



表三：預先包裝餅乾樣本的測試結果

樣本編號 [1]	牌子及產品名稱 [2]	重量 (克) [3]	食用分量 (克) [3]	聲稱來源地 [2]	大約售價 [2][4]	每100克售價 [2][4]	安全測試										營養素含量測試 [11]										總評 [14]								
							防腐劑及抗氧化劑 [5]		污染物 (微克/公斤)			整體 [10]	總脂肪 克/100克		飽和脂肪 克/100克		反式脂肪 克/100克		鈉 毫克/100克		總糖 克/100克		總膳食纖維 克/100克		營養素含量 [12]	營養標籤及產品資料 [13]									
							毫克/公斤	評分 [9]	3-MCPD及3-MCPDE [6]	環氧丙醇及GE [7]	丙硫醇 [8]		測試 [2]	標籤	差距	測試 [2]	標籤	差距	測試 [2]	標籤	差距	測試 [2]	標籤	差距				測試 [2]	標籤	差距					
威化餅																																			
1	菓家 Loacker Minis Cremissimo - Crispy Wafers with Cocoa and Chocolate Cream Filling	200 (10克x 20包)	10	意大利	\$48	\$24	ND	●●●●●	69	68	ND	●●●●●	●●●●●	25.7	26.5	-3%	20.8	22.4	-7.1%	0.025	0	*□	104	122	-14.8%	26.7	27.9	-4.3%	3.4	—	■	●●●●●	●●●●●	★★★★	
2	嘉頓 忌廉威化花生味 Garden Cream Wafers - Peanut Flavoured	200 (6件)	50	香港	\$10.8	\$5.4	ND	●●●●●	20	90	36	●●●●●	●●●●●	29.1	25.8	12.8%	12.2	12.1	0.8%	0.136	0	*□	138	228	-39.5%	20.8	19.5	6.7%	2.8	—	■	●●●●●	●●●●●	★★★★	
3	Gastone Lago Wafer with Lemon Cream	175	24*	意大利	\$12	\$6.9	ND	●●●●●	170	90	56	●●●●●	●●●●●	28.5	27.6	3.3%	23.7	25.0	-5.2%	ND	0	0%	132	136	-2.9%	26.8	31.9	-16%	0.9	—	■	●●●●●	●●●●●	★★★★	
4	BALOCOCO Cubes Milk Vanilla Wafers	250	29*	意大利	\$12	\$4.8	ND	●●●●●	55	120	160	●●●●●	●●●●●	25.1	27.7	-9.4%	20.7	22.9	-9.6%	ND	—	■	124	164	-24.4%	23.4	26.6	-12%	0.9	1.2	-28.6%	●●●●●	●●●●●	★★★★	
5	LU Dark Chocolate Wafer	92	10.2◆	法國	\$25	\$27.2	ND	●●●●●	ND	18	330	●●●●●	●●●●●	26.4	27	-2.2%	15.1	16	-5.6%	0.039	0	*□	92.6	60	54.3%	28.3	34.0	-16.8%	6.6	—	■	●●●●●	●●●●●	★★★★	
6	Hamada Health Club 加鈣威化餅朱古力咖啡味	40枚	21.6 (3枚)	日本	\$44.9	\$15.8	ND	●●●●●	260	150	170	●●●●●	●●●●●	24.8	21.9	13.2%	11.7	9.7	20.6%	1.36	0	*▲	116	151	-23.2%	18.6	28.7	-35.2%	4.3	—	■	●●●●●	●●●●●	★★★★	
7	旺旺 黑白配朱古力捲香酥 Want Want Crunchy Chocolate Wafer Roll Vanilla Flavour	60	30	中國	\$6	\$10	ND	●●●●●	470	200	220	●●●●●	●●●●●	20	19.6	2%	9.4	9.0	4.6%	0.135	0.2	-32.5%	267	186	43.5%	42.0	41.3	1.7%	2.1	1.7	20.6%	●●●●●	●●●●●	★★★★	
