

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



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

# KNOW YOUR SUGAR

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(6 teaspoons)

MILK CHOCOLATE BAR



(3 teaspoons)

DOUGHNUT



ROTI PRATA  
(1 teaspoon)



KAYA TOAST (3 teaspoons)



PANDAN CAKE  
(2 teaspoons)



MEE SIAM  
(10 teaspoons)



PULUT HITAM  
(9 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!***