Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Identifying Sugars in your Diet

Sugar gives you 'empty calories' (calories with no good nutrition). Every 1 teaspoon (5g) of sugar = 20 calories.
So, **choose all food and drinks with less sugar!**

Instead of this		Choose This
☐ Carbonated Drinks 	→	Diet soft drinks 
☐ Sports Drink 	→	Water 
☐ Juices 	→	Fresh Fruit 
☐ 2 in 1 or 3 in 1 beverages 	→	Plain Coffee/ Tea/ Milo 



Instead of this



Choose This

☐	Condensed Milk 	Low Fat Evaporated Milk / Low Fat Milk 
☐	High Sugar Content Breakfast Cereal 	Low Sugar High Fibre Breakfast Cereals 
☐	Honey, Sugar 	Limit intake or use Artificial Sweetener 
☐	Sweets, Chocolates 	Sugar Free Sweets 
☐	Flavoured milk 	Plain Milk 
☐	Soy Milk 	Reduced Sugar/ Unsweetened Soymilk 



Instead of this



Choose This

☐	Sweetened Asian Beverages 	➡ No Sugar Added Beverages 
☐	Fruit Canned in Heavy Syrup 	➡ Fresh Fruit/ Fruit Canned in Natural Juice 
☐	Syrup Drinks, Cordials 	➡ Water 

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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ND.PE.26.0126