

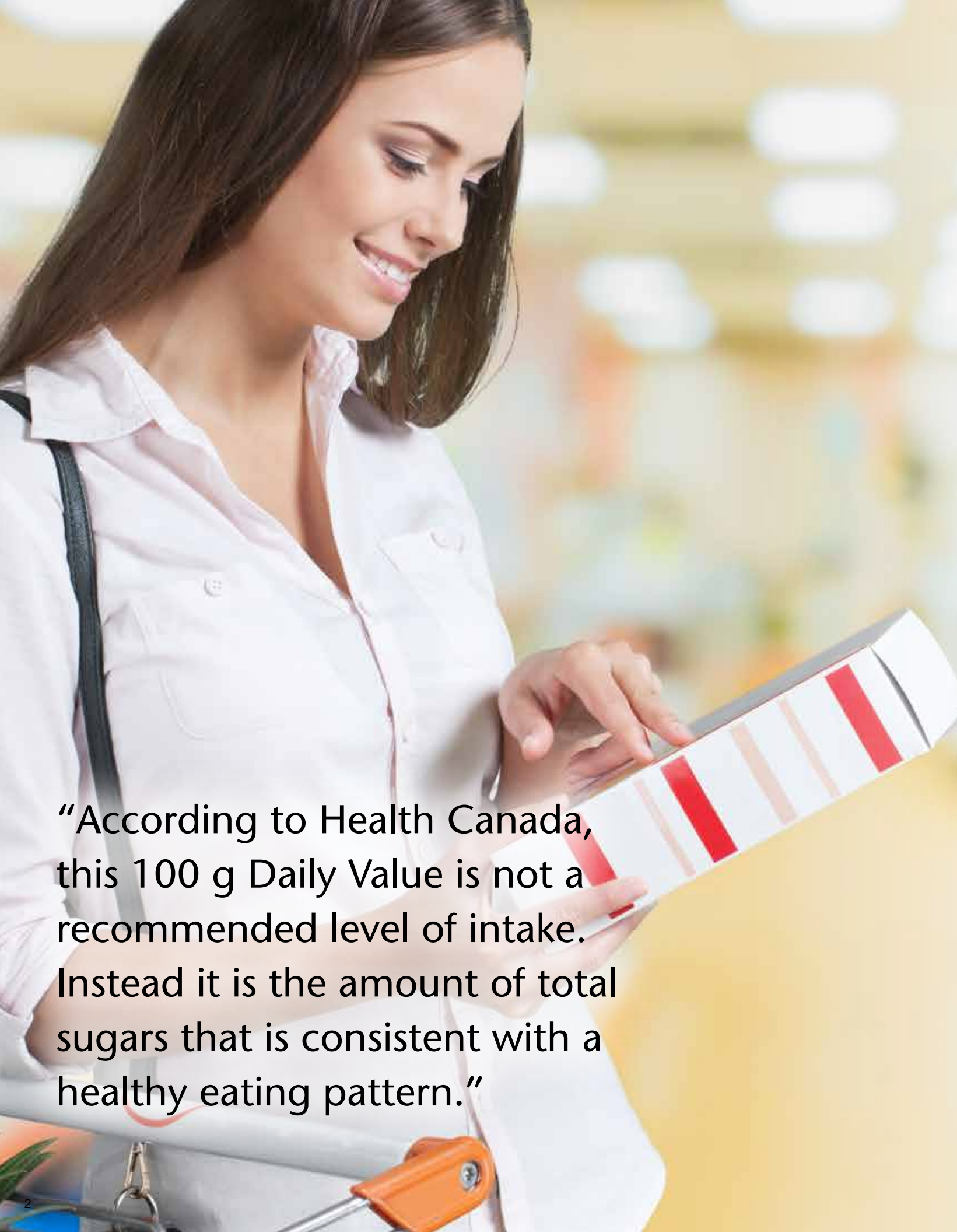


THE SWEET SPOT CHALLENGE

A COMPILATION OF DAILY MENUS

BASED ON THE 100 GRAM DAILY
VALUE FOR SUGARS

This booklet was compiled by the dietitians of the Canadian Sugar Institute, Nutrition Information Centre. All one day-meal plans were submitted by dietitians, dietetic students and other nutrition professionals.



BACKGROUND ON SUGARS LABELLING

Did you know? The Canadian government has made several important changes to the Nutrition Facts table and List of Ingredients, which are now mandatory on all food labels. That's why we believe it's important for Canadians to learn and understand what these changes means.

“According to Health Canada, this 100 g Daily Value is not a recommended level of intake. Instead it is the amount of total sugars that is consistent with a healthy eating pattern.”

ORIGINAL	
Nutrition Facts Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 14 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	2 %
Iron / Fer	0 %

NEW	
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 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 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 more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

A cornerstone of the changes to food labelling is providing additional information on sugars, including the addition of a Daily Value for total sugars in the Nutrition Facts table.

- Total sugars includes both sugars naturally occurring in fruits, vegetables, and milk products, as well as sugars that are added to foods (e.g. sugar, brown sugar, glucose-fructose (i.e. high-fructose corn syrup), honey, maple syrup, concentrated fruit juice)
- The Daily Value of 100 grams of total sugars is equivalent to 20% of a 2,000 Calorie diet. According to Health Canada, “this value is not a recommended level of intake. Instead it is the amount of total sugars that is consistent with a healthy eating pattern”.¹
- The % Daily Value for total sugars has been included to help consumers
 - Compare the sugars content per serving of different foods, and
 - Understand the relative amount of sugars in the context of total daily consumption.

¹ www.canada.ca/en/health-canada/services/nutrients/sugars.html

ABOUT THE SWEET SPOT CHALLENGE

RECIPE OPTIONS FOR EVERYONE!
Look For These Dietary Restriction Symbols:



VEGAN



VEGETARIAN



GLUTEN FREE

We, the dietitians at the Canadian Sugar Institute, realize that introducing a Daily Value for sugars will impact the way consumers understand food labels and may introduce some confusion and questions. For example, can their favourite foods still fit?

That's why we put a call out across the country to participate in the Sweet Spot Challenge, to find out what this new 100 gram Daily Value for total sugars (both naturally occurring and added) looks like for Canadians, who all have different eating habits.

