



THE SCOOP ON SUGAR

How much sugar you're eating, may surprise you.

Sugar is a carbohydrate that provides energy to the body.

Other than providing energy, sugar has no other nutritional benefits for your body.

The Heart and Stroke recommends that an individual's Total intake of added/free sugars not exceed 10% of total daily energy intake. For an adult, 10% would equal approximately 12 teaspoons or less. This does not include sugar that occurs naturally in fruit, vegetables, milk, grains and other foods.

What are some sugary drinks or foods high in sugar that you can think of?



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Sugary drinks are the single largest contributor of sugar in the diet.

A single 355 mL can of sugar-sweetened pop contains up to 40 grams (about **10 teaspoons**) of **sugar** and no health benefits.

Note: 1 teaspoon = 1 sugar cube

