Nutrition Facts Valeur nutritive

Per 1 cup (250 mL) pour 1 tasse (250 mL)

Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0%
Saturated / saturés 0 + Trans / trans 0 g	g 0%
Carbohydrate / Glucid	es 26 g
Fibre / Fibres 0 a	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	0
Cholesterol / Cholesté	rol 0 mg
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little , 15% or n *5% ou moins c'est peu , 15% o	

Added sugars are a nutrient to get less of.

What They Do

- All sugars provide calories, or "energy," for the body. Each gram of sugar provides 4 calories.
- The human body breaks down sugars and other carbohydrates into glucose. Glucose in the blood (often referred to as blood sugar) is the primary energy source for the body's cells, tissues, and organs (such as the brain and muscles). Glucose can be used immediately or stored in the liver and muscles for later use.
- Sugars are also used to sweeten, preserve, and improve the functional attributes of foods and beverages (such as viscosity, texture, body, color, and browning capability).

- Total Sugars

Diets high in calories from added sugars can make it difficult to meet daily recommended levels of important nutrients while staying within calorie limits. The % DV of Sugars has been included so that the sugar content of different foods can be compared easily and sugary foods with a DV% of 15% or more can be identified.

The %DV is a total of all sugars present in the food and includes both sugars that have been <u>added to the food</u> known as "free sugars" and sugars <u>naturally present</u>. Consuming too much sugar is associated with health issues including heart disease, obesity, diabetes, high blood pressure, cancer and dental cavities.

The % DV for total sugar is based on a $\ensuremath{\textit{maximum}}$ daily intake of 100g.

What They Are

Sugars are the **smallest** and simplest type of **carbohydrate**. They are easily digested and absorbed by the body. Total Sugars on the Nutrition Facts label include:

- **Sugars naturally present** in many nutritious foods and beverages, such as sugar in milk and fruit.
- Added sugars, which include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

Where They Are Found

Sugars are found in a variety of foods, including:

Sugars naturally present in food

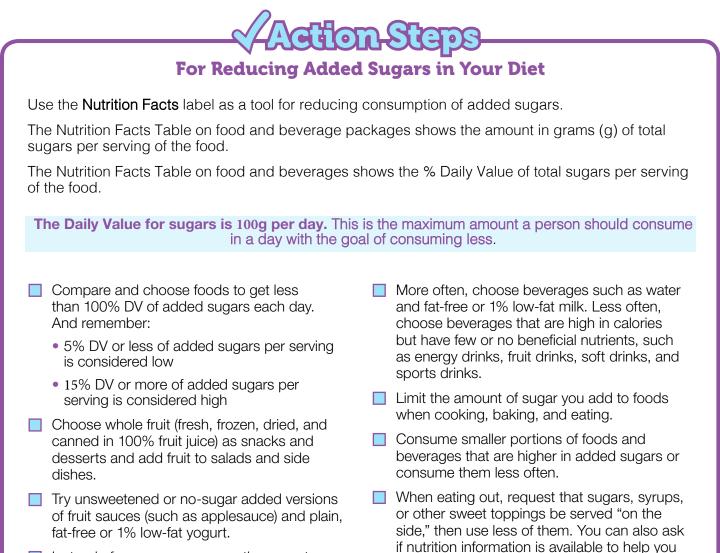
- Dairy products (such as milk and yogurt)
- Fruit (fresh, frozen, dried, and canned in 100% fruit juice)
- 100% fruit and vegetable juice
- Vegetables

Added sugars

- Baked goods (such as cakes, cookies, pastries, and pies)
- Desserts (such as ice cream and puddings)
- Salad dressings, sauces, spreads, condiments, and gravies
- Sugar-sweetened beverages (such as energy drinks, fruit drinks, soft drinks, sports drinks, and sweetened coffee and tea)
- Sweets (such as candies, jams, sweet toppings, and syrups)
- Single-ingredient sugars (such as table sugar, maple syrup, or honey)

Health Facts

- Most Canadians exceed the recommended limits for sugars in the diet. The main sources of added sugars are sugar-sweetened beverages, baked goods, desserts, and sweets.
- There is evidence that diets characterized, in part, by lower consumption of sugar-sweetened foods and beverages relative to less healthy dietary patterns are associated with a **reduced risk of developing cardiovascular disease**. Cardiovascular disease is the leading cause of death in both men and women in North America. Diets higher in all sugars can also **increase the risk of developing cavities**.
- Health Canada recommends limiting calories from added sugars. The guidelines note that when sugars
 are added to foods and beverages, it increases calories without contributing important nutrients. These
 extra calories can make it harder for people to meet their daily recommended levels of nutrients and stay
 within calorie limits.



make informed choices.

Instead of sugars, syrups, or other sweet toppings, use fruit to top foods like cereal, oatmeal, pancakes, and yogurt.