味劑(香蘭素)、抗氧化劑(混合濃縮生育醇/混合生育酚濃縮物E306)、維生素(B3/菸鹼醯胺/菸酰胺、B5/本多酸鈣、B6、B2、B9/葉酸)。 本產品製造廠房有處理：堅果、牛奶。 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	91	2.8	27.2	152	7.6
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、麥芽精(大麥麥芽、樹薯澱粉/木薯粉)、減脂可可粉、綜合礦物質(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)、大豆卵磷脂/乳化劑(大豆卵磷脂)、香料/調味劑(巧克力及香蘭素)、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)。 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











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						總脂肪 (克)	糖 (克)	鈉 (毫克)	膳食纖維 (克)
限量選擇		太平奶鹽味梳打餅乾	小麥粉、非氫化植物油(棕櫚油-含抗氧化劑TBHQ(E319)、菜籽油-含抗氧化劑TBHQ(E319))、膨脹劑(碳酸氫銨(E503(ii))、碳酸氫鈉(E500(ii))、磷酸二氫鈣(E341(i)))、乳粉、豌豆纖維、全麥粉(0.9%)、食鹽(含海鹽3.5%)、碳酸鈣、鮮酵母((0.32%)、酵母提取物、大麥麥芽提取物、抗氧化劑(抗壞血酸(E300))、調味劑、乳化劑(硬脂酰乳酸鈉(E481(i)))。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	120	21.5	2.5	470	3.1
限量選擇		太平芝麻味梳打餅乾	小麥粉、非氫化植物油(棕櫚油-含抗氧化劑TBHQ(E319)、菜籽油-含抗氧化劑TBHQ(E319))、膨脹劑(碳酸氫銨(E503(ii))、碳酸氫鈉(E500(ii))、磷酸二氫鈣(E341(i)))、芝麻(1.56%)、豌豆纖維、全麥粉(0.9%)、食鹽、碳酸鈣、鮮酵母(0.32%)、調味劑、大麥麥芽提取物、酵母提取物、抗氧化劑(抗壞血酸(E300))、乳化劑(硬脂酰乳酸鈉(E481(i)))。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	119	19.7	0.8	481	2.5
限量選擇		太平香蔥味梳打餅乾	小麥粉、非氫化植物油(棕櫚油-含抗氧化劑TBHQ(E319)、菜籽油-含抗氧化劑TBHQ(E319))、膨脹劑(碳酸氫銨(E503(ii))、碳酸氫鈉(E500(ii))、磷酸二氫鈣(E341(i)))、洋蔥粉、全麥粉(0.9%)、豌豆纖維、香蔥(1%)、食鹽、碳酸鈣、調味劑、鮮酵母(0.21%)、大麥麥芽提取物、酵母提取物、乳化劑(硬脂酰乳酸鈉(E481(i)))。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	120	21.5	2.1	472	3.3
限量選擇		桂格 Oat Cookies With Raisins	燕麥(速溶燕麥片、全燕麥粉、全燕麥片)、小麥(小麥粉、麥麩)、砂糖、棕櫚油、提子乾、乳清粉(含牛奶)、雞蛋、菊粉、膨脹劑(E503(ii)、E500(ii)、E450(i))、碘鹽、調味劑、乳化劑(E322)。 過敏原信息：含有含有麩質的穀類、奶類、蛋類和大豆。可能含有微量花生和木本堅果(杏仁)。	27	122	15.3	31.7	480	3.9
限量選擇		Sawada Beikoku Organic Brown Rice Poncie (Plain Flavor)^	Organic Brown Rice (Hokkaido)	25	99	3.2	12.0	40	--
限量選擇		Sawada Beikoku Organic Brown Rice Ponkashi (Grilled Corn Taste)^	Organic Brown Rice (Hokkaido), Corn Grits (Corn (Hokkaido)), B Syrup, Corn Flakes (Corn (Hokkaido)), Soy Sauce (Contains Soybeans), Salt.	30	117	3.0	13.3	39	--
限量選擇		Sawada Beikoku Organic Brown Rice Ponkashi (Seafood Dashi Taste)^	Organic Brown Rice (Hokkaido), Krill (Domestic), Soy Sauce (Soybeans), Sugar (Sugar Beet), Soup Stock (Dried Bonito Flake Kelp), Organic White Sesame Seeds, Kataguchi Sardines (Domestic), Salt, Aosa Seaweed, Aonori Seaweed.	27	105	4.1	9.3	39	--
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

