


LESS SUGAR, SWEETER LIFE!

High consumption of sugar, particularly added sugars, has been linked to numerous negative health impacts. By consuming less sugar, your family could enjoy a sweeter and healthier life!

 **American Heart Association** recommends daily added-sugar limit of no more than :

- 6 teaspoons of sugar for most women
- 9 teaspoons of sugar for most men
- 3 teaspoons of sugar for most children



Sugary drinks often contain a lot of added sugars, which increases risks of:

- ◇ Type II Diabetes
- ◇ Heart diseases
- ◇ Tooth decay
- ◇ Metabolic syndrome
- ◇ Obesity



Added Sugars

Added sugars are those that are **ADDED** to processed food and drinks while they are being made.

Did you know:



≈ 40g sugar ≈ 10 teaspoons of sugar

Regular cup
Milk Tea



≈ 39g sugar ≈ 10 teaspoons of sugar

12 fl oz.

Some of the common **ADDED** sweeteners:

- Fructose
- Glucose
- Fruit juice concentrate
- Corn syrup and other syrups
- Honey
- Molasses



Naturally Occurring Sugars



Naturally occurring sugars are found **NATURALLY** in whole, unprocessed foods such as fruits (fructose), milk (lactose) and other nutritious items.

Fast Facts:

- Ingredients on nutrition labels are listed in descending order by weight!
- **4 grams of sugar = 1 teaspoon**



SF tap water

= **Safe, cheap, tasty, and HEALTHY!**

SF tap water is fluoridated, which aids in cavity prevention!

Think...Before You Drink!



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低糖飲食，活得健康！

高糖分的攝取，特別是添加糖，已被證實對健康有多種不利的影響。通過減少糖分的攝取，您和您的家人就可以享受一個甜蜜又健康的生活！



美國心臟協會

建議一日的添加糖分攝取量不超過：

一般女性：6 茶匙的糖分

一般男性：9 茶匙的糖分

一般兒童：3 茶匙的糖分



含糖飲料一般都含有太多的添加糖。過多的攝取會增加患有以下疾病的風險：

- ◇ 2型糖尿病
- ◇ 心臟疾病
- ◇ 蛀牙
- ◇ 代謝綜合症
- ◇ 肥胖症



添加糖

添加糖是任何在食物或飲料製造過程時所添加的甜味劑。

你知道嗎？



大概有40克的糖分 等於約 10茶匙的糖

普通杯裝
奶茶



大概有39克的糖分 等於約 10茶匙的糖

12 安士 汽水

常見的添加甜味劑：

- 果糖
- 葡萄糖
- 濃縮果汁
- 玉米糖漿和其他糖漿
- 蜂蜜
- 糖蜜



天然糖



天然糖或自然糖是存在未曾加工過的食物內的糖分。例如水果(果糖),牛奶(乳糖)以及其他營養食品。

關鍵事實

- 營養標籤上的材料，是從多到少而排列的。
- 4克的糖分 = 1 茶匙的糖



三藩市自來水

安全，便宜，美味，和健康！

三藩市自來水含有氟化物。氟化物可以幫助預防蛀牙！

飲用之前 ... 請再想想！



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