

Sugar



Sugars can be both a natural sugar AND an added sugar. Examples include sucrose (also known as table sugar or granulated sugar) and honey, which are natural sugars commonly added to food and drinks.

Avoid food and drinks with “added sugar” (e.g., cakes, sugar-sweetened soft drinks, cookies, kueh) and beware of items with “no sugar added” as they may already contain naturally occurring sugar (e.g., fruit juice).

Excessive intake of such foods contributes to caloric intake and can lead to weight gain and sub-optimal blood sugar control.