**Supplementary Table 1** AGEs contents in commonly consumed foods (mg/kg)

| **Food** | **Specification** | **CML** | **CEL** | **GOLD** | **G-H1** | **MOLD** | **MG-H2** | **MG-H1/3** | **Pentosidine** | **Argpyrimidine** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Bread** | White bread without crust (Shanghai) | 2.74 | 1.28 | 7.54 | 3.23 | 3.82 | 10.32 | 18.70 | 1.56 | 0.00 |
| White bread (Guangdong) | 3.17 | 1.95 | 8.28 | 12.18 | 5.54 | 14.70 | 24.62 | 3.57 | 0.00 |
| White bread (Shanghai) | 3.44 | 2.38 | 9.14 | 10.47 | 5.62 | 16.09 | 27.65 | 3.25 | 0.00 |
| White bread (Inner Mongolia) | 3.55 | 2.57 | 9.02 | 11.52 | 6.00 | 15.86 | 26.64 | 3.36 | 0.00 |
| Wholemeal bread without crust (Shanghai) | 2.79 | 2.06 | 10.49 | 33.14 | 3.66 | 8.72 | 18.29 | 4.94 | 0.00 |
| Baguette | 2.55 | 1.82 | 11.77 | 21.88 | 4.55 | 13.77 | 31.75 | 5.13 | 0.00 |
| Rye bread | 9.85 | 1.37 | 14.28 | 20.66 | 3.44 | 11.84 | 32.73 | 2.26 | 0.00 |
| Wholemeal bread (Shanghai) | 5.25 | 5.30 | 15.17 | 23.76 | 3.91 | 15.65 | 38.90 | 4.12 | 0.00 |
| Toast (white bread), 2½ minutes in toaster | 9.14 | 5.86 | 14.27 | 21.79 | 9.90 | 25.57 | 42.85 | 5.99 | 0.00 |
| Croissant | 11.58 | 10.47 | 21.82 | 42.9 | 11.39 | 31.73 | 78.67 | 7.51 | 0.00 |
| **Pastry and biscuits** | Apple pie | 1.27 | 0.82 | 0.07 | 1.81 | 0.02 | 3.99 | 8.61 | 0.00 | 0.00 |
| Mousse cake (chocolate) | 3.94 | 1.74 | 0.72 | 1.41 | 0.36 | 3.58 | 8.94 | 0.03 | 0.00 |
| Flower cake, a flaky pastry with edible Yunnan roses inside | 2.73 | 0.85 | 0.01 | 3.38 | 0.00 | 4.69 | 9.78 | 0.00 | 0.00 |
| Jam tarts | 4.94 | 5.14 | 0.05 | 1.75 | 0.01 | 4.79 | 9.80 | 0.01 | 0.00 |
| Cheese pizza | 4.77 | 3.57 | 0.48 | 1.87 | 0.32 | 5.08 | 11.60 | 1.03 | 0.00 |
| Tiramisu (coffee) | 4.40 | 3.12 | 1.84 | 3.13 | 0.42 | 5.03 | 13.74 | 0.01 | 0.00 |
| Scones (fruit) | 8.44 | 7.90 | 0.02 | 7.77 | 0.02 | 4.60 | 11.54 | 0.04 | 0.00 |
| Muffin | 6.17 | 1.90 | 2.75 | 4.98 | 0.61 | 8.70 | 15.40 | 0.00 | 0.00 |
| Egg-Yolk puff, a traditional Chinese pastry made from wheat, butter, egg yolk, etc. | 4.53 | 4.13 | 1.51 | 4.78 | 0.00 | 6.95 | 18.82 | 0.01 | 0.00 |
| Pumpkin pie, a traditional fried Chinese dessert made from glutinous rice flour, pumpkin, and sugar | 5.45 | 4.67 | 3.68 | 5.81 | 0.00 | 7.11 | 15.80 | 0.01 | 0.00 |
| Portuguese-style egg tarts | 7.31 | 5.12 | 2.38 | 4.74 | 0.56 | 8.97 | 21.88 | 0.00 | 0.00 |
| Sponge cake (original) | 8.75 | 2.14 | 1.25 | 9.32 | 0.35 | 8.64 | 20.49 | 0.05 | 0.00 |
| Cheese cake | 6.09 | 4.27 | 4.70 | 7.31 | 0.78 | 10.51 | 18.85 | 0.03 | 0.00 |
| Flaky pastry, a traditional Chinese pastry rolled, folded and re-rolled several times to create layers of pastry | 8.79 | 9.41 | 10.54 | 7.66 | 0.79 | 8.10 | 15.58 | 0.08 | 0.00 |
| Pancake | 6.93 | 7.18 | 1.43 | 14.77 | 0.00 | 10.57 | 23.84 | 0.07 | 0.00 |
| Mung bean pastry, a traditional Chinese dessert with flaky pastry crust and filled with mung bean paste | 5.84 | 6.87 | 3.27 | 10.57 | 0.04 | 10.71 | 27.46 | 0.04 | 0.00 |
| Chiffon cake (chocolate) | 8.55 | 2.33 | 5.47 | 8.85 | 0.83 | 12.70 | 27.80 | 0.05 | 0.00 |
| Chiffon cake (cheese) | 9.46 | 7.58 | 6.94 | 12.42 | 0.71 | 13.91 | 34.67 | 0.06 | 0.00 |
| Sponge cake (jujube) | 15.23 | 11.16 | 5.13 | 18.78 | 0.00 | 14.22 | 32.49 | 0.02 | 0.00 |
| Butter cookie | 17.35 | 10.03 | 12.20 | 29.87 | 0.03 | 10.16 | 28.61 | 0.08 | 0.00 |
| Digestive biscuit | 20.89 | 7.43 | 10.52 | 24.67 | 3.52 | 12.77 | 37.91 | 4.19 | 0.00 |
| Sachima, a traditional Chinese pastry made of fluffy strands of fried batter bound together with a stiff sugar syrup | 10.25 | 14.41 | 8.74 | 16.61 | 0.09 | 23.43 | 50.42 | 0.05 | 0.00 |
| Moon cake (shredded coconut) | 8.19 | 10.33 | 14.39 | 20.18 | 0.80 | 22.10 | 52.42 | 0.00 | 0.00 |
| Graham crackers | 9.26 | 4.53 | 1.53 | 48.78 | 0.00 | 25.12 | 45.85 | 0.06 | 0.00 |
| Sausage roll | 12.88 | 5.93 | 12.89 | 24.43 | 3.91 | 32.73 | 68.95 | 0.06 | 0.00 |
| Soda biscuit | 7.79 | 2.72 | 1.96 | 59.04 | 0.05 | 30.27 | 63.21 | 0.00 | 0.00 |
| Wafer | 22.76 | 1.65 | 0.09 | 18.61 | 0.00 | 42.61 | 95.11 | 0.00 | 0.00 |
| Oreo (original) | 14.77 | 7.92 | 13.68 | 72.43 | 6.44 | 35.42 | 64.46 | 5.02 | 0.00 |
| Lotus Biscoff | 18.99 | 10.82 | 13.83 | 24.39 | 4.04 | 51.52 | 95.22 | 4.88 | 0.00 |
| Waffle | 16.85 | 9.68 | 0.05 | 52.49 | 0.03 | 59.29 | 138.62 | 0.07 | 0.00 |
| **Sweets and snacks** | Haw flakes | 3.24 | 1.05 | 0.45 | 3.54 | 0.00 | 4.48 | 4.99 | 0.00 | 0.86 |
| Woogie fine drops | 5.38 | 0.51 | 0.04 | 0.44 | 0.00 | 3.28 | 11.14 | 0.00 | 0.00 |
| Dried plum | 3.49 | 0.45 | 4.65 | 8.98 | 0.02 | 6.92 | 7.23 | 0.00 | 0.96 |
| Panpan McChicken flavor cubes, a type of non-fried puffed snack made from rice, palm oil, corn grits, wheat flour, etc. | 4.47 | 1.11 | 0.05 | 3.88 | 0.27 | 4.01 | 19.68 | 0.00 | 0.00 |
| Chocolate (white) | 9.49 | 2.58 | 0.00 | 9.40 | 0.00 | 3.08 | 10.03 | 0.00 | 0.00 |
| Popcorn (caramelized) | 1.53 | 2.15 | 3.82 | 7.03 | 0.74 | 8.86 | 11.72 | 0.00 | 0.00 |
| French fries | 4.50 | 1.44 | 0.42 | 12.88 | 0.00 | 9.60 | 12.45 | 0.00 | 0.40 |
| Hot-Kid senbei, crispy rice crackers made from rice, palm oil, sugar, corn starch, glucose, etc. | 7.48 | 2.32 | 0.71 | 4.85 | 0.83 | 8.10 | 18.74 | 0.05 | 0.00 |
| Dried strawberries | 5.08 | 0.00 | 2.66 | 13.06 | 0.00 | 10.12 | 12.18 | 0.00 | 0.84 |
