

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

KNOW YOUR SUGAR

BEVERAGE EDITION

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!



Four white mugs and a glass of tea are shown, each with a yellow 'OR' button between them. Below each drink is a label in a dashed box.

- Kopi (250ml)
- Kopi Siew Dai (250ml)
- Kopi C Kosong (250ml)
- Chinese Tea (250ml)

Two cans of cola soft drinks are shown, each with a yellow 'OR' button between them. Below each can is a label in a dashed box.

- Cola Soft Drink (330ml)
- Cola Soft Drink No Sugar (330ml)

Two glasses of bubble tea are shown, each with a yellow 'OR' button between them. Below each glass is a label in a dashed box.

- Milk Tea With Pearl 100% Sugar (500ml)
- Red Oolong Bubble Tea, With Aloe Vera, No Milk, 0% Sugar (500ml)

Three glasses of juice are shown, each with a yellow 'OR' button between them. Below each glass is a label in a dashed box.

- Sugarcane Juice (400ml)
- Orange Juice (250ml)
- Carrot Juice (300ml)



The healthiest option is water!

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	OR		OR		OR	
Kopi 4 teaspoons		Kopi Siew Dai 3.5 teaspoons		Kopi C Kosong 0.5 teaspoons		Chinese Tea 0 tsp

	OR	
Cola Soft Drink 7 teaspoons		Cola Soft Drink (No Sugar) 0 teaspoons

	OR	
Milk Tea with Pearl 100% Sugar 8 teaspoons		Red Oolong Bubble Tea with Aloe Vera, No Milk, 0% Sugar 2 teaspoons

	OR		OR	
Sugarcane Juice 5.5 teaspoons		Orange Juice 4.5 teaspoons		Carrot Juice 2 teaspoons



The healthiest option is water!

Answer Sheet for 'Know Your Sugar (Beverage Edition)'		
Drinks	Serving Size (ml)	Sugar (tsp)
Kopi	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 10 teaspoons of sugar daily for an average adult Singaporean!