



表二：部分市面上有售的朱古力樣本的資料

樣本編號	牌子 [1]	產品名稱 [1]	淨重 (克) [1]	聲稱來源地 [1]	每包裝大約零售價 [2]	每100克大約售價 [2]	成分 [1][3]	每100克樣本的營養素含量 [1][4]			
								能量 (千卡)	蛋白質 (克)	總脂肪 (克)	糖 (克)
黑朱古力											
1	Chocolat Madagascar	Organic Single Origin Fine Dark Chocolate - 70% Cocoa	85	馬達加斯加	\$70.0	\$82.4	Madagascar organic cocoa beans, organic cane sugar of Madagascar.	580	8	45	30
2	Domori	100% Trinitario Dark Chocolate	25	意大利	\$52.0	\$208	Cocoa mass.	625.5	14.5	53.5	1
3	Feodora	Grand'Or 75% Superior Dark Chocolate	80	德國	\$29.9	\$37.4	Cocoa bean, sugar, cocoa butter, bourbon vanilla extract, bourbon vanilla pods.	605	9.3	48	24
4	Ghirardelli	Chocolate - Intense Dark 86% Cacao Midnight Reverie	90	美國	\$38.9	\$43.2	Bittersweet chocolate (unsweetened chocolate, cocoa butter, sugar, milk fat, soy lecithin - an emulsifier), vanilla, natural flavor.	616	6.7	55.6	11.1
5	Godiva	Pure 85% Dark Chocolate Tablet	100	德國	\$75.0	\$75	Cocoa mass, sugar, cocoa butter, butter oil, emulsifier (E322).	553	10.0	50.1	11.1
6	瑞士蓮 Lindt & Sprüngli	Extra Fine Dark Chocolate 70% Cocoa	100	法國	\$27.9	\$27.9	Cocoa mass, sugar, cocoa butter, vanilla.	566	9.5	41	29
7	明治 Meiji	Black Chocolate	50	日本	\$9.9	\$19.8	Sugar, cocoa mass, vegetable oil (palm, sunflower, shea), whole milk powder, emulsifiers (E322 (soybean product), E1520), flavour & flavouring, humectant (E422), antioxidant (vitamin E).	566	6.4	36.8	46.4
8	Pralus	Tropical Chocolate - Ghana Forastero 75%	100	法國	\$72.0	\$72	75% cocoa, sugar, pure cocoa butter, emulsifier (soya lecithin).	585	9.4	44	26
黑朱古力樣本#1至#8平均的營養素含量								587	9.2	46.8	22.3
牛奶朱古力											
9	吉百利 Cadbury	Dairy Milk Milk Chocolate	180	澳洲	\$27.9	\$15.5	Full cream milk, sugar, cocoa butter, cocoa mass, milk solids, emulsifiers (soy lecithin, 476), flavours.	538	7.6	30.4	56.0
10	瑞士蓮 Lindt & Sprüngli	Swiss Classic Swiss Milk Chocolate	100	瑞士	\$25.9	\$25.9	Sugar, cocoa butter, whole milk powder, cocoa mass, lactose (from milk), skim milk powder, emulsifier (soya lecithin), barley malt extract, flavouring.	537	6.5	31.2	55.8
11	樂天 Lotte	Ghana Milk Excellent Chocolate	119	日本	\$26.5	\$22.3	Sugar, whole milk powder, cacao mass, cocoa butter, vegetable oils (palm, sunflower), emulsifier (E322), flavour & flavouring.	558	7.6	33.7	43.0
12	森永 Morinaga	Milk Chocolate	50	日本	\$12.8	\$25.6	Sugar, cacao mass, vegetable oil [palm, shea (tree nuts)], whole milk powder, cocoa butter, whey powder, butter oil, emulsifier (soybean lecithin, glycerol esters of fatty acids), flavors.	567	5.3	35.4	49.7
13	Ritter Sport	牛奶巧克力 - 加納可可 55% Milk Chocolate - Ghana 55%	100	德國	\$24.9	\$24.9	白砂糖、可可塊、可可脂、全脂奶粉。	598	8.5	45	33
14	Venchi	Venezuela Milk Chocolate Bar 47%	70	意大利	\$95.0	\$135.7	Sugar, cocoa mass from Venezuela - 24%, cocoa butter, whole milk powder, emulsifier: soy lecithin, ground vanilla pods.	597	8.1	42.5	40.9
牛奶朱古力樣本#9至#14平均的營養素含量								566	7.3	36.4	46.4
白朱古力											
15	Dars	White Chocolate	42	日本	\$10.9	\$26.0	Sugar, whole milk powder, cocoa butter, vegetable oil (palm, sunflower), skim milk powder, emulsifier (soybean lecithin), flavour and flavouring.	605	7.5	41.7	49.9
16	Green & Black's	Org White Chocolate	90	英國	\$25.9	\$28.8	Cane sugar, cocoa butter, whole milk powder, emulsifier (soy lecithin), vanilla pod, vanilla extract.	581	7.9	38	51
17	Latio	White Chocolate	190	比利時	\$24.9	\$13.1	Sugar, cocoa butter, full cream milk powder, lactose, whey powder, natural vanilla flavour, emulsifier (E322).	546	4.0	30.8	55.5
18	瑞士蓮 Lindt & Sprüngli	Swiss Classic Swiss White Chocolate	100	瑞士	\$25.9	\$25.9	Sugar, cocoa butter, whole milk powder, skim milk powder, emulsifier (soya lecithin), flavouring.	566	6.7	35	55
19	Royce'	Chocolate Bar - White	110	日本	\$52.0	\$47.3	Cocoa butter, whole milk powder, sugar, emulsifier (soya lecithin), flavouring.	627	8.1	47.8	39.8
白朱古力樣本#15至#19平均的營養素含量								585	6.8	38.7	50.2

[1] 資料從檢視樣本包裝所得。各分類內的樣本按牌子的英文字母順序排列。

[2] 樣本的零售價為約數，是本會於9月至10月購買樣本時收集到的資料，僅供參考，實際售價會因零售店及地區而有差異。

[3] 成分表上的植物油脂以紅色字標示。

[4] 如樣本的營養標示上的營養素含量以每食用分量為單位，本會按以下公式轉換為每100克的含量：

能量：以蛋白質和可獲得的碳水化合物乘以4千卡，及總脂肪乘以9千卡的總和。其他營養素：營養素數值除以每食用分量，再乘以100克。

如樣本的能量以千焦標示，本會將千焦轉換成千卡（1千卡=4.18千焦）。