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		佳之選香蔥餅	小麥粉、棕櫚油、乾蔥、海苔、鹽、白砂糖、膨脹劑(E503、E500、E341)。 此產品含有麩質的穀類。	25	117	18.2	9.2	507	3.0
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、堅果、木本堅果、花生、麩質和大豆。	28	109	14.6	11.8	0	12.9
限量選擇		多多即沖原味藜麥片	燕麥、增稠劑(E1412)、糖、有機藜麥片。 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	104	6.4	14.6	0	6.4
水果類									
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	7.2	4	6.8
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 真空凍乾荔枝脆片	荔枝	20	71	0.0	75.0	5	7.5
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		Disney Junior Brothers All Natural Fruit Crisps Freeze- dried, Sliced Asian Pears^	Asian Pears	10	40	0.0	70.0	0	10.0

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		Disney Mickey Mouse & Friends California Raisins [^]	Raisins	14	42	0.0	72.5	25	5.0
適宜選擇		forager fruits freeze-dried apple wedges [^]	100% Australian Apple	20	70	0.7	75.7	10	--
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		forager fruits freeze-dried mango bites [^]	100% Australian Grown Mangoes	15	44	0.9	55.9	4	--
適宜選擇		greenday CRISPY BANANA [^]	Banana 100%	12	45	0.0	75.0	0	8.3
適宜選擇		greenday CRISPY MANGO [^]	Mango 100%	16	60	0.0	81.3	0	6.3
適宜選擇		Kooky Freeze Dried Mango [^]	Mango 100%, No Flavouring & No Coloring. No Preservatives. Contains natural fruit sugar.	12	46	0.0	65.0	0	--
適宜選擇		M&S FOOD dried apple crisps [^]	Apples (100%)	18	61	0.8	67.2	4	10.3
適宜選擇		M&S FOOD dried melon crisps [^]	Honeydew Melon, Galia Melon.	18	58	0.2	63.8	4	16.5


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)
適宜選擇		M&S FOOD dried pineapple crisps [^]	Pineapple (100%)	18	61	0.1	68.1	4	10.4
適宜選擇		M&S FOOD TASTE buds RAISINS [^]	Raisins	14	42	0.4	69.3	60	4.2
適宜選擇		Meadows CALIFORNIA RAISINS [^]	RAISINS	14	48	0.1	25.1	32	3.5
適宜選擇		Sanmaeul Dried Strawberry [^]	100% Strawberry	13	50	0.6	78.1	9	5.5
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、無防腐劑、無添加二氧化硫、無 添加糖。	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、無防腐劑、無添加二氧化硫、無添加 糖。	30	89	0.2	57.4	12	--
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 Jack Fruit Chips [^]	100% Jackfruit Allergens: Our Packing Facility May Process Nut Products.	20	77	2.0	62.5	0	7.6
適宜選擇		Soul Fruit 100% Natural Keo Mango Chips [^]	100% 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 California Sun-Dried ORGANIC RAISINS [^]	ORGANIC RAISINS	14	41	0.2	64.0	25	4.4

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		SUN-MAID Natural California Raisins [^]	CALIFORNIA SEEDLESS RAISINS	14	44	0.7	71.4	10	5.8
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		SUNSWEEP NO. 1 PITTED PRUNES [^]	Pitted California Prunes (Dried Plums), Potassium Sorbate (As a preservative).	9	21	0.0	35.0	0	7.5
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

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		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		greenday CRISPY APPLE [^]	Apple 100%	12	50	0.0	75.0	333	8.3
限量選擇		greenday CRISPY PEACH [^]	Peach 98%, Sugar 2%.	12	40	0.0	75.0	0	0.0
限量選擇		greenday CRISPY STRAWBERRY [^]	Strawberry 98%, Sugar 2%.	12	35	0.0	66.7	0	7.1
限量選擇		Jayon Tree 韓國蘋果片	蘋果	20	81	5.0	80.0	5	--
限量選擇		Meadows FREEZE-DRIED STRAWBERRIES [^]	STRAWBERRIES, SUGAR.	12	46	0.6	78.1	9	5.5
限量選擇		SnackMate Dragon Fruit Chips [^]	100% Red & White Dragon Fruit.	30	107	5.7	64.7	7	7.3
限量選擇		SnackMate Whole Dried Blueberries [^]	Blueberries, Sugar, Sunflower Oil.	15	44	2.0	61.3	20	16.7











