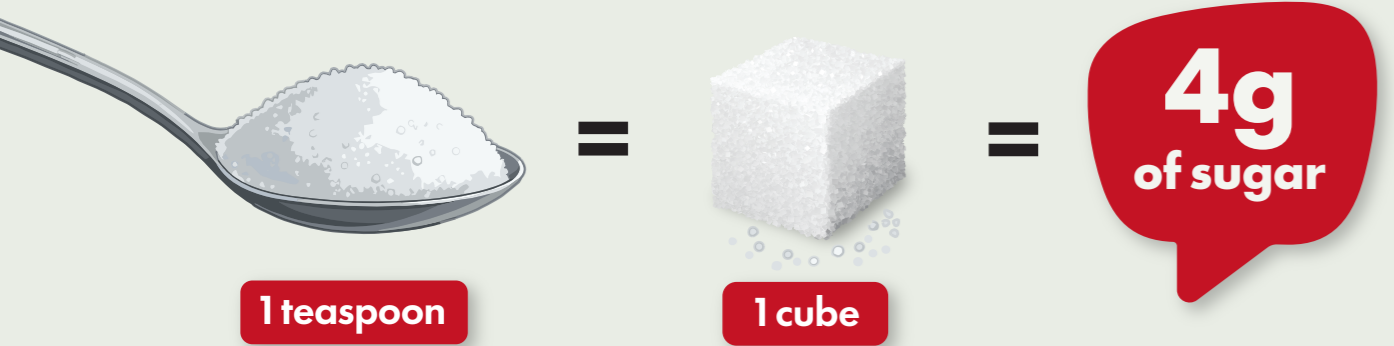


How much sugar do you drink?



<p>500mls</p> <p>Soft drinks</p>	<p>355mls</p> <p>Energy drinks</p>	<p>500mls</p> <p>Sport drinks</p>	<p>250mls</p> <p>Fruit juice</p>
<p>500mls</p> <p>Ice tea</p>	<p>250mls</p> <p>Flavoured milk shake</p>	<p>200mls</p> <p>Hot chocolate</p>	<p>250mls</p> <p>Tap water</p>

All amounts are approximate.

Tips for cutting down on sugar in your diet

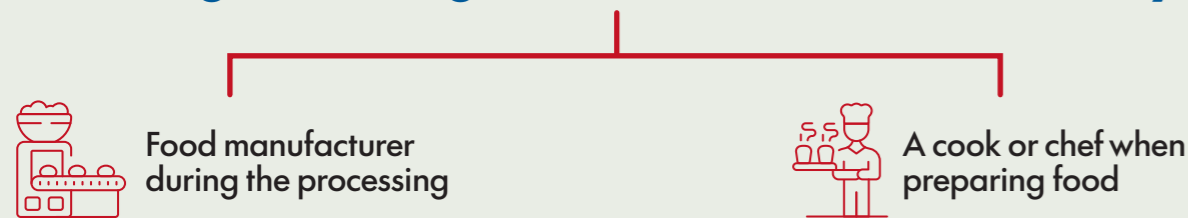
- Limit** the consumption of foods and drinks high in sugar.
- Choose** whole fresh fruit over blended, canned, dried or juice.
- Avoid** ready-made foods, dressings, sauces and condiments as they contain hidden sugars.
- Make recipes healthier** - When baking cakes reduce the amount of sugar in your recipe by one-third to one-half. Consume only occasionally.
- Replace** sugary drinks with plain water, low-fat white milk or herbal tea.
- Read** food labels and choose products low in sugar.
- Snack** on fresh fruit, nuts, seeds, hummus /bean dip.
- Consume** fresh fruit instead of dried fruit, if possible.

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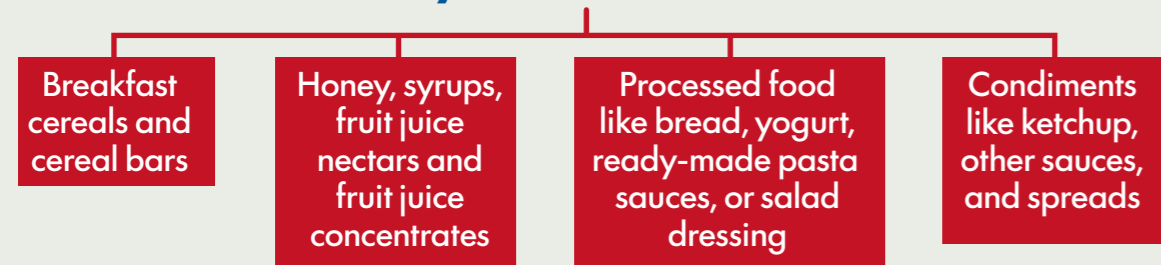
Are you consuming too much sugar?

- | | |
|---------------------------------|-----------------------|
| Buttered syrup | Dextrose |
| Lactose | Sucrose |
| Castor sugar | Brown sugar |
| Beet sugar | Carob sugar |
| Diastatic malt | Date sugar |
| Rice syrup | Honey |
| Muscovado | Maltol |
| Cane juice | Glucose |
| Agave nectar | Barley malt |
| Golden syrup | Fruit juice |
| Dextran | Molasses |
| Malt sugar | Dehydrated cane juice |
| Fructose | Raw sugar |
| Demerara sugar | Maple syrup |
| Fruit juice concentrate | Sugar (granulated) |
| Icing sugar | Caramel |
| Diastase | Ethyl maltol |
| Treacle | Grape sugar |
| HFCS (High Fructose Corn Syrup) | Nectar |
| Maltose | Turbinado sugar |

Free sugars are sugars added to foods or drinks by:



They are also found in:



Sugars Naturally found in milk, whole fresh fruit, vegetables, whole grains, legumes, nuts and seeds are part of a healthy diet and must be consumed in line with the Dietary Guidelines for Maltese Adults.

