

# 減糖 斷捨離

REDUCE SUGAR CRAVINGS

選擇少糖食品

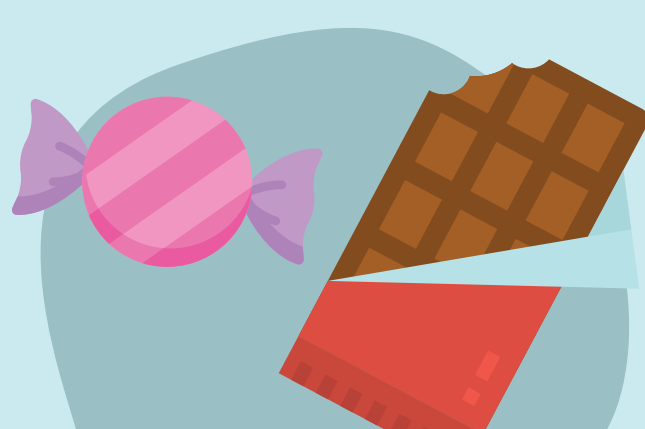
保持健康體重有辦法

CHOOSE FOODS WITH LESS SUGAR FOR HEALTHIER WEIGHT

留意甜蜜陷阱：  
Beware of the Sugar Traps:



甜味飲品  
Sweetened beverages



糖果  
Confections



能量補充食品  
Energy supplements

成人每日  
游离糖攝取量  
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



蛋糕及甜點  
Cakes and Desserts



醬汁  
Condiments



早餐穀物  
Breakfast cereals



加工水果  
Processed fruits



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