Dietitians, dietetic students, and nutrition professionals were asked to create an example one-day menu plan that incorporates the new 100 gram Daily Value for total sugars as part of a 2,000 Calorie diet (or if the total energy intake was higher or lower than 2,000 Calories, that total sugars make up about 20% of Calories).

Participants were asked to include a variety of foods and beverages, to be mindful of general recommendations to limit sodium and saturated fats, and to consider different consumers' dietary habits and lifestyles. For example, what might 100 grams of sugars look like for a 9-5'er, a young athlete, or an older adult?

We've compiled all the submissions into this booklet to share a wide variety of visual samples of what 100 grams of sugars per day can look like as part of a 2,000 Calorie meal plan!

If you feel inspired, feel free to create your own sample meal plan and share with us at cdiangelo@sugar.ca.

MEATLESS MONDAY

Contributed by Clare Wagner, MAN, RD (Guelph, ON)



Breakfast – Pumpkin Pie Oatmeal

Oatmeal, large flakes, cooked	¾ cup (175 mL)
Milk, 1%	1 cup (250 mL)
Pumpkin Puree, canned	100 mL (104 g)
Cinnamon, ground	1 tbsp (15 mL)
Almonds, raw	2 tbsp (30 mL)
Maple Syrup	2 tbsp (30 mL)

Directions: Combine oats and milk in a small saucepan over medium heat. Bring to a boil; reduce heat and simmer, stirring occasionally, until desired consistency is reached, about 3-5 minutes. Stir in pumpkin and cinnamon until heated through, about 1 minute. Serve immediately, garnished with almonds and maple syrup, if desired.



Lunch – Falafel Salad

Tahini	1 tbsp (15 mL)
Olive Oil	1 tsp (5 mL)
Lemon Juice	2 tbsp (30 mL)
Romaine Lettuce, shredded	1 cup (250 mL)
Cherry Tomatoes	100 mL (63 g)
Cucumber, chopped	100 mL (50 g)
Feta Cheese, crumbled	½ cup (25 g)
Falafel, homemade	3 pieces (51 g)
Whole Wheat Pita	½ pita (32 g)

Directions: Whisk tahini with lemon juice and olive oil in a large bowl. Add shredded romaine lettuce and toss to coat. Top with cucumbers, cherry tomatoes, feta cheese and the falafel. Serve with whole wheat pita. Browse the internet to find your favourite falafel recipe!

Did you know...

honey, brown sugar, white sugar, and maple syrup all have similar nutritional values? That's why it's best to choose your sweetener according to taste preference and/or required functionality.

[Click here to learn more!](#)



Dinner – Loaded Mexican Sweet Potato

Olive Oil	1 tsp (5 mL)
Bell Peppers, chopped	100 mL (63 g)
Quinoa, cooked	½ cup (125 mL)
Black Beans, boiled from dry	⅔ cup (150 mL)
Sweet Potato, baked	1 medium (130 g)
Salsa	¼ cup (60 mL)
Sour Cream, light	1 tbsp (15 mL)
Lime Juice	1 tsp (5 mL)

Directions: Heat oil in a large skillet. Add peppers and sauté until tender, about 5 minutes. Add cooked quinoa and black beans, cook 2 - 3 more minutes. Slice baked sweet potato in half (lengthwise) and place each half on a plate. Top with quinoa mixture, salsa, sour cream, and a drizzle of lime juice.

Full Day Summary			
Calories	2,025	Total Fat	78 g
Carbohydrate	271 g	Saturated Fat	21 g
Sugars	95 g (19% energy)	Protein	79 g
Fibre	42 g	Sodium	1,678 mg

Snacks

- 1 large banana (136 g) with 2 tbsp (30 mL) natural peanut butter
- 1 cup 1% milk (250 mL)
- 6 crackers (22 g) with 25 g (0.9 oz) cheddar cheese

WHOLE GRAIN GOODNESS

Contributed by Carla Obando, RD (Vancouver, BC)



Breakfast – Cereal, Muffin & Eggs

Ready-to-Eat Cereal, muesli	½ cup (125 mL)
2% Yogurt, fruit flavoured	1 container (100 g)
Eggs, hard-boiled	2 large eggs (100 g)
Oat Bran Muffin	1 small muffin (66 g)
Coffee, black	1 cup (250 mL)
Orange Juice	½ cup (125 mL)

Directions: Combine muesli with yogurt, serve with hard boiled eggs and an oat bran muffin (store-bought or homemade). Accompany with a cup of black coffee and half a cup of orange juice, if desired.



Lunch – Burger & Salad

Beef Burger, lean	1 patty (100 g)
Whole Wheat Bun	1 bun (43 g)
Alfalfa Sprouts	½ cup (125 mL)
Ketchup	1 tbsp (15 mL)
Spring Mix Salad	1 cup (250 mL)
Ranch Dressing	1 tbsp (15 mL)

Directions: Using a frying pan on medium-high heat, cook the beef patty until no longer pink inside. Assemble using a whole wheat bun, add toppings such as ketchup and alfalfa sprouts. In a small bowl, combine spring salad mix with ranch dressing. Serve salad with burger.

Sugar (sucrose) is best known to provide sweetness to foods. However, sugar is a versatile ingredient and contributes many functional properties to food products. For example, sugar adds sweetness, and balances acidic and bitter flavours in tomato and vinegar-based sauces, dressings, and brines. [Click here to learn more!](#)



Dinner – Clam Spaghetti

Whole-Wheat Spaghetti, cooked	¾ cup (175 mL)
Canned Clams, drained	75 g (2.6 oz)
Tomato-Based Spaghetti Sauce, low-sodium	1 cup (250 mL)
Mushrooms, sliced	½ cup (125 mL)
Spinach, boiled	½ cup (125 mL)

Directions: Bring a medium saucepan of water to boil, add spaghetti and stir gently until noodles are covered in water. Cook until spaghetti reaches desired tenderness then drain. In a medium saucepan on medium heat, combine canned clams, spaghetti sauce, mushrooms, and spinach. Mix to incorporate and let simmer for 5 minutes. Top spaghetti with sauce and serve immediately.

