

有關攝入過量糖分的主要關注事項

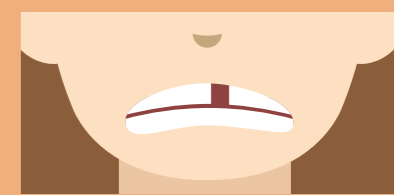
Major Concerns of Excessive Sugar Intake

日常膳食並不需要
No dietary requirement

位於健康飲食金字塔
頂層「吃最少」類別
Placed at the "Eat
Less" level of the
Healthy Eating Food
Pyramid



攝取過量會導致肥胖和齲齒
Excessive intake will lead to
obesity and dental caries



產品含有添加糖、濃縮玉米糖漿或濃縮果汁，包括碳酸飲料、水果飲料、運動飲料、能量/維生素水飲料、甜冰茶和檸檬水
Products that contain added sugar, corn or fruit-juice concentrates and include carbonates, fruit drinks, sports drinks, energy and vitamin water drinks, sweetened iced tea, and lemonade

肥胖和糖尿病的主要原因
Major contributor to obesity and diabetes



增加患上慢性疾病風險
Increases the risk of chronic diseases

超重 / 肥胖 Overweight / Obese



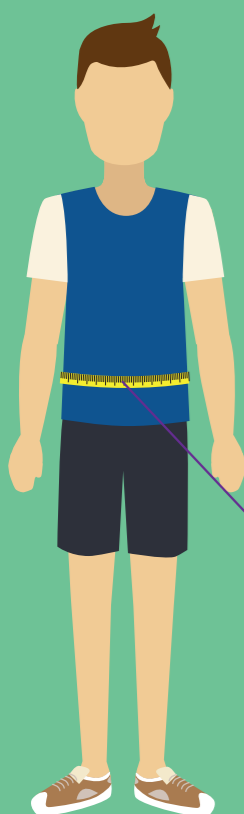
體重指標 (公斤/米²)
Body Mass Index (kg/m²)

BMI ≥ 23.0



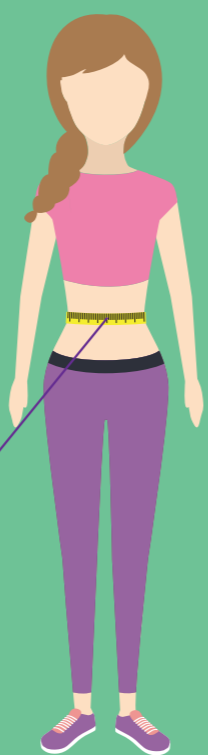
體重按身高調整後
超過體重中位數的120%
Weight > 120% of
the median weight
for height

適當的體重及腰圍
Optimal weight & waist
circumference



**BMI
18.5-22.9**

**<36
吋 inch
<90 厘米 cm**



**<32
吋 inch
<80 厘米 cm**

能量攝入與消耗保持平衡
Balance energy intake with expenditure

每日能量需求*
Daily energy requirement

2250
千卡
kcal



1800
千卡
kcal

定期體能活動
Regular physical activity

成人每星期最少150分鐘
Adults ≥ 150 min/week

兒童每日最少60分鐘
Children ≥ 60 min/day



*中國營養學會(2013年):18-49歲低體力活動量人士適用
Chinese Nutrition Society: For those aged 18-49 years with light physical activity

本港情況

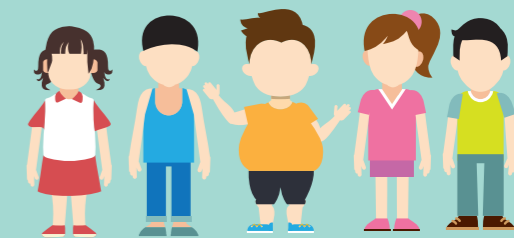
Local Situation



成人
Adults
2/5

香港人**肥胖**嗎？
Are Hong Kong people
obese?

