食物環境衞生署 Food and Environmental Hygiene Department

食物安全中心 Centre for Food Safety

減糖
斷捨離
躲開甜蜜陷阱有辦法

黑糖有益？代糖健康？一起探討減糖迷思！

鹽和糖的自我修養系列

糖是簡單碳水化合物（單糖和雙糖），可提供能量（每1克糖提供4千卡）。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**，因而**提高患上糖尿病及其他非傳染病的風險**。

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**。不同食物為了營造風味或特定質感，會添加額外的糖；除了**糖果、蛋糕**等甜點外，一些加工食品例如**能量棒、醬料、早餐穀物、果乾、罐頭水果**等的糖分也不少。而**部分低脂食品**例如奶酪類製品，有可能比原來版本含更多糖分，以改善味道。

世界衞生組織制訂的指引建議，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**，以一個每日攝取2000千卡能量的成年人為例，即每日的游離糖攝取量應少於50克（約10粒方糖）。

每日的游離糖攝取量
<50克(約10粒方糖)*
*以一個每日攝取2000千卡能量的成年人為例

飲品的甜蜜陷阱

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**。想知飲品有沒有添加糖，可先查看飲品包裝上的配料表。配料表上的成分排列次序是依照其重量而定，成分佔最多排最先，成分佔最少排最後。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：

紅糖	葡萄糖	果糖	濃縮果汁
高果糖的粟米糖漿	蜜糖	轉化糖	乳糖
麥芽糖	糖蜜	砂糖/蔗糖	糖漿

有些飲品標榜沒有添加糖，但本身其實含有一定的糖分，例如果汁。所以想知道飲品實際含有多少糖，便要**查看包裝上的營養標籤**。通常飲品的營養標籤會以每100毫升或每食用分量作為食物參考量，所以看營養標籤前要先清楚食物參考量，再查看糖含量。

另外，香港人生活忙碌，經常外出用膳已成為日常飲食習慣之一，但當中其實隱藏著不少飲食陷阱，例如攝取過多糖等，為都市人的健康帶來隱憂。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：

留意菜式食材，以低脂、低糖、低鈉為健康基礎	多士或餐包走油、飲品走甜或少奶、醬汁另上或全走及留意餡料。
多選天然食物，少吃加工製品	天然含有糖分的食物，如水果和奶類等不妨繼續吃，但添加了糖分的食物，如汽水、果汁飲品、糖果、乾果、糕點、餅乾、巧克力等則少吃為妙。
留意食物分量	點餐或購買食物時，留意食物的分量，如分量超過個人食用分量，可考慮與他人分享或減少食物數量。
閱讀營養標籤	閱讀產品的成分表及營養標籤，針對糖的部分作出比較。
選購參與「預先包裝食品『鹽/糖』標籤計劃」的產品	多選購「低鹽低糖」的產品。
光顧「星級有營食肆」(restaurant.eatsmart.gov.hk)	選擇「三低之選」的菜式，自然吃得健康。

某些糖比較健康？

坊間時有說法，指紅糖、黃糖、黑糖、蜜糖和糖漿比白糖健康。其實，從營養的角度來看，**各種糖分都是大同小異的**，每克糖分都可提供大約4千卡的能量，**其他營養素含量則寥寥無幾**。人體對各種精煉糖（如白糖）、糖漿和食物中的天然糖分（如蜜糖）的代謝過程是一樣的。無論是哪種糖，只要攝取過多，都會造成能量過剩。因此，無論是紅糖／黃糖、蜜糖、糖漿還是白糖，都不應添加過量。

用代糖會比較健康嗎？

過去數十年，人造甜味劑（俗稱代糖）的應用日廣，除了用作餐桌甜味劑外，還是汽水、糖果、口香糖、乳酪和甜品等不少食物和飲品中的常見配料。

人造甜味劑，例如天冬酰胺、醋磺內酯及三氯半乳蔗糖，是低熱量或不含熱量的化學物質，食品工業廣泛用作糖的替代品來使食物及飲品添加甜味。這些含有較低能量的食物及飲品適合糖尿病患者食用，也對減肥人士相當吸引。舉例來說，1克天冬酰胺可取代200克蔗糖，所產生的能量只有4千卡路里，而非蔗糖的800千卡路里。一些研究發現，如使用得當，人造甜味劑**可能有助減少糖攝取量**，從而在短期內減輕體重。

