



Deets on Sweets



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Sugar: Do We Need It?

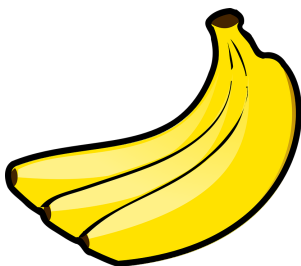
Our bodies can make fuel from fat, carbohydrates, and protein. There are different types of carbohydrates, which have different effects on our bodies.

- Simple carbohydrates or sugars (like those found in candy) are quickly absorbed by the body and give an immediate burst of energy, usually followed by fatigue when the energy source is depleted.
- Complex carbohydrates (found in whole grain cereals, breads, legumes) are absorbed slower. They will provide a steady source of energy.
- It's ideal to eat complex carbohydrates most often to help maintain energy levels. However, this doesn't mean there is no room for simple sugars! It's all about amount and frequency.

The World Health Organization recommends that no more than about 5% of our total daily calories should come from added sugars. That about 25 grams per day.

The new food labels put the daily value for total (naturally occurring and added) sugars at 100 grams.

4 gram of sugar = 1 tsp



Where Is It All Coming From?

Sugar can be found naturally in some foods like milk, grain products and fruit. These foods contain nutrients the body needs and should be consumed daily.

Fruit Juice has real fruit, while fruit drinks are just made from water, flavoring and added sugar. Choose fruit juice rather than fruit drinks more often. When consuming juice, aim for no more than 1 cup a day.

Aim to limit foods that are high in added sugar and low in nutrients, for example cookies or cake. Think of these as everyday foods, but not every meal foods.



Myth: Fruit has too much sugar to be healthy.

Fact: Fruits has natural sugars, but it also has a lot of fiber, vitamins, and minerals that are needed for good health.

Plain vs. Flavoured

Many foods have flavouring to make plain foods more appealing. Often, this flavouring comes in the form of added sugar.

Plain Greek yogurt (100g) – 5 g total sugar

Vanilla Flavoured Greek yogurt (100g)– 13 g total sugar

The flavoured yogurt has 8 g of extra added sugar.

Bottom line: Consider adding your own fruit or toppings to plain foods to enhance taste.

Sugar and Its Aliases

Sugar is added to many foods and occurs naturally in many others. These are just some of the names for sugar:

- High fructose corn syrup (HFCS)* or corn syrup,
- Fruit juice concentrate,
- Honey,
- Fructose, lactose, or maltose,
- Organic raw sugar,
- Cane juice/sugar,
- Granulated white sugar or sucrose,
- Molasses,
- Brown sugar

Artificial Sweeteners

- Replacement to sweetening with sugar
- Very little needed (considered calorie-free)

- Generally Regarded as Safe (moderation is key)
- Number of options available
 - Aspartame
 - Saccharin
 - Sugar Alcohols (maltitol, sorbitol, xylitol, mannitol, erythriol)
 - Sucralose
 - Stevia Extract*
- Can be used by diabetics to watch their blood sugar
- As with all foods, practice moderation! Too many sugar alcohols can cause stomach discomfort and act as a laxative

*While stevia itself is a plant, the approved artificial sweetener is the extract

All the listed options are safe during pregnancy. It is recommended in moderation so they do not replace more nutritious foods.

Tips for Reducing Added Sugar

If your intake is over the recommendations most days

Moderate Intake of:

- Foods which list sugar as its first, second, or third ingredient
- Sweets high in added sugar (candy, chocolate)
- Flavored coffee drinks
- The amount of sugar you add to things you eat or drink. Try cutting the usual amount of sugar by half or use an artificial sweetener
- Sugar-sweetened beverages (e.g., soft drinks)

Try These Options:

- Look for breakfast cereals that contain more than 4 grams of fibre per serving. Add fresh and dried fruit to cereal instead of sugar
- Drink more water and less fruit beverages, pop, and alcohol
- Snack on vegetables, fruit, and whole-grain crackers
- Enhance foods with spices; try ginger, cinnamon, allspice, cloves, cardamom, anise or nutmeg. Herbs are another way to greatly enhance taste

A Focus on Condiments	
Condiments with more sugar per tablespoon <ul style="list-style-type: none"> • Ketchup – 4 g • BBQ – 6 g • Relish – 4 g • Teriyaki – 7 g 	Condiments with less sugar per tablespoon <ul style="list-style-type: none"> • Mayo – 0 g • Mustard – 0 g • Soy Sauce – 0 g • Hot Sauce – 1 g
Bottom line: be mindful when using condiments because each tablespoon can add up quickly.	


Food Label Changes

Original Nutrition Facts Table

Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	

New Nutrition Facts Table

(Carbohydrates)

Carbohydrate / Glucides 26 g		 New % Daily Value for total sugars
Fibre / Fibres 0 g	0 %	
Sugars / Sucres 22 g	22 %	

Changes

- Lists total carbohydrates including: total sugars, starches, and fibres in a stated serving size
- Sugars refers to total sugars including: glucose, fructose, sucrose and lactose naturally present in fruits, vegetables and dairy
- It also refers to sugars added in foods and beverages

- While it is not required, some labels will list added sugars in a separate line under Sugars

ORIGINAL
<p>INGREDIENTS: WHOLE GRAIN WHEAT, RAISINS, WHEAT BRAN, SUGAR, MALTED CORN AND BARLEY SYRUP, SALT, SUNFLOWER OIL, CALCIUM PANTOTHENATE, IRON</p> <p>CONTAINS: WHEAT, BARLEY</p>

NEW
<p>Ingredients: Whole grain wheat • Raisins • Sugars (Sugar, malted corn and barley syrup) • Salt • Sunflower oil • Calcium Pantothenate • Iron</p> <p>Contains: Wheat • Barley</p>

<-Lists all sugar-based ingredients under sugar

Additional Resources

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2019

