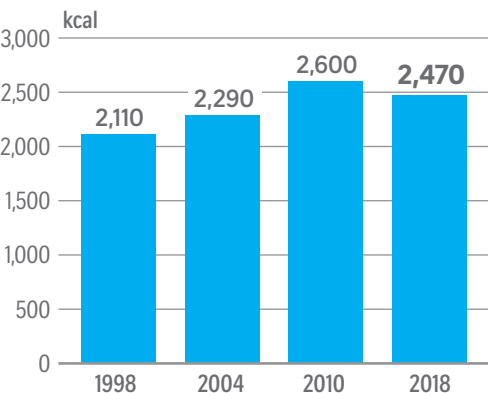


# National Nutrition Survey 2018

The survey is based on 1,000 adult Singaporean residents aged 18 to 69. It surveyed people's consumption patterns and specific types of food and drinks they consumed, and looked at the nutrient composition in packaged and cooked food.

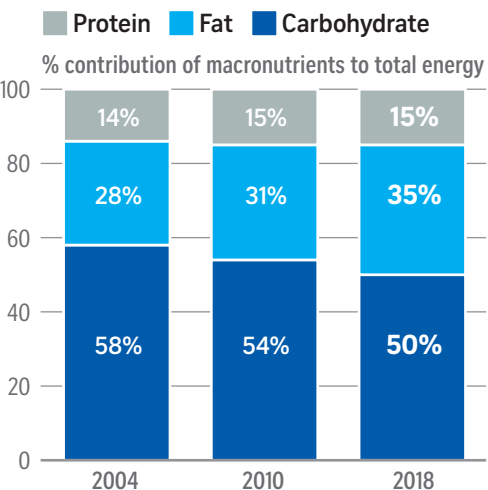
## AVERAGE DAILY ENERGY INTAKE

Increase in energy intake appears to have slowed down



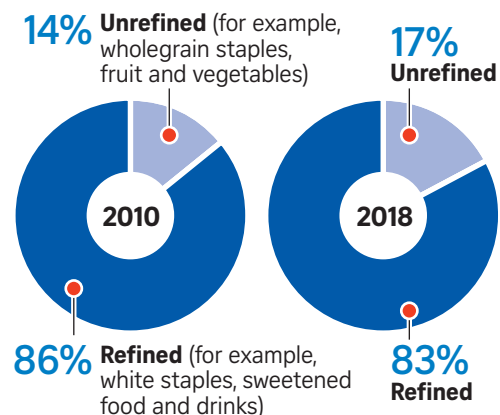
NOTE: On average, an adult male requires about 2,200 calories a day, while an adult female requires about 1,800 calories a day.

## WHAT SINGAPOREANS ARE EATING



## COMPONENTS OF THE SINGAPORE DIET

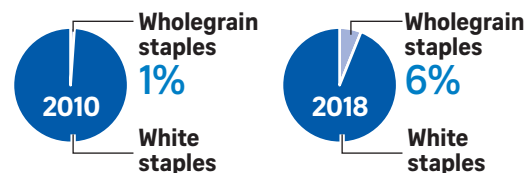
### Carbohydrates



### Contributors to increase in unrefined carbohydrates

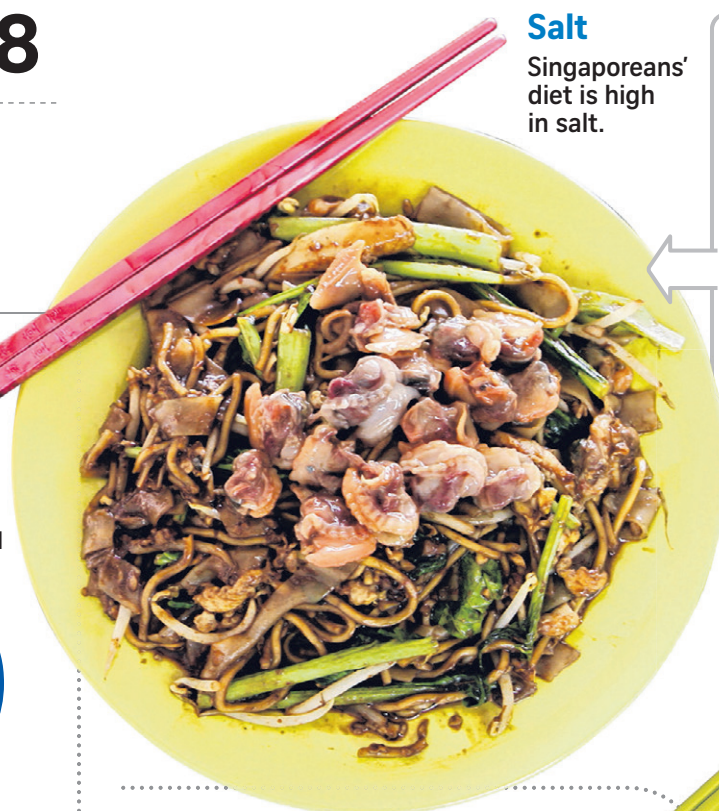
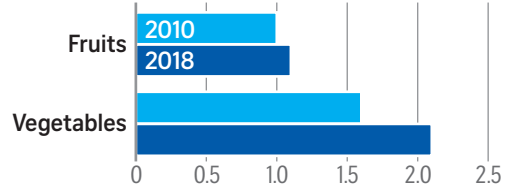
1 Replacement of regular starchy staples with wholegrain alternatives