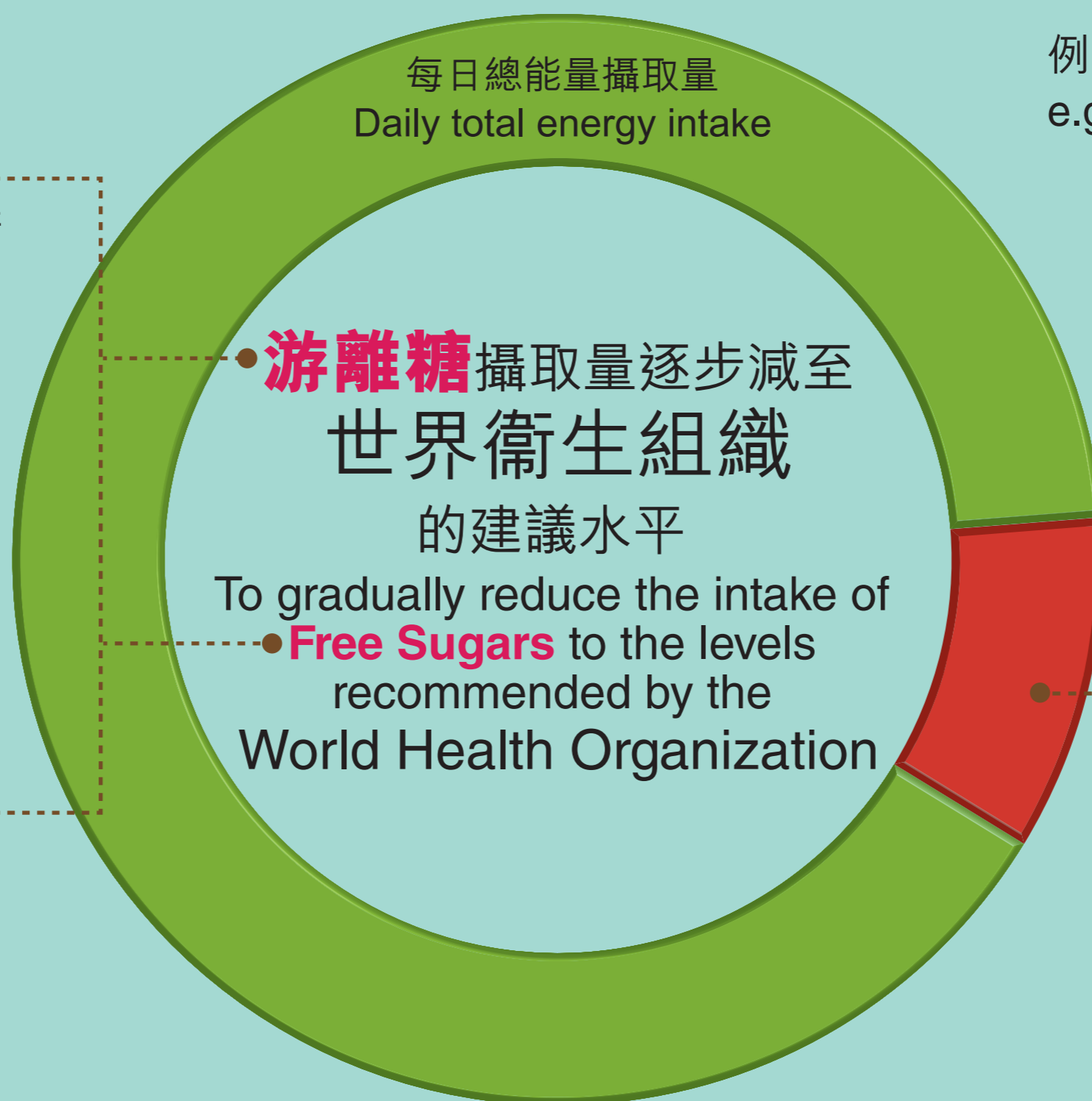
兒童
Children
1/5



本港的**減糖目標**是什麼？

What is the **local sugar reduction goal**?

- 由製造商、廚師或消費者添加到食品和飲料中的單糖(如葡萄糖、果糖)和雙糖(如蔗糖或砂糖)
Mono- (e.g. glucose, fructose) and di-saccharides (e.g. sucrose or table sugar) added to foods and drinks by the manufacturer, cook or consumer
- 天然存在於蜂蜜、糖漿、果汁和濃縮果汁中的糖
Sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates

