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Be sparing with sugar intake

Ahmad Aris Eckhardt

PRIME Minister Datuk Seri Dr Mahathir Mohamad was right when he said there was nothing but sugar served in drinks or beverages at parties or kenduri.

It is therefore timely for the respective ministries to warn beverage and soft drinks manufacturers to reduce the sugar content.

People with medical problems have no choice but to ask for a glass of plain water when highly concentrated, sweetened drinks are offered.

However, guests with no medical problems can have a few more teaspoonfuls of sugar in their drinks.

All the same, always be sparing with the intake of sugar as it has adverse side effects in the long run.

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Klang

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