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 Cranberries [^]	Cranberries, Sugar, Sunflower Oil.	25	87	0.0	72.0	12	6.0
限量選擇		Soul Fruit 100% Natural Dragon Fruit Chips [^]	100% Red & White Dragon Fruit. Allergens: Our Packing Facility May Process Nut Products.	20	81	5.5	52.4	0	8.7
肉、魚、蛋及代替品									
限量選擇		ACE 風琴魷魚片	魷魚、砂糖、食鹽、辣椒粉、醬油(大豆、鹽、小麥)、增味劑(E621)。 致敏原警告：本產品含有大豆類及麩質的穀類的產品。	16	50	3.7	3.6	237	--
果仁類									
限量選擇		Blue Diamond Roasted Salted Almonds [^]	Almonds (Tree Nuts), Vegetable Oil (Canola Oil and/or Safflower Oil), Sea Salt. May contain traces of milk products, soyabeans, peanuts, wheat and other tree nuts.	14	87	56.0	4.4	301	10.1
限量選擇		Blue Diamond Smokehouse Almonds [^]	Almonds (Tree Nuts), Vegetable Oil (Canola Oil and/or Safflower Oil), Sea Salt, Maltodextrin, Natural Hickory Smoke Flavor, Yeast, Hydrolyzed Corn and Soya Protein, Natural Flavors. May contain traces of milk products, soyabeans, peanuts, wheat and other tree nuts.	14	86	54.9	4.3	541	9.9
栗子									
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		四洲天賞甘栗	甘栗(木本堅果)	40	74	1.1	10.0	6	--
適宜選擇		JAS 有機甘栗 [^]	Organic Chestnut This product contains nut.	50	90	0.8	12.0	1	--
適宜選擇		Matsu Kiyo 有機去殼 栗子	有機栗子(天津出產)	40	66	1.1	7.1	0	6.2

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		PANDO 有機去殼甘栗	有機去殼甘栗 此產品含有木本堅果。	50	88	1.4	5.5	0	5.5
適宜選擇		韓印紅公州栗子	栗子100% (韓國產)	50	64	0.0	4.0	30	--
奶品類									
適宜選擇		CASINO PLAIN YOGHURT [^]	Milk at 15g per liter of fat, skimmed milk, milk enzymes. Allergen Warning: Milk.	125	53	1.0	4.6	52	--
適宜選擇		Chobani Greek Yogurt Natural Light [^]	Skim Milk, Live Yogurt Cultures. Contains Milk.	100	58	0.2	3.3	32	--
適宜選擇		DELTA Authentic Greek Yogurt 0% Fat [^]	Pasteurized skim milk, yoghurt live culture. Non-fat solids: 15.0%.	150	84	0.0	3.8	48	--
適宜選擇		Emmi SWISS PREMIUM GREEK STYLE YOGURT Natural [^]	Non-Fat Swiss milk, heat-treated fermented dairy solids, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus, Bifidus, L. casei).	150	84	0.0	4.0	60	--
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		M&S AUTHENTIC GREEK YOGURT 0% FAT [^]	Rich & creamy strained Greek yogurt with live cultures. Contains Milk.	200	124	0.2	3.2	20	0.1
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 (E1422, E1442, E440), Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus.	135	85	1.9	4.6	61	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		MEVGAL AUTHENTIC GREEK YOGURT 2% FAT [^]	Pasteurized skimmed cow milk, milk cream, milk protein, yogurt culture.	150	107	2.0	4.9	44	--
限量選擇		CASINO ORG PLAIN YOGURTS [^]	Partly skimmed milk, skimmed milk powder, lactic acid bacteria. Ingredients from organic farming.	125	81	3.3	4.1	60	0.0
限量選擇		CASINO PLAIN BIFIDUS YOGURTS [^]	Whole milk, lactose and milk protein, lactic ferments (including Bifidobacterium).	125	76	3.2	4.5	44	--
限量選擇		CASINO PLAIN FRESH CHEESE KIDS [^]	Pasteurized skim milk, pasteurized cream, selected lactic acid bacteria, preservative (E203).	60	86	10.0	3.2	20	0.0
限量選擇		Chobani Greek Yogurt Blueberry [^]	Low Fat Yogurt (82%) [Skim Milk, Live Yogurt Cultures], Blueberry Blend (18%), Blueberries (45%), Sugar, Water, Thickeners (Fruit Pectin, Locust Bean Gum), Natural Flavours, Stabilizer (Calcium Citrate), Acidity Regulators (Citric Acid, Sodium Citrate). Contains Milk.	100	78	0.2	9.9	28	--
限量選擇		Chobani Greek Yogurt Passion Fruit [^]	Low Fat Yogurt (82%) [Skim Milk, Live Yogurt Cultures], Passion Fruit Blend (18%), Sugar, Passion Fruit (33%), Water, Thickeners (Fruit Pectin, Locust Bean Gum), Acidity Regulators (Citric Acid, Sodium Citrate), Stabilizer (Calcium Citrate), Natural Flavours. Contains Milk.	100	76	0.2	9.1	37	--
限量選擇		DANONE Activia Yogurt - Cherry [^]	Whole milk, cherry (8%), concentrated and powdered skimmed milk, sugar (6.2%), tapioca starch, cream, natural flavours, lactic ferments Including Bifidobacterium (Bifidus AcitRegulatrix®), thickener (440), carrot and blueberry juice concentrate, milk minerals concentrate.	125	111	2.9	11.5	56	--
限量選擇		DANONE Activia Yogurt - Figs [^]	Whole milk (origin: France), concentrated or powdered skimmed milk (origin: EU), figs (8%), sugar (5.9%), cream (milk) (origin: France), tapioca starch, lemon concentrate, carrot concentrate, thickener (fruit pectin), natural flavor (milk), milk mineral concentrate, ferments (including yogurt ferments and Bifidobacterium (milk)).	125	115	2.9	12.2	56	--
限量選擇		DANONE Activia Yogurt - Strawberry [^]	Whole milk, strawberry (8.3%), concentrated and powdered skimmed milk, sugar (6.4%), cream, thickener (fruit pectin), lemon juice concentrate, black carrot juice concentrate, natural flavor (milk), milk mineral concentrate, ferments (including yogurt cultures & bifidobacterium (milk)).	125	110	2.8	11.4	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 Bifidobacterium) (milk).	125	76	3.2	4.6	48	--

