

留意甜蜜陷阱

Beware of the Sugar Trap



食物安全中心調查結果顯示，飲品是香港人攝取糖分的主要來源之一，包括汽水、茶類飲品、蔬果汁飲品以及能量飲品。

Studies conducted by the Centre for Food Safety showed that one of the major sources of sugar intake in Hong Kong is beverages, including soft drinks, tea-based beverages, fruit/ vegetable juice drinks and energy drinks.

除了「糖」這個字眼外，若配料表上有以下成分，亦代表該飲品添加了糖：

Other than the word "Sugar", if any of the following names shows up on the ingredient list, you'll know that the drink contains added sugars:

蜜糖 honey

乳糖 lactose

糖漿 syrup

果糖 fructose

麥芽糖 maltose

紅糖 brown sugar

轉化糖 invert sugar

砂糖/蔗糖 granulated sugar/ sucrose

糖蜜 molasses

葡萄糖 glucose/ dextrose

濃縮果汁 fruit juice concentrate

高果糖的粟米糖漿 high fructose corn syrup

留意其他食物可能含有較高糖分：

Beware of other foods which may contain more sugars:



糖果
Confections



能量補充食品
Energy supplements



蛋糕及甜點
Cakes and Desserts



醬汁
Condiments



早餐穀物
Breakfast cereals



加工水果
Processed fruits



無論是哪種糖（包括紅糖/ 黃糖、蜜糖、糖漿和白糖），只要攝取過多，都會做成能量過剩。

Excess intake of sugars in any form (including brown sugar, honey, syrup or white sugar) will provide extra energy