



# What is Sugar?



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# Sugar Explained



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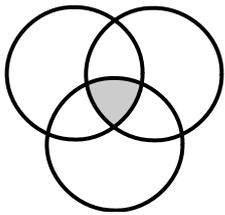
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## What is Sugar?

Sugar is a type of Carbohydrate. It breaks down in the body to become a source of energy called glucose

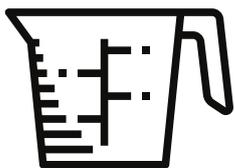
## What is the difference between free sugars, added sugar and natural sugar?



**Free Sugars** refer to sugars that are added to foods and drinks by the manufacturer, cook, or consumer, and sugar naturally present in honey, syrups, fruit juices and fruit juice concentrates. Those sugars added to food and drinks (by manufacturer, cook, or consumer) are often referred to as "**added sugars**". Foods and drinks with added sugars have lots of calories and contain few nutrients. They don't keep you full for long.

**Natural Sugars** are naturally part of the food. Foods with natural sugars have higher nutrients. Examples include vegetables and fruits .

## How much sugar should I consume?



The World Health Organization recommends a daily maximum intake of less than 10% of calories from free sugars. This is equal to 48 grams or 12 teaspoons

On average in 2004 Canadians consumed 110 grams (26 teaspoons ) of total sugar. This is about 20% of daily calories based on 2,000 calorie a day diet

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## How can I tell if a product has added sugar in it?.

Read all of the ingredients on the label and keep your eyes peeled for added sugars.

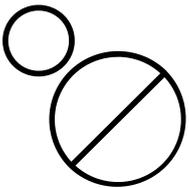


***Hint: most words ending "OSE" are usually sugars***

Look for ingredients like: brown sugar, cane juice extract, corn syrup and corn syrup solids, demerara or turbinado sugar, dextrose, evaporated cane juice, fructose, glucose, high fructose corn syrup or glucose-fructose, honey, lactose, maltose, molasses, raw sugar, sucrose, syrup, treacle and white sugar.

## What about artificial sweeteners? are they safe?

Aspartame does not cause cancer.



Both Cyclamates and saccharin in high doses have caused cancer in laboratory rats but there is no proven link between these substitutes and cancer in humans. It is advisable to use these artificial sweeteners in moderation