

Sugar Facts

- Sugar is the group of carbohydrates that make our food taste sweet. It can be naturally occurring such as in fresh fruit and dairy or added to foods.
- Choose foods with naturally occurring sugar such as fresh fruit and dairy products more often.
- Excessive consumption of added sugar has been linked with dental caries, diabetes and heart disease.
- The average Canadian consumes 26 teaspoons of sugar per day! (Statistics Canada, 2014)
- The American Heart Association recommends limiting consumption of **added** sugars to no more than:
 - **6 teaspoons/day** (24 grams) for women
 - **9 teaspoons/day** (36 grams) for men
- When reading food labels, it is difficult to know how much of the total



sugar listed on the nutrition facts panel is naturally occurring versus added. To determine if there are added sugars present, it is helpful to look at the ingredients list.

Other words that mean sugar on the ingredients list:

- ❖ Words that end in “ose” such as glucose, sucrose, fructose, maltose, dextrose
- ❖ brown sugar
- ❖ cane or beet sugar
- ❖ evaporated cane juice
- ❖ molasses
- ❖ honey
- ❖ maple syrup
- ❖ corn sweeteners
- ❖ juice concentrates
- ❖ agave syrup or nectar
- ❖ brown rice syrup



Sugar Shock! Group Activity

How much added sugar is in each of the following drinks:

			
Water	500mL (2 cups) Chocolate Milk	Can of Regular Pop	Large Double Double Coffee
_____ g	_____ g	_____ g	_____ g
_____ tsp	_____ tsp	_____ tsp	_____ tsp

*4 grams of sugar = 1 teaspoon sugar

How to choose less added sugar in beverages:

- Dilute juice or cocktails with water or soda water
- Naturally flavour your water with lemon, lime, cucumber, frozen berries, ginger, mint leaves
- Drink herbal teas (hot or cold)
- Choose 100% fruit juice rather than punches or cocktails
- Read food Labels

Other ideas:

Answer Key:

Water: 0g, 0tsp

Chocolate Milk: 28g, 7tsp

Can of Regular Pop: 42g, 10.5 tsp

Large Double Double Coffee: 24g, 6tsp

Sugar Shock! Group Activity

How much added sugar is in each of the following foods:

				
½ cup Vanilla Ice Cream	175g Flavoured Yogurt	Large Muffin (128g)	1 pkg Quaker Maple & Brown Sugar Oatmeal	1 pkg M&Ms
_____ g	_____ g	_____ g	_____ g	_____ g
_____ tsp	_____ tsp	_____ tsp	_____ tsp	_____ tsp

*4 grams of sugar = 1 teaspoon sugar

How to choose less added sugar in foods:

- Use unsweetened applesauce in place of sugar in baking
- Enjoy fresh fruit or yogurt for dessert
- Choose canned fruit in water or the fruit's own juice rather than syrup
- Enjoy lower sugar, whole grain cereals
- Use only small amounts of jam, syrup, honey
- Use lower sugar sauces and dressings
- Read food labels

Other ideas:

Answer Key:

½ cup Vanilla Ice Cream: 12g, 3tsp
 175g Flavoured Yogurt: 12g, 3tsp
 Large Muffin: 40g, 10tsp
 1 pkg Quaker Maple & Brown Sugar Oatmeal: 14g, 3.5tsp
 1pkg M&Ms: 32g, 8tsp

