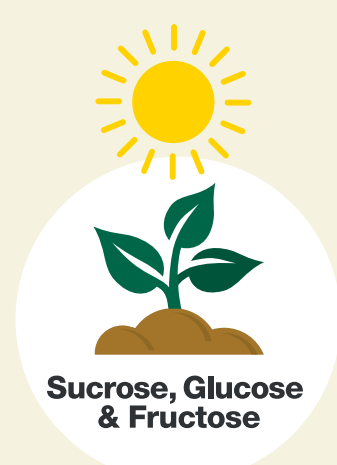


SUGAR 101

FREQUENTLY ASKED QUESTIONS



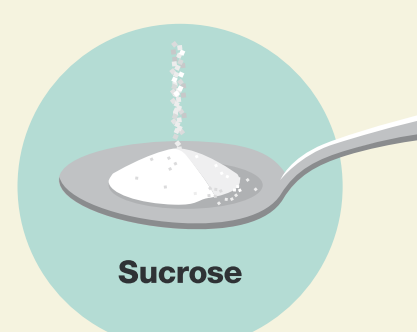
WHAT IS SUGAR?



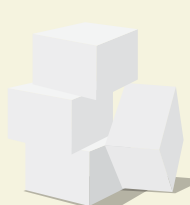
Sugar is natural. Sugar is sucrose, naturally made in all green plants through photosynthesis.



Sugar is a carbohydrate. Sugar, other sugars, starches, and fibre are different types of carbohydrates. Canadians should consume between 45-65% of their calories from carbohydrates.



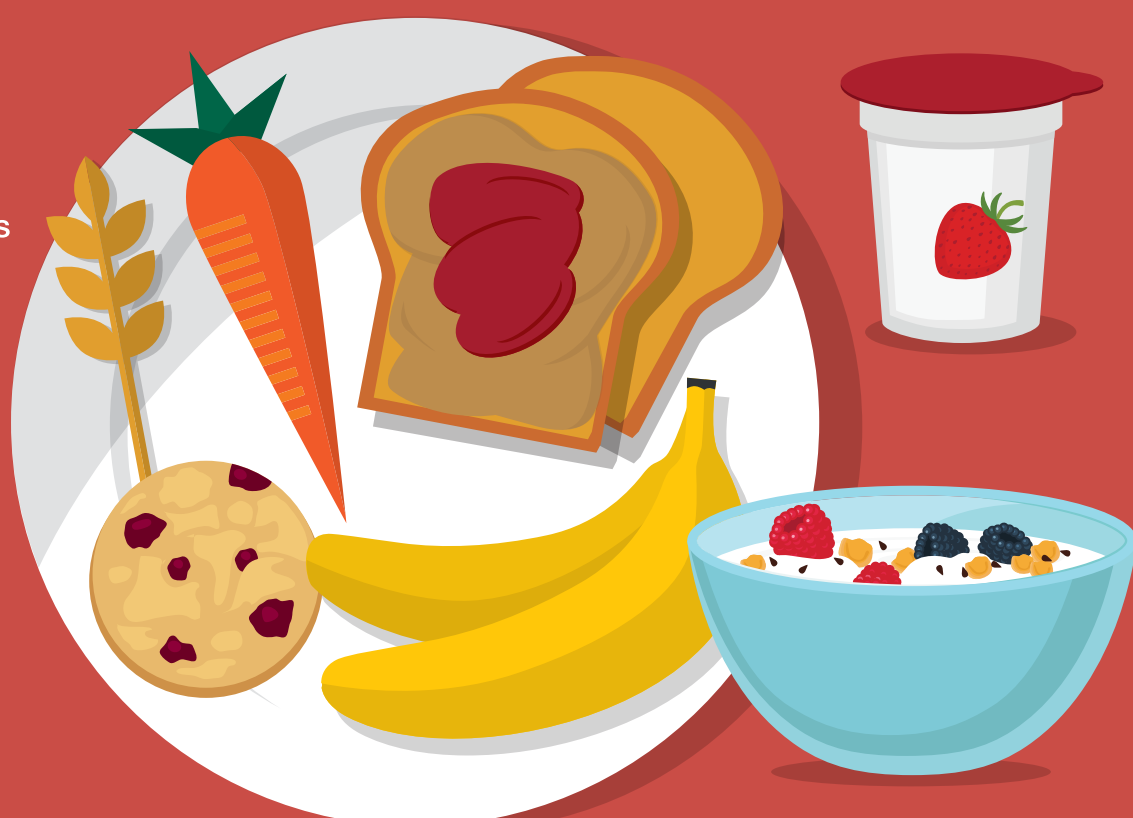
IS THE SUGAR IN FRUIT BETTER FOR YOU THAN TABLE SUGAR?



