

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:



Free sugars in disguise

- 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

Instant Coffee		
NUTRITION INFORMATION		
Servings Per Package: 40 Serving Size: 1 sachet (20g)		
Nutrients	Per Serving	Per 100ml*
Energy	86kcal	54kcal
Protein	0.7g	0.4g
Total Fat	1.9g	1.2g
-Saturated Fat	1.9g	1.2g
-Trans Fat	0g	0g
Cholesterol	0mg	0mg
Carbohydrates	16.4g	10.3g
-Total Sugar	10g	6.3g
-Dietary Fibre	0.2g	0.1g
Sodium	32mg	20mg

1. Compare with the same product category (e.g. coffee vs coffee)

2. This shows how many servings are in the package

3. Compare as per 100ml

4. Compare with the same nutrient group

5. Choose products with less sugar, preferably <5g per 100g or ml

* As reconstituted according to label directions.

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

Ingredients are arranged in **descending** order, according to weight.

