

60 DAYS SCALE DOWN CHALLENGE

*Open for Micare members only

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Limit Non-Nutritious Food



What is Sugar

Total sugars?

Free sugars?

Added sugars?

Hidden sugars?

Sugar sweetened beverage?

Artificial sweetener?

Other names of sugars in market

Agave nectar	Brown sugar	Corn syrup	Fructose
Fruit juice concentrate	Golden syrup	Honey	
High-fructose corn syrup (HFCS)	Icing sugar	Lactose	
Invert sugar	Malt syrup	Maltodextrin	
Maltose	Maple syrup	Molasses	



Health Facts

On average, Malaysian Adults consumed sugar that mainly sources from sweetened beverages and local kuih.

The WHO (2015) guidelines recommends that free sugars intake should **not exceed 10% of total energy intake** which equals to 50 g of sugar per day for the average adult (at a calorie intake of 2000 kcal).

Sugar Portion Size

Gula



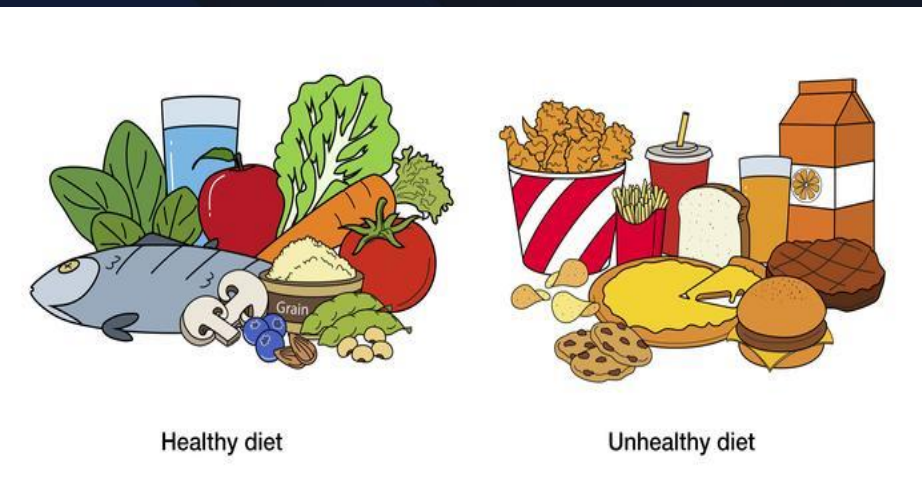
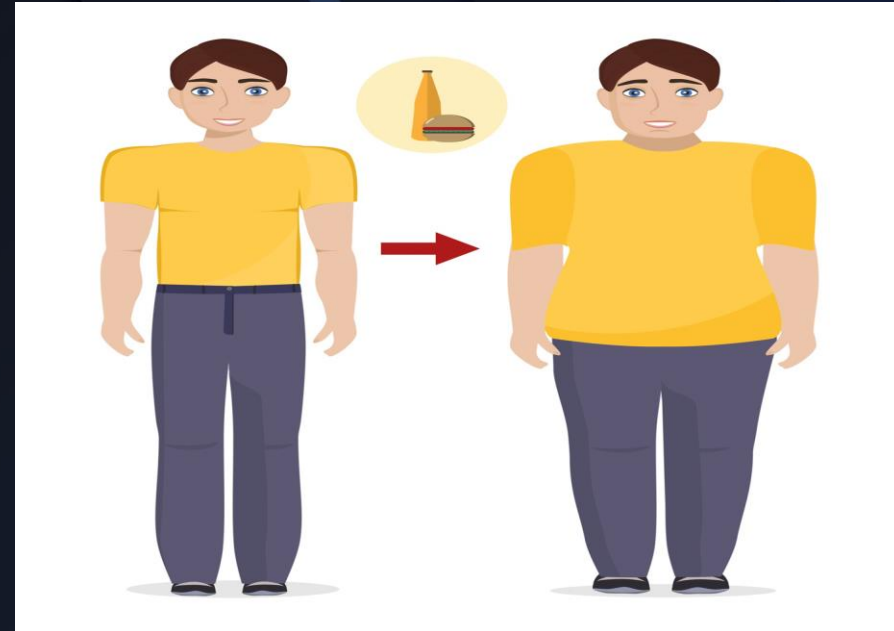
Kod	Makanan	Sukatan	Berat (g)	Kalori (kcal)
H1	Gula pasir	1 kiub	5	20
H2	Gula pasir	1 sudu teh membungkus	5	20
H3	Gula pasir	1 sudu makan membungkus	15	60
H4	Gula pasir	1 paket	5	20

Sugar Portion Size



Kod	Makanan	Sukatan	Berat (g)	Kalori (kcal)
H5	Gula perang	1 sudu makan membungkus	14	48
H6	Gula melaka	1 sudu makan membungkus	14	53
H7	Susu pekat manis	1 sudu makan	9	30
H8	Madu	1 sudu makan	10	30

Effects of excessive sugar intake



How to limit sugar intake in beverages

1. Always choose plain water.
2. Limit intake of ultra-processed beverages such as carbonated and non-carbonated sugar-sweetened beverages (soft drink, syrup and cordial).
3. Limit intake of beverages with added sugar and sweetened condensed milk (teh tarik, coffee, air batu campur, cendol, bubble tea) and premix beverages.



How to limit sugar intake in beverages

4. Avoid consuming sugary beverages during morning and afternoon snack and close to bedtime.
5. Read food labels to choose low in sugar - beverages.
6. Limit intake of beverages that sugar is listed as the first ingredient in the ingredient list on the food label



Tips to stop sugar craving

1. Mindful Eating
2. Chew gums
3. Replace sugary drinks with low calorie drinks such as lemon squeezed water, chinese tea
4. Treat yourself once in a while

Beware of hidden sugars

- Hidden sugars are the ingredients in foods and drinks, although they are **not seen** as 'sugar'
- Can be identified by **reading the food label**
- Hidden sugar may contributes to extra calories

Major sources of hidden sugars



How to read food label

- ❑ Use food label to choose a more healthy diet
- ❑ Ingredients are listed in order of weight, so the main ingredients in the packaged food always come first
- ❑ Observe the amount per 100 g as it is more standardized

Guidelines for High and Low Sugar Content in foods and drinks

High - more than **22.5g** of total sugars per 100g

Low - **5g** of total sugars or less per 100g

Dietary Fiber	25g	30g
Ingredients: Corn Meal, Whole Grain Wheat, <u>Sugar</u> , <u>Molasses</u> , Sunflower Oil and/or Canola Oil, <u>Fructose</u> , Corn Starch, <u>Brown Sugar Syrup</u> , <u>Honey</u> , Salt, Baking Soda, Calcium Carbonate, Soy Lecithin, Dextrose, Trisodium Phosphate.		