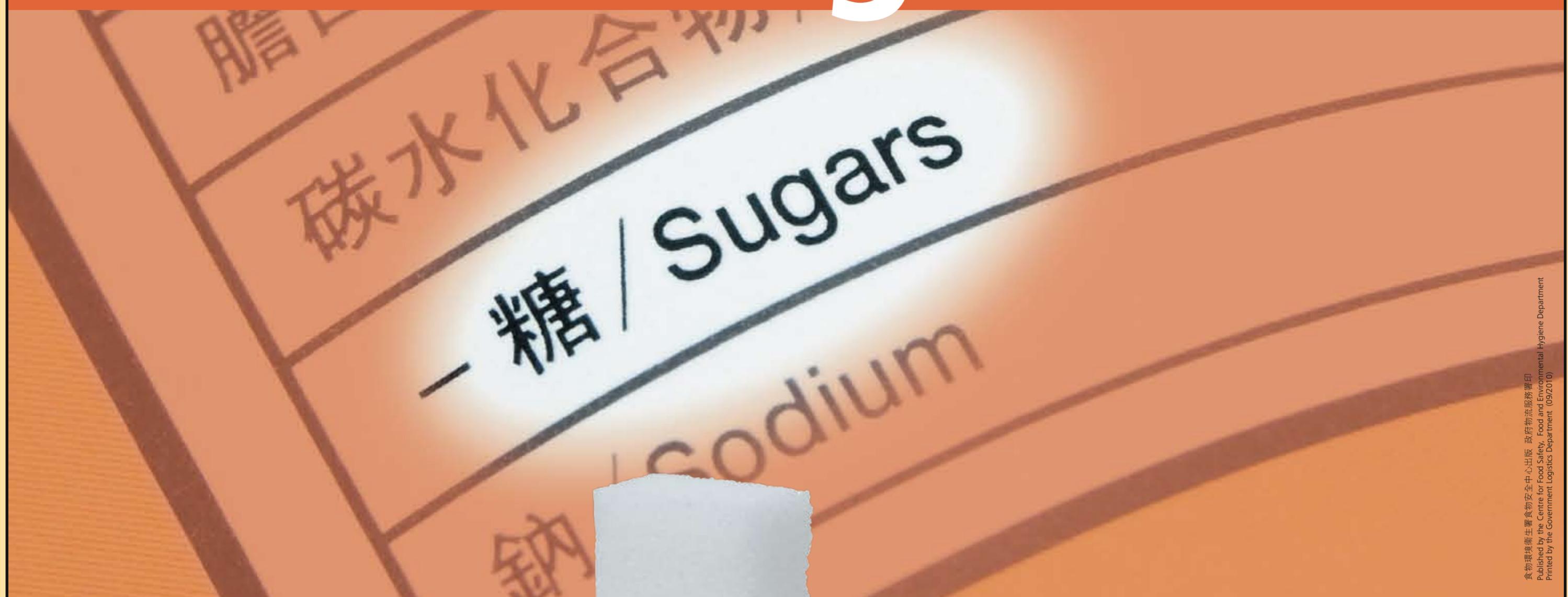


# 糖 真相 The Truth About Sugars



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**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**

查詢電話 Enquiry no:  
**2868 0000**



[www.nutritionlabel.gov.hk](http://www.nutritionlabel.gov.hk)

**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**