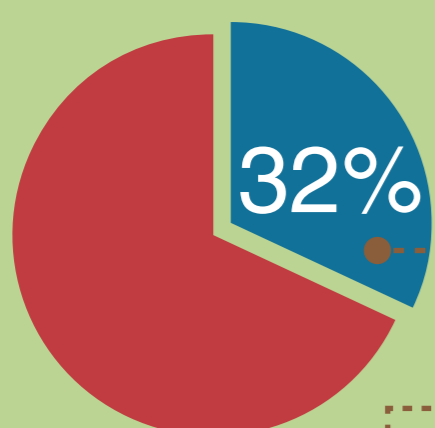


糖攝入量和進食高糖食物/飲料的本地情況

Local situation about **sugar intake** and **food/beverages high in sugar**

成人：總糖攝取量每日平均
Adults: average total sugars intake

53克g



不含酒精飲品

Non-alcoholic beverages

(碳酸飲品、茶類飲品、蔬果汁和果汁飲品)
(Carbonated drinks, tea beverages, and fruit and vegetable juices/juice drinks)



小四/五學生報稱於調查前一星期
有進食**高糖食物/飲料**

Primary 4/5 students reported having
food/ beverages high in sugar
in the week before enumeration

>80%*

*衛生署: 2012年小學飲食模式評估研究
Department of Health: Assessment of Dietary Pattern in
Primary Schools 2012

近年的研究 Recent studies

- 餐飲中常見的**中式飲品**的糖含量
Sugar Content in Popular Chinese-style Beverages Consumed with Meals
- 本地**糖水**的糖含量
Sugar Content in Local Sweet Soups
- 本港一些**非預先包裝食物**的糖含量
Sugars Content of Some Non-prepackaged Food in Hong Kong



尋找隱藏的糖

Find the Hidden Sugars

1克糖
提供多少能量?

How many calories in
1g of sugars?

~4
千卡 kcal



- 一罐汽水含34克糖
1 can of soft drink contains 34g sugars
- 以每日攝入2000千卡能量計算，建議每日攝取限量游離糖為<50克
For a daily energy intake of 2000 kcal, the recommended daily free sugars intake limit is 50g
- 喝一罐汽水佔攝取限量的67%
Drinking 1 can of soft drink is 67% of the recommended limit



汽水
Soft drink



酸梅湯
飲料
Sour
plum
drink



果汁飲料
Juice drink



奶茶
Milk tea

糖含量(克/分量)
Sugars (g/serving)

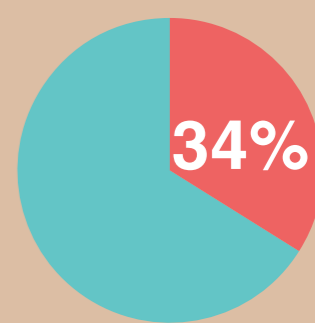
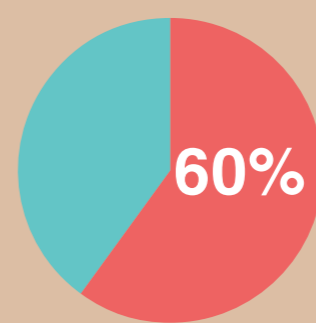
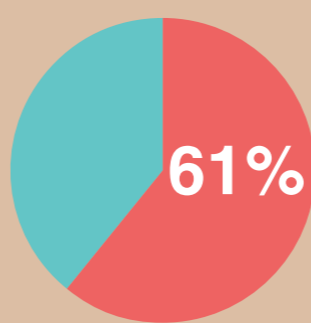
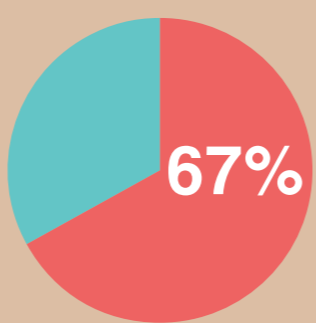
~34 =

~31 =

~30 =

~17 =

佔世衛建議游離糖每日攝取限量*
WHO's Recommended
Daily Free Sugars Intake Limit



*例: <50克如每日攝入2000千卡能量
e.g. <50g for a daily energy intake of 2000 kcal



減糖清單 I: 勾選框框，以幫助您控制糖攝入量

Sugars Checklist I: Tick the box to help you keep your sugar intake in check

購物時
When Shopping



- 我在購買產品之前閱讀並比較了成分表和營養標籤。
I read and compare ingredient lists and nutrition labels before purchasing a product.



- 我知道我吃的零食中有多少糖(例如使用營養標籤或食品成分資料庫來了解不同食物和飲料中的糖含量)。
I am aware of how much sugar is in the snacks I eat (e.g. use the nutrient labels or Food Composition Database to get a general idea of sugars content in different foods and beverages).