8	百邦 豆乳威化 Bourbon Soybean Milk Wafers	112 (2枚x 8袋)	14(1袋)	日本	\$34	\$30.4	ND	●●●●●	270	200	360	●●●●●	●●●●●	30.6	35.9	-14.8%	18.3	20.6	-11.2%	0.131	0.2	-34.5%	35.4	63	-43.8%	22.8	23.2	-1.7%	2.8	2.6	7.3%	●●●●●	●●●●●	★★★★	
夾心餅																																			
9	Essential Waitrose & Partners Bourbon Creams Biscuits	400	24*	英國	\$23.9	\$6	ND	●●●●●	2000	340	160	●●●●●	●●●●●	21.0	21.4	-1.9%	11.4	12.1	-5.8%	0.050	0.1	-50%	78.5	88	-10.8%	27.7	25.2	9.9%	2.8	2.8	0.4%	●●●●●	●●●●●	★★★★	
10	萊莉絲 雷蒙德檸檬夾心餅 Julie's Le-mond Puff Sandwich Lemon Flavoured Cream	170 (10包裝)	17 (1包裝)	馬來西亞	\$17.9	\$10.5	ND	●●●●●	760	720	120	●●●●●	●●●●●	23.3	25.3	-7.9%	11.8	12.5	-5.6%	0.074	0	*□	408	435	-6.2%	24.3	26.0	-6.5%	1.5	—	■	●●●●●	●●●●●	★★★★	
11	雅樂思 原味巧克力三夾心餅乾 Arnott's Tim Tam Original Chocolate Biscuits	200(11 biscuits)	18.3(1 biscuit)	澳洲	\$31.5	\$15.8	ND	●●●●●	400	310	300	●●●●●	●●●●●	25.7	26.9	-4.5%	13.3	15.0	-11.3%	0.182	0	*□	178	158	12.7%	41.4	44.8	-7.6%	1.2	1.6	-25.6%	●●●●●	●●●●●	★★★★	
12	利脆牌 芝士夾心餅 Ritz Crackers Cheese Flavoured Sandwich	243 (27克x 9)	27	印尼	\$25.5	\$10.5	ND	●●●●●	640	1300	140	●●●●●	●●●●●	25.6	28.3	-9.5%	11.8	14.6	-19.2%	0.153	0	*□	525	470	11.7%	14.6	15.3	-4.6%	1.7	1.8	-5%	●●●●●	●●●●●	★★★★	
13	佳之選 夾心餅花生 Select Sandwich Biscuits Peanut	324(3塊x 12包)	27(1包)	中國	\$20.9	\$6.5	ND	●●●●●	370	700	150	●●●●●	●●●●●	24.9	24.9	20.7	20%	8.6	8.6	-0.1%	0.045	0	*□	442	559	-20.9%	21.3	15.4	38.3%	2.4	1.9	25.8%	●●●●●	●●●●●	★★★★
14	奧利奧 原味夾心曲奇 Oreo Mini Oreo Original	204 (10小包)	20.4 (1小包)	印尼	\$26.9	\$13.2	ND	●●●●●	400	1000	350	●●●●●	●●●●●	19.5	21.0	-7.1%	9.0	10.1	-10.6%	0.032	0.1	-68%	491	534	-8.1%	37.1	38.4	-3.4%	2.3	2.5	-10%	●●●●●	●●●●●	★★★★	
15	YBC Levain Cheese Sandwich Crackers	151.2(9枚x 2袋)	24*	日本	\$23.9	\$15.8	ND	●●●●●	440	160	220	●●●●●	●●●●●	32.6	30.0	8.7%	19.8	9.8	102%	0.346	1.1	-68.5%	650	847	-23.3%	10.5	10.7	-1.9%	0.8	—	■	●●●●●	●●●●●	★★★★	
16	ACE 檸檬味夾心餅 Lemon Flavor Sandwich Biscuits	160	24*	中國	\$11.9	\$7.4	ND	●●●●●	640	740	190	●●●●●	●●●●●	27.7	28.5	-2.8%	12.4	4.0	210%	0.125	0	*□	343	310	10.6%	14.7	25.5	-42.4%	2.1	1.0	109%	●●●●●	●●●●●	★★★★	
