

糖真相 The Truth About Sugars

糖 / Sugars

1 以2000千卡膳食為例，
每天糖的攝入上限為
50克，即約10粒方糖
(1粒方糖約相等於5克糖)
Daily intake upper
limit of sugars for a
2000-kcal diet is 50g,
i.e. about 10 cubes
of sugars (1 cube
of sugar ~
5g of sugars)



2 攝取過量糖會增加超重及
肥胖症的風險
Excessive intake of sugars
increases risk of
overweight and obesity



3 用營養標籤選擇較低糖的食物
Use nutrition label to choose food lower in sugars

什麼是低？ 每100克食物中糖含量不超過5克
What is low? Food with sugars content not
more than 5g per 100g

營養資料 Nutrition Information	
每100克/Per 100 g	
糖/Sugars	5 克/g

多選 Choose more

什麼是高？ 每100克食物中糖含量超過15克
What is high? Food with sugars content more
than 15g per 100g

營養資料 Nutrition Information	
每100克/Per 100 g	
糖/Sugars	15 克/g

少選 Choose less

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