

NATURAL **VS.** ARTIFICIAL SUGAR



Often, consumers will limit their consumption of foods that contain natural sugars, with fear that sugar is the source of all evil. Added sugars - maybe - but sugars are required for us to consume as they provide glucose - our main source of energy.

TYPES OF SUGAR

Refined sugar is added sugar to make food taste more desirable, change texture and colour, and to preserve it. It is found in soda, sweetened coffee & tea, breakfast cereals, fruit drinks, baked goods, flavoured yogurts, condiments & sauces.

Natural sugar occurs naturally in fruits, vegetables, milks and unsweetened milk products such as yogurt.

Your body uses both sugars in the same way, however, natural sugars have the added benefits of healthy nutrients, like fibre, vitamins & minerals.

THE BOTTOM LINE?

Limit food and beverages that contain refined sugars to 10% of your daily calories and continue to enjoy foods that contain natural sugars, as they are nutritious and a part of a healthy eating plan.

10% = 
12 TEASPOONS

FACTS

- Sugar has a magnitude of different names. You may see raw sugar, agave, cane sugar, etc. Keep this in mind when grocery shopping that no matter the name - sugar is sugar.
- Your body breaks down refined sugar rapidly, therefore, it does not provide you with the sense of being full like that of natural sugars from fruit or milk.
- The average Canadian adult consumes 2x the recommended amount for refined sugars = that's 24 teaspoons!