17	無印良品 紅豆夾心餅 Muji Shiruko Sandwich Cracker	85	24*	日本	\$10	\$11.8	ND	●●●●●	320	230	620	●●●●●	●●●●●	18.8	17.8	6.2%	5.9	7.9	-25.3%	0.053	0	*□	440	436	0.9%	12.5	12.6	-0.8%	3.2	2.5	28.8%	●●●●●	●●●●●	★★★★	
消化餅																																			
18	麥維他 輕怡全麥消化餅 (脂肪含量少於30%)* 脂肪含量比多維他消化餅 (每100克含21.3脂肪) 少約30%	250	14.8	英國	\$16.9	\$6.8	ND	●●●●●	54	ND	240	●●●●●	●●●●●	14.6	14.5	0.7%	1.4	1.5	-6%	ND	0	0%	359	400	-10.3%	18.1	20.2	-10.4%	4.0	—	■	●●●●●	●●●●●	★★★★	
19	TESCO 消化餅 Digestives Biscuits	400 (27件)	14(1件)	英國	\$20.9	\$5.2	ND	●●●●●	770	78	180	●●●●●	●●●●●	20.8	22.4	-7.1%	8.0	10.1	-20.9%	0.034	0	*□	260	363.2	-28.4%	14.9	18.5	-19.5%	2.5	—	■	●●●●●	●●●●●	★★★★	
20	Feiny Biscuits Digestive Biscuit with Milk Chocolate	300	24*	荷蘭	\$19.8	\$6.6	ND	●●●●●	83	64	250	●●●●●	●●●●●	24.3	24.0	1.3%	11.8	13.0	-9.2%	0.143	0	*□	224	260	-13.8%	25.9	29.0	-10.7%	3.0	—	■	●●●●●	●●●●●	★★★★	
21	Bancheta Digestives	800(400x 2)	24*	荷蘭	\$14	\$1.8	ND	●●●●●	24	18	550	●●●●●	●●●●●	20	21.0	-4.8%	1.8	1.8	0%	ND	0.1	◇	301	316	-4.7%	15	17.0	-11.8%	3.4	3.2	5%	●●●●●	●●●●●	★★★★	
瑪利餅																																			
22	森永 Morinaga Marie Biscuit	113(3枚x 7袋)	16(1枚)	日本	\$18.9	\$16.7	ND	●●●●●	41	18	120	●●●●●	●●●●●	10.0	10.3	-2.9%	5.7	5.5	3.6%	0.191	0.1	91%	317	327	-3.1%	19.2	19.7	-2.5%	2.6	—	■	●●●●●	●●●●●	★★★★	
梳打餅																																			
23	759 阿信屋 香港海苔味梳打餅 759 Store Laver Soda Biscuit	210 (9小包)	23.3 (1小包)	中國	\$11.5	\$5.5	TBHQ: 12	●●●●●	1200	ND	65	●●●●●	●●●●●	19.1	22.0	-13.2%	7.9	9.7	-18.7%	0.057	0	*□	594	790	-24.8%	ND	0	0%	2.6	2.6	0.8%	●●●●●	●●●●●	★★★★	
24	ACE Brand 天然酵母特選全麥梳打餅 Rich Staple Wholemeal 100% Natural Cracker	240(30克x 8)	30	中國	\$15.9	\$6.6	TBHQ: 40	●●●●●	830	300	ND	●●●●●	●●●●●	25.2	23.6	6.8%	10.7	10.7	0%	0.073	0	*□	482	573	-15.9%	ND	1.7	◇	5.2	3.4	51.8%	●●●●●	●●●●●	★★★★	
