

糖真相 The Truth About Sugars

糖 / Sugars

鈉 / Sodium



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

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 100g	
糖/Sugars	5克/g

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

多選 Choose more

少選 Choose less

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