Full Day Summary			
Calories	1,981	Total Fat	69 g
Carbohydrate	255 g	Saturated Fat	21 g
Sugars	102 g (21% energy)	Protein	99 g
Fibre	36 g	Sodium	1,692 mg

Snacks

Oats and Chocolate Granola bar, high-fibre (40 g)
 1/2 cup (125 mL) vanilla ice cream with 1/2 cup (125 mL) raspberries

TACO SALAD TUESDAY

Contributed by Christina Macdonald-Lockhart, RD (St. Catharines, ON)



VEGETARIAN

Breakfast – Fried Egg, Veggies & Toast

Olive Oil	1 tbsp (15 mL)
Red Pepper, diced	½ medium pepper (60 g)
Mushrooms, diced	½ cup (125 mL)
Egg, fried	1 large egg (46 g)
Spinach, chopped	½ cup (125 mL)
Whole Grain Bread, toasted	1 slice (39 g)
Ketchup	1 tbsp (15 mL)

Directions: Heat olive oil in a frying pan or skillet on medium heat, add red peppers and mushrooms. Once tender, form a well in the middle of the pan and crack in the egg. Add spinach. Let egg fry until desired doneness and spinach is wilted. Serve immediately with a slice of toast, add ketchup to egg and vegetables if desired.



GLUTEN FREE

Lunch – Garlic Lemon Chicken & Potatoes

Garlic Lemon Chicken	1 thigh (116 g)
Olive oil	1 tbsp (15 mL)
Garlic, minced	½ cup (125 mL)
White Wine, cooking	1 cup (250 mL)
Lemon Juice	1 tbsp (15 mL)
Oregano, ground	1 tsp (5 mL)
Thyme, ground	1 tsp (5 mL)
Potatoes, red, cubed	½ cup (125 mL)
Olive oil	1 tbsp (15 mL)
Onion powder	1 tsp (5 mL)
Garlic powder	1 tsp (5 mL)
Asparagus, chopped, steamed	1 cup (250 mL)

Directions: Trim the excess fat off the chicken thigh. Heat olive oil in a large skillet on medium heat. Brown chicken in the heated oil by cooking 2-3 minutes per side. Remove chicken from pan and add in garlic. Sauté garlic 1-2 minutes. Add wine, lemon juice, oregano, and thyme into the pan. Bring to a boil. Add chicken back in, and cover. Turn down slightly and cook for about 25 minutes, until the internal temperature of the chicken reaches 165°F. While the chicken cooks, toss cubed potatoes in olive oil, onion powder, and garlic powder. Heat oven to 400°F, place potatoes on a greased pan and cook for 30 minutes. Steam asparagus and serve as a side with garlic lemon chicken and potatoes.

Did you know...

the sucrose found naturally in a banana is the same sucrose added to flavoured yogurt or chocolate chips?

[Click here to learn more!](#)



GLUTEN FREE

Dinner – Turkey Taco Salad

Ground Turkey	90 g (3.2 oz)
Taco Seasoning	1 tsp (5 mL)
Lettuce, shredded	1.5 cups (375 mL)
Salsa	⅓ cup (80 mL)
Red Onion, diced	¼ cup (60 mL)
Long Grain Rice, cooked	¾ cup (175 mL)
Avocado, diced	¼ cup (60 mL)

Directions: In a large skillet, cook turkey with taco seasoning over medium heat 6-8 minutes or until turkey is no longer pink, breaking up turkey into crumbles; drain. Plate the lettuce, top with turkey mixture, salsa, red onion, cooked rice, and diced avocado. Serve immediately.

Full Day Summary			
Calories	1,931	Total Fat	79 g
Carbohydrate	229 g	Saturated Fat	19 g
Sugars	100 g (21% energy)	Protein	90 g
Fibre	28 g	Sodium	1,870 mg

Snacks

¾ cup (175 mL) Vanilla-flavoured 0% yogurt with
 ½ cup (125 mL) raspberries and 2 tbsp (30 mL)
 semi-sweet chocolate chips
 1 medium banana (118 g)
 Granola Bar, chewy, sweet and salty (35 g)
 Jell-O ¼ cup (60 mL)

VEGAN-ON-THE-GO

Contributed by Roselyn Zhang, RD, MSc (Toronto, ON)



Breakfast – Granola Bites & Dairy-Free Yogurt

- Daiya Greek Yogurt Alternative, plain 1 cup (250 mL)
- Strawberries, halved ½ cup (125 mL)
- Blueberries ½ cup (125 mL)
- Made Good Granola Bites 2 packages (48 g)

Directions: Top yogurt with strawberries, blueberries, and granola bites. Serve cold.



Lunch – Carrot Soup

- Creamy Carrot Soup 1 cup (250 mL)
- Ezekiel Bread 2 slices (65 g)
- Hummus 2 tbsp (30 mL)

Directions: Serve soup hot with Ezekiel bread and hummus on the side. Use non-dairy milk in place of 2% to make this recipe vegan.

[Click here for creamy carrot soup recipe](#)

Health Canada suggests

choosing foods with little to no added sugars, saturated fat, and salt, and choosing water rather than sugars-sweetened drinks. Choosing plain yogurt or yogurt alternatives and adding fruit can help add a little bit of sweetness to meet your taste preferences. [Click here to learn more!](#)



Dinner – Sweet Potato and Black Beans

- Sweet Potato, cubed, baked 1 potato (180 g)
- Olive Oil 1 tbsp (15 mL)
- Kale, chopped, baked 1 cup (250 mL)
- Black Beans, canned, drained 1 cup (250 mL)
- Vegan Sour Cream 2 tbsp (30 mL)

Directions: Slice sweet potato into 1-inch cubes and place in a bowl, coat sweet potatoes with olive oil. Place sweet potatoes in a single layer on a baking sheet. Bake at 425°F for 27 to 35 minutes, flipping the sweet potatoes every 10 to 15 minutes. If desired, add kale to the sweet potato tray for the last 5 to 7 minutes of baking. Skip this step if raw kale is preferred. Once sweet potatoes are cooked, in a serving bowl combine sweet potatoes, black beans, and kale. Top with vegan sour cream.

