

# Kick Your Sugar Habit!

#### What are Sugars?

Sugars refer to a broad category of carbohydrates that are broken down by the body for energy.

They can be naturally-occurring in whole fruits, vegetables and plain milk, or artificially added as free sugar into foods for flavour or colour-enhancement.

#### Why are they dangerous?

Excessive sugar intake can lead to weight gain and obesity, thus increasing risk of diabetes and kidney failure.

#### How much should I take?

According to World Health Organization Guidelines 2015, the recommended daily free sugar limit is **5 teaspoons (tsp)** of sugar (25g).



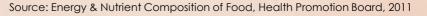
1 tsp of White Sugar



1 tsp of Brown Sugar



2/3 tsp of Honey



## **Hidden Sugars**

Free sugars are often hidden in many food items without people noticing as they may not taste as sweet. Examples of commonly overlooked added sugar sources:





- Brown sugar
  Cane sugar
  Corn syrup
  Fruit juice concentrate
  High fructose corn syrup
  Honey
- Molasses
- Maple syrup
- Fructose
- Glucose
- Maltose
- Sucrose

\*Free sugars do not include the sugars present in whole fruit, vegetables and plain milk.

Read the ingredient list before purchasing food items.



### Opt for Healthier Alternatives!

No.	High Sugar Choices	Total Sugar Content (tsp)	Lower Sugar Alternatives	Total Sugar Content (tsp)
1	Mocha (250ml)	2.5	Cappuccino (250ml)	1
2	Coffee (Kopi) (250ml)	4.5	Coffee with evaporated milk , less sugar (Kopi C Siu Dai) (250ml)	3
3	Chocolate milk (200ml)	5.5	Milk (200ml)	3
4	Ice lemon tea (300ml)	6	Lemon tea bag, no sugar added (300ml)	0
5	Green tea drink (250ml)	3	Oolong tea drink (250ml)	0
6	Milk chocolate (4 cubes, 20g)	2	Dark chocolate with 90% Cocoa (1 cube, 20g)	<0.5
7	Vanilla ice cream (2 scoops, 100g)	4	Frozen yoghurt (2/3 cup, 100g)	2.5
8	Tomato pasta sauce (1 cup, 280g)	3.5	Tomato puree (1 cup, 280g)	2.5
9	Hazelnut chocolate spread (1 tablespoon, 19g)	2	Peanut butter (1 tablespoon, 20g)	<0.5
10	Butter cake (1 slice, 90g)	5.5	Steamed sponge cake (1 slice, 40g)	2

Total sugar content: May contain naturally-occurring sugars and free sugars. Source: Energy & Nutrient Composition of Food, Health Promotion Board, 2011

> Be mindful of your portion intake. Opt for less sugar, or no sugar.



## How to Read a **Nutrition Label**

	Insta		1. Compare with		
2. This shows	NUTRITION INFORMATION			the same product category (e.g. coffee vs coffee)	
how many servings are in	Servings Per Package: 40 Serving Size: 1 sachet (20g)				
the package	Nutrients	Per Serving	Per 100ml*	3. Compare as per 100ml	
	Energy	86kcal	54kcal		
	Protein	0.7g	0.4g		
	Total Fat	1.9g	1.2g		
	-Saturated Fat	1.9g	1.2g	1	
	-Trans Fat	0g	0g		
	Cholesterol	0mg	0mg		
	Carbohydrates	16.4g	10.3g	5. Choose	
4. Compare with the	-Total Sugar	10g	6.3g	products with less sugar,	
same nutrient	-Dietary Fibre	0.2g	0.1g	preferably <5g per 100g or ml	
group	Sodium	32mg	20mg	per roog of fill	

\* As reconstituted according to label directions.

**INGREDIENTS: NON-DAIRY CREAMER (GLUCOSE SYRUP** SOLIDS, HYDROGENATED VEGETABLE FAT, SODIUM CASEINATE, EMULISIFIER, STABILISER AND SILICON DIOXIDE), SUGAR AND INSTANT COFFEE

Ingredients are arranged in descending order, according to weight.

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