

HEALTHY EATING TIPS CARD

HOW MUCH SUGARS CAN WE EAT?

Sugars add non-nutritive energy and excessive consumption may lead to dental caries, obesity and cardiovascular diseases¹

WORLD HEALTH ORGANIZATION RECOMMENDATIONS:²

- Reduce intake of free sugars to < 10% of daily total energy intake (approximately < 50 g/day for adults)
- Further reduce intake to < 5% (approximately < 25 g/day for adults) for additional health benefits

(Note: Free sugars refer to added sugars and those present naturally in honey, syrups and fruit juices)



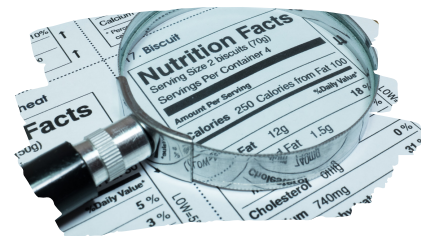
TIPS TO REDUCE SUGAR INTAKE:¹



Use fresh and sweet vegetables (e.g. chestnut, pumpkin) to replace use of sugar or sweetened sauces



Choose whole fruits over fruit juices, in particular fresh ones and those without added sugars to replace snacks such as candies and chocolate



Check nutrition label when shopping for pre-packaged foods and beverages, compare and select products with low sugar content

Low sugar = solid/liquid food containing ≤ 5 g of sugars per 100 g/mL of food as per Hong Kong food labelling requirements³

EXAMPLES OF SUGAR CONTENT:⁴⁻⁶



1 cube = 1 teaspoon = 5 g sugar

Spongy cake x 1 pc (50 g)



= 10 g

Pineapple bun x 1 pc (73 g)



= 9.5 g

Egg tart x 1 pc (55 g)



= 7.2 g

White bread x 1 pc (50 g)



= 2.6 g

Soft drink x 1 can (330 mL)



= ~39 g

Pearl milk tea x 1 cup (500 mL)



= 31 g

Red bean sweet soup x 0.5 bowl (160 g)



= 10.7 g

Water

= 0 g

References: 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.