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		Danone Veloute Fruit Yogurt - Strawberry [^]	Yogurt (Milk, Cultures) (84.6%), Sugar (8.2%), Strawberry (5%), Thickener (Modified Starch), Carrot and Purple Carrot Concentrates, Flavoring, Acidity Regulators (331, 330).	125	116	2.7	13.1	48	--
限量選擇		Danone Veloute Yoghurt - Natural [^]	Whole Milk (74.3%), Concentrated and Powdered Skimmed Milk (23.8%), Cream (Milk) (1.8%), Lactic Ferments (Milk).	125	90	3.2	5.9	64	--
限量選擇		Ella's Kitchen Berry Yoghurt [^]	Organic Greek Style Yoghurt (milk) 34%, Organic Apple 31%, Organic Bananas 22%, Organic Blackcurrants 7%, Organic Blueberries 5%, Organic Rice Starch 1%, Organic Lemon Juice Concentrate (a dash), Other Stuff 0%.	90	84	3.4	11.1	20	1.6
限量選擇		Ella's Kitchen Mango Yoghurt [^]	Organic Greek Style Yoghurt (milk) 37%, Organic Mangoes 31%, Organic Apples 20%, Organic Bananas 11%, Organic Rice Starch 1%, Organic Lemon Juice Concentrate (a dash), Other Stuff 0%.	90	84	3.7	11.1	20	1.6
限量選擇		Ella's Kitchen Strawberry Yoghurt [^]	Organic Greek Style Yoghurt (milk) 37%, Organic Strawberries 30%, Organic Bananas 22%, Organic Apples 10%, Organic Rice Starch 1%, Organic Lemon Juice Concentrate (a dash), Other Stuff 0%.	90	79	3.6	9.5	20	1.5
限量選擇		Elle & Vire Dairy Dessert - Apricot [^]	Heat-treated fermented milk, liquid sugar, lactose solution, water, apricot, thickeners (E1422, E406), stabilizer (E440), colour (E160a, E163), milk proteins, artificial flavour. Contains milk.	125	114	1.5	15.1	40	--
限量選擇		Elle & Vire Dairy Dessert - Strawberry [^]	Heat-treated fermented milk, liquid sugar, lactose solution, strawberry, water, thickeners (E1422, E406), stabilizer (E440), colour (E120), milk proteins, artificial flavour. Contains milk.	125	114	1.5	15.3	40	--
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 (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	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 (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--
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	--

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 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 Pink Grapefruit [^]	Swiss milk, fruit preparation (grapefruits, sugar, modified starch, lemon juice concentrate, grapefruit 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 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		FARMERS UNION GREEK STYLE PROBIOTIC YOGURT HONEY [^]	MILK, MILK SOLIDS, WATER, HONEY (4%), SUGAR, CREAM (MILK), THICKENER (MODIFIED STARCH), ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), CARAMELISED SUGAR, LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS & L. BULGARICUS, PROBIOTIC CULTURES (MILK): B. lactis (BB-12™). CONTAINS MILK.	90	86	2.9	12.3	49	0.1
限量選擇		FARMERS UNION GREEK STYLE PROBIOTIC YOGURT MANGO [^]	MILK, MILK SOLIDS, MANGO PUREE (5.9%), WATER, SUGAR, CREAM (MILK), THICKENER (MODIFIED STARCH), NATURAL FLAVOUR, NATURAL COLOUR (CAROTENE), MILK MINERALS, LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS & L. BULGARICUS, PROBIOTIC CULTURES (MILK): B. lactis (BB-12™). CONTAINS MILK.	90	85	2.9	11.6	63	0.1
限量選擇		FARMERS UNION GREEK STYLE PROBIOTIC YOGURT STRAWBERRY [^]	MILK, MILK SOLIDS, SUGAR, STRAWBERRY (5.7%) (PUREE, RECONSTITUTED JUICE), WATER, CREAM (MILK) THICKENER (MODIFIED STARCH), FLAVOURS, ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), NATURAL COLOUR (CARMINES), LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS & L. BULGARICUS, PROBIOTIC CULTURES (MILK): B. lactis (BB-12™). CONTAINS MILK.	90	89	2.9	12.7	51	0.1

