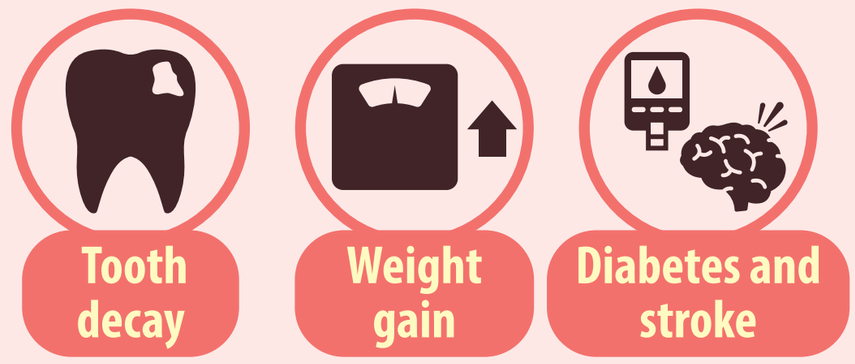
EatSmart Tips for Students under the New Normal Series

Less Sugar for Better Health

Excessive intake of sugar can cause tooth decay and weight gain.
In the long run, overweight and obesity will increase the risk of chronic diseases, such as diabetes and stroke.



The World Health Organization recommends that children's daily sugar intake should not exceed 10% of their total energy intake, and a further reduction to less than 5% would yield additional health benefits.

Take a 7-year-old boy who consumes 1,700 kcal per day as an example. His daily sugar intake should be less than 42.5 g (about 8.5 teaspoons) if calculated based on 10% of his total energy intake, while the daily sugar intake should be less than 21 g (about 4 teaspoons) if calculated based on 5% of his total energy intake.

Tips to reduce sugar intake

Dos:

Drink water

Examples of other healthier options are clear soup and lemon water

Replace fruit juice with whole fruit

Fruit contains more dietary fibre and less sugar

Choose plain low-fat or skimmed dairy products

Read nutrition labels and ingredient lists

Choose products that are "low-sugar"* or contain less sugar

*i.e. no more than 5 g of sugar per 100 g or ml

Don'ts:

Choose sweetened dairy products

e.g. chocolate milk and fruit-flavoured milk

Choose drinks with a relatively high sugar content

e.g. soft drink, cordial, probiotic drink and Taiwan-style drink

Add extra high-sugar seasonings

e.g. plum sauce, hoisin sauce and ketchup

Choose "high-sugar"# snacks and desserts

e.g. candy, chocolate, cake and ice-cream

i.e. more than 15 g of sugar per 100 g

Add sugar, condensed milk and evaporated milk to drinks

Comparison of sugar content in common drinks

1	Water (1 glass)	0 tsp sugar
2	Sugar-free soy milk (1 glass)	0.5 tsp sugar
3	Probiotic drink (100 ml)	3.5 tsp sugar
4	Sweetened soy milk (1 glass)	3.5 tsp sugar
5	Fresh orange juice (1 glass)	4 tsp sugar
6	Chocolate milk (1 glass)	4 tsp sugar
7	Cordial (1 glass)	4.5 tsp sugar
8	Milk tea with pearl tapioca^ (500 ml)	6 tsp sugar
9	Lemon tea^ (250 ml)	7 tsp sugar
10	Soft drink^ (330 ml)	7 tsp sugar
11	Red bean icy drink (300 ml)	7 tsp sugar

^ Tea and some soft drinks containing caffeine are not recommended for primary school students.

Note: 1 teaspoon (tsp) sugar ≈ 5 g; 1 glass ≈ 240 ml

新常態下的健康飲食
EatSmart under the New Normal

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