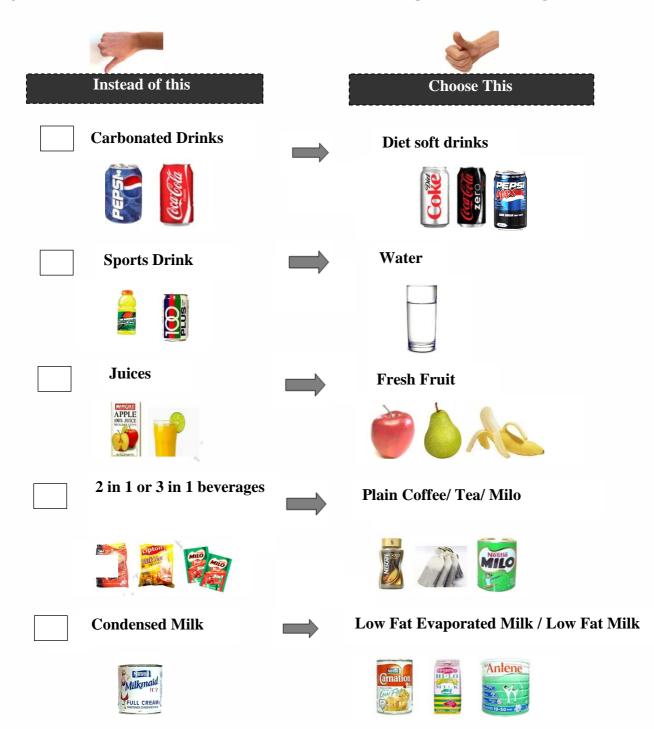
## Hidden Sugars in your Diet

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	Choose This
Fruit Canned in Heavy Syrup Image: 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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