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		FARMERS UNION GREEK STYLE PROBIOTIC YOGURT VANILLA [^]	MILK, MILK SOLIDS, WATER, SUGAR, CREAM (MILK), THICKENER (MODIFIED STARCH), NATURAL FLAVOUR, ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), NATURAL COLOUR (CAROTENE), VANILLA BEAN SEED (0.01%), LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS & L. BULGARICUS, PROBIOTIC CULTURES (MILK): <i>B. lactis</i> (BB-12™). CONTAINS MILK.	90	89	2.9	12.7	63	0.1
限量選擇		FARMERS UNION GREEK STYLE YOGURT WITH A HINT OF REAL MANGO [^]	MILK, MILK SOLIDS, WATER, MANGO (5%), SUGAR, CREAM, THICKENER (1442), NATURAL FLAVOUR, NATURAL COLOUR (CAROTENE), MILK MINERALS, YOGURT CULTURES: S. THERMOPHILUS, L. BULGARICUS, B. LACTIS. CONTAINS MILK.	130	109	2.9	9.3	50	--
限量選擇		FARMERS UNION GREEK STYLE YOGURT WITH A HINT OF REAL STRAWBERRY [^]	MILK, MILK SOLIDS, STRAWBERRY (5%) (PUREE, RECONSTITUTED JUICE), WATER, SUGAR, CREAM, THICKENER (1442), NATURAL FLAVOUR, NATURAL COLOUR (CARROT CONCENTRATE), MILK MINERALS, YOGURT CULTURES: S. THERMOPHILUS, L. BULGARICUS, B. LACTIS. CONTAINS MILK.	130	109	2.9	9.3	50	--
限量選擇		FARMERS UNION GREEK STYLE YOGURT WITH A HINT OF REAL VANILLA BEAN [^]	MILK, MILK SOLIDS, WATER, SUGAR, CREAM, THICKENER (1442), NATURAL FLAVOUR, ACIDITY REGULATORS (CITRIC ACID, SODIUM CITRATE), VANILLA BEAN SEED (0.01%), NATURAL COLOUR (CAROTENE), YOGHURT CULTURES: S. THERMOPHILUS, L. BULGARICUS, B. LACTIS. CONTAINS MILK.	130	121	2.9	11.3	50	--
限量選擇		Glenisk Organic Baby Fromage Frais - Apricot [^]	Pasteurized Organic Milk, Organic Apricot Puree (7%), Organic Banana Puree (7%), Organic Mango Puree (6%), Organic Cream (Milk), Natural Multifruit Flavouring, Organic Lemon Juice Concentrate, Cultures (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus).	60	45	4.1	5.8	32	--
限量選擇		Glenisk Organic Baby Fromage Frais - Mango [^]	Pasteurized Organic Milk, Organic Mango Puree (7%), Organic Apple Puree (6%), Organic Banana Puree (6%), Organic Cream (Milk), Natural Multifruit Flavouring, Organic Vanilla Extract, Organic Lemon Juice Concentrate, Culture (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus).	60	45	4.1	5.9	32	--
限量選擇		Glenisk Organic Baby Fromage Frais - Natural [^]	Pasteurized Organic Milk, Organic Cream (Milk), Cultures (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus).	60	46	4.9	4.1	40	--
限量選擇		Glenisk Organic Kids Yogurt - Strawberry [^]	Pasteurized Organic Milk, Organic Strawberries (9%), Organic Cane Sugar, Organic Cream (Milk), Organic Maize Starch, Natural Strawberry Flavouring, Organic Lemon Juice Concentrate, Cultures (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus).	90	81	4.2	8.7	36	--
限量選擇		Glenisk Organic Kids Yogurt - Vanilla [^]	Pasteurized Organic Milk, Organic Cream (Milk), Organic Maize Starch, Natural Vanilla Flavouring Gelling Agent (Pectin), Cultures (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus), Organic Vanilla Pods (0.01%), Organic Lemon Juice Concentrate, Organic Vanilla Extract (0.01%).	90	84	4.6	8.9	40	--
限量選擇		HIRUZEN Jersey Yogurt - White Peach [^]	Fresh milk, white peach juice, sugar, flavoring, acid (citric acid), vitamin C, yogurt culture.	90	85	3.6	12.3	43	--

