

Hidden Sugars in your Diet

Sugar provides 'empty calories' (calories with no nutritional value). Every 1 teaspoon (5g) of sugar = 20 calories. Hence, **choose all food and beverages with less sugar!**



Instead of this



Carbonated Drinks



Choose This

Diet soft drinks



Sports Drink



Water



Juices



Fresh Fruit



2 in 1 or 3 in 1 beverages



Plain Coffee/ Tea/ Milo



Condensed Milk



Low Fat Evaporated Milk / Low Fat Milk





Instead of this



Choose This



High Sugar Content Breakfast Cereal



Low Sugar High Fibre Breakfast Cereals



Honey, Sugar



Limit intake or use Artificial Sweetener



Sweets, Chocolates



Sugar Free Sweets



Flavoured milk



Plain Milk



Soy Milk



Reduced Sugar/ Unsweetened Soymilk



Sweetened Asian Beverages



No Sugar Added Beverages





Instead of this



Choose This



Fruit Canned in Heavy Syrup



Fresh Fruit/ Fruit Canned in Natural Juice



Syrup Drinks, Cordials



Water



Please contact Call-A-Dietitian Hotline 983 22 983 if you have any nutrition-related queries.

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