

H E A L T H Y L I V I N G

KNOW YOUR SUGAR

Our sugar consumption should be no more than 10 percent of our daily energy intake. For an average adult Singaporean, it is recommended to take no more than 10 teaspoons of sugar daily.



MILK
CHOCOLATE
BAR



DOUGHNUT



ROTI
PRATA



KAYA
TOAST



PANDAN
CAKE



PULUT
HITAM



MEE
SIAM



WANTON
NOODLE



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(6 teaspoons)

MILK
CHOCOLATE
BAR



(3 teaspoons)

DOUGHNUT



ROTI
PRATA

(1 teaspoon)



KAYA
TOAST (3 teaspoons)



PANDAN
CAKE

(2 teaspoons)



PULUT
HITAM
(9 teaspoons)



MEE
SIAM
(10 teaspoons)



WANTON
NOODLE
(2 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
Wonton noodle (dry)	335g	2

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