

ARPIL 2019

SUGAR

Added sugar refers to **sugar** that is **added** to food or drinks during manufacturing, cooking or at the table.

HOW MUCH SUGAR SHOULD I TAKE?

Added sugar should contribute to **no more than 10%** of our daily energy intake. That amounts to 45 – 55 grams or 9 – 11 teaspoons (180 – 220 calories).



What are sugar substitutes?

Sugar substitutes, also known as artificial sweeteners, are chemical-based or natural compounds that offer the sweetness of sugar without as many calories. There are two categories of sugar substitutes: caloric and non-caloric sweeteners.

A.) Caloric Sweeteners (Sugar Alcohols)

Caloric sweeteners refer to sugar alcohols. They are naturally present in plants. Examples of them are sorbitol, isomalt and xylitol. Sugar alcohols do not contain alcohol found in wines. They are usually used in sugar-free sweets, beverages and desserts because they contain lesser calories as compared to sugar. In addition, they do not contribute to tooth decay and do not affect blood glucose levels as much as sugar does.

B.) Non-Caloric Sweeteners

Non-caloric sweeteners provide no or very few calories. Due to their intense sweetness and somewhat different taste as compared to table sugar, food manufacturers usually use them in small amounts and in combination to achieve the most natural sweet sensation. Examples are aspartame, stevia and sucralose.

Safety of Sugar Substitutes

For most people - Safe

Artificial sweeteners in our food products are safe for consumption. Any food containing artificial sweeteners can only be sold here if it follows regulatory requirements and is approved by the Agri-Food and Veterinary Authority (AVA). Sugar substitutes are safe for the general public when consumed in moderate amounts. Despite the popular belief that sugar substitutes can cause diseases such as cancer, there is no scientific evidence that any of the ones approved for use in Singapore is linked to cancer.

For those managing weight - Safe

Artificial sweeteners can help you manage weight. Recent studies have shown:

- Artificial sweeteners do not cause an increase in sweet cravings or stimulate hunger.

For diabetics - Safe

- Sweeteners can be safely used for diabetics as it does not increase blood sugar levels when consumed.

However, people diagnosed with phenylketonuria should avoid aspartame as it contains phenylalanine that cannot be broken down by these individuals. In addition, sugar alcohols should not be consumed in large amounts as they can have laxative effect or cause other gastric symptoms in some people.

糖

我可以吃多少糖？

糖的摄取量不应该超过我们每日能量摄入量的 10%。这相当于 45-55 克或 9-11 茶匙（180-220 卡路里）。



什么是代糖？

代糖，也称为人造甜味剂，提供糖的甜度而几乎不含卡路里。两种代糖：热量和无热量甜味剂。

A.) 热量甜味剂 (糖醇)

热量甜味剂是指糖醇。它们天然存在于植物中。它们的实例是山梨糖醇，异麦芽酮糖醇和木糖醇。糖醇不含酒中的酒精。它们通常用于无糖糖果，饮料和甜点，因为与糖相比，它们含有较少的卡路里。此外，它们不会导致蛀牙，也不像糖那样影响血糖水平。

B.) 无热量甜味剂

无热量甜味剂不含或几乎没有卡路里。与食糖相比，由于其强烈的甜味和略微不同的味道，食品制造商通常以少量和组合使用它们以获得最自然的甜味感觉。实例是阿斯巴甜，甜叶菊和三氯蔗糖。

代糖的安全性

对大多数人来说 - 安全

我们食品中的人造甜味剂可安全食用。任何含有人造甜味剂的食品只有符合法规要求且经农业食品和兽医局 (AVA) 批准才能在此销售。

当以适量食用时，代糖对一般公众是安全的。尽管人们普遍认为糖替代品会导致癌症等疾病，但没有科学证据表明任何批准在新加坡使用的药物与癌症有关。

对于管理体重的人 - 安全

甜味剂可以帮助您控制体重。最近的研究表明：

- 甜味剂不会增加甜食的渴望或触发饥饿。

对糖尿病患者 - 安全

- 甜味剂可以安全地用于糖尿病患者，因为它在摄入时不会增加血糖水平。

然而，被诊断患有苯丙酮尿症的人应该避免使用阿斯巴甜，因为它含有不能被个体分解的苯丙氨酸。此外，糖醇不应大量食用，因为它们可能具有通便作用或在某些人中引起其他胃症状。