| Candy bar (Bounty) | 13.14 | 4.31 | 0.00 | 10.53 | 0.02 | 4.88 | 11.63 | 0.00 | 0.00 |
| Crisps (brand 1) | 6.55 | 1.74 | 0.79 | 14.11 | 0.00 | 12.92 | 14.89 | 0.00 | 0.91 |
| Dried mango | 12.38 | 3.69 | 0.89 | 7.22 | 0.01 | 13.14 | 14.58 | 0.00 | 0.46 |
| Crisps (brand 2, non-fried) | 5.38 | 2.12 | 1.16 | 14.53 | 0.00 | 11.23 | 20.19 | 0.00 | 1.10 |
| Hot-Kid rice cracker, crispy rice crackers made from rice, palm oil, sugar, corn starch, salt, etc. | 8.35 | 3.55 | 1.04 | 8.74 | 1.37 | 10.49 | 25.74 | 0.16 | 0.00 |
| Marshmallow | 4.46 | 1.83 | 8.63 | 17.99 | 3.68 | 6.39 | 14.67 | 4.84 | 0.00 |
| Chocolate (milk) | 15.56 | 6.88 | 0.92 | 15.20 | 0.01 | 8.67 | 16.26 | 0.00 | 0.00 |
| Yam chips | 7.95 | 3.37 | 0.59 | 12.76 | 0.00 | 12.34 | 26.44 | 0.00 | 0.71 |
| Prunes | 10.70 | 0.79 | 26.48 | 9.16 | 2.35 | 7.70 | 9.47 | 0.00 | 0.61 |
| Alpenliebe (milk) | 19.52 | 2.65 | 0.03 | 0.75 | 0.00 | 17.70 | 27.67 | 0.00 | 0.00 |
| Praline (almond) | 14.28 | 4.17 | 0.05 | 17.57 | 0.03 | 10.48 | 22.70 | 0.03 | 0.00 |
| Candy (Nougat) | 21.43 | 8.69 | 0.00 | 1.72 | 0.04 | 14.78 | 28.44 | 0.00 | 0.00 |
| Spicy gluten strips, a Chinese special casual snack made from wheat, chili, spice, etc. | 12.04 | 4.36 | 3.30 | 15.44 | 0.75 | 17.03 | 18.05 | 0.00 | 9.22 |
| Gumy candy | 10.29 | 4.76 | 0.42 | 27.32 | 0.03 | 11.06 | 35.54 | 0.01 | 0.00 |
| Candy (White Rabbit) | 8.76 | 3.10 | 12.20 | 12.06 | 3.58 | 16.34 | 32.75 | 5.06 | 0.00 |
| Raisin | 16.77 | 0.94 | 18.27 | 15.49 | 0.00 | 18.99 | 22.86 | 0.00 | 1.22 |
| Candy bar (Twix) | 16.30 | 7.14 | 1.53 | 12.98 | 0.05 | 18.65 | 42.36 | 0.00 | 0.00 |
| Protein bar | 20.99 | 7.16 | 11.75 | 15.74 | 3.52 | 10.80 | 25.27 | 5.31 | 0.00 |
| Candy bar (Kit Kat) | 33.10 | 10.36 | 1.75 | 20.91 | 0.00 | 11.92 | 27.43 | 0.00 | 0.00 |
| Chocolate (hazelnuts, badam and raisin) | 27.79 | 9.11 | 0.03 | 20.39 | 0.01 | 17.68 | 31.17 | 0.00 | 0.00 |
| Candy bar (Milky Way) | 35.50 | 12.80 | 0.03 | 21.89 | 0.00 | 12.90 | 30.53 | 0.00 | 0.00 |
| Candy (Eclairs) | 38.47 | 12.52 | 9.18 | 12.08 | 4.05 | 15.58 | 30.31 | 4.18 | 0.00 |
| Corn crisps | 4.39 | 2.71 | 12.64 | 20.51 | 3.67 | 29.11 | 51.11 | 4.12 | 0.00 |
| Chocolate (dark) | 41.40 | 16.86 | 4.51 | 24.55 | 0.04 | 18.79 | 39.58 | 0.00 | 0.00 |
| Candy bar (Snickers) | 58.74 | 2.72 | 0.06 | 24.80 | 0.03 | 51.48 | 120.00 | 0.07 | 0.00 |
| **Cereals and cereal products** | Rice (South of China, boiled) | 0.84 | 0.51 | 0.28 | 1.53 | 0.31 | 3.50 | 10.80 | 0.32 | 0.00 |
| Penne (boiled) | 2.70 | 1.47 | 0.77 | 2.72 | 0.55 | 4.30 | 16.74 | 0.71 | 0.00 |
| Corn (boiled) | 1.31 | 0.77 | 0.41 | 2.96 | 0.33 | 8.76 | 17.56 | 0.85 | 0.00 |
| Rice (Northeast of China, boiled) | 1.20 | 0.88 | 0.39 | 2.35 | 0.20 | 8.65 | 20.24 | 0.30 | 0.00 |
| Dumplings (leeks, boiled) | 2.88 | 1.59 | 0.87 | 1.28 | 0.27 | 9.60 | 18.83 | 0.34 | 0.00 |
| Sumai (steamed), a type of traditional Chinese dumpling containing marinated pork pieces in glutinous rice, soy sauce, ginger, etc. | 2.41 | 1.44 | 0.83 | 2.77 | 0.68 | 10.10 | 17.81 | 1.07 | 0.00 |
| Glutinous rice (boiled) | 1.55 | 0.99 | 0.56 | 3.06 | 0.87 | 9.26 | 21.12 | 0.44 | 0.00 |
| Tang-yuan (boiled), a Chinese dessert made of glutinous rice flour with a sweet filling | 2.23 | 1.38 | 0.72 | 3.84 | 0.52 | 11.23 | 18.94 | 0.33 | 0.00 |
| Laba porridge, a traditional Chinese food containing many kinds of rice, beans, peanuts, dried fruit, lotus seeds, etc. | 2.14 | 1.76 | 0.87 | 2.31 | 0.14 | 9.68 | 21.74 | 1.14 | 0.00 |
| Millet (boiled) | 1.77 | 1.38 | 0.96 | 4.27 | 0.48 | 10.80 | 22.48 | 0.68 | 0.00 |
| Steamed bread | 4.18 | 3.86 | 0.76 | 3.48 | 0.43 | 9.17 | 21.94 | 1.77 | 0.00 |
| Glutinous rice cake, a traditional Chinese snack made of glutinous rice pounded into paste | 2.81 | 1.24 | 0.51 | 3.78 | 0.45 | 13.78 | 22.66 | 1.47 | 0.00 |
| Rice cake, made from pounded rice with a sticky, chewy texture | 3.46 | 2.69 | 0.47 | 4.14 | 1.03 | 11.17 | 23.68 | 0.47 | 0.00 |
| Steamed bun (pork) | 6.20 | 3.74 | 1.33 | 2.99 | 1.17 | 10.75 | 21.55 | 0.20 | 0.00 |
| Spaghetti (boiled) | 3.25 | 2.29 | 0.84 | 3.68 | 0.81 | 13.04 | 23.98 | 1.21 | 0.00 |
| Huntun (boiled), small dumplings wrapped in wheat flour wrappers filled with pork | 3.11 | 2.42 | 1.39 | 2.63 | 0.43 | 14.83 | 23.93 | 0.77 | 0.00 |
| Corn juice | 3.50 | 2.18 | 0.84 | 3.68 | 0.71 | 13.78 | 24.80 | 1.43 | 0.00 |
| Zongzi (steamed), a pyramid shaped dumpling made of glutinous rice wrapped in bamboo or reed leaves | 4.10 | 3.35 | 0.76 | 3.56 | 0.34 | 12.48 | 24.98 | 2.73 | 0.00 |
| Corn flour (boiled) | 4.40 | 2.45 | 0.59 | 3.58 | 1.07 | 14.24 | 28.77 | 1.54 | 0.00 |
| Sorghum rice (boiled) | 2.16 | 1.44 | 1.85 | 2.77 | 1.28 | 14.80 | 32.61 | 0.82 | 0.00 |
| Rice noodles (boiled | 3.25 | 2.31 | 1.26 | 5.23 | 1.45 | 15.23 | 32.28 | 1.15 | 0.00 |
| Spring roll (deep-fried) | 4.36 | 3.68 | 1.05 | 3.67 | 1.24 | 14.84 | 32.46 | 2.84 | 0.00 |
| Dumplings (pork, boiled) | 5.40 | 2.73 | 2.11 | 3.22 | 0.81 | 14.92 | 34.65 | 1.10 | 0.00 |
| Chinese rice pudding, steamed glutinous rice with red bean sand, coix seed, peanut, melon seed, red dates, walnuts and raisins | 4.26 | 4.37 | 1.46 | 3.98 | 0.74 | 17.59 | 33.26 | 2.10 | 0.00 |
| Nutri-Grain | 6.37 | 4.72 | 0.49 | 2.74 | 0.62 | 17.96 | 37.14 | 3.25 | 0.00 |
| Noodles (boiled) | 5.25 | 3.45 | 1.17 | 5.53 | 0.75 | 20.11 | 38.42 | 2.12 | 0.00 |
