



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



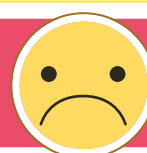
Diabetes and stroke

The World Health Organization recommends that children's sugar intake should not exceed 10% of their total energy intake per day.

Take a 4-year-old boy who consumes 1300kcal per day as an example. His sugar intake should be less than 32.5g (about 6.5 teaspoons).



DO

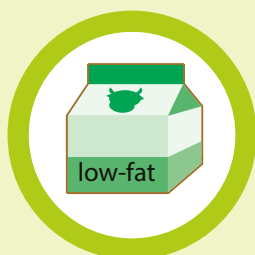


DON'T



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 and evaporated milk to drinks



Choose sweetened dairy products

e.g. chocolate milk and fruit-flavoured milk



Choose drinks with a relatively high sugar content

e.g. soft drink, cordial, concentrated fruit juice and instant malt 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 malt drink

(2.5 tsp sugar)



(1 glass)

Sweetened soymilk

(3.5 tsp sugar)



(100ml)

Probiotic drink

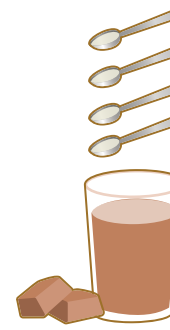
(3.5 tsp sugar)



(1 glass)

Fresh orange juice

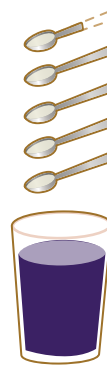
(4 tsp sugar)



(1 glass)

Chocolate milk

(4 tsp sugar)



(1 glass)

Cordial

(4.5 tsp sugar)



(330ml)

Soft drink

(7 tsp sugar)



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Department of Health