

WORLD DIABETES DAY

# Smart Swap to Lower Sugar Foods!

To better control diabetes, it is important to take into consideration the amount of simple sugar consumed in one's diet.

Examples of simple sugar include: table sugar, honey, brown sugar, glucose, molasses and syrup. These should be consumed in moderation.

Below are a few examples shared by our Dietician, Ms Ler Yibin, on how you can reduce simple sugar intake in your daily diet.

## SWAP THESE

## FOR THESE



### RAISINS

21.9g sugar  
per 2  
tablespoons



### GRAPES

4.5g sugar  
per 2  
tablespoons



### 100% ORANGE JUICE

13.5g sugar  
per ½ cup



### TOMATO JUICE

3.3g sugar  
per ½ cup



### CHILI SAUCE

4.7g sugar per  
1 tablespoon



### CHILI FLAKES

2g sugar per  
1 tablespoon



### FLAVORED MILK

18.2g sugar  
per 1 glass  
(200ml)



### PLAIN MILK

9.4g sugar  
per 1 glass  
(200ml)

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[6390 9368](tel:63909368)