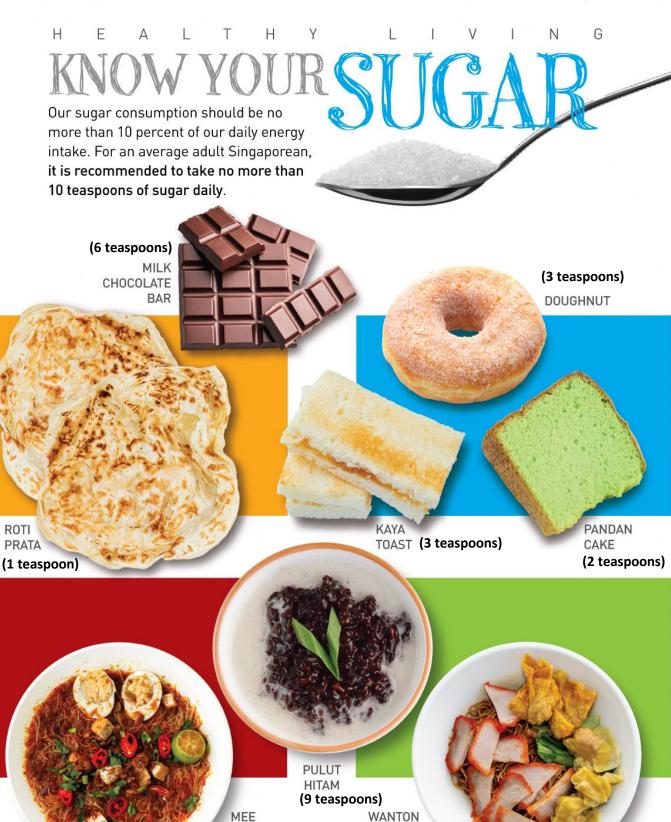




ROTI





NOODLE

(2 teaspoons)

SIAM

(10 teaspoons)





Answer Sheet for 'Know Your Sugar (Food Edition)'		
Food	Serving Size (g)	Sugar (tsp)
Roti Prata	2 pieces (120g)	1
Milk Chocolate	1 bar  *Based on generic brands, this is the average sugar quantity	6
Kaya Toast	2 slices with kaya toast & butter	3
Doughnut	1 glazed donut	3
Pandan Cake	1 slice (41g)	2
Mee Siam	1 bowl	10
Pulut hitam	425g	9
Wanton noodle (dry)	335g	2

Remember to take no more than <u>10 teaspoons of sugar daily</u> for an average adult Singaporean!