


DIET BULLETIN

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CONTROL SUGAR, PREVENT DISEASE

DID YOU KNOW?

 **1 teaspoon of sugar (5 g)**

= 20 kcal !!!

Substitute sweet snacks (donuts, cakes and pies) with a piece of fresh fruit

Read food labels and choose foods that are low in sugar

Encouraged to drink plain water instead of sweetened drinks (using sugar / condensed milk)

DID YOU KNOW HOW MUCH SUGAR IN YOUR FOOD AND DRINK?

Carbonated drink (325 ml)		 7–10 tsp of sugar
Milk tea (1 glass)		 5 tsp of sugar
Milk syrup (1 glass)		 6 tsp of sugar
Cendol (1 medium bowl)		 9 tsp of sugar
Kuih koci (1 piece)		 2 ¼ tsp of sugar
Kuih Seri Muka (1 piece)		 2 ¼ tsp of sugar
Doughnut (1 piece)		 1 ¾ tsp of sugar
Ice cream (1 stick)		 2–3 tsp of sugar
Cup cake (1 piece)		 6 tsp of sugar
Chocolate chip biscuits (34 g)		 2 tsp of sugar
Plain water (1 bottle)		No sugar