

表五：植物奶樣本的測試結果

樣本編號 [1]	產品牌子及產品名稱 [2]	淨含量 (毫升)	聲稱來源地 [2]	大約零售價 [4]	營養增強 [2]	營養素含量 (每100毫升)																												安全測試													
						蛋白質 (克)			鈣 (毫克)			維他命B2 (毫克)			維他命D (微克)			能量 (千卡)			總脂肪 (克)			飽和脂肪酸 (克)			反式脂肪酸 (克)			碳水化合物 (克)			糖 (克)			膳食纖維 (克)			鈉 (毫克)			相對密度 (克/毫升)	評分 [8]	測試結果與營養標籤標示值的差值評分 [9]	污染物 (毫克/公斤)	評分 [10]	總評 [11]
						測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]	測試 [5]	標籤 [6]	差距 [7]												
						每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡	每100毫升 [每100千卡]	每100毫升	每100千卡						
杏仁奶																																															
1	Woolworths Unsweetened Almond Milk	1000 [240▲]	澳洲	\$19.9 [\$2.0]	鈣	0.70 [3.81]	0.5	40.0%	68.87 [375.31]	100	-31.1%	0.022 [0.120]	—	N/A	0.691 [3.764]	—	N/A	18.35	13	41.2%	1.50	1.2	25.0%	0.13	0.1	30.0%	0	0	0.50	0.1	400.0%	0	0.1	◇	0	—	N/A	37.69	41	-8.1%	1.0025	●●●●●	●●●●	ND	●●●●●	★★★★★	
2	Califia Farms Almond Milk - Barista Blend	946 [240]	美國	\$38.0 [\$4.0]	鈣	0.70 [2.35]	1	-16.0%	155.75 [523.7]	171	-8.8%	0.027 [0.091]	—	N/A	0	—	N/A	29.74	29	2.0%	2.01	1.9	7.2%	0.16	0	◆	0	0	2.21	2	6.1%	2.18	2	4.6%	0.90	0.4	116.0%	59.08	58	1.3%	1.0048	●●●●●	●●●●●	ND	●●●●●	★★★★★	
3	Topvalu Almond Milk Sugar-Free	1000 [200]	日本	\$29.9 [\$3.0]	沒有	0.50 [2.63*]	0.5	0.0%	6.99 [36.79*]	—	N/A	0.032 [0.169*]	—	N/A	0.356 [1.858*]	—	N/A	12.56* 19.16 (測試)	19@	N/A	1.10	1.2	-8.3%	0.18	0.11	63.6%	0	0	0.16* 1.81 (測試)	11.5@	N/A	0	0.11	◇	0 (不包括功能性纖維)*	1.65 #*	N/A	54.46	58	-6.1%	1.0030	●●●●●	●●●●	ND	●●●●●	★★★★★	
4	固力果Glico Almond Drink Sugar Free	1000 [200]	日本	\$62.9 [\$6.3]	沒有	0.60 [3.08*]	0.5	20.0%	35.08 [179.90*]	30	16.9%	0.028 [0.144*]	—	N/A	0	—	N/A	16.25* 19.85 (測試)	20	N/A	1.40	1.5	-3.4%	0.18	1.0	-82.0%	0	0.0	0.3* 1.2 (測試)	1.5	N/A	0	1.5	◇	0.60 (不包括功能性纖維)*	1.5#*	N/A	87.90	79	12.0%	1.0023	●●●●●	●●●●	ND	●●●●●	★★★★★	
5	丸山Marusan Roasted Almond Drink Original	1000 [240▲]	日本	\$23.9 [\$2.4]	沒有	0.51 [1.48*]	0.6	-16.3%	9.36 [27.11*]	—	N/A	0.031 [0.090*]	—	N/A	0	—	N/A	31.22* 33.62 (測試)	35	N/A	1.52	1.7	-12.0%	0.14	0.4	-65.5%	0	0	3.87* 4.47 (測試)	5.0	N/A	3.61	4.0	-8.9%	0 (不包括功能性纖維)*	0.6 #*	N/A	65.50	102	-35.5%	1.0156	●●●●	●●●●	ND	●●●●●	★★★★★	
6	藍鑽石BLUE DIAMOND Almond Breeze (Original)	946 [240]	美國	\$35.5 [\$3.8]	鈣	0.40 [1.93]	0.4	0.0%	23.92 [115.61]	187	-87.2%	0	—	N/A	0	—	N/A	20.69	23	-10.0%	0.91	1.0	-9.0%	0	0.1	◇	0	0	2.72	3.0	-9.3%	2.72	2.8	-2.9%	0.50	—	N/A	59.25	61	-2.9%	1.0092	●●●●	●●●●	ND	●●●●●	★★★★★	
7	137 C degrees Almond Milk Unsweetened	1000 [180]	泰國	\$44.0 [\$4.4]	沒有	1.22 [3.14]	1	22.0%	24.97 [64.24]	111	-77.5%	0.025 [0.065]	0.5	-94.9%	0.06 [0.16]	—	N/A	38.87	33	17.8%	2.74	3	-8.7%	0.86	0.3	186.7%	0	0	2.33	0.6	288.3%	0	0	◆	0	0	◆	52.72	6	778.7%	1.0148	●●●●●	●●	ND	●●●●●	★★★★	
