

How Sweet It Is!

What is sugar?

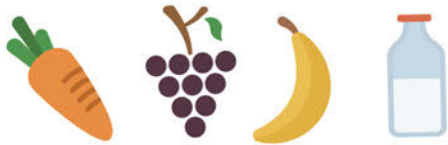
Sugar is a carbohydrate found in foods and drinks.

It breaks down in the body to become a source of energy called glucose.

Sugar is found naturally in some foods or is added to some foods and drinks.

Naturally Occuring Sugar

Found in fruit, some vegetables, milk and yogurt



Added Sugar

Found in most processed foods and drinks



✓ Foods with natural sugars often have nutrients like fibre, vitamins and minerals. Choose foods with naturally occurring sugar MORE often.

✗ Foods with added sugar provide calories, but not many nutrients. Choose foods with added sugar LESS often.

Spotting Sugar

The ingredient list on food packages is a good place to check for added sugar.

Sugar can be listed under many different names:

- | | | | |
|--------------|----------------------------|---------------|--------------|
| ● Cane sugar | ● Fruit juice concentrate | ● Icing sugar | ● Nectar |
| ● Corn syrup | ● Glucose | ● Malt syrup | ● Raw sugar |
| ● Dextrose | ● High fructose corn syrup | ● Maple syrup | ● Sugar cane |
| ● Fructose | ● Honey | ● Molasses | ● Sucrose |

INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, HIGH MONOUNSATURATED CANOLA OIL, ALMOND PIECES, RAISINS, CORN SYRUP, SALT, CRISP RICE (RICE FLOUR, SOY PROTEIN, SUGAR, MALT, SALT), SOY LECITHIN, NATURAL FLAVOUR

If sugar is listed in the first 3 ingredients, that product is likely high in sugar.

How much sugar is too much?

It is recommended to not have more than **12 teaspoons** of added sugar per day.

Having too much added sugar can cause weight gain and increase the risk for:

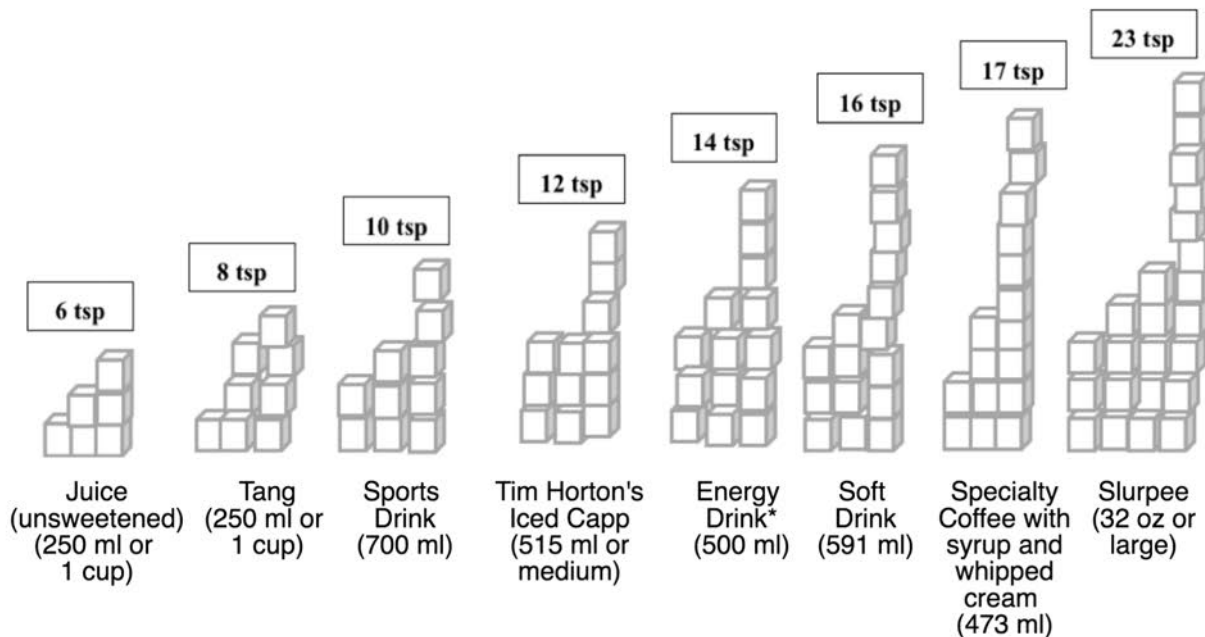
- Diabetes
- High Blood Pressure
- Heart Disease




It can also increase your chances of tooth decay

Sugary Drinks

Lots of added sugar can come from drinks!
Sugary drinks provide calories but do not make you feel full. People who have sugary drinks and still eat the same amount of food may gain weight.



1 sugar cube  = 1 teaspoon (tsp) of sugar = 1 sugar packet = 4 grams of sugar

*Not recommended when pregnant or breastfeeding.

TIPS to reduce added sugar

- ✓ Drink water when you are thirsty! Carry a reusable water bottle.
- ✓ Add slices of lemon, orange or cucumber to flavour your water.
- ✓ Choose plain milk or soy beverages rather than flavoured ones.
- ✓ If drinking pop or slurpees, choose a smaller size.
- ✓ For kids, use a fancy cup to serve healthy drinks like milk or water. Babies do not need juice, just breast milk or formula (or small amounts of water after 6 months).