% contribution of wholegrains to all staples



2 Increase in intake of fruit and vegetables

Number of servings of fruit and vegetables per day



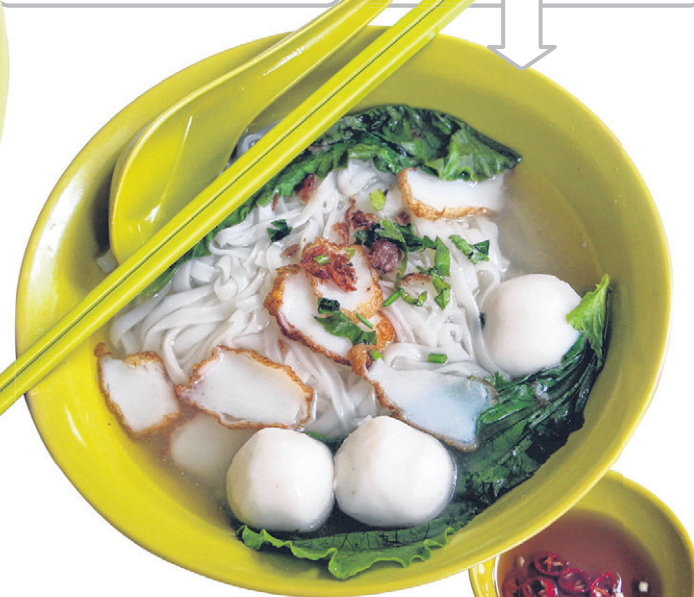
**Salt**  
Singaporeans' diet is high in salt.

**A typical char kway teow contains 3.7g of salt, which makes up about 75% of recommendation**

Kway teow	0.1g
Cockles	0.1g
Processed meats (fishcake, Chinese sausage)	0.6g
Soya sauce	2.9g
<b>TOTAL</b>	<b>3.7g</b>

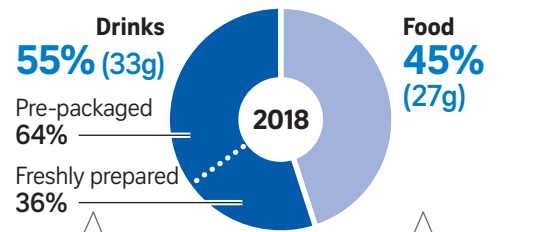
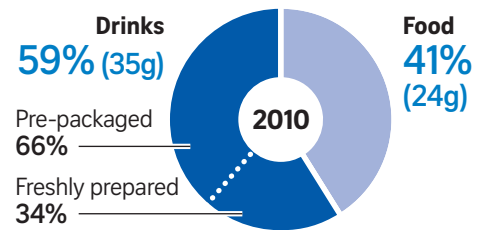
**A typical kway teow soup contains 3.7g of salt, which makes up 75% of recommendation**

Kway teow	0.1g
Fishballs	1.3g
Soup	1.5g
Dipping sauce	0.8g
<b>TOTAL</b>	<b>3.7g</b>



### Sugar

- Sugar from drinks has gone down
- Sugar from food has gone up



Coffee and tea make up 50% of sugar from freshly prepared drinks

Confectionery, desserts and sauces make up 70% of total sugar from food

90% of Singaporeans exceed the recommended daily salt intake

