

# Do You Take Too Much SUGAR



# What is SUGAR

Most of us think of sugar as the white or brown varieties which we buy in shops. But sugar also includes raw sugar, honey, corn-syrup and molasses. They are also known as **glucose, sucrose, dextrose, lactose, fructose and maltose**. White sugar is 100% **sucrose**.

## Where Is The SUGAR?

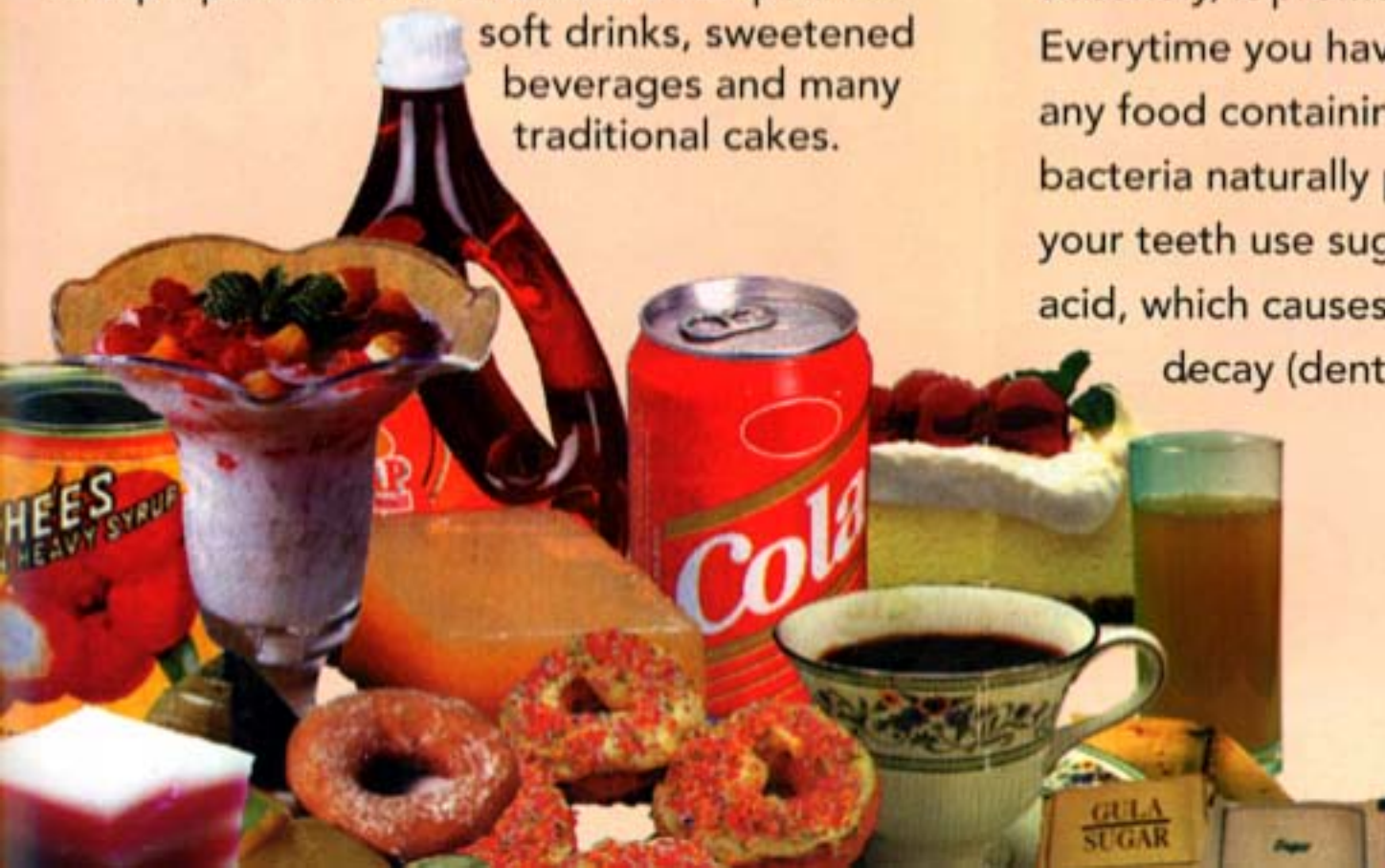
### *What comes naturally*

Sugar is found naturally in some foods, for example in fruits, starchy vegetables, milk and milk products.



### *What Is Added*

Sugar is added to foods during processing and preparation in the homes. Examples are soft drinks, sweetened beverages and many traditional cakes.



## SUGAR and your Health

The body makes its own sugar from the foods we eat and we do not actually need extra sugar at all. So, for your health, it is best to watch the amount of sugar you take.

There are two main problems with taking too much sugar. Firstly, it promotes obesity. Obesity is known to be associated with an increased risk of diabetes, hypertension and heart disease. Secondly, it promotes tooth decay.

Everytime you have a drink or eat any food containing sugar, the bacteria naturally present on your teeth use sugar to form acid, which causes tooth decay (dental caries).



Do you know how much  
**SUGAR** you take daily?

On an average, a person takes **24 teaspoons** (120 grams) of sugar daily. This is **2.5 times** more than the recommended amount.

Moderate intake of sugar a day should only be **10 teaspoons** (50 grams) whether added or hidden.

Sugar Content	
Type of Food / Drinks	Sugar Content (Teaspoon)
Gassy Drink ( 435 ml. can )	 9
1 Piece Apple Pie (200 grams)	 9
Packet Drink (285 ml)	 5
Cordial ( 1 glass)	 5
Ice Cream ( 1 scoop )	 4
Jam ( 1 tablespoon )	 3
Sugar - Coated Breakfast Cereal ( 1 cup )	 3
Kuih Koci (50 grams)	 2
Kuih Seri Muka ( 50 grams )	 1
Cream Biscuit ( 1 piece )	 1

## Calories Content In The Various Types Of Sugar



Type of Sugar ( 1 teaspoon )	Calorie
Castor Sugar	30
Icing Sugar	23
Brown Sugar	17
White Sugar	16
Raw Sugar	13
Sugar Cane Juice	5

Read the ingredient label to get an idea of the **SUGAR** content in a product

Names of sugar commonly found on food labels include sugar, sucrose, glucose, fructose, lactose, dextrose, maltose, honey, corn-syrup and molasses. They are all forms of sugar.

Products which have these names of sugar on their labels show that their content contain added sugar. Be careful when making your selection.

**INGREDIENTS : SUGAR, MILK SOLIDS, COCOA BUTTER, COCOA MASS, SOYA LECITHIN AND VANILLIN.**



## Tips To Cut Down On **SUGAR**

- Eat less foods high in sugar such as cakes, biscuits, ice cream, chocolate, traditional cakes and sugar-coated cereals.
- Drink plenty of plain water. Drink less of sweetened / gassy drinks.
- Add less sugar to coffee or tea or do without it.
- Use less sugar in your recipes. As an example, the amount of sugar in a cake recipe can be halved without affecting its taste or quality.
- Read the ingredient label. Choose products with low sugar content or those labelled 'No Added Sugar'.
- Choose fresh fruit instead of a sweet for dessert or when snacking. If buying tinned fruits, choose those canned in water or juice. Avoid those in heavy syrup.



**Reduce Sugar In Your Food  
Increase The Sweetness In Your Smile**