Sugar (sucrose) is found in fruits and vegetables, and is purified from sugar cane and sugar beets for commercial use. The sucrose in your sugar bowl is the same sucrose found naturally in sugar cane, sugar beets, apples, oranges, carrots, and other fruits and vegetables. Other types of sugars include glucose and fructose in fruits and vegetables and lactose in milk products.

WHAT TYPES OF FOODS IS SUGAR ADDED TO?

Sugar is often added to nutritious foods from the four food groups, such as whole-grain breads and cereals and dairy products, to help make these foods taste better.

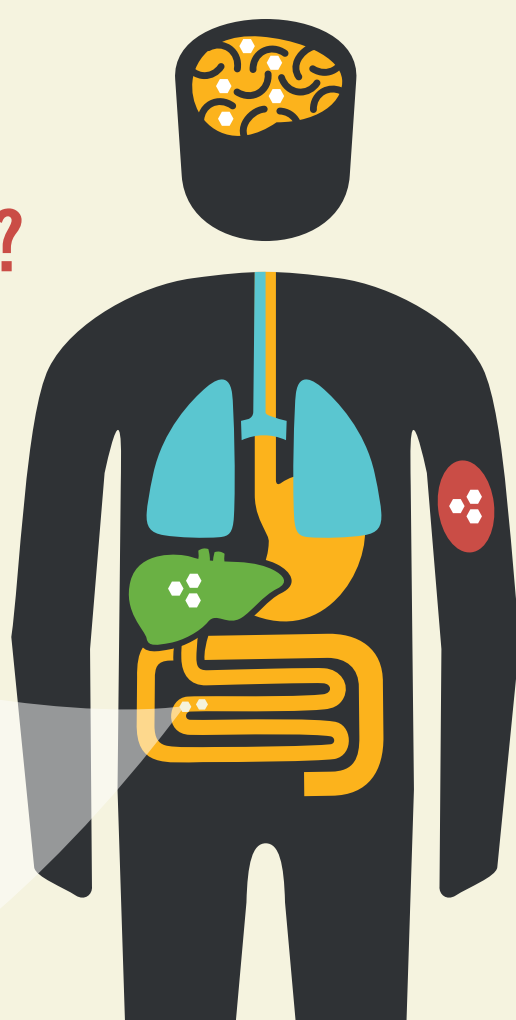
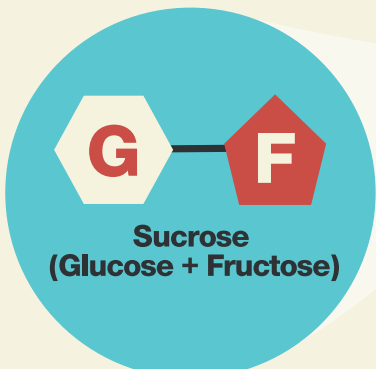


WHAT FUNCTIONS DOES SUGAR PLAY IN FOODS?

Sugar not only plays an important role in making foods taste better, it also has many functional roles in food preservation, cooking and baking. For example, sugar inhibits the growth of microorganisms in jams and jellies, thickens sauces, balances natural acidity of tomato- or vinegar-based products, and holds moisture to prevent staleness in baked goods. All of these functions cannot easily be replaced with other ingredients.

HOW IS SUGAR USED BY THE BODY?

Sugar is broken down in the **small intestine** into one glucose and one fructose molecule, to be used immediately as energy or stored in the muscles or liver as glycogen for future use.



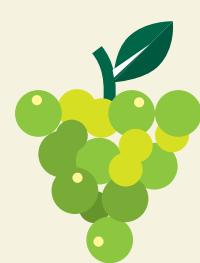
DID YOU KNOW?

Glucose is the primary source of energy for the body.

Brain relies primarily on glucose to function. Restricting the brain's glucose supply can impair memory and ability to focus.

Muscles use glucose for energy, especially during high-intensity exercise.

Liver distributes glucose to different areas of the body.



DOES IT MATTER WHAT SOURCE SUGAR COMES FROM?

No, the body uses sucrose from sugar cane and sugar beets in the same way as the sucrose in maple syrup, fruits and vegetables. Honey, brown sugar, table sugar, and maple syrup all have similar nutritional values. Once digested, all starches and sugars are put to the same use, providing the body with energy (4 Calories per gram).

DID YOU KNOW?

Excess calories from all sources, including sugars, can be stored as fat. Maintaining a balanced diet, moderating overall calorie intake, and keeping physically active helps keep the body well fueled and healthy.

The Canadian Sugar Institute Nutrition Information Centre aims to gather and share up-to-date research and evidence-based information about sugars, nutrition, and health.



For more information, visit sugar.ca