Full Day Summary			
Calories	1,998	Total Fat	82 g
Carbohydrate	271 g	Saturated Fat	19 g
Sugars	101 g (20% energy)	Protein	61 g
Fibre	50 g	Sodium	1,535 mg

Snacks

- 1 medium apple (182 g) with 2 tbsp (30 mL) natural almond butter
- 1 cup (250 mL) energy balls

WORKOUT WEDNESDAY

Contributed by Kaitlin Roke, PhD (Kelowna, BC)



VEGETARIAN

Breakfast – Granola & Greek Yogurt

- 2% Greek Yogurt, fruit-flavoured ¾ cup (175 mL)
- Granola, ready-to-eat ½ cup (125 mL)
- Flaxseed, whole 2 tbsp (30 mL)
- Chia Seeds 2 tbsp (30 mL)
- Pumpkin Seeds, raw 2 tbsp (30 mL)

Directions: Top Greek yogurt with granola, flaxseed, chia seeds, and pumpkin seeds. Serve cold.



VEGETARIAN



GLUTEN FREE

Lunch – Fried Eggs

- Olive Oil 1 tbsp (15 mL)
- 2 Eggs, fried 2 large (92 g)
- Spinach 1 cup (250 mL)
- Cheddar Cheese, shredded 28 g (50 mL)
- Hot Sauce 1 tsp (5 mL)
- 1% Milk 1 cup (250 mL)

Directions: Add olive oil to frying pan on medium heat, coat pan with oil. Once hot, crack both eggs separately into frying pan. Add spinach. Once spinach is wilted, top eggs with cheddar cheese and hot sauce. Serve immediately. Accompany fried eggs with a glass of milk if desired.

Whether it is naturally

occurring (from fruits or vegetables) or added to foods, our bodies use sucrose as a carbohydrate energy source for the body, which is especially important when exercising.

Any excess carbohydrate or sugars consumed is stored for future use as glycogen or fat. [Click here to learn more!](#)



GLUTEN FREE

Dinner – Tuna Taco Salad

- Black Beans, canned, drained, reduced sodium ½ cup (125 mL)
- Cherry Tomatoes, sliced 1 cup (250 mL)
- Avocado, diced ½ avocado (101 g)
- Tuna, white, canned with water, drained, unsalted 65 g (2.3 oz)
- Chili Seasoning Mix 1 tbsp (15 mL)

Directions: Combine all ingredients in a bowl and serve chilled.

Full Day Summary

Calories	2,394	Total Fat	115 g
Carbohydrate	255 g	Saturated Fat	33 g
Sugars	121 g (20% energy)	Protein	94 g
Fibre	49 g	Sodium	1,890 mg

Snacks

- 2 chocolate chip cookies, packaged (28 g)
- 1 medium Gala apple (172 g)
- 45 g Milk chocolate (1.6 oz)
- 2 tbsp raw cashews (30 mL)
- 1 small bag potato chips, BBQ flavour (43 g)
- 1 medium banana (118 g)
- 1 cup baby carrots (250 mL)

HEARTY MORNING

Contributed by Alyssa Teed, RD2Be (Freeport, NS)



VEGETARIAN

Breakfast – Oatmeal

Oatmeal, quick-oats, cooked	¾ cup (175 mL)
Peanut Butter, natural	2 tbsp (30 mL)
Banana, sliced	100 mL (63 g)
Strawberries, sliced	100 mL (70 g)
Maple Syrup	1 tbsp (15 mL)
Coffee, black	1 cup (250 mL)
Milk, 1%	1 cup (250 mL)

Directions: In a serving bowl, mix warm oats with peanut butter. Top with sliced banana, strawberries, and a drizzle of maple syrup. Serve with a cup of coffee and glass of milk, if desired.



Lunch – Chicken & Avocado Sandwich

Multigrain Bread, toasted	2 slices (68 g)
Butter	1 tbsp (15 mL)
Chicken Breast, deli	4 slices (74 g)
Avocado, sliced	100 mL (62 g)
Onion, chopped	¼ cup (60 mL)
Tomato, sliced	100 mL (76 g)
Baby Carrots, raw	8 carrots (80 g)

Directions: Butter the toasted bread, layer with chicken breast slices, avocado, onions, and tomato. Pair with baby carrot sticks as a side.

Did you know...

that a small amount of sugar, maple syrup, honey, etc. can improve the flavour of high fibre sources, such as bran cereals and plain oatmeal?

[Click here to learn more!](#)



GLUTEN FREE

Dinner – Fish, Rice, & Veggies

Haddock, baked	150 g (5 oz)
Wild Rice, cooked	½ cup (125 mL)
Asian Vegetable Mix, boiled from frozen	1 cup (250 mL)
Tartar Sauce	2 tbsp (30 mL)

Directions: To cook the haddock, preheat oven to 500° F (260° C). Place haddock fillets in a glass baking dish. Bake on the top rack until the fish flakes easily, about 15 minutes. Pair with cooked rice and boiled vegetable mix, use tartar sauce for dipping if desired.

Full Day Summary

Calories	1,804	Total Fat	58 g
Carbohydrate	226 g	Saturated Fat	17 g
Sugars	94 g (21% energy)	Protein	107 g
Fibre	32 g	Sodium	2,216 mg

Snacks

- Granola bar, yogurt-coated, fruit-flavoured (35 g)
- 1 container vanilla-flavoured 0% Greek yogurt (100 g) with 1/2 cup (125 mL) blueberries
- 1 cup low-fat low-salt popcorn (250 mL)



THANKFUL THURSDAY

Contributed by Julia Collins, RD (Toronto, ON)



Breakfast – Breakfast Bowl

- Apple, gala, sliced 1 large apple (223 g)
- Walnuts, raw 2 tbsp (30 mL)
- Cottage Cheese, 1% ½ cup (125 mL)
- Maple Syrup 1 tbsp (15 mL)
- Cinnamon, ground 1 tsp (5 mL)
- Milk, 1% 1 cup (250 mL)

Directions: In a serving bowl, combine apples, walnuts, and cottage cheese. Top with maple syrup and cinnamon. Accompany with a cup of milk, if desired.



Lunch – Tuna Pasta Salad

- Tuna, canned, drained, unsalted 75 g (2.5 oz)
- Whole Wheat Macaroni Noodles, cooked ½ cup (125 mL)
- Peas, canned, drained ½ cup (125 mL)
- Red Pepper, diced ¼ cup (60 mL)
- Mayonnaise 2 tbsp (30 mL)
- Orange Juice ½ cup (125 mL)

Directions: Combine tuna, cooked macaroni, peas, and red pepper in a serving bowl. Add mayonnaise and mix to incorporate. Serve chilled. Accompany with half a glass of orange juice, if desired.

