

表二：火腿及火雞肉凍切片樣本的測試結果（補充資料）

樣本編號 [1]	牌子 [2]	產品名稱 [2]	配料 [2]	營養相關的標示 [2]
火腿				
1	M&S FOOD	British Lean Ham Low Fat	British pork (85%), water (9%), curing salt (salt, preservative: sodium nitrite), sugar, stabiliser: E451, antioxidant: E301	Low fat
2	La Selva	Premium Cooked Ham	pork ham (91%), water, salt, maltodextrin, dextrose, stabilizers (E451, E452), thickener (E407, E410), preservatives (E262, E250), spices extract, antioxidant (E316), flavouring	—
3	荷美爾 Hormel	Natural Choice Smoked Deli Ham	pork, water, salt, turbinado sugar, cultured celery powder, cherry powder, sea salt	—
4	易食啲 ECD	三文治火腿片 Sandwich Ham Sliced	豬肉、水、白砂糖、食鹽、馬鈴薯澱粉、葡萄糖、大豆蛋白粉、乳化鹽 (E451-E452)、膠凝劑 (E407)、增味劑 (E621)、抗氧化劑 (E316)、酸度調節劑 (E330)、防腐劑 (E250)、色素 (E120-E129)	—
5	Morliny	煙火腿片 Smoked Pork Ham	豬肉 (69%)、水、鹽、大豆蛋白、酸度調節劑 (E451)、增稠劑 (E407)、葡萄糖、增香劑 (E621)、抗氧化劑 (E301)、煙熏味、調味劑、防腐劑 (E250)	—
6	TOPVALU	Pork Loin Ham	pork loins, egg protein, hydrogenated corn syrup, salt, soybean protein, sugar, pork collagen, milk protein, flavor enhancer (621, 325, 576, 262i, 640, 331iii), stabilizer (450iii, 452i), thickener (407, 410), sodium caseinate (contains milk), antioxidant (vitamin C), color retention agent (250), spices extract, color (120)	—
7	BARS	Deli Shaved Smoked Ham	pork, natural pork broth, water, dextrose, salt, modified corn starch, 2% or less of the following: antioxidant (potassium lactate), acidity regulator (potassium acetate, sodium diacetate), antioxidant (sodium phosphates), flavorings, antioxidant (sodium erythorbate), preservative (sodium nitrite)	97% fat free
8	Nipponham	Less Salt Roast Ham	pork loin, egg protein, salt, starch syrup, soybean protein, pork collagen, fermented seasonings, flavor enhancer (Gamma aminobutyric acid, E364(i)), anticaking agent (E470), emulsifier (sodium caseinate), thickener (E415), acidity regulator (E325), antioxidant (E300), colour retention agent (E250), spices, colour (E120), sweeteners (E950, E955, E961)	Less Salt
9	丸大食品 Marudai	Finest Loins Ham	Pork loin, salt (algae salt 88%), sodium phosphate, flavor enhancer (621, 631), antioxidant (vitamin C), color retention (250)	—
10	GRIMM'S	Honey Ham	ham, water, honey, salt, dextrose, brown sugar, sodium phosphate (stabilizer), sodium erythorbate (preservative), sodium nitrite (preservative), mustard, smoke	18% Meat Protein
11	759阿信屋 759Store	火腿片 Ham Sliced	豬肉、水、葡萄糖、大豆蛋白粉、增稠劑 (E1414-E407)、水分保持劑 (E325)、食用鹽、馬鈴薯澱粉、乳化鹽 (E451-E452)、白砂糖、增味劑 (E621)、乳化劑 (酪氨酸鈉：奶類製品)、香辛料、穩定劑 (E1103)、抗氧化劑 (E316)、酸度調節劑 (E330)、防腐劑 (E250)、調味料、色素 (E129-E120)	—
12	Great Food Hall	Reinert Blacky Cooked Ham	pork, salt, stabilizer(s): sodium diphosphate, antioxidant: sodium ascorbate, preserving agent(s): sodium nitrite, beechwood smoke	—
13	超值牌 Bestbuy	火腿片 Sliced Ham	豬肉、水、葡萄糖、大豆蛋白粉、增稠劑 (E1414-E407)、水分保持劑 (E325)、食用鹽、馬鈴薯澱粉、乳化鹽 (E451-E452)、白砂糖、增味劑 (E621)、乳化劑 (酪氨酸鈉)、香辛料、穩定劑 (E1103)、抗氧化劑 (E316)、酸度調節劑 (E330)、防腐劑 (E250)、調味劑、色素 (E129-E120)	—
14	Primaham	Loin Ham - Jas Superior	pork, water, hydrogenated starch hydrolysates syrup (sweetener (hydrogenated starch hydrolysate), water), antioxidant (E325), salt, flavour enhancer (E621), emulsifier (E451 (i), E452 (i), E450 (iii)), antioxidant (E301), colour retention agent (E250)	—