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		MAITRES LAITIERS CAMPAGNE DE FRANCE Fromage Frais Nature [^]	Pasteurized semi-skimmed milk, lactic ferments.	100	74	3.1	3.9	40	--
限量選擇		MAITRES LAITIERS CAMPAGNE DE FRANCE Fromage Frais SAVEUR VANILLE [^]	Fromage frais with pasteurized skimmed milk and cultures 75.6%, water, sugar 8.6%, pasteurized cream, modified starch, flavorings, firming agent (341), acidity regulators (330, 331), color (161b), exhausted ground vanilla bean, thickener (415). Vanilla bark garnish.	100	96	2.5	11.5	36	--
限量選擇		meiji CP-meiji Kyoho Grape Flavoured Yoghurt with Nata De Coco [^]	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Nata De Coco with Grape Juice Concentrate in Heavy Syrup, Sugar, Thickener (E1442, E1422), Gelatin, Nature Identical Flavouring, B. lactis, L. acidophilus, L. bulgaricus, and S. thermophilus, Preservative (E211) (Carry Over from Fruit Syrup), Acidity Regulator (E330), Colour (E124, E133).	135	124	2.1	14.2	48	0.3
限量選擇		meiji CP-meiji Low Fat Yoghurt with Aloe Vera [^]	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Aloe Vera in Syrup (Aloe Vera, Sugar), Thickener (E1442, E1422, E440), Nature Identical Flavouring, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus and Streptococcus thermophilus, Acidity Regulator (E330), Preservative (E211) (carry over from Aloe Vera in syrup).	135	115	1.6	10.6	51	0.0
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 (E1442, E1422, E440), Artificial Flavouring and Nature Identical Flavouring, Acidity Regulator (E330), Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus, Preservative (E211) (carry over from fruit syrup), Colour (E102).	135	123	1.6	12.4	59	0.0
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 (Sugar, Strawberry, Blueberry, Raspberry Juice Concentrate), Thickener (E1442, E1422, E440), Nature Identical Flavouring, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus and Streptococcus thermophilus, Acidity Regulator (E330), Preservative (E211) (carry over from fruit syrup), Colour (E124, E133).	135	112	1.6	11.8	51	0.6
限量選擇		meiji CP-meiji Low Fat Yoghurt with Nata De Coco [^]	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Nata de Coco in Syrup, (Nata De Coco, Sugar), Thickener (E1442, E1422, E440), Artificial Flavouring and Nature Identical Flavouring, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus, Preservative (E211) (carry over from fruit syrup), Acidity Regulator (E330).	135	120	1.6	12.4	53	0.0
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 (E1442, E1422, E440), Nature Identical Flavouring, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus, Preservative (E211) (carry over from fruit syrup), Acidity Regulator (E330), Colour (E124).	135	112	1.6	11.8	53	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		MOVENPICK 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 (Bifidobacterium, Lb. Acidophilus, Sc. Thermophilus, Lb. Bulgaricus). This Product Contains Milk.	100	117	4.1	13.7	16	--
限量選擇		MOVENPICK Greek Style Mango- Vanilla Yogurt [^]	Milk, Sugar, 3.6% Mango, 2.7% Mango Puree, Modified Starch, Water, Vanilla Extract, Colour: Carotene; Natural Flavouring, Acidity Regulator: Citric Acid; Live Lactic Acid Cultures (Bifidobacterium, Lb. Acidophilus, Sc. Thermophilus, Lb. Bulgaricus). This Product Contains Milk.	100	119	4.1	14.1	16	--
限量選擇		MOVENPICK Greek Style Plain Yogurt [^]	Milk, Live Lactic Acid Cultures (Bifidobacterium, Lb. acidophilus, Sc. Thermophilus, Lb. Bulgaricus). This Product Contains Milk	100	89	5.0	4.1	20	--
限量選擇		MOVENPICK PREMIUM MOMENTS BLUEBERRY [^]	Milk, sugar, 3% blueberries, modified starch, 2% blueberry puree, concentrate from carrot and beetroot, thickener: pectins; acidity regulator: sodium citrates; natural flavouring, cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	113	4.1	14.2	40	--
限量選擇		MOVENPICK PREMIUM MOMENTS MANGO- APRICO [^]	Milk, sugar, 3% apricots, modified starch, 2% mango puree, thickener: pectins; acidity regulator: citric acid; flavouring, colour: carotene; cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	112	4.0	14.3	36	--
限量選擇		MOVENPICK PREMIUM MOMENTS PEACH- PASSION FRUIT [^]	Milk, sugar, 5.0% peach, modified starch, 0.4% passionfruit juice from passionfruit juice concentrate, natural flavouring, thickener: pectins; acidity regulator: citric acid, sodium citrates; cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	110	4.0	13.8	40	--
限量選擇		MOVENPICK PREMIUM MOMENTS RASPBERRY [^]	Milk, sugar, 2.8% raspberry, modified starch, 2.2% raspberry puree, thickener: pectins; natural flavouring, acidity regulator: citric acid; concentrate from carrot, colour: cochineal; cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	112	4.0	14.1	36	--
限量選擇		MOVENPICK PREMIUM MOMENTS STRAWBERRY [^]	Milk, sugar, 4.5% strawberries, modified starch, 0.5% strawberry puree, thickener: pectins, concentrate from carrot, acidity regulator: citric acid; flavouring, colour: cochineal; cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	113	4.0	14.5	36	--
限量選擇		MOVENPICK PREMIUM MOMENTS SWEETENED [^]	Milk, sugar, modified starch, thickener: pectins; vanilla extract, acidity regulator: citric acid; natural vanilla flavouring, cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	88	4.6	6.5	44	--
限量選擇		Nestle 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%), FORTISO [®] Bifidobacterium (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 Pomegranate And Aloe Vera Yoghurt [^]	Fresh Milk (51%), Water, Pomegranate And Aloe Vera Sauce (17%) (Aloe Vera, Water, Sugar, Pomegranate Juice Concentrate, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum), Acidity Regulator (330, 331, 341)), 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		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		Nestlé Acti-V Probiotic Low Fat White Peach Yoghurt [^]	Fresh Milk (51%), Water, White Peach Sauce (17%) (Water, Sugar, White Peach, White Peach Juice Concentrate, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum), Acidity Regulator (330, 331, 341)), 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 高鈣低脂香蕉乳酪	水、鮮牛奶(21%)、香蕉醬(16%)(水、香蕉蓉、糖、澱粉、調味劑、酸度調節劑(330)、穩定劑(角豆膠))、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 高鈣低脂藍莓乳酪	水、鮮牛奶(21%)、藍莓醬(26%)(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 高鈣低脂熱情果乳酪	水、鮮牛奶(21%)、熱情果醬(16%)(熱情果、水、糖、澱粉、調味劑、濃縮檸檬汁、色素(胡蘿蔔素類))、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 高鈣低脂菠蘿乳酪	水、鮮牛奶(21%)、菠蘿醬(16%)(糖、水、菠蘿、濃縮菠蘿汁、澱粉、調味劑、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		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(黑加倫子、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	--