| Sauce-aroma pancake (pan-fried), a Chinese, savory, unleavened flatbread, cut into wedges and drizzled with soy sauce | 8.46 | 5.23 | 1.43 | 5.93 | 1.65 | 22.59 | 43.09 | 1.22 | 0.00 |
| Cornflakes | 11.42 | 5.46 | 1.41 | 4.25 | 2.04 | 17.20 | 44.85 | 3.74 | 0.00 |
| Chinese meat pie (pork), crispy crust filled with pork | 9.63 | 8.31 | 2.19 | 10.21 | 0.55 | 21.34 | 47.41 | 3.26 | 0.00 |
| Soba noodles (boiled) | 6.79 | 4.80 | 2.67 | 5.40 | 1.84 | 27.48 | 53.73 | 2.67 | 0.00 |
| Cocoa balls | 10.76 | 8.49 | 3.31 | 6.96 | 2.75 | 23.84 | 50.17 | 3.24 | 0.00 |
| Rice noodles (stir-fried) | 9.36 | 6.47 | 3.85 | 12.84 | 3.37 | 36.18 | 63.14 | 2.39 | 0.00 |
| Yangzhou fried rice, rice fried with eggs, carrots, mushrooms, peas, etc. | 11.84 | 13.75 | 2.42 | 18.47 | 1.14 | 37.18 | 86.49 | 1.43 | 0.00 |
| Fried breadstick (deep-fried) | 13.57 | 10.59 | 14.79 | 23.05 | 5.71 | 50.78 | 123.00 | 5.67 | 0.00 |
| Instant noodles (boiled) | 17.49 | 12.64 | 24.83 | 31.20 | 7.84 | 84.91 | 184.31 | 6.86 | 0.00 |
| **Nuts and seeds** | Pistachios (roasted) | 3.66 | 1.52 | 8.98 | 8.66 | 0.00 | 7.46 | 7.63 | 0.00 | 1.76 |
| Walnuts (raw) | 8.57 | 12.49 | 0.70 | 5.92 | 0.02 | 14.82 | 18.34 | 0.00 | 0.02 |
| Sunflower seeds (roasted) | 12.17 | 16.35 | 0.76 | 36.46 | 0.00 | 18.79 | 41.90 | 0.00 | 0.00 |
| Cashew (roasted) | 29.83 | 16.74 | 4.53 | 61.24 | 0.00 | 32.58 | 33.21 | 0.00 | 1.48 |
| Walnuts (roasted) | 21.71 | 38.82 | 3.13 | 38.78 | 0.00 | 27.81 | 57.62 | 0.00 | 0.00 |
| Mixed nuts (roasted, salted) | 11.13 | 20.61 | 1.32 | 135.57 | 0.00 | 57.04 | 121.96 | 0.02 | 0.00 |
| Hazelnuts (roasted) | 13.74 | 20.48 | 0.80 | 70.70 | 0.00 | 114.99 | 154.50 | 0.04 | 0.00 |
| Pecans (roasted) | 18.06 | 22.63 | 2.91 | 76.87 | 0.00 | 103.34 | 188.31 | 0.00 | 0.00 |
| Peanuts (boiled) | 23.34 | 26.53 | 0.00 | 91.54 | 0.00 | 188.71 | 223.82 | 0.00 | 0.00 |
| Peanuts (roasted) | 28.79 | 37.46 | 0.00 | 122.48 | 0.04 | 191.01 | 240.74 | 0.00 | 0.00 |
| Peanuts (honey roasted) | 31.56 | 42.76 | 0.00 | 123.50 | 0.04 | 207.95 | 255.64 | 0.03 | 0.00 |
| **Milk and milk products** | Whipped cream | 0.14 | 0.01 | 0.03 | 0.40 | 0.00 | 0.09 | 0.24 | 0.00 | 0.00 |
| Oat milk | 0.17 | 0.30 | 0.01 | 0.40 | 0.01 | 1.24 | 1.50 | 0.00 | 0.05 |
| Yogurt (sugar-free) | 0.79 | 0.09 | 0.24 | 1.92 | 0.00 | 0.31 | 1.08 | 0.00 | 0.00 |
| Cheese (mozzarella) | 1.14 | 0.25 | 0.00 | 0.28 | 0.00 | 0.89 | 2.35 | 0.00 | 0.00 |
| Whole milk (pasteurized) | 0.67 | 0.12 | 0.35 | 2.55 | 0.03 | 0.48 | 0.77 | 0.00 | 0.06 |
| Ice-cream (vanilla) | 1.15 | 0.00 | 0.00 | 3.30 | 0.06 | 0.33 | 0.83 | 0.00 | 0.04 |
| Pudding (strawberry) | 1.88 | 0.14 | 0.03 | 2.04 | 0.00 | 0.41 | 1.25 | 0.00 | 0.00 |
| Ice-cream (original) | 1.36 | 0.08 | 0.00 | 3.17 | 0.02 | 0.42 | 1.03 | 0.00 | 0.03 |
| AD calcium milk, an inactive lactic acid bacteria milk drink with added vitamins A and D | 2.47 | 0.12 | 0.21 | 2.17 | 0.00 | 0.87 | 1.82 | 0.00 | 0.01 |
| Half-baked soufflés | 1.77 | 0.25 | 0.00 | 2.94 | 0.00 | 0.91 | 2.16 | 0.00 | 0.00 |
| Yogurt (original) | 2.75 | 0.05 | 0.39 | 4.40 | 0.01 | 0.64 | 1.80 | 0.00 | 0.00 |
| Pudding (egg) | 2.11 | 0.39 | 1.05 | 1.66 | 0.33 | 1.25 | 2.86 | 0.45 | 0.00 |
| Liziyuan sweet milk drink | 4.57 | 0.12 | 0.46 | 2.60 | 0.00 | 0.55 | 2.67 | 0.00 | 0.00 |
| Skimmed milk (UHT) | 3.31 | 0.23 | 0.04 | 4.59 | 0.03 | 1.11 | 3.63 | 0.00 | 0.05 |
| Yogurt (strawberry) | 4.62 | 0.15 | 0.42 | 4.97 | 0.00 | 0.99 | 2.21 | 0.00 | 0.02 |
| Evaporated milk | 6.99 | 0.11 | 0.05 | 4.08 | 0.06 | 0.74 | 1.80 | 0.00 | 0.04 |
| Evaporated milk (skimmed) | 5.70 | 0.96 | 0.00 | 4.65 | 0.03 | 1.57 | 3.42 | 0.00 | 0.00 |
| Infant formula | 3.24 | 5.30 | 2.63 | 1.03 | 0.00 | 1.25 | 3.96 | 0.00 | 0.00 |
| Hot-Kid milk, a milk drink | 9.28 | 0.21 | 0.63 | 3.08 | 0.08 | 0.70 | 3.61 | 0.00 | 0.00 |
| Semi-skimmed milk (UHT) | 5.98 | 0.15 | 3.09 | 4.38 | 0.01 | 1.22 | 3.34 | 0.00 | 0.05 |
| Whole milk (UHT) | 3.96 | 0.29 | 0.01 | 4.47 | 0.05 | 1.68 | 8.33 | 0.00 | 0.03 |
| Fermented milk beverage | 7.04 | 2.25 | 0.00 | 1.24 | 0.00 | 1.97 | 9.12 | 0.00 | 0.00 |
| Cheese (cheddar) | 3.20 | 0.54 | 0.03 | 3.45 | 0.06 | 3.92 | 10.96 | 0.00 | 0.01 |
| Cream cheese | 5.39 | 1.23 | 0.01 | 3.20 | 0.01 | 4.41 | 9.56 | 0.00 | 0.04 |
| Processed cheese (Milkana) | 2.40 | 0.09 | 0.04 | 4.38 | 0.00 | 6.65 | 10.50 | 0.00 | 0.03 |
| Chocolate milk | 7.10 | 3.40 | 1.18 | 7.99 | 0.00 | 3.17 | 9.78 | 0.00 | 0.00 |
| Evaporated milk (semi-skimmed) | 14.87 | 2.10 | 0.03 | 6.23 | 0.04 | 3.81 | 8.50 | 0.00 | 0.01 |
| Coffeemate | 12.43 | 0.01 | 0.06 | 4.62 | 0.08 | 11.05 | 24.46 | 0.00 | 0.04 |
| **Sauces and condiment** | Salad dressing | 0.11 | 0.01 | 0.12 | 0.56 | 0.02 | 0.59 | 1.43 | 0.00 | 0.00 |
| Bearnaise | 0.41 | 0.10 | 0.55 | 0.88 | 0.05 | 0.37 | 0.82 | 0.00 | 0.00 |
| Ketchup | 1.10 | 0.83 | 0.59 | 0.26 | 2.22 | 0.33 | 1.01 | 0.00 | 0.00 |
| Vinegar | 2.54 | 1.47 | 0.31 | 0.14 | 0.29 | 1.04 | 3.19 | 0.00 | 0.00 |
| Chilli sauce | 3.51 | 1.48 | 3.61 | 1.12 | 0.09 | 0.84 | 2.13 | 0.00 | 0.00 |
| Custard (vanilla) | 2.21 | 0.75 | 0.03 | 1.24 | 0.00 | 2.82 | 6.38 | 0.00 | 0.00 |
| Curry paste | 4.32 | 2.76 | 5.01 | 2.17 | 0.03 | 1.29 | 2.46 | 0.00 | 0.00 |
| Blueberry jam | 4.48 | 1.64 | 0.27 | 11.75 | 0.00 | 5.15 | 10.73 | 0.00 | 0.00 |
| Oyster sauce | 0.69 | 1.96 | 3.59 | 3.07 | 1.81 | 12.28 | 13.16 | 1.82 | 0.00 |
