

# How much is too much?

**DAILY  
RECOMMENDED  
INTAKE**



**2,200**  
calories

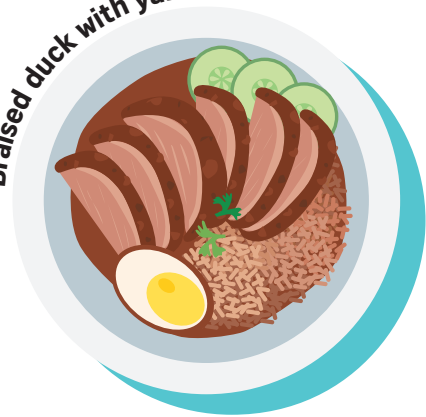


**1,800**  
calories

Calories are not a perfect means of regulating your diet, but they do give a good estimate of how much you should be eating. These recommended numbers could be more or less, depending on your age and lifestyle.

## BETTER

Braised duck with yam rice



**540** kcal

White carrot cake



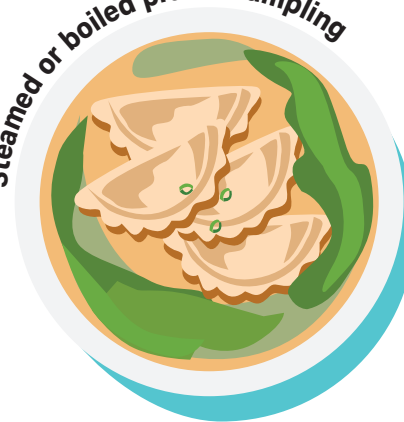
**402** kcal

Sliced fish beehoon without milk



**326** kcal

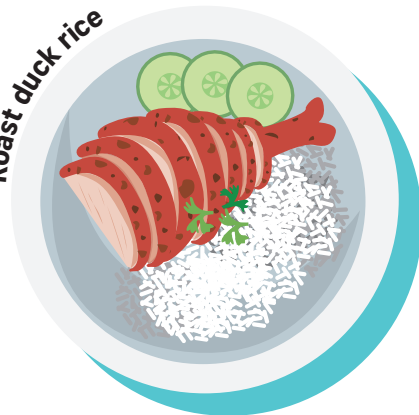
Steamed or boiled prawn dumpling



**17** kcal

## BAD

Roast duck rice



**714** kcal

Black carrot cake



**556** kcal

Fried fish beehoon with evaporated milk



**642** kcal

Fried prawn dumpling



**62** kcal

## SALT

**One teaspoon a day**



Salt can be found in sauces or processed foods. One teaspoon is about 5g or 2,000mg. If you find your food flavourless without salt, try adding spices such as garlic, ginger, cloves or lemongrass.

## SUGAR

**Eight to 11 teaspoons of added sugar a day**

Added sugar can be found in:



Sweet drinks



Fruit juice



Honey



Jam



Sweets

## FRUIT JUICE

**One cup a day**

Fruit juices tend to have a high sugar content. Juice also removes the fibre and doesn't contribute to the feeling of fullness you get when you eat whole fruit.



## ALCOHOL

**One gram of alcohol contains 7 calories.**

Regular drinking has been associated with obesity, liver cirrhosis and brain damage.



Two drinks a day



One drink a day



One drink



One can of beer

or



½ glass of wine

or



One nip of hard liquor