但亦有證據顯示，使用人造甜味劑的人士可能會認為熱量攝取量減少了，便傾向吃下更多其他食物，因而透過其他來源吸收本來減少了的熱量。經常食用甜味劑會過度刺激糖受體，可能令人較難將甜味與熱量攝取聯想起來，**導致更偏好甜食，增加體重**。

最新的大型研究指出，使用非糖甜味劑對健康在各方面（包括體重指數及減輕體重）**並沒有明顯的益處**。另外有研究發現，每日飲用兩杯或以上含糖或人造甜味劑汽水的人士，他們比較每月飲用少於一杯汽水的人士因各種原因而死亡的風險更高。

注意：患有**苯丙酮酸尿症**這種遺傳疾病的人由於身體不能有效分解苯丙氨酸這種氨基酸，以致積聚至可能影響健康的水平，令腦部嚴重受損，故他們不應進食天冬酰胺。我們建議對個別甜味劑敏感的人士應查看成分表，以識別和迴避這些甜味劑。

結論：少糖及少甜味劑

要有更理想的健康生活，便要選擇含有**較少糖、無糖或無甜味劑的食物及飲品**。消費者可參閱預先包裝食品上的食物標籤，作出有依據的選擇。飲食要少糖、少甜味劑，需要業界與市民的共同努力。食物業宜透過逐步減少糖及甜味劑的用量來降低食物的甜味，以便市民慢慢適應味道較清淡的食物，最終改變飲食習慣。

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Food and Environmental Hygiene Department

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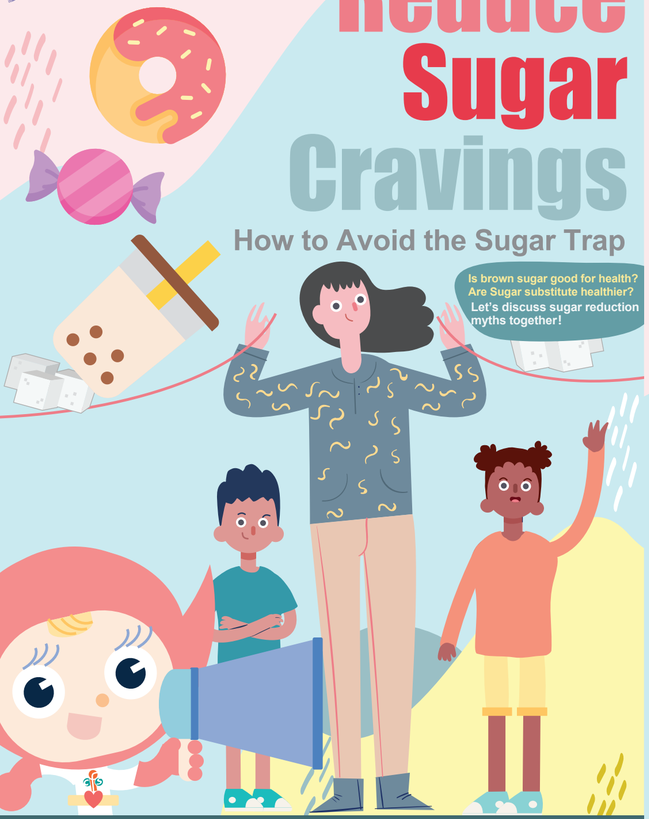
Centre for Food Safety

Reduce Sugar Cravings

How to Avoid the Sugar Trap



Self-cultivation Series on Salt and Sugar Reduction

Sugars are simple carbohydrates (mono- and di-saccharides) which provide energy (1g of sugars provides 4 Kcal). 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.

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. Sugars are added to a variety of foods to create flavours or distinctive textures. Other than confectioneries like candies and cakes, some processed foods such as energy bars, sauces, breakfast cereals, dried fruits and canned fruits, etc. can contain a considerable amount of sugars. Some low fat foods like yoghurt products may contain more sugars than their original versions to give a better taste.

The World Health Organization sets out guidelines which recommend the public to reduce the intake of free sugars to less than 10% of total energy intake for both adults and children, i.e. less than 50g of free sugars (about 10 sugar cubes) per day for an adult having a daily 2000-Kcal diet.

Daily free sugar intake
< 50g (about 10 sugar cubes)*
*for an adult having a daily 2000-Kcal diet

The Sugar Trap in Beverages

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. To identify if a drink has added sugars, check the ingredient list on the package first. All ingredients are listed in descending order by weight - the ingredient that weighs the most is listed first and the lowest weight ingredient listed last. 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:

- brown sugar
- glucose/dextrose
- fructose
- fruit juice concentrate
- high fructose corn syrup
- honey
- invert sugar
- lactose
- maltose
- molasses
- granulated sugar/sucrose
- syrup

Even some products highlighted to have "no added sugars" may themselves contain a certain amount of sugars, such as fruit juice. So, if you want to find out the actual amount of sugars in your drink, you will have to look at the nutrition label on the package. The nutrient content is listed based on the "reference amount" of the drink, often expressed either as per 100ml or per serving. Look for the reference amount on the nutrition label first before checking the sugar content.