| Chocolate spread | 8.62 | 3.59 | 0.50 | 11.56 | 0.03 | 5.28 | 12.14 | 0.00 | 0.00 |
| Sesame paste | 20.94 | 16.50 | 5.76 | 16.28 | 0.01 | 13.80 | 26.43 | 0.00 | 0.00 |
| Peanut butter | 22.46 | 9.77 | 11.95 | 13.70 | 2.25 | 14.96 | 26.57 | 0.00 | 0.00 |
| Manuka honey, UMF5+ | 21.02 | 13.45 | 8.79 | 14.64 | 3.34 | 16.07 | 34.66 | 0.00 | 0.00 |
| **Fish and seafood** | Salmon (raw) | 0.22 | 0.20 | 0.00 | 0.00 | 0.00 | 0.18 | 0.47 | 0.00 | 0.00 |
| Hairtail (steamed) | 1.07 | 1.36 | 0.32 | 0.59 | 0.16 | 1.00 | 2.55 | 0.00 | 0.00 |
| Tilapia (boiled) | 0.78 | 0.94 | 0.26 | 0.74 | 0.17 | 1.04 | 3.47 | 0.00 | 0.00 |
| Silver carp (boiled) | 1.48 | 1.16 | 0.45 | 0.77 | 0.29 | 1.27 | 2.92 | 0.00 | 0.00 |
| Carp (boiled) | 1.69 | 1.25 | 0.15 | 0.31 | 0.18 | 1.44 | 3.82 | 0.00 | 0.00 |
| Crawfish (boiled) | 1.21 | 1.93 | 0.13 | 0.58 | 0.00 | 1.92 | 3.56 | 0.00 | 0.00 |
| Shrimp (boiled) | 2.92 | 1.78 | 0.14 | 1.58 | 0.00 | 1.68 | 4.35 | 0.00 | 0.00 |
| Salmon (smoked) | 3.76 | 2.15 | 0.41 | 1.94 | 0.15 | 1.39 | 2.80 | 0.00 | 0.00 |
| Shrimp (dried) | 4.04 | 3.22 | 0.28 | 1.21 | 0.22 | 1.43 | 3.73 | 0.00 | 0.00 |
| Cod (boiled) | 1.84 | 1.36 | 0.39 | 1.78 | 0.29 | 3.23 | 5.79 | 0.00 | 0.00 |
| Shrimp (deep-fried) | 3.46 | 2.52 | 0.30 | 1.34 | 0.10 | 3.67 | 6.91 | 0.00 | 0.00 |
| Grass carp (boiled) | 2.31 | 2.86 | 0.29 | 1.15 | 0.13 | 3.42 | 8.15 | 0.00 | 0.00 |
| Scallop (boiled) | 2.65 | 3.16 | 0.38 | 1.63 | 0.27 | 3.72 | 8.26 | 0.00 | 0.00 |
| Cod (pan-fried) | 3.03 | 2.78 | 1.17 | 2.36 | 0.57 | 3.99 | 7.39 | 0.00 | 0.00 |
| Hairtail (soy sauce stewed) | 1.82 | 2.41 | 2.27 | 2.76 | 0.42 | 3.91 | 8.60 | 0.00 | 0.00 |
| Crab (boiled) | 5.85 | 3.20 | 1.08 | 2.35 | 0.61 | 3.87 | 10.23 | 0.00 | 0.00 |
| Salmon (boiled) | 5.12 | 5.55 | 0.36 | 2.16 | 0.27 | 6.31 | 11.71 | 0.00 | 0.00 |
| Tuna (canned) | 4.96 | 10.19 | 0.94 | 3.45 | 0.57 | 11.79 | 24.14 | 0.00 | 0.00 |
| Fish ball (mackerel, boiled) | 11.24 | 5.90 | 1.92 | 5.83 | 1.42 | 10.34 | 22.10 | 0.00 | 0.00 |
| Salmon (canned) | 23.41 | 21.32 | 2.13 | 10.23 | 1.40 | 18.58 | 40.21 | 0.00 | 0.00 |
| **Soy products** | Soybean sprout (stir-fried) | 0.24 | 0.00 | 0.00 | 0.37 | 0.15 | 0.14 | 0.35 | 0.00 | 0.00 |
| Soy (boiled) | 0.64 | 0.29 | 0.00 | 0.16 | 0.02 | 0.12 | 0.49 | 0.00 | 0.05 |
| Soy sauce (light) | 4.47 | 3.12 | 0.20 | 0.22 | 0.37 | 0.83 | 1.88 | 0.00 | 0.00 |
| Soy sauce (dark) | 5.65 | 5.20 | 0.19 | 0.26 | 0.41 | 1.15 | 2.11 | 0.00 | 0.02 |
| Tofu (soft) | 1.42 | 0.85 | 0.09 | 1.54 | 0.28 | 7.25 | 15.66 | 0.00 | 0.02 |
| Soy milk | 5.32 | 0.58 | 4.75 | 12.08 | 1.78 | 5.84 | 15.53 | 1.95 | 0.00 |
| Vegetarian burger (pan-fried) | 4.16 | 7.35 | 12.15 | 20.15 | 1.44 | 11.27 | 34.40 | 0.02 | 0.00 |
| Douchi | 50.20 | 5.49 | 6.52 | 13.22 | 9.09 | 8.59 | 18.98 | 3.26 | 0.44 |
| Doubanjiang | 68.50 | 4.14 | 4.61 | 14.78 | 4.70 | 12.40 | 21.51 | 0.02 | 0.01 |
| Yellow soybean paste, a fermented paste made from yellow soybeans, salt, and water | 74.42 | 1.84 | 5.32 | 16.68 | 3.08 | 18.67 | 28.12 | 0.09 | 0.00 |
| Sufu | 60.29 | 14.26 | 0.07 | 23.61 | 14.66 | 13.59 | 22.60 | 0.03 | 0.00 |
| Yuba, a by-product of soy milk production | 52.15 | 12.90 | 7.92 | 19.43 | 13.26 | 18.08 | 39.91 | 7.08 | 0.08 |
| **Eggs** | Egg yolk (boiled) | 1.51 | 0.72 | 0.47 | 1.61 | 0.03 | 3.09 | 3.45 | 0.00 | 0.00 |
| Egg (boiled) | 1.68 | 1.00 | 0.73 | 2.16 | 0.00 | 5.83 | 6.70 | 0.00 | 0.00 |
| Egg white (boiled) | 1.78 | 1.10 | 0.86 | 2.38 | 0.00 | 7.20 | 8.36 | 0.00 | 0.00 |
| Eggs (boiled, tea-flavoured) | 3.97 | 1.20 | 1.07 | 5.12 | 0.27 | 6.05 | 7.57 | 0.00 | 0.00 |
| Marinated egg, a soft-boiled egg marinated in a broth that contains soy sauce, Chinese Five Spice, vinegar, sugar and water | 4.24 | 1.37 | 1.28 | 5.83 | 0.25 | 6.39 | 7.14 | 0.00 | 0.00 |
| Salted duck egg | 8.59 | 3.82 | 0.85 | 15.00 | 0.01 | 5.70 | 5.90 | 0.00 | 0.00 |
| Omelet | 7.26 | 3.57 | 3.74 | 12.87 | 0.00 | 22.73 | 30.14 | 0.00 | 0.00 |
| Songhua egg, made by preserving duck eggs in a mixture of clay, ash, salt, quicklime, and rice hulls for several weeks to several months | 17.61 | 6.32 | 26.69 | 63.78 | 6.24 | 23.04 | 26.58 | 0.00 | 0.00 |
| Egg (pan-fried) | 9.08 | 6.82 | 6.28 | 20.28 | 0.00 | 63.81 | 113.32 | 0.00 | 0.00 |
| **Meats, meat products and poultry** | Chicken breast (boiled) | 0.42 | 0.63 | 0.58 | 0.70 | 0.28 | 2.44 | 7.56 | 0.00 | 0.00 |
| Mutton meat (boiled) | 1.45 | 2.32 | 1.44 | 1.96 | 0.50 | 1.32 | 4.71 | 0.00 | 0.00 |
| Chicken drumstick (boiled) | 2.25 | 1.70 | 2.29 | 1.67 | 0.20 | 1.47 | 4.50 | 0.00 | 0.00 |
| Chinese hotpot (tomato brisket beef) | 1.85 | 2.34 | 1.37 | 0.96 | 0.53 | 2.15 | 5.38 | 0.00 | 0.00 |
| Sauced duck, a ready-to-eat duck made via curing, salting and smoking procedures | 2.37 | 1.20 | 1.32 | 1.10 | 0.74 | 2.72 | 5.98 | 0.00 | 0.00 |
| Duck breast (boiled) | 1.38 | 0.89 | 1.04 | 0.47 | 0.58 | 3.78 | 7.88 | 0.00 | 0.00 |
| Beef meat (boiled) | 2.78 | 3.28 | 0.70 | 1.28 | 1.11 | 2.41 | 6.72 | 0.00 | 0.00 |
| Chicken breast (stir-fried) | 0.79 | 1.16 | 0.78 | 1.25 | 0.58 | 3.77 | 10.94 | 0.00 | 0.00 |
| Chicken breast (pan-fried) | 0.88 | 1.54 | 0.69 | 0.80 | 0.24 | 4.98 | 12.14 | 0.00 | 0.00 |
| Mutton offal (boiled) | 2.74 | 2.13 | 2.49 | 1.80 | 1.79 | 3.15 | 7.41 | 0.33 | 0.00 |
