

減糖斷捨離

Reduce Sugar Cravings

游離糖是什麼？

What is free sugar?

游離糖指由製造商、廚師或消費者加入食物中的所有單糖和雙糖，以及蜜糖、糖漿和果汁中的天然糖分。

Free sugars mean all mono- and di-saccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrup and fruit juices.



世界衛生組織建議，成人及兒童的游離糖攝取量應減少至每日所需總能量的10%以下。

The World Health Organization recommends the public to reduce the intake of free sugars to less than 10% of total energy intake for both adults and children.

成人每日 游離糖攝取量

Daily Free Sugar Intake for Adult

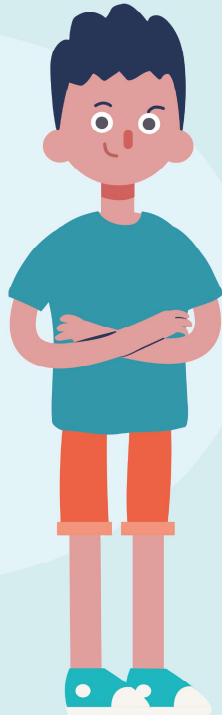
< 50 克*
grams
(約10粒方糖)
(Around 10 sugar cubes)

*以一個每日攝取2000千卡能量的成年人為例
*Based on an average adult with a 2000 kcal diet



每一克糖可提供4千卡能量

1 gram of sugar provides 4 Kcal of energy



從游離糖含量高的食物中攝取過多卡路里，可導致不健康的體重增加及肥胖症，提高患上糖尿病及其他非傳染病的風險。

Excess calories from foods high in free sugars can contribute to **unhealthy weight gain and obesity**, increasing the risk of **diabetes and other non-communicable diseases**.

超重
Overweight

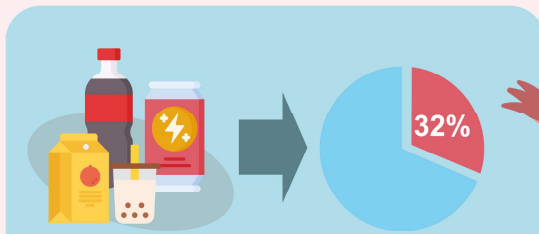


經常過量攝取游離糖亦會增加蛀牙的機會。

Frequent excessive intake of free sugars can also increase the risk of **dental caries**.

留意甜蜜陷阱

Beware of the Sugar Trap



食物安全中心調查結果顯示，飲品是香港人攝取糖分的主要來源之一，包括汽水、茶類飲品、蔬果汁飲品以及能量飲品。

Studies conducted by the Centre for Food Safety showed that one of the major sources of sugar intake in Hong Kong is beverages, including soft drinks, tea-based beverages, fruit/ vegetable juice drinks and energy drinks.



除了「糖」這個字眼外，若配料表上有以下成分，亦代表該飲品添加了糖：

Other than the word “Sugar”, if any of the following names shows up on the ingredient list, you’ll know that the drink contains added sugars:

- 蜜糖 honey
- 乳糖 lactose
- 糖漿 syrup
- 果糖 fructose
- 麥芽糖 maltose
- 紅糖 brown sugar
- 轉化糖 invert sugar
- 砂糖/蔗糖 granulated sugar/ sucrose
- 糖蜜 molasses
- 葡萄糖 glucose/ dextrose
- 濃縮果汁 fruit juice concentrate
- 高果糖的粟米糖漿 high fructose corn syrup

留意其他食物可能含有較高糖分：

Beware of other foods which may contain more sugars:



無論是哪種糖（包括紅糖/ 黃糖、蜜糖、糖漿和白糖），只要攝取過多，都會做成能量過剩。

Excess intake of sugars in any form (including brown sugar, honey, syrup or white sugar) will provide extra energy

選擇少糖食品
保持健康體重有辦法
CHOOSE FOODS WITH LESS
SUGAR FOR HEALTHIER
WEIGHT



一起少甜
LESS SWEET NOW!



選擇含有較少糖、無糖或無甜味劑的食物及飲品
Choose foods and beverages with less sugar, no sugar or no sweeteners added

參閱預先包裝食品上的食物標籤，作出有依據的選擇
Refer to the food labels on prepackaged foods to have informed choices

慢慢適應味道較清淡的食物，最終改變飲食習慣
Alter dietary habits by gradually adapting to the lighter-flavoured food

如果選擇光顧食肆或購買預先包裝食物，可以留意以下低糖要訣
When patronising restaurants or buying prepackaged foods, keep in mind the following tips on lowering sugar intake:

留意菜式食材，以低脂、低糖、低鈉為健康基礎
Pay attention to the ingredients in foods and choose foods low in fat, sugar and sodium as the foundation of a healthy diet

留意食物分量
Beware of the portion size



出街食



Dining out:
Ask for "less salt", "less sugar" and "less gravy"

閱讀營養標籤
Read the nutrition label



選購參與「預先包裝食物『鹽\糖』標籤計劃」的產品
Choose products participating in the "Salt/ Sugar" Label Scheme for Prepackaged Food Products

多選天然食物，少吃加工製品
Have more natural foods but less processed products



查閱購物卡
Read the Shopping Card



光顧「星級有營食肆」，選擇「三低之選」的菜式
Patronise EatSmart Restaurants and choose "3 low" dishes

如何選擇較健康的食物
How to choose healthier foods
本中心與食肆、食品及飲品製造商合作，為市民提供「三低」食品清單。
This centre, in partnership with restaurants, food and beverage manufacturers, provides a list of "3 low" products for the public.

類別	低糖	低脂	無糖	無脂
類別	(Low sugar)	(Low fat)	(No sugar)	(No fat)
每份重量 (每份)	5克	1.5克	0克	0克
糖	15克	7.5克	0克	0克
脂肪	600毫克	300毫克	120毫克	0毫克

Tips for Choosing Healthier Food
請向食肆、食品及飲品製造商查詢詳情。
In partnership with restaurants, food and beverage manufacturers, please refer to the list of "3 low" products for more information.

類別	低糖	低脂	無糖	無脂
類別	(Low sugar)	(Low fat)	(No sugar)	(No fat)
每份重量 (每份)	5克	1.5克	0克	0克
糖	15克	7.5克	0克	0克
脂肪	600毫克	300毫克	120毫克	0毫克