



Less Sugar for Health

Excessive intake of sugar can cause tooth decay and weight gain.

In the long run, overweight and obesity will increase the risk of chronic diseases, such as diabetes and stroke.



Tooth decay



Weight gain



Diabetes and stroke

The World Health Organization recommends that young children's intake of sugar (free sugars)* should be less than 10% of their total daily energy intake.

Taking a 4-year-old boy who consumes 1300 kcal of energy per day as an example, his daily intake of free sugars should be less than 32.5g (about 6.5 teaspoons).

* Remark: Free sugars refer to monosaccharides (e.g. glucose, fructose) and disaccharides (e.g. sucrose, lactose, maltose) added to foods or beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates; excluding sugars naturally present in grains, vegetables, fruits or milk and alternatives.



DO



DON'T



Drink water

Other healthier options are clear soup, lemon water and coixseed water



Drink low-fat milk



Replace fruit juice with whole fruit

Fruit contains more dietary fibre and less sugar



Read nutrition labels and ingredient lists

Choose products that are labelled "low sugar"* or contain less sugar

* i.e. not more than 5g of sugar per 100g/ml



Add sugar, condensed milk or evaporated milk to drinks



Choose sweetened dairy products

e.g. chocolate milk, fruit-flavoured milk



Choose drinks with a relatively high sugar content

e.g. soft drink, cordial, fruit juice concentrates, instant malted drink

Comparison of sugar content in drinks

Note: 1 teaspoon (tsp) sugar ≈ 5g; 1 glass ≈ 240ml



(1 glass)

Water

(0 tsp sugar)



(1 glass)

Sugar-free soymilk

(0.5 tsp sugar)



(1 glass)

Instant malted drink

(2.5 tsp sugar)



(1 glass)

Sweetened soymilk

(3.5 tsp sugar)



(100ml)

Probiotic drink

(3.5 tsp sugar)



(1 glass)

Fresh orange juice

(4 tsp sugar)



(1 glass)

Chocolate milk

(4 tsp sugar)



(1 glass)

Cordial

(4.5 tsp sugar)



(330ml)

Soft drink

(7 tsp sugar)



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