



HEALTHY LIVING

## KNOW YOUR STEAM OF THE LIMIT YOUR SUgar consumption to no more than 10% of your daily energy intake.

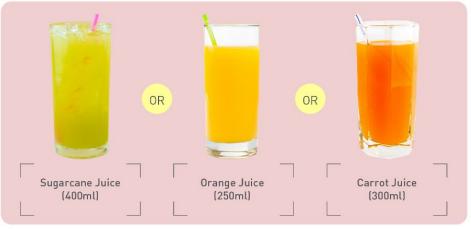
For an average adult Singaporean, that is about 10 teaspoons of sugar, based on a 2000-daily calorie intake.

Are you aware of the amount of sugar that is added to our drinks? Let's put it to the test!











The healthiest option is water!





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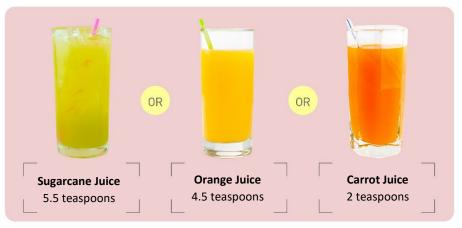
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Answer Sheet for 'Know Your Sugar (Beverage Edition)'		
Drinks	Serving Size (ml)	Sugar (tsp)
Корі	1 cup, 250ml	4
Kopi Siew Dai	1 cup, 250ml	3.5
Kopi C Kosong	1 cup, 250ml	0.5
Chinese Tea	1 cup, 250ml	0
Cola Soft Drink	1 can, 330ml	7
Cola Soft Drink No Sugar	1 can, 330ml	0
Milk Tea with Pearl 100% Sugar	1 cup, 500ml	8
Red Oolong Bubble Tea with Aloe Vera, no Milk, 0% Sugar	1 cup, 500ml	2
Sugarcane Juice	1 glass, 400ml	5.5
Orange Juice	1 glass, 250ml	4.5
Carrot Juice	1 glass, 300ml	2
Plain Water	1 glass, 300ml	0

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