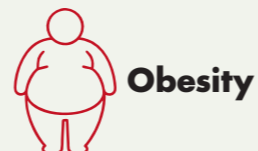
The natural fibre in whole fresh fruit and vegetables helps slow down sugar absorption. However, juicing or peeling removes much of the fibre, causing blood sugar levels to rise more rapidly due to the reduced fibre content.

The World Health Organisation recommends that free sugar intake should be less than 25 grams or 6 teaspoons a day.



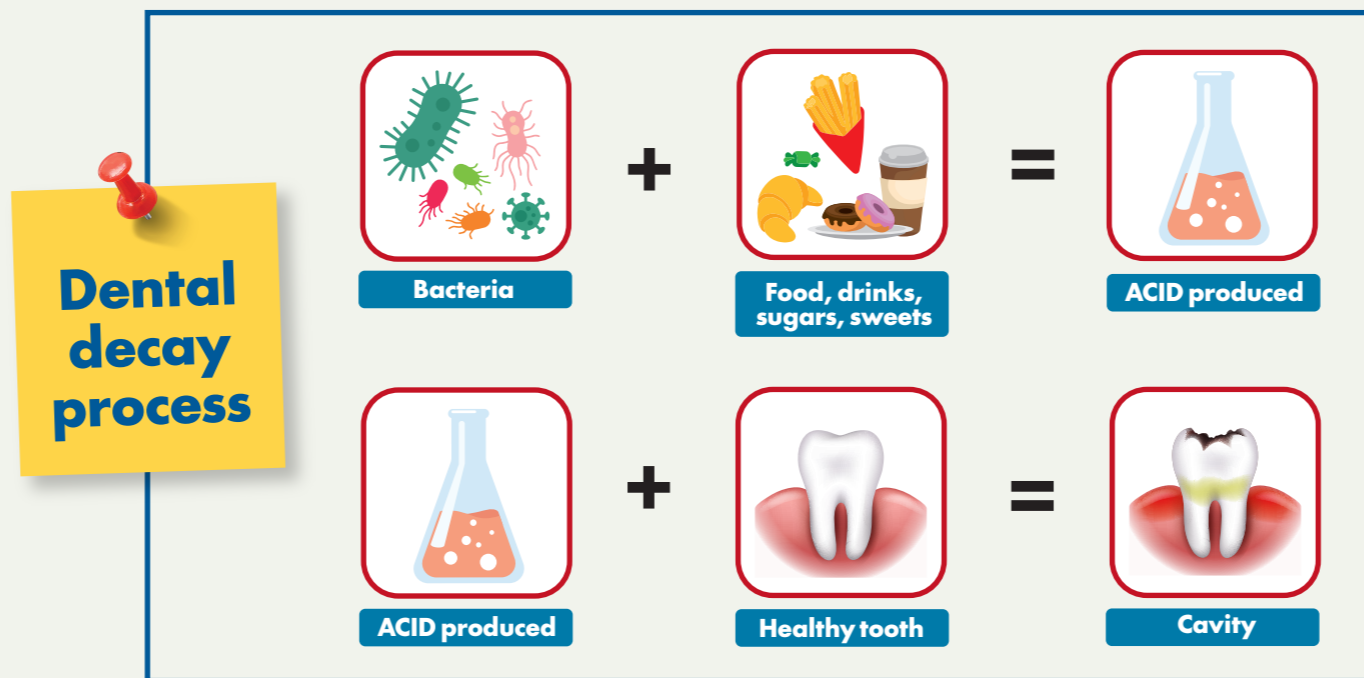
Having too much sugar may cause the following harmful effects:

Too much sugar can result in the buildup of harmful fat on the inside of your body, mainly around the liver, resulting in non-alcoholic fatty liver. It can also accumulate around other vital organs, eventually leading to serious diseases like:



Being **overweight** or **obese** may cause cells to change, making them resistant to the hormone insulin (**insulin resistant diabetes**). This results in sustained high insulin levels and can lead to **type 2 diabetes**, which further increases your risk of **heart disease**.

Consumption of free sugars is also associated with tooth decay. Consume only in small amounts, if at all, at mealtimes and avoid consuming in between meals and last thing at night.



Learn to read food labels

Read food labels to check how many grams of sugar there are per 100g or 100ml in the food or drink you consume.

	Per 36g serving	Per 100g
Energy	562kj/133cal	1562kj/370cal
Protein	3.8g	10.6g
Carbohydrates of which sugars	23.8g 5.1g	66.5g 14.2g
Fat of which saturates	2.4g 0.4g	6.8g 1.1g
Fibre	3.6g	10.1g
Salt	0.11g	0.30g

The table below can serve as a guide to choose products low in sugars.

	HIGH (per 100g)	MEDIUM (per 100g)	LOW (per 100g)
Sugars (total)	Over 10g	Between 5g - 10g	Less than 5g

No added sugar – This does not necessary mean that the product has no sugar. It simply means that no extra sugar has been added. The product may contain naturally occurring sugars such as those from fruit or dairy products, and may also contain free sugars which are still harmful if consumed in excess.

Low in sugar – Contains less than 5g of sugars per 100g for solids or 2.5g per 100ml for liquids.

Sugar-free – Contains no more than 0.5g of sugar per 100g or 100ml