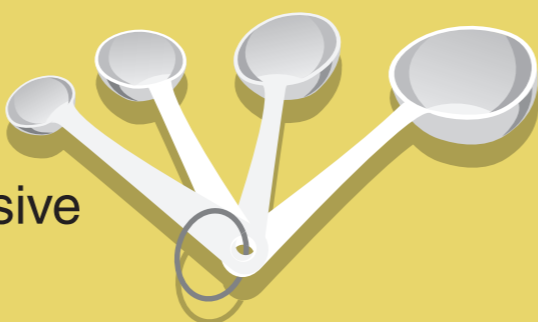
- 我用低糖產品代替高糖產品。
I replace high-sugar products with low-sugar products.



煮食時
When Cooking



- 我使用標準測量工具(例如茶匙)，以避免向食物中加入過多的糖。
I use standard measuring tools (e.g. a teaspoon) to avoid adding excessive sugar to food.



- 我只添加適量的糖，或不添加任何糖。
I only add suitable amount of sugar, or do not add any sugar at all.



- 我選擇天然/新鮮的食材調味。
I choose natural / fresh ingredients for seasoning.



- 我盡可能自己做飯，避免即食混合醬和醬汁產品。
I cook as much as possible, avoiding instant mixes and sauce products.





減糖清單 II：勾選框框，以幫助您控制糖攝入量

Sugars Checklist II: Tick the box to help you keep your sugar intake in check



我知道咸 / 鹹味小吃和加工食品可能含有大量的糖。
I am aware salty / savoury snacks and processed foods can contain lots of sugar.



我要求不要加糖到我的沙冰、茶、咖啡飲料和天然果汁。
I ask for no sugar to be added to my smoothies, teas, coffee drinks and natural fruit juices.



我要求「少糖」，或「『走』糖」菜餚。
I ask for "less sugar" or "no sugar" dishes.

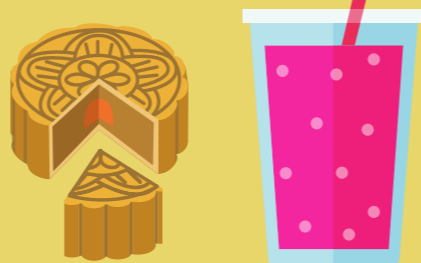


我選擇餐牌中較健康食物（例如光顧已參與「減鹽、糖、油，我做！」計劃的食肆）。
I order healthier options from the menu (e.g. visit food premises joining the "Reduce Salt, Sugar, Oil. We Do!" Programme).



通過「先品嚐，後添加」，我減少在食品（包括甜點）/飲料中添加含糖調味料和糖的分量。
I reduce the amount of sugar-containing seasonings and sugar to be added to food (including desserts) / beverages at the table by "tasting before adding".

我減少食用糖含量高的食品/飲料（例如含糖飲料和月餅）。
I reduce intake of foods/beverages high in sugars (e.g. sugary beverages and mooncakes).



我選擇無糖飲料。
I choose sugar-free drinks.



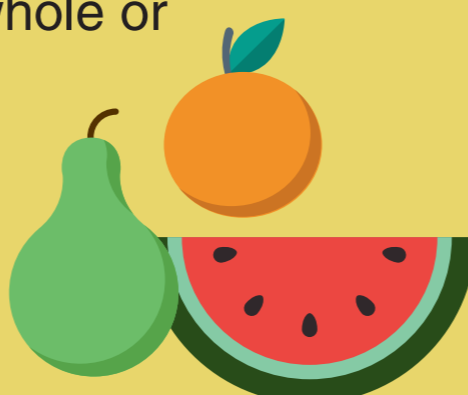
我減少了在咖啡/茶/早餐穀物中添加的糖量。
I have reduced the amount of sugar I add to my coffee/tea/cereal.



我與其他人分享食物，以減少食用分量。
I share food with others to reduce the portion of food intake.



我喜歡吃整個或一塊水果，而不是喝果汁。
I prefer to eat fruit whole or in pieces instead of drinking fruit juice.



我選擇新鮮的天然果汁，而不是瓶裝或罐裝果汁和濃縮果汁。
I choose fresh, natural juices rather than bottled or canned juices and concentrates.