椰子奶																																															
8	Alpro Coconut Drink With Rice And Added Calcium And Vitamins	1000 [240▲]	—	\$20.0 [\$2.0]	鈣、維他命D	0 [0]	0.1	◇	144.88 [684.04]	120	20.7%	0	—	N/A	0.248 [1.172]	0.75	-66.9%	21.18	20	5.9%	0.91	0.9	1.1%	0.87	0.9	-3.3%	0	—	3.24	2.7	20.0%	2.03	1.9	6.8%	0	—	N/A	40.32	0.13 克鹽	N/A	1.0132	●●●●	●●●●	ND	●●●●●	★★★★★	
9	UFC Velvet Coconut Milk Drink - Unsweetened	1000 [250]	泰國	\$30.0 [\$3.0]	鈣、維他命D	0 [0]	0.2	■	51.17 [262.4]	104	-50.8%	0	—	N/A	0	0.5	■	19.50	22	-11.4%	1.41	1.4	0.7%	1.18	1.2	-1.7%	0	0	1.71	2.0	-14.5%	1.48	1.7	-12.9%	0	0.3	◇	11.26	17	-33.8%	1.0054	●●●●	●●●●	ND	●●●●●	★★★★★	
10	Dream Coconut Drink Unsweetened	946 [240]	美國	\$10.0 [\$1.1]	鈣、維他命D	0.20 [0.92]	0	◆	66.87 [307.87]	—	N/A	0	—	N/A	0	—	N/A	21.72	25	-13.1%	2.01	2	-3.5%	1.88	1.9	0.3%	0	0	0.70	0.4	68.0%	0	0	◆	0	0	◆	44.43	50	-11.1%	1.0055	●●●●	●●●●●	ND	●●●●●	★★★★★	
11	Coles 有機純素無糖椰子奶 Organic Vegan Unsweetened Coconut Milk	1000 [240▲]	澳洲	\$25.9 [\$2.6]	鈣	0.31 [0.82]	0.7	-55.7%	97.12 [257.20]	96	1.2%	0	—	N/A	0	—	N/A	37.76	46	-17.9%	1.13	1.7	-33.5%	1.07	1.5	-28.7%	0	0	6.58	7.3	-9.9%	3.36	2.3	46.1%	0	—	N/A	34.98	40	-12.6%	1.0288	●●●●	●●●●	ND	●●●●●	★★★★★	
12	馬莎 M&S UHT Coconut Drink With Added Calcium, Iodine, Vitamin B12 and Vitamin D	1000 [250]	英國	\$40.0 [\$4.0]	鈣、維他命D	0 [0]	0.2	■	116.43 [422.77]	—	N/A	0	—	N/A	0.067 [0.243]	—	N/A	27.54	28	-1.6%	2.02	2	1.0%	1.91	1.7	12.4%	0	0	2.33	2.2	5.9%	1.92	2.1	-8.6%	0	0.5	◇	31.08	8	288.5%	1.0124	●●●●	●●	ND	●●●●●	★★★★★	
米奶																																															
13	Pure Harvest 有機米漿 Organic Rice Milk	1000 [250]	澳洲	\$35.9 [\$3.6]	鈣	0.73 [1.44]	0.6	21.7%	119.49 [235.17]	120	-0.4%	0	—	N/A	0	—	N/A	50.81	48	6.2%	0.94	1	-6.0%	0.10	0.1	0.0%	0	0	9.87	9	9.7%	4.20	3.1	35.5%	0	0	◆	57.89	65	-10.9%	1.0390	●●●●	●●●●	ND	●●●●●	★★★★★	
14	熊津Woongjin 米漿 Morning Sunshine Rice Drink	500 [500]	韓國	\$15.0 [\$3.0]	沒有	0 [0]	0	◇	6.80 [12.28]	—	N/A	0	—	N/A	0	—	N/A	55.37	60	-7.7%	0.93	1.3	-27.3%	0.91	1.3	-27.8%	0	0	11.74	12	-2.2%	7.19	7	2.7%	0	—	N/A	0	5	◇	1.0388	●●●●	●●●●	ND	●●●●●	★★★★★	
15	Happy 米奶Rice Drink	1000 [240▲]	奧地利	\$9.5 [\$1.0]	鈣	0 [0]	0	◆	39.80 [77.49]	120	-66.8%	0	—	N/A	0	—	N/A	51.36	52	-1.2%	0.94	1.0	-6.0%	0.13	0	◆	0	0	10.73	10.5	2.2%	6.46	6.0	7.7%	0	0.0	◆	40.48	40	1.2%	1.0418	●●●●	●●●●	ND	●●●●●	★★★★★	
