



### Watch your Sugar Intake

- Do you eat candies, chocolates, cakes and pastries regularly? Yes  No
- Do you like sweet drinks such as soft drinks, fruit drinks, lemon tea sweetened soymilk 3-in-1 coffee/ tea etc.? Yes  No
- Do you add sugar to your drinks, like milk, coffee or tea? Yes  No
- Do you like to finish your meal with desserts? Yes  No



*If you say 'Yes' to these questions, you probably have too much sugar in your diet.*

~Sugar supplies calories and little else nutritionally

~Excessive sugar intake can result in dental caries and indirectly cause overweight and obesity.

The following are some tips on how to cut down your sugar intake:



- 1 Cut down on foods that contain added sugar, e.g. sweet breads, pudding, tarts, pies, cakes and pastries. Choose fresh fruit as dessert after a meal.
- 2 Eat less candies and chocolates. Replace with sugar-free candy or chewing gum.
- 3 If you use canned fruits, choose fruit canned in its own juices instead of heavy syrup.
- 4 Dried fruits such as raisins and prunes are also high in sugar, have small portions such as 1-2 table spoons of raisins or 2 prunes each time.
- 5 Cut down on drinks that contain added sugar e.g. soft drinks, packaged lemon tea, fruit-flavored drinks etc. Drink water instead. If you prefer a little sweet taste, try to dilute your sweetened drinks with lots of ice or water.

- 6 Choose fresh fruit rather than sweetened fruit juice or fruit-flavored drinks. Even 100 percent fruit juice has a high concentration of sugar.
- 7 Cut down on sugar in baking, replace with apple sauce or mashed banana.
- 8 Use less sugar in your tea and coffee, limit to half teaspoon sugar per cup.

#### Information provided by

Information provided by  
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