25	太平洋 芝麻梳打餅乾 Pacific Sesame Soda Cracker	300(12獨立小包)	25(1獨立小包)	中國	\$14.5	\$4.8	TBHQ: 8.7	●●●●●	720	650	38	●●●●●	●●●●●	19.4	19.7	-1.5%	8.6	9.2	-6.8%	0.092	0	*□	456	481	-5.2%	0.8	0.8	0%	3.0	2.5	20.4%	●●●●●	●●●●●	★★★★	
26	小牧味屋 高鈣梳打餅(芥末味) CEO House High Calcium Soda Crackers (Wasabi Flavour)	270(12獨立小包)	22.5(1獨立小包)	中國	\$12.9	\$4.8	TBHQ: 33	●●●●●	1900	ND	40	●●●●●	●●●●●	27.2	27.0	0.7%	11.6	12.8	-9.4%	0.104	0	*□	596	481	23.9%	ND	1.5	◇	1.7	—	■	●●●●●	●●●●●	★★★★	
27	特惠牌 芝麻梳打餅乾 SureBuy Sesame Soda	350 (22小包)	16 (1小包)	中國	\$10	\$2.9	ND	●●●●●	1000	340	120	●●●●●	●●●●●	22.2	23.1	-3.9%	8.9	10.3	-13.2%	0.131	0	*□	494	470	5.1%	0.4	0	*□	2.3	30%	●●●●●	●●●●●	★★★★		
28	福滿之品 芝士味蘇打餅乾(無蔗糖)	500	24*	中國	\$31	\$6.2	ND	●●●●●	1500	>3900	40	●●●●●	●●●●●	41.3	39.6	4.3%	17.9	4.4	307%	0.157	0	*□	476	894	-46.8%	0.8	0	*△	1.7	—	■	●●●●●	●●●●●	★★★★	
餅乾棒/餅乾條/手指餅																																			
29	樂天 Lotte PEPPERO Stick Almond & Chocolate	36	36	韓國	\$8.7	\$4.2	ND	●●●●●	91	21	86	●●●●●	●●●●●	31.0	24.7	25.5%	11.9	10.4	14.4%	0.154	0.2	-23%	249	267	-6.7%	22.3	25.0	-10.8%	5.0	—	■	●●●●●	●●●●●	★★★★	
30	寶聚果 高鈣餅乾 Takara Cigar Biscuit FM 302	260	24*	日本	\$26.9	\$10.3	ND	●●●●●	160	110	170	●●●●●	●●●●●	10.0	9.5	5.3%	4.7	3.7	26.8%	0.021	0	*□	428	431	-0.7%	20.7	18.3	13.8%	1.8	—	■	●●●●●	●●●●●	★★★★	
31	固力果 沙律百力滋餅乾條家庭裝 Glico Pretz Safad Biscuit Sticks	193 (10包裝)	19.3 (1包裝)	日本	\$35	\$18.1	ND	●●●●●	410	210	190	●●●●●	●●●●●	22.2	22.2	0%	8.4	8.4	-0.1%	0.115	0.1	15%	631	755	-16.4%	4.9	4.8	2.1%	3.3	—	■	●●●●●	●●●●●	★★★★	
32	M&S Food Rich Tea Finger Biscuits	250	5 (1biscuit)	英國	\$20	\$8	ND	●●●●●	740	180	240	●●●●●	●●●●●	16.7	14.7	13.6%	6.1	6.7	-9.4%	0.043	0	*□	350	340	2.9%	18.7	18.1	3.3%	3.4	2.2	53.2%	●●●●●	●●●●●	★★★★	
33	四洲 甘木滋餅(家庭裝) Four Seas Biscuits Sticks (Family Pack)	153(17克x 9包)	17	中國	\$10	\$6.5	ND	●●●●●	670	1300	32	●●●●●	●●●●●	17.7	18.6	-4.8%	7.9	7.3	8.1%	0.104	0	*□	258	202	27.7%	19.4	20.4	-4.9%	1.5	0.3	393%	●●●●●	●●●●●	★★★★	
34	Topvalu Free From Finger Biscuits	130	24*	日本	\$9.9	\$7.6	ND	●●●●●	1100	3																									