16	RICEPATHY Black Rice Milk &	1000 [200]	意大利	\$35.9 [\$3.6]	沒有	0.21 [0.40]	0.5	-58.0%	4.17 [7.99]	—	N/A	0.011 [0.022]	—	N/A	0	—	N/A	52.16	50	4.3%	1.44	1.2	20.0%	0.12	0.2	-40.0%	0	0	9.49	9.0	5.4%	4.22	5.5	-23.3%	0	0.5	◇	37.84	40	-5.4%	1.0311	●●●●	●●●●	ND	●●●●●	★★★★★	
17	Rude Health Brown Rice Drink Organic	1000 [100]	英國	\$48.0 [\$4.8]	沒有	0 [0]	0.5	■	6.14 [9.64]	—	N/A	0.010 [0.016]	—	N/A	0	—	N/A	63.71	64	-0.5%	1.04	1	4.0%	0.15	0.1	50.0%	0	0	13.58	13	4.5%	4.53	5	-9.4%	0	—	N/A	28.93	40	-27.7%	1.0444	●●●●	●●●●	ND	●●●●●	★★★★★	
燕麥奶																																															
18	Havredals Oat Milk - Barista Edition	1000 [250]	瑞典	\$33.0 [\$3.3]	鈣、維他命B2和D	0.83 [1.43]	0.9	-9.8%	104.97 [180.98]	120	-12.5%	0.178 [0.306]	0.15	16.9%	0.865 [1.491]	1.0	-13.5%	58.00	63	-8.2%	2.29	2.5	-9.1%	0.28	0.2	40.0%	0	0	8.52	9	-3.2%	5.38	4	22.3%	0.73	—	N/A	43.34	40	8.4%	1.0394	●●●●●	●●●●	ND	●●●●●	★★★★★	
19	Mighty Mlkology Barista Ultimate Oat M.lk	1000 [250]	英國	\$29.0 [\$2.9]	鈣、維他命D	0.92 [1.95]	1.1	-16.4%	47.54 [100.64]	60	-20.8%	0	—	N/A	0.547 [1.158]	0.39	40.3%	47.24	52	-9.2%	3.07	3.2	-4.1%	0.59	0.8	-26.3%	0	0	3.99	4.6	-13.3%	1.39	1.6	-13.1%	0	—	N/A	56.16	68	-17.4%	1.0224	●●●●	●●●●	ND	●●●●●	★★★★★	
20	Oatsome Organic Oat Drink - Barista (No Added Sugar)	1000 [240▲]	意大利	\$39.0 [\$3.9]	沒有	0.82 [1.14]	0.8	2.5%	3.94 [5.48]	—	N/A	0	—	N/A	0	—	N/A	71.86	75	-4.2%	3.81	4.2	-9.3%	0.38	0.6	-36.7%	0	0	8.56	8.8	-2.7%	3.87	5.4	-28.3%	0	0	◆	23.24	25	-7.0%	1.0310	●●●●	●●●●	ND	●●●●●	★★★★★	
21	Outside 職人燕麥植物奶 Oat M*lk	1000 [200]	印尼	\$30.0 [\$3.0]	鈣	0.72 [0.97]	0.6	20.0%	67.09 [90.37]	98	-31.5%	0.012 [0.017]	—	N/A	0	—	N/A	74.24	65	14.2%	4.25	3.2	32.8%	0.43	0.3	43.3%	0	0	8.28	8.1	2.2%	3.22	2.8	15.0%	0.52	—	N/A	50.22	47	6.9%	1.0354	●●●●	●●●●	鎳 0.23	●●●●●	★★★★★	
22	Amandin 有機無添加糖全素低脂低鹽高鈣燕麥奶 Organic No Added Sugar Vegan Low Salt Oat Drink With Calcium	1000 [240▲]	西班牙	\$32.0 [\$3.2]	鈣	0.83 [1.48]	1.3	-36.2%	87.71 [156.10]	120 (原包裝上標示)	-26.9%	0.024 [0.042]	—	N/A	0	—	N/A	56.19	58	-3.1%	1.45	1.3	11.5%	0.24	0.2	20.0%	0	0	9.95	10	-0.5%	6.46	6.1	5.9%	0	—	N/A	36.80	44	-16.4%	1.0367	●●●●	●●●●	鎳 0.27	●●●●●	★★★★★	
23	OATLY Organic Oat Milk	1000 [240▲]	瑞典	\$28.9 [\$2.9]	沒有	0.72 [1.98]	1	-28.0%	2.96 [8.13]	—	N/A	0.013 [0.037]	—	N/A	0	—	N/A	36.41	35	4.0%	0.31	0.5	-38.0%	0	0.1	◇	0	0	7.69	6.5	18.3%	3.71	4	-7.3%	0	—	N/A	34.66	40	-13.4%	1.0255	●●●●	●●●●	ND	●●●●●	★★★★★	
24	Kagome Oat Milk	200 [200]	日本	\$16.9 [\$8.5]	沒有	0.71 [1.95*]	0.6	18.3%	6.43 [17.62*]	—	N/A	0	—	N/A	0	—	N/A	33.71* 36.87 (測試)	37	N/A	1.83	1.9	-1.1%	0.24	0.3	-4.0%	0	0	3.59* 4.38 (測試)	4.4	N/A	2.41	2.4	2.6%	0.61 (不包括功能性纖維)*	1.4#*	N/A	73.24	112	-34.6%	1.0185	●●●●	●●●●●	ND	●●●●●	★★★★★	