| Mutton meat (stir-fried) | 3.59 | 3.11 | 1.52 | 2.67 | 0.31 | 3.71 | 8.54 | 0.00 | 0.00 |
| Beef steak (pan-fried) | 2.49 | 1.64 | 1.48 | 1.66 | 2.66 | 3.69 | 9.87 | 0.00 | 0.00 |
| Beef offal (boiled) | 3.42 | 3.77 | 0.40 | 2.36 | 0.81 | 3.23 | 8.77 | 0.86 | 0.00 |
| Condensed soup (oxtail, canned) | 3.14 | 4.27 | 1.36 | 1.74 | 1.42 | 3.71 | 8.63 | 0.00 | 0.00 |
| Mutton meat (roasted) | 3.23 | 4.26 | 2.28 | 3.11 | 1.04 | 3.28 | 8.27 | 0.00 | 0.00 |
| Beef patties (pan-fried) | 2.19 | 2.73 | 1.44 | 3.47 | 2.59 | 4.38 | 10.40 | 0.00 | 0.00 |
| Beef meat (roasted) | 3.47 | 5.38 | 2.73 | 2.38 | 1.87 | 3.51 | 7.98 | 0.00 | 0.00 |
| Mutton chop (pan-fried) | 8.75 | 3.45 | 1.78 | 2.87 | 0.99 | 2.76 | 7.93 | 0.00 | 0.00 |
| Pork tenderloin (boiled) | 0.88 | 7.74 | 0.75 | 0.80 | 2.18 | 3.40 | 12.89 | 0.00 | 0.00 |
| Chicken wing (boiled) | 5.41 | 3.49 | 4.77 | 4.14 | 3.97 | 3.47 | 10.57 | 0.00 | 0.00 |
| Chicken drumstick (deep-fried) | 6.73 | 4.50 | 2.32 | 6.54 | 1.47 | 3.95 | 12.46 | 0.21 | 0.00 |
| Beef meat (stir-fried) | 6.81 | 4.57 | 2.55 | 3.63 | 2.14 | 7.49 | 12.06 | 0.00 | 0.00 |
| Pork belly (boiled) | 1.46 | 1.92 | 2.53 | 3.91 | 1.74 | 6.86 | 21.01 | 0.00 | 0.00 |
| Popcorn chicken (deep-fried) | 3.45 | 4.12 | 2.72 | 3.17 | 1.92 | 7.32 | 18.87 | 0.00 | 0.00 |
| Chicken breast (deep-fried) | 1.56 | 2.46 | 1.63 | 2.17 | 1.47 | 11.61 | 22.57 | 0.00 | 0.00 |
| Sausages (stir-fried) | 3.73 | 9.51 | 0.84 | 1.72 | 3.70 | 5.72 | 18.99 | 0.00 | 0.00 |
| Pork tenderloin (stir-fried) | 1.42 | 10.87 | 1.45 | 2.54 | 1.01 | 11.14 | 16.88 | 0.00 | 0.00 |
| Chicken breast (roasted) | 1.44 | 3.28 | 1.22 | 3.23 | 2.28 | 14.27 | 21.77 | 0.00 | 0.00 |
| Beef steak (deep-fried) | 8.74 | 7.45 | 2.46 | 4.27 | 4.19 | 6.41 | 17.45 | 0.00 | 0.00 |
| Bacon (rashers streaky) | 23.32 | 13.96 | 0.81 | 2.02 | 0.99 | 3.83 | 8.23 | 0.29 | 0.00 |
| Pork tenderloin (pan-fried) | 1.21 | 11.82 | 1.21 | 1.15 | 0.31 | 12.43 | 25.93 | 0.00 | 0.00 |
| Hamburger | 4.39 | 3.62 | 2.48 | 6.03 | 0.23 | 12.08 | 28.41 | 0.35 | 0.00 |
| Beef patties (deep-fried) | 5.14 | 6.23 | 3.15 | 5.48 | 4.74 | 10.27 | 22.71 | 0.00 | 0.00 |
| Sausages with starch (stir-fried) | 4.12 | 12.70 | 1.32 | 2.18 | 2.60 | 13.40 | 24.28 | 0.00 | 0.00 |
| Pork tenderloin (roasted) | 6.87 | 18.55 | 2.75 | 1.85 | 1.24 | 8.97 | 23.07 | 0.00 | 0.00 |
| Chicken wing (deep-fried) | 8.91 | 10.29 | 3.99 | 7.47 | 5.50 | 9.74 | 20.35 | 0.00 | 0.00 |
| Pork patties (pan-fried) | 4.58 | 11.00 | 2.48 | 8.74 | 3.13 | 10.74 | 28.55 | 0.24 | 0.00 |
| Chinese cantonese sausage (stir-fried), a Chinese-style semi-dry sausage containing pork and leaf lard | 4.84 | 13.69 | 1.28 | 3.64 | 6.68 | 12.84 | 28.50 | 0.00 | 0.00 |
| Chicken giblets (stir-fried) | 12.06 | 7.81 | 3.27 | 4.62 | 8.92 | 13.45 | 31.80 | 1.32 | 0.00 |
| Salami | 15.90 | 5.74 | 2.36 | 4.28 | 3.27 | 15.82 | 38.85 | 0.00 | 0.00 |
| Pork belly (stir-fried) | 7.54 | 6.31 | 1.58 | 3.45 | 2.24 | 24.38 | 41.84 | 0.00 | 0.00 |
| Pork belly (pan-fried) | 8.59 | 10.25 | 3.49 | 2.62 | 4.23 | 18.83 | 40.30 | 0.16 | 0.00 |
| Meat ball (boiled) | 12.95 | 18.59 | 1.70 | 3.26 | 1.67 | 16.77 | 35.23 | 0.59 | 0.00 |
| Pork tenderloin (deep-fried) | 3.25 | 23.13 | 3.20 | 4.96 | 1.80 | 20.45 | 36.35 | 0.25 | 0.00 |
| Stewed pork, pork belly chunks, braised with soy sauce, rice wine, sugar and spices | 10.54 | 8.71 | 4.18 | 5.14 | 3.41 | 19.97 | 45.33 | 0.00 | 0.00 |
| Pork belly (roasted) | 10.52 | 11.30 | 6.49 | 4.77 | 3.81 | 21.79 | 41.98 | 0.00 | 0.00 |
| Pork chop (pan-fried) | 8.32 | 9.10 | 6.72 | 6.89 | 8.87 | 21.10 | 40.27 | 0.00 | 0.00 |
| Pork patties (deep-fried) | 13.06 | 22.95 | 3.98 | 5.83 | 9.09 | 15.59 | 36.56 | 0.43 | 0.00 |
| Pork belly (deep-fried) | 13.20 | 10.84 | 6.97 | 6.73 | 3.75 | 23.66 | 47.94 | 0.00 | 0.00 |
| Pork chop (deep-fried) | 8.54 | 12.29 | 4.93 | 3.55 | 8.19 | 30.27 | 53.35 | 0.00 | 0.00 |
| Beef jerky | 10.40 | 23.88 | 8.45 | 10.97 | 7.63 | 27.15 | 43.64 | 0.59 | 0.00 |
| Pork feet (boiled, marinated), marinated in a broth that contains soy sauce, sugar, star anises, cooking wine | 20.38 | 33.59 | 3.16 | 2.91 | 4.93 | 24.13 | 52.94 | 0.00 | 0.00 |
| Spiced beef, cured with spices and braised | 15.84 | 28.70 | 7.50 | 20.60 | 5.79 | 28.82 | 61.31 | 0.80 | 0.00 |
| Black pudding (stir-fried) | 39.15 | 44.18 | 10.15 | 27.48 | 13.28 | 68.26 | 158.98 | 1.11 | 0.00 |
| **Fats and oils** | Olive oil | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Colza oil | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soya bean oil | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanut oil | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sunflower oil | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.43 | 0.13 | 3.34 | 1.53 | 1.76 | 0.52 | 1.15 | 2.15 | 0.00 |
| Margarine | 0.51 | 0.17 | 4.67 | 1.65 | 1.74 | 0.36 | 0.85 | 2.25 | 0.00 |
| **Fruits** | Apple | 0.37 | 0.00 | 0.00 | 0.64 | 0.00 | 0.10 | 0.45 | 0.00 | 0.03 |
| Cherry | 0.00 | 0.00 | 0.00 | 0.98 | 0.00 | 0.53 | 0.85 | 0.00 | 0.00 |
| Pineapple | 0.10 | 0.00 | 0.11 | 0.90 | 0.00 | 1.07 | 1.58 | 0.00 | 0.10 |
| Banana | 0.94 | 0.00 | 0.00 | 1.53 | 0.18 | 0.61 | 0.85 | 0.00 | 0.19 |
| litchi | 0.26 | 0.00 | 0.53 | 1.80 | 0.20 | 0.69 | 0.92 | 0.00 | 0.17 |
| Grape | 0.56 | 0.00 | 0.26 | 1.49 | 0.00 | 1.28 | 1.75 | 0.00 | 0.13 |
| Orange | 0.77 | 0.00 | 0.25 | 1.49 | 0.00 | 1.42 | 1.93 | 0.00 | 0.13 |
