

減糖斷捨離

Reduce Sugar Cravings

游離糖是什麼？

What is free sugar?

游離糖指由製造商、廚師或消費者加入食物中的所有單糖和雙糖，以及蜜糖、糖漿和果汁中的天然糖分。

Free sugars mean all mono- and di-saccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrup and fruit juices.



世界衛生組織建議，成人及兒童的游離糖攝取量應減少至每日所需總能量的10%以下。

The World Health Organization recommends the public to reduce the intake of free sugars to less than 10% of total energy intake for both adults and children.

成人每日 游離糖攝取量

Daily Free Sugar Intake for Adult

< 50 克*
grams
(約10粒方糖)
(Around 10 sugar cubes)

*以一個每日攝取2000千卡能量的成年人為例
*Based on an average adult with a 2000 kcal diet



每一克糖可提供4千卡能量
1 gram of sugar provides 4 Kcal of energy



從游離糖含量高的食物中攝取過多卡路里，可導致不健康的體重增加及肥胖症，提高患上糖尿病及其他非傳染病的風險。

Excess calories from foods high in free sugars can contribute to **unhealthy weight gain and obesity**, increasing the risk of diabetes and other non-communicable diseases.



經常過量攝取游離糖亦會增加蛀牙的機會。
Frequent excessive intake of free sugars can also increase the risk of dental caries.