With a hectic pace of city life, many local people have fallen into a habit of often eating out which, however, hides a number of diet traps such as excessive intake of sugars, posing potential risks to health. When patronising restaurants or buying prepackaged foods, keep in mind the following tips on lowering sugar intake:

Pay attention to the ingredients in foods and choose foods low in fat, sugar and sodium as the foundation of a healthy diet	Ask for toasts or plain rolls/buns without butter, drinks without sugar or with less milk, sauces on the side or to be skipped, and pay attention to the fillings.
Have more natural foods but less processed products	Continue to enjoy foods with natural sugars like fruits and milk. Eat less foods with sugars added such as soft drinks, juice drinks, candies, dried fruits, cakes, biscuits and chocolates, etc.
Beware of the portion size	When ordering or buying foods, beware of the portion size. If it exceeds the amount for personal consumption, consider sharing with others or ordering/buying fewer foods.
Read the nutrition label	Read the ingredient list and nutrition label of products and compare their sugar contents.
Choose products participating in the "Salt/Sugar" Label Scheme for Prepackaged Food Products	Choose more "low salt" and "low sugar" products.
Patronise EatSmart Restaurants (restaurant.eatsmart.gov-.hk/eng/home.aspx)	Choose "3 low" dishes, i.e. dishes low in fat, sugar and salt for a healthy diet.

Are Certain Sugars Healthier?

There are sayings that brown sugar, dark brown sugar, honey and syrup are healthier than white sugar. In fact, these sugars are all very similar in terms of nutrition, i.e. 1g of sugars provides about 4 Kcal of energy with very few other nutrients. Our body metabolises processed sugars (e.g. white sugar), syrups and naturally occurring sugars in foods (e.g. honey) equally. Excess intake of sugars in any form will provide extra energy, so whether they be brown sugar, honey, syrup or white sugar, use them in moderation.

Is it Healthier to Use Sugar Substitutes?

The use of artificial sweeteners (commonly known as sugar substitutes) has been expanding during the past few decades. Besides being used as table-top sweeteners, they are now common ingredients in a wide range of foods and beverages such as soft drinks, candies, chewing gum, yoghurts and desserts, etc.

Artificial sweeteners, such as aspartame, acesulfame and sucralose, are low-calorie or calorie-free chemical substances widely used by the food industry to replace sugars to sweeten foods and drinks. Such food and beverage products with lower energy contents are suitable for diabetic patients and appealing to weight watchers. For example, 1g of aspartame can replace 200g of sucrose, providing 4 Kcal of energy instead of 800 Kcal from sucrose. Some studies showed that artificial sweeteners, if used properly, may help reduce sugar intake, thereby facilitating short term weight loss.

However, there is also evidence that people using artificial sweeteners may think they have less calorie intake and tend to consume more of other foods, hence the lost calories are replaced through other sources. Overstimulation of sugar receptors from frequent use of sweeteners may prevent people from associating sweetness with caloric intake. As a result, they may crave for more sweets and gain weight.

A latest large-scale review pointed out that the use of non-sugar sweeteners has no significant health benefits on a range of health outcomes, including the body mass index and weight loss. Another study found that people with a daily consumption of two or more glasses of soft drinks (sugar sweetened or artificially sweetened) face a greater risk of all causes of death compared with those drinking less than one glass per month.

Attention: Patients suffering from an inherited disease called **phenylketonuria (PKU)** should not consume aspartame because they cannot effectively break down the amino acid phenylalanine which then accumulates to a potentially harmful level, leading to serious brain damage. People who are sensitive to particular sweeteners are advised to check the ingredient list to identify their presence and avoid them.

Conclusion:

A better approach to healthy living is to choose foods and beverages with less sugar, no sugar or no sweeteners added. Consumers can refer to the food labels on prepackaged foods to make informed choices. Taking in less sugars and less sweeteners in our diet requires the joint efforts of the trade and the public. The food trade is encouraged to reduce the sweetness of foods by using less sugars and less sweeteners stepwise, so that the public can gradually adapt to a lighter flavour and eventually alter their dietary habits.

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