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		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		Nestle Greek Style Yogurt Natural^	Water, Milk Solid, Emulsifier (471), Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	100	125	10.0	5.3	54	--
限量選擇		Nestle High Calcium Low Fat Strawberry Yoghurt^	Water, Strawberry Sauce (Strawberry, Sugar, Water, Modified Starch, Flavouring, Stabilizer (Carob Bean Gum, Calcium Chloride, Xanthan Gum), Acidity Regulator (330, 331), Colour (163), Enzyme), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	100	76	1.1	10.7	63	0.0
限量選擇		Pauls Greek Style Yogurt Natural^	Pasteurized Milk Solids, Milk Fat (Cow's Milk), Stabiliser (E440), Mixed Live Culture (Streptococcus Thermophilus, Lactobacillus Bulgaricus). Contains Milk And Milk Products.	100	102	5.3	8.5	61	--
限量選擇		Pauls Greek Style Yogurt Peach Harvest^	Fruit Mix [Sugar, Peach, Stabiliser (E1442, E415), Acidity Regulator (E330, E296), Flavours, Preservative (E202), Colour (E160b), Antioxidant (E300)], Pasteurized Milk Solids, Milk Fat (Cow's Milk), Stabiliser (E440), Mixed Live Culture (Streptococcus Thermophilus, Lactobacillus Bulgaricus). Contains Milk And Milk Products.	100	122	4.4	15.0	51	--
限量選擇		Pauls Greek Style Yogurt Strawberry Field^	Fruit Mix [Strawberry, Sugar, Stabiliser (E1442, E440), Chokeberry Concentrate, Flavours, Preservative (E202), Acidity Regulator (E330)], Pasteurized Milk Solids, Milk Fat (Cow's Milk), Stabiliser (E440), Mixed Live Culture (Streptococcus Thermophilus, Lactobacillus Bulgaricus). Contains Milk And Milk Products.	100	122	4.4	15.0	51	--
限量選擇		Trappist Dairy Sippa Yogurt^	Fresh Milk, Sugar, Water, Whey Protein, Egg Yolk Powder, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactobacillus Paracasei, Lactobacillus Rhamnosus.	120	104	3.5	9.0	30	--
限量選擇		Trappist Dairy Spoons Yogurt^	Fresh Milk, Sugar, Water, Heavy Cream, Whey Protein, Egg Yolk Powder, Emulsifier (E1414, E471), Gelatin, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactococcus Lactis subsp. Lactis, Lactococcus Lactis subsp. Cremoris.	120	110	3.5	9.5	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		Trappist Dairy Spoonable Yogurt Low Fat Passion Fruit [^]	Fresh Milk, Water, Sugar, Passion Fruit Sauce, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E1414, E471), Gelatin, Flavour and Flavouring. Allergen Information: Contains milk products.	90	75	2.8	9.6	29	--
限量選擇		Trappist Dairy Spoonable Yogurt Low Fat Plain [^]	Fresh Milk, Water, Sugar, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E1414, E471), Gelatin. Allergen Information: Contains milk products.	90	75	2.8	9.6	29	--
限量選擇		Trappist Dairy Spoonable Yogurt Low Fat Strawberry [^]	Fresh Milk, Water, Sugar, Strawberry Sauce, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E1414, E471), Gelatin, Flavour and Flavouring. Allergen Information: Contains milk products.	90	75	2.8	9.6	29	--
限量選擇		Village Dairy Natural Greek-Style Bio-Live Yogurt [^]	Bio-Live Yogurt (Milk), Cream (Milk), Bio-Live Cultures, Lactobacillus Acidophilus and Bifidobacterium.	125	113	3.9	7.9	40	--
限量選擇		VRAI Organic Goat Milk Yogurt - Nature [^]	Goat Milk Concentrate*, Selected Lactic Ferments (Milk). * From Organic Agriculture.	125	96	4.9	3.5	28	--
限量選擇		Yoplait Peppa Pig Strawberry Fromage Frais [^]	FROMAGE FRAIS (PASTEURISED SKIMMED MILK, CREAM, LACTIC CULTURES (MILK)), SUGAR, WATER, STRAWBERRY PUREE FROM CONCENTRATE, MODIFIED MAIZE STARCH, COLOUR (ANTHOCYANINS, CAROTENES), NATURAL FLAVOURING, EMULSIFIER (CALCIUM PHOSPHATE), STABILISER (GUAR GUM), ACIDITY REGULATOR (CITRIC ACID), VITAMIN D.	45	40	2.4	10.0	52	--
限量選擇		Yoplait Petit Miam Blueberry Yoghurt [^]	MILK (min. 70%) [MILK, SLIM 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, SLIM 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	50	2.3	7.6	46	--
限量選擇		Yoplait Petit Miam Vanilla Yoghurt [^]	MILK (min.70%) [MILK, SLIM MILK], SUGAR, MILK SOLIDS, WATER, THICKENER (1442), FIRMING AGENT (MINERAL CALCIUM 341), NATURAL FLAVOURS, ACIDITY REGULATOR (330), VITAMIN D, YOGHURT CULTURES (S. THERMOPHILUS, L BULGARICUS, B. LACTIS). CONTAINS MILK.	70	51	2.3	7.6	44	--