Canada's Food Guide

recommends making at least half of your grain products whole grain each day. Whole grain foods contain fibre, vitamins, and minerals (B vitamins, iron, zinc, magnesium) that provide an overall health benefit. [Click here to learn more!](#)



Dinner – Lentil Burritos

- Canola Oil 1 tbsp (15 mL)
- Onion, diced ¼ cup (60 mL)
- Corn, canned ½ cup (125 mL)
- Lentils, boiled, drained ¾ cup (175 mL)
- Tomato, diced 1 small tomato (91 g)
- Tortillas 2 tortillas (50 g)
- Cilantro, chopped 1 tsp (5 mL)

Directions: Add canola oil to a frying pan on medium heat. Once warm, add onion and corn. Cook vegetables until tender. Reduce heat to medium-low, add lentils, and tomatoes. Stir to combine until desired temperature is reached. Scoop lentil mixture into the tortillas and garnish with cilantro, serve hot.

Full Day Summary			
Calories	1,872	Total Fat	71 g
Carbohydrate	220 g	Saturated Fat	8 g
Sugars	93 g (20% energy)	Protein	106 g
Fibre	36 g	Sodium	1,516 mg

Snacks

- 8 medium baby carrots (80 g) plus 1/2 cup 0% plain yogurt (125 mL) with 5 sprigs fresh dill weed (1 g)
- 1 cup air-popped popcorn (250 mL)
- 25 dry-roasted almonds (32 g)



SMOOTHIE START-UP

Contributed by Doug Cook, RD (Toronto, ON)



Breakfast – Whey Protein Smoothie

Lemon Juice	3 tbsp (45 mL)
Banana	1 medium (118 g)
Cauliflower, chopped, frozen	1 cup (250 mL)
Coconut Milk, lite	2 tbsp (30 mL)
Whey Protein Powder	¼ cup (60 mL)
Almond Beverage, unsweetened, vanilla flavoured	1.5 cups (375 mL)

Directions: Combine all ingredients in a blender, blend until smooth. Serve chilled.



Lunch – Maple Salmon & Quinoa

Olive Oil	1 tsp (5 mL)
Salmon Fillet	170 g (6 oz)
Yellow Bell Pepper, chopped	½ pepper (93 g)
Broccoli, chopped	1 cup (250 mL)
Red Onion, diced	¼ cup (60 mL)
Maple Syrup	1 tbsp (15 mL)
Orange Zest + Juice	¼ orange (1.5 tbsp)
Sea Salt & Pepper	1/8 tsp (1 dash) each
Quinoa, dry	¼ cup (60 mL)
Coconut Milk, lite	½ cup (125 mL)
Lime Zest + Juice	¼ lime (1 tbsp)
Cherry Tomatoes	1 cup (250 mL)

Directions: Preheat broiler in oven. Line a large baking sheet with foil and cover with olive oil. Place salmon, skin side down, on prepared baking sheet. Add peppers, broccoli, and onion to baking sheet. In a small bowl, whisk together maple syrup, orange juice and zest, salt, and pepper. Brush mixture over salmon and vegetables. Broil for 7-10 minutes, or until salmon flakes easily with a fork and reaches desired level of doneness. To cook quinoa on your stovetop, follow the package instructions for rinsing and place quinoa and coconut milk in a saucepan. Bring the mixture to a boil, cover with a lid, and simmer on low for 15 minutes. Let the quinoa sit for about 4-5 minutes after it's done cooking. Fluff and stir in the lime zest and juice, top with cherry tomatoes.

Did you know...

eating a variety of protein-rich foods contributes to a healthy and balanced diet?

These can be plant-based sources such as tofu, legumes, and dairy and/or animal sources such as lean meats, dairy, and fish.

[Click here to learn more!](#)



Dinner – Turkey & Sweet Potatoes

Olive Oil	1 tsp (5 mL)
Ground Turkey	4 oz (114 g)
Onion, diced	¼ cup (125 mL)
Spices (Chili powder, Cayenne powder, salt, black pepper)	⅛ tsp (1 dash) each
Sweet Potato, cubed, baked	½ medium sweet potato (76 g)
Kale Leaves, chopped	2 cups (500 mL)

Directions: In a frying pan, heat olive oil on medium heat. Add ground turkey to pan and break apart while cooking. To the frying pan, add onion and spices. Cook until vegetables are tender, then add baked sweet potatoes and kale. Once the kale has wilted, remove pan from heat and serve immediately.

Full Day Summary

Calories	2,267	Total Fat	83 g
Carbohydrate	254 g	Saturated Fat	25 g
Sugars	104 g (18% energy)	Protein	124 g
Fibre	38 g	Sodium	1,713 mg

Snacks

- Spiced Maple Pumpkin Seeds
- Pumpkin Seeds, raw ¼ cup (60 mL)
- Olive Oil 1 tsp (5 mL)
- Maple Syrup 1.5 tsp (7.5 mL)
- Salt ⅛ tsp (1 dash)
- Cinnamon, ground ⅛ tsp (1 dash)
- 10 whole grain crackers (30 g) with 1/4 cup (60 mL) hummus
- 6 dried figs (50 g)
- 1 extra-large banana (152 g)



PHO FRIDAY

Contributed by Flora Wang, PhD (Toronto, ON)



VEGETARIAN

Breakfast – Waffles & Homemade Latte

Eggo Waffles, strawberry-flavoured 2 waffles	(70 g)
Maple Syrup	2 tbsp (30 mL)
Milk, 2%, steamed	1 cup (250 mL)
Espresso	1 oz (30 mL)
Banana	1 medium (118 g)

Directions: Toast Eggo waffles until golden brown, drizzle with maple syrup. Pour milk into a microwave-safe jar or mug, heat for 30 seconds in the microwave. Once warm, whisk milk for 30 seconds or until it doubles in volume. Add espresso shot to milk, serve with waffles.



GLUTEN FREE

Lunch – Pho

Chicken Soup	2 cups (500 mL)
Beef Brisket, oven baked	¾ cup (175 mL)
Rice Noodles	1 cup (250 mL)
Bean Sprouts	1.5 cups (375 mL)

Directions: Heat chicken soup and beef brisket in a saucepan on medium-high heat. As soup is simmering, cook the noodles al dente according to the package instructions. Drain noodles in a strainer, then toss briefly with cold water. Add rice noodles and bean sprouts to chicken soup and mix. Serve hot.