| Cantaloupe | 0.16 | 0.00 | 0.44 | 1.98 | 2.01 | 1.16 | 1.89 | 0.00 | 0.21 |
| Fruit can (orange) | 1.21 | 0.00 | 0.24 | 4.47 | 0.31 | 1.56 | 3.40 | 0.00 | 0.43 |
| **Beverage** | Red wine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coca Cola | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coca-Cola Zero | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pepsi Cola | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Diet Pepsi | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sprite | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fanta | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sweated tea (Tea Pi ) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Green tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Black tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Oolong tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| RedBull | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Baijiu | 0.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.18 | 0.00 | 0.00 |
| Apple juice | 0.00 | 0.00 | 0.00 | 0.27 | 0.00 | 0.16 | 0.27 | 0.00 | 0.00 |
| Beer | 0.32 | 0.00 | 0.00 | 0.00 | 0.00 | 0.15 | 0.28 | 0.00 | 0.00 |
| Grape juice | 0.22 | 0.00 | 0.00 | 0.15 | 0.00 | 0.37 | 0.71 | 0.00 | 0.00 |
| Orange juice | 0.46 | 0.00 | 0.00 | 0.47 | 0.00 | 0.96 | 1.67 | 0.00 | 0.00 |
| Americano | 0.26 | 0.39 | 0.46 | 0.35 | 0.00 | 0.91 | 1.89 | 0.00 | 0.00 |
| Tapioca balls | 1.28 | 0.49 | 0.00 | 0.85 | 0.00 | 1.08 | 2.64 | 0.00 | 0.00 |
| Caramel Macchiato | 1.84 | 0.46 | 0.30 | 1.14 | 0.00 | 0.87 | 2.10 | 0.00 | 0.00 |
| Cappuccino | 2.57 | 0.56 | 1.42 | 1.58 | 0.00 | 1.59 | 3.81 | 0.00 | 0.00 |
| Caffè Latte | 2.74 | 0.73 | 1.07 | 1.64 | 0.00 | 1.92 | 4.26 | 0.00 | 0.00 |
| Pearl milk tea (without tapioca balls) | 4.55 | 1.10 | 2.61 | 4.71 | 0.00 | 3.36 | 8.74 | 0.00 | 0.00 |
| Caramel milk tea | 6.29 | 1.53 | 3.10 | 4.40 | 0.00 | 4.59 | 9.27 | 0.00 | 0.00 |
| **Vegetables** | Tomato (raw) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carrot (raw) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carrot (boiled) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Lettuce (raw) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Lettuce (boiled) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cucumber (raw) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cucumber (stir-fried) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| *Brassica rapa var. chinensis* (boiled) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| *Brassica rapa var. chinensis* (stir-fried) | 0.08 | 0.04 | 0.00 | 0.00 | 0.00 | 0.05 | 0.14 | 0.00 | 0.00 |
| Eggplant (boiled) | 0.13 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.21 | 0.00 | 0.00 |
| Wujiang pickle, *Brassica juncea var. tumida* | 0.32 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.20 | 0.00 | 0.00 |
| Bell pepper (stir-fried) | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 | 0.13 | 0.24 | 0.00 | 0.00 |
| Kimchi | 0.19 | 0.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.18 | 0.00 | 0.00 |
| Carrot (stir-fried) | 0.17 | 0.12 | 0.00 | 0.04 | 0.00 | 0.11 | 0.33 | 0.00 | 0.00 |
| Eggplant (stir-fried) | 0.29 | 0.02 | 0.00 | 0.15 | 0.16 | 0.15 | 0.29 | 0.00 | 0.00 |
| Chinese cabbage (boiled) | 0.39 | 0.18 | 0.00 | 0.00 | 0.00 | 0.12 | 0.54 | 0.00 | 0.00 |
| Chinese cabbage (stir-fried) | 0.46 | 0.12 | 0.27 | 0.12 | 0.03 | 0.39 | 0.77 | 0.00 | 0.00 |
| Lotus root (stir-fried) | 0.50 | 0.17 | 0.18 | 0.18 | 0.03 | 0.29 | 0.88 | 0.00 | 0.00 |
| Mushroom (boiled) | 0.32 | 0.25 | 0.10 | 0.30 | 0.12 | 0.45 | 1.04 | 0.00 | 0.00 |
| Tomato (boiled) | 0.29 | 0.19 | 0.17 | 0.01 | 0.24 | 0.46 | 1.45 | 0.00 | 0.00 |
| *Flammulina filiformis* (boiled) | 0.16 | 0.00 | 0.17 | 0.21 | 0.00 | 0.67 | 1.93 | 0.00 | 0.00 |
| Mushroom (stir-fried) | 0.46 | 0.22 | 0.37 | 0.27 | 0.12 | 0.52 | 1.20 | 0.00 | 0.00 |
| Onion (boiled) | 0.36 | 0.18 | 0.03 | 0.13 | 0.10 | 0.85 | 1.83 | 0.00 | 0.00 |
| Taro (boiled) | 1.22 | 0.10 | 0.26 | 0.42 | 0.09 | 0.36 | 1.84 | 0.00 | 0.00 |
| Onion (stir-fried) | 0.51 | 0.22 | 0.13 | 0.26 | 0.20 | 0.84 | 2.17 | 0.00 | 0.00 |
| *Flammulina filiformis* (roasted) | 0.55 | 0.39 | 0.45 | 0.66 | 0.23 | 1.53 | 2.45 | 0.00 | 0.00 |
| Tomato (stir-fried) | 1.05 | 0.87 | 0.13 | 0.40 | 0.33 | 1.24 | 2.59 | 0.00 | 0.00 |
| Broccoli (boiled) | 1.27 | 0.52 | 0.25 | 0.52 | 0.14 | 1.40 | 3.15 | 0.00 | 0.00 |
| Asparagus (pan-fried) | 0.87 | 1.63 | 0.36 | 1.07 | 0.21 | 1.39 | 3.17 | 0.00 | 0.00 |
| Potato (boiled) | 1.25 | 0.48 | 0.11 | 1.94 | 0.04 | 1.47 | 3.58 | 0.00 | 0.00 |
| Broccoli (stir-fried) | 1.55 | 1.12 | 0.41 | 0.63 | 0.23 | 2.02 | 3.62 | 0.00 | 0.00 |
| Potato (stir-fried) | 1.57 | 0.54 | 0.23 | 2.29 | 0.01 | 2.63 | 4.18 | 0.00 | 0.00 |
| Condensed soup (tomato, canned) | 2.13 | 1.51 | 0.77 | 0.89 | 0.82 | 1.89 | 4.01 | 0.00 | 0.00 |
| Sweet potato (steamed) | 2.36 | 1.49 | 0.45 | 4.23 | 0.09 | 3.57 | 8.46 | 0.00 | 0.00 |
| Peas (boiled) | 1.10 | 0.99 | 0.40 | 1.29 | 0.53 | 6.95 | 12.59 | 0.00 | 0.00 |
| Chinese yam (steamed) | 2.56 | 1.75 | 0.36 | 3.18 | 0.15 | 5.44 | 11.33 | 0.00 | 0.00 |
| Sweet potato (roasted) | 2.68 | 1.84 | 0.47 | 8.45 | 0.19 | 4.77 | 10.47 | 0.00 | 0.00 |
| Olive (green, pickled) | 1.75 | 0.25 | 0.99 | 2.58 | 0.78 | 13.43 | 20.67 | 0.00 | 0.00 |