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									
限量選擇		M&S FOOD houmous and lime flavour popped potato snacks [^]	Dried Potatoes (44%), Rice Flour, Rapeseed Oil, Houmous and Lime Flavour Seasoning (Ground Spices, Sugar, Dried Onions, Dried Garlic, Dried Lime Juice, Dried Red Peppers, Dried Lemon Juice, Dried Herbs, Acid: Citric Acid, Salt, Flavouring, Yeast Extract, Spice Extract), Cornflour, Potato Starch, Sugar, Salt, Vitamin D. Prepared to a Vegan recipe. Not suitable for Milk allergy sufferers because this allergen is present in the environment.	23	94	9.4	4.8	452	3.9
限量選擇		M&S FOOD sea salt and apple cider vinegar flavoured popped potato snacks [^]	Dried Potatoes (45%), Rice Flour, Rapeseed Oil, Potato Starch, Cornflour, Dried Apple Cider Vinegar, Sugar, Salt, Dried Vinegar, Acid: Citric Acid, Flavouring, E508 Potassium Chloride, Sea Salt, Vitamin D. Prepared to a Vegan recipe. Not suitable for those with a Milk allergy because this allergen is present in the environment.	23	89	6.2	2.8	520	7.5
限量選擇		Mi Su CASA Aomori Apple Kuzukiri Jelly [^]	Water, Isomerized Liquid Sugar, Aomori Apple Juice Concentrate, Sugar, Aomori Apple, Thickener (410, 415, 418, 407), Lemon Juice, Stabilizer (331iii), Antioxidant (330), Flavour and Flavouring, Thickener (327), Kudzu Powder, Emulsifier (475, 322i), Agar, Antioxidant (300). Contains soyabean products. Produced in a factory where cereals containing gluten, crustacea, egg, peanut, milk, tree nuts and nut products are also handled.	150	110	0.0	11.9	45	--
限量選擇		MORINAGA MILK PUDDING [^]	Milk, Skimmed Milk Powder, Sugar, Cream, Starch, Dextrin, Gelatin, Gelling Agent (E406), Flavor, Emulsifier (E473). Contains Milk and Milk Product, Gelatin.	85	82	3.2	13.5	71	--

最後更新日期：二零二三年八月