Sugars and fats

in pre-prepared hot/cold coffee and tea beverages
add calories; choosing plain coffee or tea and
adding milk and/or a small amount of sugar
to suit individual tastes can reduce calories for the day

[Click here to learn more!](#)



GLUTEN FREE

Dinner – Stir-fry Beef & Broccoli

Olive Oil	1 tbsp (15 mL)
Stir-Fry, with beef and broccoli	1 cup (250 mL)
Carrots, chopped	¼ cup (60 mL)
Cashews, raw	2 tbsp (30 mL)
Mango, sliced	½ mango (104 g)

Directions: Heat olive oil in a skillet on medium heat, add beef and toss to combine. Once beef has browned, add broccoli and carrots. When vegetables reach desired tenderness, add cashews to skillet. Mix to incorporate ingredients and serve with mango slices as a side.

Full Day Summary			
Calories	2,084	Total Fat	87 g
Carbohydrate	242 g	Saturated Fat	25 g
Sugars	103 g (20% energy)	Protein	91 g
Fibre	21 g	Sodium	1,798 mg

Snacks

2% Yogurt, blueberry-flavoured,
1 container (100 g) with All Bran
snack bites (1 package)
Brownie (34 g)

CURRY CREATION

Contributed by Erin Lewis, PhD (London, ON)



Breakfast – Protein smoothie

Almond Milk, sweetened	1 cup (250 mL)
Strawberries, frozen	½ cup (125 mL)
Banana, frozen	½ medium (59 g)
Chia Seeds	1 tbsp (15 mL)
Flaxseed, ground	1 tbsp (15 mL)
Spinach, frozen	1 cup (250 mL)
Protein Powder	1 scoop (45 g)
Cinnamon, ground	1 tsp (5 mL)

Directions: Combine all ingredients in a blender, blend until smooth. Serve chilled. Optional: garnish with cinnamon.



Lunch – Mexican Chicken and Beans

Chicken, cooked, shredded	½ cup (125 mL)
Salsa	½ cup (125 mL)
Black Beans, canned, drained, reduced sodium	½ cup (125 mL)
Corn, frozen	100 mL (70 g)
Sweet Potato, cubed, baked	1 small (60 g)
Avocado, sliced ½ avocado	(101 g)

Directions: In a saucepan on medium heat, combine cooked chicken, salsa, black beans, corn, and baked sweet potato cubes. Stir to combine until heated through. Plate the chicken and beans mixture and garnish with avocado. Serve warm.

Did you know...

that recommendations from Canada's Food Guide to maintain a healthy body weight includes eating a diet rich in wholegrains, vegetables, fruit, and pulses such as beans?

[Click here to learn more!](#)



Dinner – Tofu Curry

Olive Oil	1 tbsp (15 mL)
Sweet Potato, diced	1 small (60 g)
Broccoli, chopped	1 cup (250 mL)
Curry Powder	1 tbsp (15 mL)
Coconut Milk, canned, unsweetened	¼ cup (60 mL)
Tofu, firm, cubed	1 cup (250 mL)
Cilantro, chopped	2 tbsp (30 mL)

Directions: Add olive oil to a large pot and place over medium high heat. Sauté sweet potatoes and broccoli for 10 minutes, stirring frequently, until softened. Stir in curry powder and coconut milk. Stir until smooth. Gently add in cubed tofu and stir. Simmer on low heat for 20 minutes or until sweet potatoes and broccoli are fork tender. Serve immediately with cilantro.

Full Day Summary			
Calories	2,059	Total Fat	80 g
Carbohydrate	233 g	Saturated Fat	22 g
Sugars	104 g (20% energy)	Protein	127 g
Fibre	57 g	Sodium	1,918 mg

Snacks

1/2 cup (125 mL) 2% plain Greek yogurt with 2/3 cup (100 g) frozen blueberries and 100 mL (35 g) granola
1 medium Gala apple (172 g) with 1 tbsp smooth peanut butter, fat and sugar added (15 mL)

SHRIMP SATURDAY

Contributed by Joanna Dong, RD2Be (Toronto, ON)



VEGETARIAN

Breakfast – Banana Oatmeal Pancake

Egg	1 large (61 g)
Banana	1 medium (118 g)
Oats, dry	¼ cup (60 mL)
Baking Powder	¼ tsp (1 g)
Honey	2 tbsp (30 mL)
Blueberries	½ cup (125 mL)

Directions: In a blender, combine the egg, peeled banana, oats, and baking powder. Allow to blend until the mixture is smooth and well-blended. Allow the batter to stand for 10-20 minutes until thickened slightly. Heat a non-stick frying pan over medium heat. Fry spoonfuls of the batter until golden brown on both sides (recipe makes 2 to 3 pancakes). Serve with a drizzle of honey and top with blueberries.



GLUTEN FREE

Lunch – Turkey, Rice & Balsamic Brussels Sprouts

Ground Turkey, cooked	75 g (2.5 oz)
Sweet Potato, cubed, baked	½ large (90 g)
Long-Grain White Rice, cooked	½ cup (125 mL)
Brussels Sprouts, boiled, drained	4 sprouts (76 g)
Balsamic Vinegar	1 tbsp (15 mL)

Directions: In a frying pan on medium-high heat, combine cooked ground turkey, sweet potato, and rice, and mix until heated through. Plate ground turkey mixture with boiled brussels sprouts as a side. Drizzle brussels sprouts with balsamic vinegar. Serve warm.

Food products

making the claim “Reduced in Sugar”, “Lower in Sugar”, or “No Added Sugar” are not necessarily lower in total carbohydrates or Calories. It is important to look at the Nutrition Facts table to compare products and to understand the total Calories a food or sauce provides. [Click here to learn more!](#)



GLUTEN FREE

Dinner – Shrimp, Rice & Veggies

Olive Oil	½ tbsp (7.5 mL)
Broccoli, chopped	1 cup (250 mL)
Shrimp, cooked	75 g (2.5 oz)
Sweet and Sour Sauce	1 tbsp (15 mL)
Ground black pepper	1 tsp (5 mL)
Long-Grain Brown Rice, cooked	1 cup (250 mL)

Directions: Drizzle olive oil in a frying pan on medium heat. Once warm, add broccoli. Cook until tender. Add shrimp to frying pan and toss ingredients with sweet and sour sauce and black pepper. Serve shrimp and broccoli with cooked brown rice as a side.

