

# What You Need to know about Sugar

## What is sugar?

Sugar is a type of **carbohydrate**. It breaks down in the body to become a source of energy called glucose. There are two categories of sugar found in foods:

1. *Naturally occurring sugar* - like sugar in fruit and milk
2. *Added sugar* - sugar added to foods like pop and baked goods

## Do I need to avoid foods with naturally occurring sugar?

**No.** Foods like fruit and milk are nutritious and are part of a healthy eating plan.

## Should I limit the amount of added sugar I have?

**Yes.** Canada's Food Guide recommends limiting food and drinks that are high in added sugar.

## What foods have added sugar?

Sugar is added to food and drinks like:

Desserts (pudding, ice cream, baked goods, chocolate)	Candy	Pop	Snacks (cereal bars, canned fruit in syrup)
Sweetened hot beverages (coffee, latte, hot chocolate)	Energy drinks	Fruit drinks/ fruit juice	Chocolate milk
Some breakfast cereals	Pre-packaged flavoured oatmeal	Sweetened/ flavoured yogurt	Fruit Spreads

## How do I read the Nutrition Facts Table for sugar?

The Nutrition Facts Table lists **total sugars only**. It does not show naturally occurring and added sugars separately.

- Look under "Carbohydrates" to find the amount of sugar (in grams) in one serving of the food. When choosing between foods, compare products and choose the one with **less** or **no added sugar**. (*Reminder: 4g of sugar = 1 teaspoon!*)

## What should I look for in the ingredient list to spot added sugar?

Sugar may not always be listed as "sugar" – below are other common names used. If these names are listed in the first few ingredients on a food package, the food is likely high in added sugar. Naturally occurring sugars are not listed in the ingredient list.

- **Sugar containing ingredients:** *Honey, Invert sugar, Liquid sugar, Maltose, Maple syrup, Molasses, Nectar, Raw sugar, Sucrose, Syrup, White sugar, Agave, Brown sugar, Cane sugar or evaporated cane juice, Concentrated fruit juice, Corn syrup, Dextrose or dextrin, Fructose, Galactose, Glucose, Glucose-fructose, High fructose corn syrup.*

**\*Hint:** Ingredients ending in **"ose"** are likely sugars. Added sugars like honey and agave are no healthier than other types of added sugar.

