

Hidden salt and sugar in food



Salt and sugar in two tablespoons (30g) of sauce, the amount for a typical dish that serves four people

Condiment	Salt per 30g (two tablespoons)		Sugar per 30g (two tablespoons)	
	Grams	Tablespoons	Grams	Tablespoons
Fish sauce	4.7	0.9	3.4	0.7
Soya sauce	3.8	0.8	3	0.6
Oyster sauce	2.9	0.6	4.4	0.9
Oyster sauce (healthier choice)	2	0.4	5	1
Mee siam paste	2	0.4	9	1.8
Sambal belacan	1.4	0.3	3	0.6
Chilli sauce	0.9	0.2	7.1	1.4
Tomato ketchup	0.8	0.2	6.3	1.3
BBQ sauce	0.5	0.1	1.2	0.2

WHO recommended daily intake

No more than



and 25g for sugar



SALT CONTENT IN BREAD

	Grams	Tablespoons
White bread (100g)	0.9	0.2
1 slice of white bread (30g)	0.3	0.1
Wholegrain bread (100g)	0.8	0.2
1 slice of wholegrain bread (30g)	0.2	0



SALT IN 100G OF RAW NOODLES

Noodle	Salt (g)
Yellow noodles	1.4
Rice-based noodles, like bee hoon and kway teow	0.04