

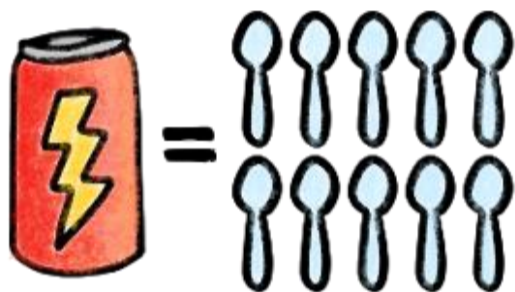
Tips for a Healthier You

8 hidden sugar bombshells in your diet

Here are some popular foods and their hidden sugar content!

Energy Drink (473ml)

51g of sugar = 10 tsps



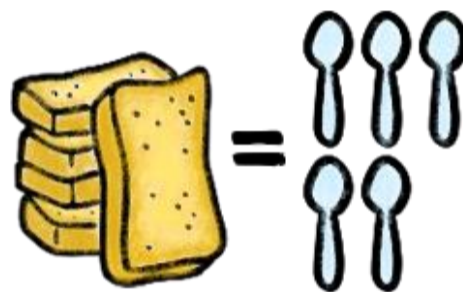
Kopi

20g of sugar = 4 tsps



Milk Rusk

23g of sugar = approx 5 tsps



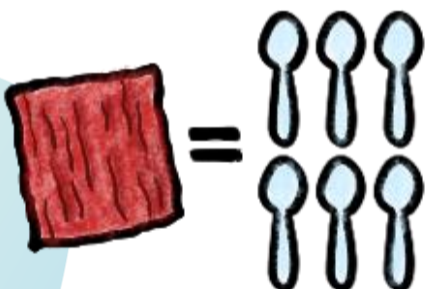
1 Pineapple tart

6.2g of sugar = approx 1 tsp



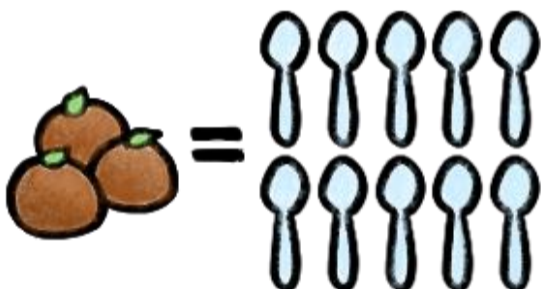
1 slice of Bak Kwa

32g of sugar = approx 6 tsps



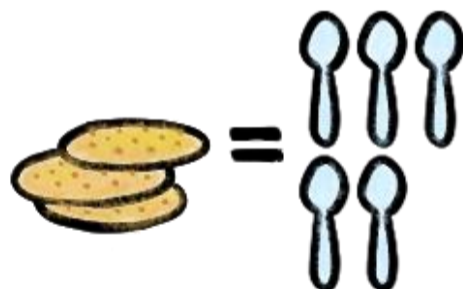
Gulab jammun (per 100g)

52g of sugar = 10 tsps



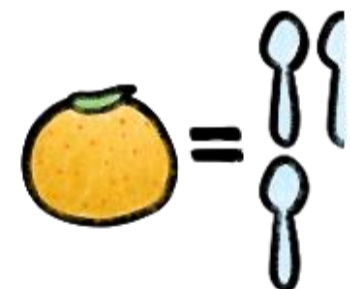
3 Plain biscuits

22g of sugar = approx 5 tsps



1 Ladoo

13g of sugar = 2.5 tsps



Your daily sugar consumption should not be more than 10 tsps (based on a daily 2000-calorie intake). In the following scenarios, what can you skip or switch out to keep within the daily 10-tsp limit?

Scenario 1: 2 pieces of Roti Prata + 2 packets of tea + 1 serving of milk rusk = 14 tsps of sugar

Scenario 2: 1 Chicken Biryani + 1 cup of milo + 1 serving of plain biscuits = 11 tsps of sugar

Scenario 3: 1 Mee Goreng + 1 can of 100 plus + 1 ladoo = 10.5 tsps of sugar

Scenario 4: 1 Wonton noodles + 1 soya bean milk + 1 tua huay = 15 tsps of sugar

Proudly presented by:



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Sources:

1. "10 Hidden Sugar Bombshells in Your Diet". HealthHub. December 2021.
2. "Hawker Food and its Hidden Sugar". Minmed Group Pte Ltd. April 2020.
3. "Eating at the foodcourt" Tips to make healthier choices". HealthXchange. SingHealth.