

Reduce Salt & Sugar, We Do!

English
version

Dietary sodium and sugar intakes are closely related to health. Excessive sodium intake will increase the risk of developing hypertension, stroke and coronary heart disease while dietary sugar intake is a determinant of body weight and dental caries.

The following are practical tips that will help you to eat less salt and sugar:

1. Eat **fresh food** instead of processed food.
2. **Choose no added salt, salt reduced or low salt canned food**, bread and margarine.
3. **Use herbs and spices** during cooking in place of salt, soy sauces or convenience sauces.
4. Look for processed foods with less 'sodium' on the nutrition information panel – **practice food labelling reading**.
Low sodium food: packaged foods contain 120 mg or less sodium per 100g of food.
5. **Use less amounts of salt** and all kinds of salty sauces during cooking and avoid table salt.

“SUGAR SWAPS”: 4 steps to keep your extra calorie from high sugar foods away

DONT'S 🤔



Sweetened/ sugar added cereal



Sugary, fizzy drinks



Sugary snacks, sweets & chocolates



Sugary puddings/desserts

DO'S 😊



Plain cereal, with fruit & low fat, low sugar yogurt



Fresh, low fat milk, no sugar added soy drink, freshly squeezed juices, or sparkling water with lime or lemon



Fresh fruits, salad, plain crackers & unsalted roasted nuts



Low fat, low sugar yogurt, fresh fruit platter, sugar free jelly