

I Ingredients & Nutrition

June 2016

The Premise

The rate of obesity and Type-II Diabetes is set to explode globally. Among Singaporeans adults, already more than 1 in 10 is diabetic and the numbers are expected to increase dramatically. The main contributing factors are a diet high in simple sugars and carbohydrates as well as a lack of exercise.

The premise behind Sugalight is that indulgences such as ice cream need not be highly loaded in sugars and fats.

Our policy on added sugars:

Whereas we do not add in sugars to the ice cream base, some naturally occurring sugars in the flavouring material is unavoidable. These include:

- Very Berry Drizzle (minimal sugars from the actual fruits themselves, we do not use sugar-laden jams / concentrates etc)
- French Dark Chocolate (minimal sugar added mainly from the Dark Chocolate added, which adds less than 0.5tsp of sugar to each scoop of ice cream)
- Durian flavour (sugars found naturally in the durian fruit)
- Salted Gula Melaka (sugars from the Gula Melaka)

Calorie Counts for Sugalight ice cream:

We have provided the nutritional info to the best of our ability. However it should be noted that the macro counts for Sugalight ice cream is not as straightforward as for other food products. This is due to the natural sweeteners; Xylitol and Maltitol as well as Inulin. Whereas all 3 are technically carbohydrates (4kCal/100g), it is also known that they are not well absorbed by the body. A significant portion of the ingredients are broken down only in the large intestines to form short-chain fatty acids (prebiotic effect).

Our assumed calorie values are:

- Xylitol 2.4kCal / 100g
- Maltitol 2.1kCal / 100g
- Inulin 1.5kCal / 100g

Which are also the values accepted and used in the US / EU.

Sugalight Base Ingredients:

Base Ingredients in Sugalight ice cream:

- Skim Milk and Whole Milk Powder
- Prebiotic Inulin Powder
- Xylitol (HPB-approved natural sweetener, GI 7)
- Maltitol (HPB-approved natural sweetener, GI 36)
- Coconut and Sunflower oil
- Permitted Stabilizers

Sugalight does not contain the following:

- Artificial sweeteners (e.g: Aspartame, Sucralose - disallowed under HPB Healthier Snack Programme)
- Natural Intense Sweeteners (e.g: Stevia - disallowed under HPB Healthier Snack Programme)
- Trans Fats
- Eggs
- Added sugars (HCFC / Glucose / Maltodextrin etc)

Sugalight Vanilla Ice Cream

Ingredients: Sugalight Base ingredients + Vanilla Flavouring

Nutritional Info per 100g	Sugalight Vanilla	Haagen Dazs Vanilla
Calorie (kCal)	143.61	255.00
Fats (g)	8.58	16.98
- Sat Fat (g)	5.65	10.38
- Trans Fat (g)	0.00	0.00
Carbs (g)	12.71	19.81
- Sugar (Lactose) (g)	5.57	Not reported
- Sugar (Including Lactose) (g)	5.57	19.81
- Soluble Fibre (Inulin) (g)	6.49	Nil
Protein (g)	3.77	4.72
Cholesterol (mg) (g)	6.85	113.00

Sugalight French Dark Chocolate Ice Cream

Ingredients: Sugalight Base ingredients + Valrhona 70% Guanaja Chocolate + Dutch Cocoa Powder

Added sugar from Valrhona Chocolate: 1.2g/100g scoop

Nutritional Info	Sugalight French Dark Chocolate	Haagen Dazs Belgian Chocolate
Calorie (kCal)	172.05	281.00
Fats (g)	10.78	18.46
- Sat Fat (g)	7.05	11.06
- Trans Fat (g)	0.00	0.00
Carbs (g)	13.56	23.85
- Sugar (Lactose) (g)	Not Reported	Not reported
- Sugar (Including Lactose) (g)	6.76	19.52
- Soluble Fibre (Inulin) (g)	5.87	Nil
Protein (g)	5.04	3.94
Cholesterol (mg) (g)	6.20	87.00

Sugalight Cappuccino Ice Cream

Ingredients: Sugalight Base ingredients + Instant Coffee Powder + Coffee Flavour

Added sugar: Nil

Sugalight Very Berry Drizzle Ice Cream

Ingredients: Sugalight Base ingredients + Frozen Blueberries + Frozen Strawberries + Frozen Blackcurrant

Added sugar: Approx 0.6g/100g scoop

Sugalight Matcha Green Tea Ice Cream

Ingredients: Sugalight Base ingredients + Matcha Green Tea Powder

Added sugar: Nil

Sugalight Coconut Ice Cream

Ingredients: Sugalight Base ingredients + Coconut Milk + Coconut Powder + Flavourings

Added sugar: Approx 0.4g/100g scoop

Nutritional Info	Sugalight Coconut
100g Recipe	
Calorie (kCal)	165.4
Fats (g)	11.4
- Sat Fat (g)	8.5
- Trans Fat (g)	0.0
Carbs (g)	14.4
- Sugar (Lactose) (g)	4.5
- Sugar (Including Lactose) (g)	4.9
- Soluble Fibre (Inulin) (g)	5.2
Protein (g)	3.5
Cholesterol (mg) (g)	5.5

Sugalight Salted Gula Melaka Ice Cream

Ingredients: Sugalight Base ingredients + Gula Melaka + Sea Salt + Coconut Powder + Flavourings

Added sugar: Approx 4.2g/100g scoop

Added salt: Approx 0.32g/100g scoop

Nutritional Info	Sugalight Salted Gula Melaka
100g Recipe	
Calorie (kCal)	157.6
Fats (g)	8.2
- Sat Fat (g)	5.5
- Trans Fat (g)	0.0
Carbs (g)	17.5
- Sugar (Lactose) (g)	5.2
- Sugar (Including Lactose) (g)	9.4
- Soluble Fibre (Inulin) (g)	6.0
Protein (g)	3.5
Cholesterol (mg) (g)	6.4

Sugalight Strawberry Cheesecake Ice Cream

Ingredients: Sugalight Base ingredients + Cream Cheese + Digestive Cookies + Strawberry + Blueberry

Added sugar: Approx 1.2g/100g scoop

Nutritional Info	Sugalight Strawberry Cheesecake
100g Recipe	1
Calorie (kCal)	160.9
Fats (g)	9.6
- Sat Fat (g)	6.1
- Trans Fat (g)	0.0
Carbs (g)	18.4
- Sugar (Lactose) (g)	4.4
- Sugar (Including Lactose) (g)	5.6
- Soluble Fibre (Inulin) (g)	5.2
Protein (g)	3.8
Cholesterol (mg) (g)	11.6