



dim sum (totalled 68 items), there were a total of 76 Chinese dim sum items in Annex VI. Nutrient contents in Chinese dim sum 18. The nutrient contents of Chinese dim sum varied, but generally most of them were low in calcium and dietary fibre.<sup>4</sup> The steamed savoury dim sum was generally high in total fat, saturated fat and sodium.

**NUTRIENT VALUES OF CHINESE DIM SUM - cfs.gov.hk**

Shanghai Pan Fried Pork Soup Dumplings (6) \$5.75 Vegetable Dumplings Steamed \$5.25 Fried \$5.75  
Chicken Dumplings Steamed \$5.25 Fried \$5.75 12.

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