

# Sugars Consumption in Canada

## Total Sugars

Sugars naturally present in fruits, vegetables, and dairy sources, plus sugars added to foods and beverages

## Added Sugars

Sugars and syrups added to foods and beverages when they are processed or prepared

## Free Sugars

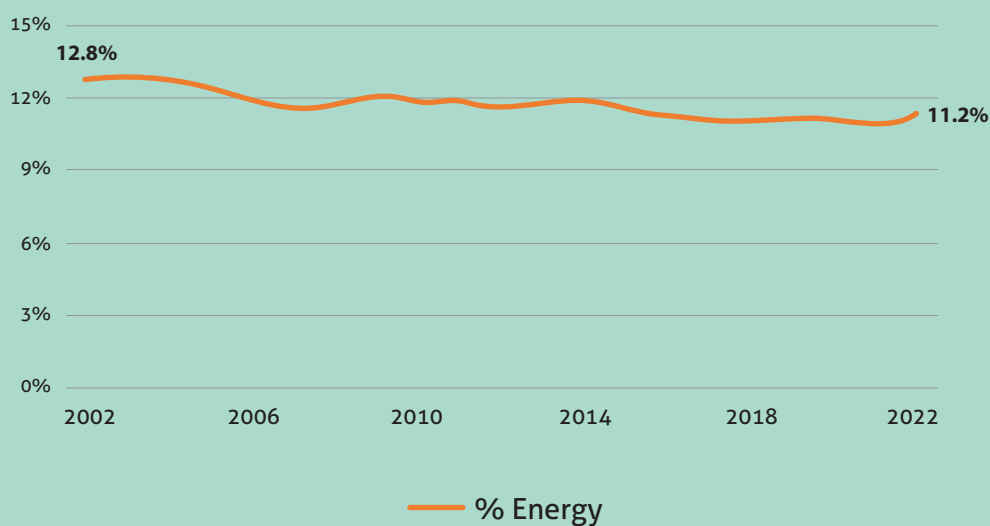
Based on the World Health Organization definition, free sugars is equivalent to added sugars plus sugars in 100% fruit juices<sup>^</sup>



## Consumption of Added Sugars Has Been Declining Over Time

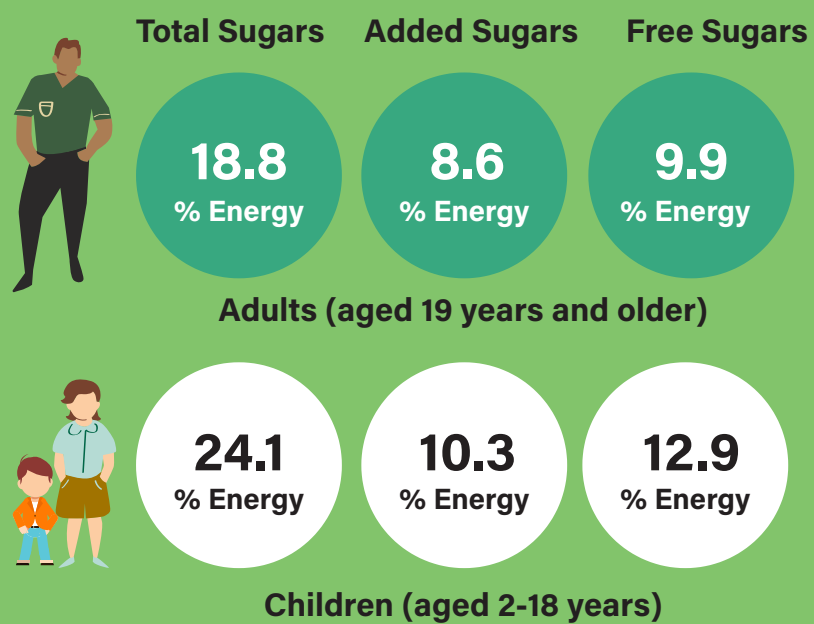
According to Statistics Canada Annual Food Availability Data:

Added Sugars Consumption in Canada 2002-2022



## How Much Sugars Are Canadians Consuming?

According to data from the 2015 Canadian Community Health Survey:



## Sugars and the Overall Diet: The Sweet Spot

Analysis of the 2015 Canadian Community Health Survey shows that Canadians with moderate intakes of total and added sugars had:

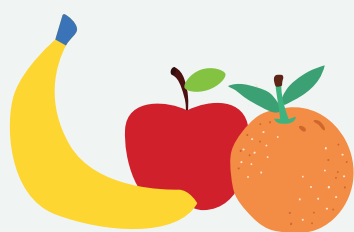


Higher\* intakes of fibre, calcium, vitamin D, vitamin A, vitamin C, and potassium for adults (aged 19 years and older)



Higher\* intakes of vitamin C and potassium for children (aged 2-18 years)

This was primarily due to greater\* intakes of



Health Canada recommends a healthy eating pattern "where most sugars come from fruit, vegetables, and unsweetened dairy products, such as plain milk or yogurt."

## DID YOU KNOW?

Canadian adults consume nearly 1/3 less added sugars than US adults, mostly due to lower intakes of soft drinks.

For more information, visit [sugar.ca](https://sugar.ca)

<sup>^</sup>Refer to WHO definition of "Free Sugars" <https://sugar.ca/sugar-basics/carbohydrate-and-sugars-terminology>  
\*Compared to either high or low intakes of total sugars

**References:**  
1.Canadian Sugar Institute. (2020). Consumption of Sugars in Canada. Retrieved from <https://sugar.ca/sugars-consumption-guidelines/consumption-of-sugars-in-canada>  
2.Wang, Y., Chiavaroli, L., Roke, K., DiAngelo, C., Marsden, S., & Sievenpiper J. (2020). Canadian Adults with Moderate Intakes of Total Sugars Have Greater Intakes of Fibre and Key Micronutrients: Results From the Canadian Community Health Survey 2015 Public Use Microfile Data. *Nutrients*, 12(1124), 1-18. doi:10.3390/nu12041124  
3.Health Canada (2018). Sugars. Retrieved from <https://www.canada.ca/en/health-canada/services/nutrients/sugars.html>