Full Day Summary			
Calories	2,031	Total Fat	63 g
Carbohydrate	283 g	Saturated Fat	21 g
Sugars	99 g (20% energy)	Protein	97 g
Fibre	35 g	Sodium	1,320 mg

Snacks

- 1 medium oatmeal cookie (13 g)
- 1/3 cup red grapes (75 mL)
- 1 cup edamame (250 mL)
- 20 g dark chocolate (70-85% cacao) (0.7 oz)
- 1 ice cream bar (50 g)

A CHIA-FULL DAY

Contributed by Gloria Tsang, RD (Vancouver, BC)



Breakfast – Chia Pudding & Latte

Soy Milk, unsweetened	3/8 cup (200 mL)
Chia Seeds	3 tbsp (45 mL)
Maple Syrup	1 tsp (5 mL)
Greek Yogurt, plain, 0%	3 tbsp (45 mL)
Beetroot Powder	1.5 tsp (7.5 mL)
Fresh Berries, mixed	1/2 cup (125 mL)
Latte, 2% milk	473 mL (16 oz)

Directions: Mix chia seeds, your choice of plant milk, and maple syrup in a mason jar. Store in fridge overnight, or at least 4 hours. In the morning, mix in beetroot powder and yogurt and top with fresh berries. The final product will be all pink in color. Serve with fresh berries and 2% latte.



Lunch – Buddha Bowl with Black Rice Noodles and Apple-Tomato Salad

Black Rice Noodles, cooked	54 g (1.9 oz)
Edamame, cooked	1/2 cup (125 mL)
Brussels Sprouts, halved, cooked	100 mL (37 g)
Cremini Mushrooms, marinated, cooked	1/2 cup (125 mL)
Balsamic Vinegar	1 tbsp (15 mL)
Olive Oil	1 tbsp (15 mL)
Apple, sliced	1/2 cup (125 mL)
Tomato, chopped	100 mL (76 g)
Green Tea	1 cup (250 mL)

Directions: Combine cooked noodles, edamame, brussels sprouts, and cremini mushrooms in a serving bowl. In a small bowl, mix balsamic vinegar with olive oil. Add sliced apple and chopped tomatoes to vinaigrette bowl and mix to incorporate. Add salad to buddha bowl. Serve with a cup of green tea, if desired.

Sugar reacts

with heat (caramelization) or with heat and proteins (Maillard reaction) to create a golden-brown colour and a distinct flavour profile in baked goods and sauces. Sugar also adds sweetness, and balances acidic and bitter flavours such as soy sauce. [Click here to learn more!](#)



Dinner – Oven-Baked Maple Salmon with 7-Grain Rice

Wild Salmon, baked	2 fillets (3-5 oz each)
Maple Syrup	2 tbsp (30 mL)
Soy Sauce	1 tsp (5 mL)
Olive Oil	1 tsp (5 mL)
Dill	5 sprigs (1 g)
7-Grain Rice, cooked	1 cup (250 mL)
Rainbow Carrots, chopped	1 medium (61 g)

Directions: Preheat oven to 400°F (200°C). Grease a baking pan with olive oil, and whisk and mix maple syrup, soy sauce, and olive oil in a small bowl. Bake frozen salmon for 10 minutes. Brush maple sauce, and leave a piece of dill on salmon. Return salmon back to the oven and bake for another 10 minutes, or until cooked. Add salt and pepper to taste.

Full Day Summary			
Calories	1,975	Total Fat	72 g
Carbohydrate	247 mg	Saturated Fat	13 g
Sugars	102 g (21% energy)	Protein	104 g
Fibre	45 g	Sodium	1,294 mg

Snacks

1 slice sourdough bread (35 g) with 1/2 avocado, smashed (101 g) and 1 tbsp (15 mL) hemp hearts
 3/4 cup (175 mL) Vanilla-flavoured 0% Greek yogurt
 2 medium kiwis (138 g)

“SOUP”-ER SUNDAY

Contributed by Susan Watson, RD (Winnipeg, MB)



Breakfast – Peanut Butter & Jam Toast

- Whole Grain Bread, toasted 1 slice (43 g)
- Peanut Butter, natural 2 tbsp (30 mL)
- Raspberry Jam, no sugar added 1 tsp (5 mL)
- Milk, 1% 1 cup (250 mL)
- Apple, gala 1 medium (172 g)

Directions: Toast bread until desired, top with peanut butter and raspberry jam. Serve with milk and an apple.



Lunch – Lentils & Crackers

- Marinated Lentils 1 serving (¼ recipe)
- Whole Grain Crackers 10 crackers (23 g)
- Baby Carrots 10 carrots (100 g)
- Cucumber, chopped 1 cup (250 mL)
- Water 1 bottle (500 mL)

Directions: Pick over the lentils, discarding any debris. Rinse and drain the lentils and put them in a medium saucepan along with 4 cups (1L) of water. Bring to a boil over medium to high heat, then reduce heat to medium. Simmer, uncovered, for 20 to 25 minutes, until tender. In a large bowl, whisk together the oil, vinegar, lemon juice, mustard, maple syrup, salt, and pepper. Stir in the green onions, parsley, and tomatoes. Drain the lentils very well. Spoon them into the bowl with the other ingredients (it's okay if they are still warm) and stir well. Season with additional salt and pepper. Serve immediately, or let cool slightly and then cover and marinate in the fridge for a couple of hours or overnight. Stir well before serving. Serve marinated lentils with crackers, baby carrots, chopped cucumber, and a bottle of water.

Fat or protein

eaten along with carbohydrate helps to slow down digestion and reduces the glycemic index (GI) of the carbohydrate component. For example, crackers with lentils or hummus have a lower GI than the crackers alone.

[Click here to learn more!](#)



Dinner – Quinoa Chickpea Spinach Soup

- One-Pot Quinoa Chickpea Spinach Soup 1 serving (1/6 recipe)
- Poppy Seed Dressing 1 tbsp (15 mL)
- Spinach, raw 2 cups (500 mL)
- Whole Wheat Pita Bread 1 large pita (64 g)
- Water 1 bottle (500 mL)

Directions: In a large pot, warm the olive oil over medium heat. Add the onion, sprinkle with salt & pepper, and cook for 3 minutes. Add the carrot and garlic, then continue to cook for about 2 minutes. To the pot, add the vegetable broth, diced tomatoes with their juices, thyme, rosemary and the quinoa. Bring to a low boil, cover and cook for about 15 minutes. Add the chickpeas and cook for 5 more minutes, until heated through. Stir in chopped spinach at the very end. Remove the sprig of rosemary then add lemon juice. Stir to combine. Serve warm and enjoy! Drizzle poppy seed dressing on spinach in a large bowl. Serve with whole wheat pita and a bottle of water.