15	金妹牌 Maid Brand	三文治火腿片 Sandwich Ham Slices	豬肉、水、葡萄糖、食鹽、大豆蛋白、糖、穩定劑 [407、450 (iii)、450 (i)]、乳化鹽 [451 (i)]、調味料及調味劑、抗氧化劑 (300)、增味劑 (621)、防腐劑 (250)、色素 (127)	—
16	Healthy Ones	Black Forest Ham Deli Thin-sliced	ham, water, contains 2% or less of dextrose, antioxidant (E316, E326), salt, humectant (E339), stabilizer (E508), preservative (E250, E262ii), natural flavoring, color (caramel)	—
17	Cosi' Bio	Organic Cooked Ham	organic pork, sea salt, natural flavours, antioxidant: ascorbic acid	—
18	Rovagnati	Roasted Cooked Ham	pork leg, salt, dextrose, natural flavourings, aromatic herbs	—
19	Tesco	英式蜜糖烤火腿 Prime Cuts Honey Roast Ham	豬肉、蜜糖 (2%)、鹽、穩定劑 (E451i-E450i)、糖、抗氧化劑 (E301)、防腐劑 (E250)	—
20	Waitrose & Partners	British Honey Roast Ham	pork, honey, salt, wheat dextrose, stabilizer (450, 451, 452), antioxidant (sodium ascorbate), preservative (sodium nitrite, sodium nitrate)	—
21	喜得佳 Homemade!	三文治火腿 Sandwich Ham	豬肉、水、小麥澱粉、糖、食用鹽、調味料及調味劑、增稠劑 (407、1412)、乳化劑 (酪氨酸鈉)、增味劑 (621)、抗氧化劑 (316)、酸度調節劑 [451 (i)]、水分保持劑 [450 (iii)]、防腐劑 (250)、色素 (129)	—
22	City'super	Salaisons Bentz French Smoked Cooked Ham with Rind Half Cut	noble muscles of fresh pork leg, water, salt, spices, herbs, dextrose, preservative: E250, antioxidant: E301	—
23	御品皇 Yu Pin King	三文治火腿片1磅裝 Sandwich Ham Slices 1lb	豬肉、水、葡萄糖、小麥澱粉、大豆蛋白、食鹽、糖、乳化鹽 (E451 (i))、增味劑 (E621)、調味料及調味劑、穩定劑 (E450 (iii)、E450 (i))、抗氧化劑 (E316)、防腐劑 (E250-E251)、色素 (E129-E127)	—
火雞片				
24	Ferrarini	Smoked Turkey Breast	turkey breast, turkey broth, salt, brown sugar, sodium phosphate, sodium erythorbate, sodium nitrite	—
25	荷美爾 Hormel	Natural Choice Oven Roasted Deli Turkey	turkey breast meat, water, salt, potato starch, turbinado sugar, rice starch, stabilizer (carrageenan from seaweed), acidity regulator (sodium bicarbonate), cultured celery powder, cherry powder, sea salt	—
26	Diestel	Naturally Smoked Turkey Breast	turkey breast contains 2% or less of: water, sea salt, organic brown sugar, organic white pepper, organic garlic powder, thyme oil and organic rosemary	—
27	True Story	Organic Smoked Turkey Breast	organic turkey breast, water, 2% or less of salt	—
28	Buddig	Oven Roasted Turkey	turkey, mechanically separated turkey, turkey broth, salt, less than 2% of modified food starch, preservative (potassium lactate), dextrose, acidity regulator (sodium phosphate), stabilizer (Carrageenan), acidity regulator (sodium diacetate), antioxidant (sodium erythorbate), color retention agent (sodium nitrite), honey, natural flavoring, cultured celery powder, vinegar	—
29	Foster Farms	Mesquite Smoked Turkey Breast (Smoke flavor added)	turkey breast, turkey broth, contains 2% or less of modified food starch, salt, dextrose, acid (326, 261(ii)), cultured celery juice, antioxidant (339, 262(ii)), natural mesquite smoke flavor	—
30	Oscar Mayer	Smoked Turkey Breast	turkey breast, water, modified corn starch, contains less than 2% of vinegar, salt, cultured dextrose, sugar, emulsifier (E339), thickener (E407)	—

註 — 沒有標示

[1] 樣本按總評分由高分至低分列出，愈多★代表愈好，相同評分的樣本，會按牌子的英文字母由A至Z順序排列，如樣本同時有中英文名稱，會按牌子的中文筆劃由少至多順序排列。

[2] 資料從檢視樣本的包裝或由店舖店員提供所得。