

Sugar and Healthy Eating

The World Health Organization (WHO) guideline recommends adults and children reduce their daily intake of added sugars to less than 10% of their total energy intake. **That's less than 50 grams of added sugars per day!***

“Added sugars” refers to all monosaccharides (single molecules like glucose, galactose & fructose) and disaccharides (e.g. table sugar) added to foods by the manufacturer, cook or consumer, plus the sugars that are naturally present in honey, syrups and fruit juices. This doesn't include natural sugars in whole fruits and vegetables, milk & whole grains!

What does 50 g of added sugar look like?

FOOD	ADDED SUGAR
 Chocolate Bar (40 g)	20 g 
 Fruit Flavored Yogurt (175 g or ¾ cup)	14 g 
 Sugary Cereals (30 g)	5 – 20 g 
 Jam and Jellies (1 tbsp.)	8 g 
 Honey (1 tbsp.)	18 g 
 100% Juice & Juice Drinks (1 cup)	28 g 
 Pop (1 can/355 mL)	38 g 

A further reduction of added sugar consumption to below 5% or roughly 25 grams per day* would provide additional health benefits. Foods with more amounts of added sugars are often less nutritious.

*Grams of sugar based on a male consuming a 2,000 calorie diet. Added sugars are averages based on the Canadian Nutrient File Database 2015.

5 Ways to Reduce Added Sugar



Significantly reduce added sugar content from your meals by swapping only a few items. Here are two menu samples with approximately 50 grams of added sugar difference.

Instead of this...

MENU 1

Approximately 56 g Added Sugar

- $\frac{3}{4}$ cup **Fruit Yogurt** with blueberries and oats
- Spinach Salad with avocado, red pepper, mozzarella cheese and homemade balsamic dressing
- Tuna sandwich on whole grain bread with tomato and lettuce
- **1 cup Apple Juice**
- Apple with natural peanut butter
- $\frac{3}{4}$ cup **Fruit Yogurt**
- Roast chicken with brown rice, mushrooms and broccoli
- Lettuce salad with grated carrots, avocado and homemade balsamic dressing
- 1% Milk
- 6" whole wheat pita with hummus

Choose this

MENU 2

Approximately 6 g Added Sugar

- $\frac{3}{4}$ cup **Plain Yogurt** with blueberries and oats
- Spinach Salad with avocado, red pepper, mozzarella cheese and homemade balsamic dressing
- Tuna sandwich on whole grain bread with tomato and lettuce
- $\frac{1}{2}$ cup **Strawberries** with $\frac{3}{4}$ cup **Plain Yogurt**
- Apple with natural peanut butter
- **Medium plain oatmeal cookie**
- Roast chicken with brown rice, mushrooms and broccoli
- Lettuce salad with grated carrots, avocado and homemade balsamic dressing
- 1% Milk
- 6" whole wheat pita with hummus