







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