**Supplementary Table 2** Retention times and MS/MS parameters of analytes and their isotope-labeled internal standards

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Analyte** | **Retention time**  **(min)** | **Internal standard** | **Precursor ion**  **(*m/z*)** | **Quantitation ion**  **(m/z)** | **Collision energy**  **(V)** | **Declustering potential (V)** |
| CML | 3.32 | CML-d4 | 205.0 | 130.0 | 16.0 | 80 |
| CEL | 3.39 | CEL-d4 | 219.0 | 130.0 | 17.0 | 90 |
| GOLD | 3.40 | GOLD-15N2 | 328.2 | 130.1 | 31.0 | 100 |
| G-H1 | 3.41 | G-H1-13C2 | 215.2 | 116.1 | 19.0 | 100 |
| MOLD | 3.70 | GOLD-15N2 | 342.3 | 297.1 | 30.0 | 100 |
| MG-H2 | 3.76 | MG-H1-d3 | 229.1 | 116.0 | 19.0 | 80 |
| MG-H1/3 | 3.78 | MG-H1-d3 | 229.1 | 114.1 | 20.0 | 70 |
| Pentosidine | 5.60 | GOLD-15N2 | 380.2 | 251.0 | 32.0 | 100 |
| Argpyrimidine | 6.32 | GOLD-15N2 | 255.1 | 139.7 | 22.0 | 70 |
| CML-d4 | 3.32 | / | 209.0 | 88.0 | 26.0 | 90 |
| CEL-d4 | 3.39 | / | 223.0 | 134.0 | 18.0 | 90 |
| GOLD-15N2 | 3.40 | / | 330.2 | 284.2 | 28.0 | 100 |
| G-H1-13C2 | 3.41 | / | 217.1 | 153.9 | 18.0 | 35 |
| MG-H1-d3 | 3.78 | / | 232.2 | 70.0 | 32.0 | 80 |

