

# Why Reduce Sugar?



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



# Sugar and Cancer



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by  
iA  
Financial Group



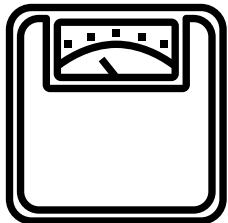
## What is the link between sugar and excess weight?

Most Canadians have diets that are high in added sugar which can lead to excess weight gain. Research shows that being overweight or obese increases the risk of Cancer. In fact, almost 7,000 cancers diagnosed in Canada in 2015 can be attributed to excess body weight.



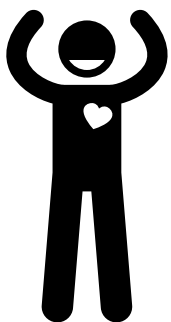
## How does reducing my sugar intake reduce my risk of cancer?

About one third of all cancers can be prevented by eating well, being active and maintaining a healthy body weight. Besides not smoking, having a healthy body weight is one of the best things you can do to prevent cancer.



## Will reducing sugar intake actually impact body weight?

There is a clear relationship between sugar and obesity. A systematic review of evidence conducted in 2013 concluded that reduced intake of free sugars results in weight loss.



## What is a healthy body weight?

A healthy body weight is different for everyone, so check with your doctor about your healthy body weight. From a medical point of view you might be surprised to learn how overweight and obesity are defined.