# 健康飲食小貼士

# 我們可食用多少糖?

糖份除了提供無營養的熱量外,過量的攝取更可導致蛀牙、肥胖及心血管疾病<sup>1</sup>



## 世界衛生組織的建議:2

- 游離糖的攝取量應少於每日總熱量的10% (~成年人每日攝取少於50克)
- 將攝取量再進一步限制於每日總熱量的5%之内(~成年人每日攝取少於25 克),可帶來額外的健康益處

注:游離糖指添加的糖,以及在蜜糖、糖漿及果汁中的天然糖份

## 減糖小貼士:1



以鮮甜的蔬菜,如栗子及南瓜, 代替糖或甜的醬料



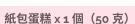
選擇水果而非果汁,特別是新鮮 及沒有添加糖份的水果,以代替 糖果、朱古力及曲奇等零食



留意及比較預先包裝的食物及 飲料上的營養標籤,以挑選含 較低糖份的產品

低糖 = 每100克或100毫升的固體或液體食物不含超過5克糖 (根據香港營養標籤要求)3

## 糖份含量的例子: 4-6



= 10 克

菠蘿包×1個(73克)

= 9.5 克

蛋撻 x 1 個 (55 克)

= 7.2 克

白麵包×1片(50克)

= 2.6 克



1粒方糖 = 1茶匙 = 5克糖

汽水 x 1 罐 (330 毫升)



珍珠奶茶×1杯(500毫升)



紅豆沙×半碗 (160克)



= 0 克

參考資料: 1. HK Department of Health. Non-communicable diseases watch: the bitter truth about sugars, 2015, 2. The World Health Organization, WHO calls on countries to reduce sugars intake among adults and children. Available at: https://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/. Accessed on 02Apr2019, 3, HK Centre for Food Safety. Technical guidance notes on nutrition labelling and nutrition claims. 2016. 4. HK Centre for Food Safety. Sugar content of some non-prepackaged foods in Hong Kong. 2014. 5. The Chinese University of Hong Kong, Children's Food Photo Book, 2015, 6, HK Department of Health, Joyful healthy workplace poster, Available at: http://www.joyfulhealthyworkplace.hk/zh/health,php. Accessed on 29Mar2019. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-083-MAY-19.



= ~39 克