**Supplementary Table 3** Summary of the performance parameters for the developed UHPLC-QqQ-MS/MS method for AGEs detection

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Analyte** | **Linearity** | | | **Sensitivity** | |
| **Equations** | **Linear range (ng/mL)** | ***R*2** | **LOD (ng/mL)a** | **LOQ (ng/mL)a** |
| CML |  | 5-800 | 0.99982 | 3.75 | 11.25 |
| CEL |  | 5-800 | 0.99803 | 5.21 | 15.60 |
| GOLD |  | 5-800 | 0.99928 | 13.57 | 40.74 |
| G-H1 |  | 5-800 | 0.99958 | 7.28 | 21.84 |
| MOLD |  | 5-800 | 0.99830 | 4.78 | 14.34 |
| MG-H2 |  | 5-800 | 0.99951 | 10.45 | 31.35 |
| MG-H1/3 |  | 5-800 | 0.99920 | 13.83 | 41.49 |
| Pentosidine |  | 5-800 | 0.99926 | 19.76 | 59.28 |
| Argpyrimidine |  | 5-800 | 0.99754 | 1.59 | 4.77 |

aLOD and LOQ were calculated as the signal-to-noise ratios of 3 and 10, respectively.

**Supplementary Table 4** Linearity, LOD, and LOQ values of analytes in different spiked food matrices.

【UHT milk】

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Analyte** | **Linear range (ng/mL)** | **Linearity** |  | **Sensitivity** | |
| **Equations** | ***R*2** | **LOD (ng/mL)a** | **LOQ (ng/mL)a** |
| CML | 5-800 |  | 0.99994 | 5.63 | 16.90 |
| CEL | 5-800 |  | 0.99820 | 9.34 | 28.02 |
| GOLD | 5-800 |  | 0.99648 | 17.12 | 51.36 |
| G-H1 | 5-800 |  | 0.99921 | 10.39 | 31.18 |
| MOLD | 5-800 |  | 0.99846 | 5.27 | 15.81 |
| MG-H2 | 5-800 |  | 0.99991 | 11.62 | 34.86 |
| MG-H1/3 | 5-800 |  | 0.99947 | 13.05 | 39.17 |
| Pentosidine | 5-800 |  | 0.99835 | 22.82 | 68.47 |
| Argpyrimidine | 5-800 |  | 0.99965 | 3.72 | 11.16 |

**Supplementary Table 4 (Continued)**

【White bread】

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Analyte** | **Linear range (ng/mL)** | **Linearity** |  | **Sensitivity** | |
| **Equations** | ***R*2** | **LOD (ng/mL)a** | **LOQ (ng/mL)a** |
| CML | 5-800 |  | 0.99963 | 10.33 | 31.01 |
| CEL | 5-800 |  | 0.99730 | 15.17 | 45.51 |
| GOLD | 5-800 |  | 0.99739 | 14.31 | 42.93 |
| G-H1 | 5-800 |  | 0.99875 | 12.18 | 36.54 |
| MOLD | 5-800 |  | 0.99921 | 10.36 | 31.08 |
| MG-H2 | 5-800 |  | 0.99984 | 23.42 | 70.26 |
| MG-H1/3 | 5-800 |  | 0.99991 | 21.13 | 63.39 |
| Pentosidine | 5-800 |  | 0.99884 | 32.14 | 96.42 |
| Argpyrimidine | 5-800 |  | 0.99939 | 7.19 | 21.57 |

**Supplementary Table 4 (Continued)**

【French fries】

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Analyte** | **Linear range (ng/mL)** | **Linearity** |  | **Sensitivity** | |
| **Equations** | ***R*2** | **LOD (ng/mL)a** | **LOQ (ng/mL)a** |
| CML | 5-800 |  | 0.99937 | 8.27 | 24.81 |
| CEL | 5-800 |  | 0.99912 | 27.43 | 82.29 |
| GOLD | 5-800 |  | 0.99834 | 25.57 | 76.71 |
| G-H1 | 5-800 |  | 0.99768 | 18.62 | 55.86 |
| MOLD | 5-800 |  | 0.99963 | 28.32 | 84.96 |
| MG-H2 | 5-800 |  | 0.99909 | 15.69 | 47.07 |
| MG-H1/3 | 5-800 |  | 0.99872 | 32.41 | 97.23 |
| Pentosidine | 5-800 |  | 0.99901 | 36.18 | 108.54 |
| Argpyrimidine | 5-800 |  | 0.99815 | 10.19 | 30.57 |

**Supplementary Table 5** Precision and recovery data for 10 AGEs in spiked food matrices by UHPLC-QqQ-MS/MS

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Analyte** | **Precision** | | | | | | |  | **Recovery (%)** | | |
| **Intraday (%)** | | | **Interday (%)** | | | |  |
| UHT milk | White bread | French fries | | UHT milk | White bread | French fries |  | UHT milk | White bread | French fries |
| CML | 6.8 | 3.5 | 5.3 | | 8.5 | 5.0 | 6.2 |  | 91.36 | 92.05 | 90.44 |
| CEL | 5.7 | 2.8 | 4.1 | | 6.7 | 5.8 | 5.5 |  | 101.42 | 91.31 | 86.29 |
| GOLD | 3.8 | 5.1 | 7.2 | | 6.5 | 7.0 | 8.7 |  | 91.40 | 91.24 | 111.45 |
| G-H1 | 4.6 | 7.9 | 6.4 | | 8.7 | 8.5 | 8.3 |  | 90.41 | 88.39 | 87.68 |
| MOLD | 5.3 | 4.7 | 8.3 | | 7.4 | 7.7 | 9.3 |  | 89.17 | 88.50 | 87.43 |
| MG-H2 | 3.1 | 7.4 | 6.9 | | 4.2 | 8.7 | 8.6 |  | 111.27 | 101.96 | 99.49 |
| MG-H1/3 | 5.0 | 2.1 | 5.7 | | 6.3 | 6.9 | 7.4 |  | 89.06 | 95.57 | 93.17 |
| Pentosidine | 4.2 | 3.2 | 5.0 | | 5.4 | 5.6 | 7.6 |  | 91.95 | 88.76 | 106.78 |
| Argpyrimidine | 3.9 | 8.0 | 7.4 | | 6.0 | 9.3 | 9.1 |  | 91.61 | 86.71 | 89.13 |

**Supplementary Table 6 Eigenvalues of principal components and loading factors**

Eigenvalues:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | F1 | F2 | F3 | F4 |
| Eigenvalue | 5.551 | 1.235 | 0.829 | 0.571 |
| Variability (%) | 61.678 | 13.724 | 9.216 | 6.350 |
| Cumulative % | 61.678 | 75.402 | 84.618 | 90.968 |

Loading factors:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | F1 | F2 | F3 | F4 |
| CML | **0.865** | 0.308 | -0.203 | -0.016 |
| CEL | **0.882** | -0.001 | -0.276 | -0.176 |
| GOLD | **0.806** | -0.105 | 0.272 | -0.281 |
| G-H1 | **0.869** | 0.333 | -0.031 | 0.138 |
| MOLD | **0.656** | **-0.423** | **0.431** | -0.345 |
| MG-H2 | **0.942** | 0.109 | -0.098 | 0.076 |
| MG-H1/3 | **0.954** | 0.045 | -0.131 | 0.089 |
| Pentosidine | **0.619** | -0.395 | 0.363 | **0.556** |
| Argpyrimidine | -0.115 | **0.819** | 0.541 | -0.011 |
| Total AGEs | **0.976** | 0.133 | -0.097 | 0.049 |

Values in bold are factor loadings with absolute values larger than 0.4.

**Supplementary Figure 1.** Molecular structures of typical AGEs investigated in the present study. \*, non-cross-linking AGEs; #, cross-linking AGEs.



**Supplementary Figure 2.** Representative extracted ion chromatogram of target analytes.



**Supplementary Figure 3.** Representative MS/MS spectra of each tested analyte.