Full Day Summary			
Calories	2,001	Total Fat	71 g
Carbohydrate	273 g	Saturated Fat	14 g
Sugars	102 g (20% energy)	Protein	85 g
Fibre	54 g	Sodium	2,143 mg

Snacks

- “Grande” Starbucks Latte, 2% milk (16 oz)
- 24 raw almonds (29 g)
- 1 cup grapes (250 mL)
- 1 cup sliced bell peppers (250 mL) with 2 tbsp (30 mL) hummus

WEEKEND BRUNCH

Contributed by Chiara DiAngelo, RD (Toronto, ON)



Breakfast – Banana & Peanut Butter

Banana	1 medium (118 g)
Peanut Butter, natural	1 tbsp (15 mL)
Chocolate Milk, 1%	1 cup (250 mL)

Directions: Peel banana and spread peanut butter lengthwise, slice banana into coins if desired. Accompany with a glass of chocolate milk served cold.



Lunch – Shakshuka with Toast

Olive Oil	1 tbsp (15 mL)
Onion, diced	1/8 onion (100 g)
Mushrooms, sliced	2 mushrooms (28 g)
Red Bell Pepper, diced	100 mL (63 g)
Jalapeno Pepper, sliced	100 mL (38 g)
Spices (Salt, cumin, paprika, turmeric, ground black pepper, cayenne)	1/8 tsp (1 dash) each
San Marzano Tomatoes, canned, crushed	1 cup (250 mL)
Eggs, poached	2 large eggs (100 g)
Ricotta Cheese, crumbled	2 tbsp (30 mL)
Cilantro, chopped	1 tbsp (15 mL)
Whole Grain Bread, toasted	1 slice (39 g)
Butter, unsalted	2 pats (5 g)
Orange Juice	1/2 cup (125 mL)

Directions: Heat oil over medium heat in a skillet. Add the onion, mushrooms, red pepper, jalapeno pepper, salt, and several grinds of fresh pepper and cook until the onion is soft and translucent, 6 to 8 minutes. Reduce heat to medium-low and add the paprika, cumin, turmeric, and cayenne. Stir and let cook for about 30 seconds, then add the tomatoes. Simmer for 15 minutes until the sauce is thickened. Make 2 wells in the sauce and crack in the eggs. Cover and cook until the eggs are set, 5 to 8 minutes. The timing will depend on how runny you like your egg yolks. Season with salt and pepper to taste and sprinkle with the ricotta cheese and cilantro. Serve with buttered toast for scooping. Accompany with half a glass of orange juice, if desired.

It is a common misconception

that fructose only comes from fruits, and that sucrose is mainly added to foods during manufacturing. In fact, almost all fruits and vegetables naturally contain sucrose, as well as glucose and fructose, in varying amounts.

[Click here to learn more!](#)



Dinner – Salad with Rotisserie Chicken

Spring Mix Salad	1 cup (250 mL)
Hemp Hearts	1 tbsp (15 mL)
Sunflower Seeds, raw	1 tbsp (15 mL)
Cherry Tomatoes	5 tomatoes (85 g)
Cucumber, diced	50 mL (25 g)
Blueberries	23 berries (50 mL)
Avocado, diced	100 mL (63 g)
Balsamic Vinegar	1 tbsp (15 mL)
Olive Oil	1 tbsp (15 mL)
Chicken Breast, rotisserie, with seasoning	75 g (2.6 oz)
Beer	1 can (355 mL)

Directions: In a medium bowl, add spring mix salad, hemp hearts, sunflower seeds, cherry tomatoes, cucumber, blueberries, and avocado. Toss to combine. In a small bowl, combine balsamic vinegar and olive oil. Drizzle salad with vinaigrette mix and serve with rotisserie chicken. Accompany with a can of beer, if desired.

Full Day Summary			
Calories	1,965	Total Fat	90 g
Carbohydrate	195 g	Saturated Fat	22 g
Sugars	96 g (20% energy)	Protein	90 g
Fibre	33 g	Sodium	1,667 mg

Snacks

- 1/2 cup (125 mL) Plain 2% Greek yogurt with 1/2 cup (125 mL) sliced strawberries
- 1 cup (250 mL) Earl Grey tea with 1 tbsp (15 mL) 2% milk
- 1 medium carrot, chopped (61 g) with 2 tbsp (30 mL) hummus

A LITTLE BIT ABOUT US

The Canadian Sugar Institute (CSI) is a national, non-profit association that provides a science-based Nutrition Information Centre and seeks fair treatment on international trade policies and disputes. 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.

To accomplish this, the Nutrition Information Centre:

- Monitors and reports on sugars consumption trends in Canada;
- Uses the hierarchy of scientific evidence to monitor and review the totality of evidence on sugars and health;
- Develops science-based communications, including print and digital resources, based on the highest level of evidence; and
- Cooperates with allied groups in the areas of research, education and communications.

CSI receives funding from Canadian manufacturers of cane and beet sugar but is not involved in the refining, sales, marketing, promotion, or distribution of sugars. CSI does not represent other sugars such as corn sweeteners or alternative sweeteners.

The Nutrition Information Centre is managed by Registered Dietitians and nutrition researchers and is guided by a Scientific Advisory Council comprised of respected nutrition researchers from academic institutions across Canada.

Resources Offered by the CSI Nutrition Information Centre

Visit our website (www.sugar.ca) to access our resources:

- Summaries of recent and relevant scientific reviews on sugars, carbohydrates and health
- Reports on sugars consumption trends in Canada
- Updates on nutrition labelling regulations related to sugars
- Infographics, Fact Sheets, Recipes, YouTube videos, etc.

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THANK YOU FOR EXPERIENCING THE SWEET SPOT CHALLENGE.

For more information, or if you are interested in submitting your own one-day meal plan to be included in the next edition, please contact:

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