

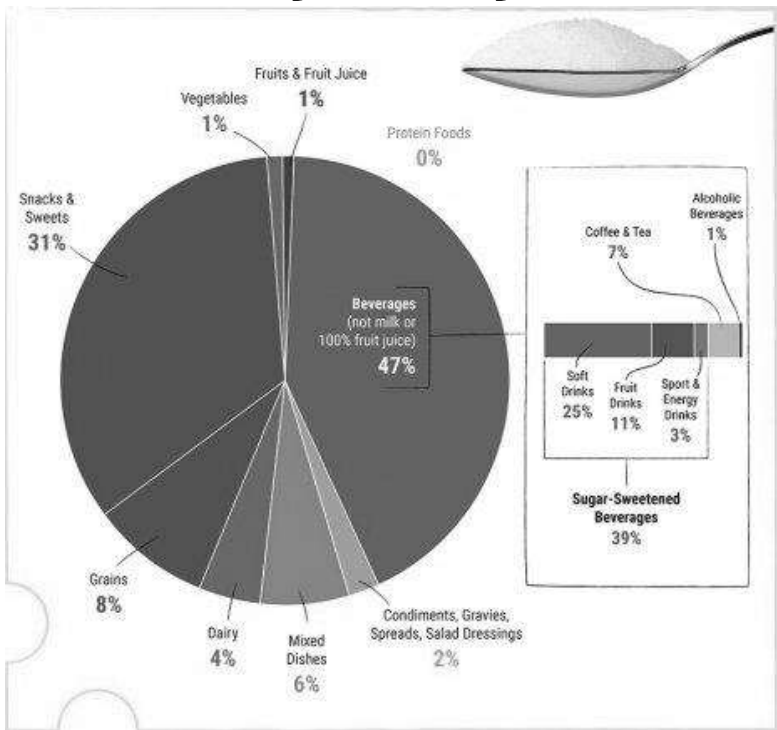
Sugar



You're Sweet Enough!

Sugar can be found naturally in fruits and vegetables (especially fruits), but it can also be extracted from sugarcane and processed into refined sugar (white sugar). All sugar falls under the carbohydrate macronutrient because it gives us energy. Refined sugar offers **zero** nutrients, making it **empty calories**. These calories will not fill you up, and will make you feel like eating more! This has led to obesity issues in North America.

Where we get our sugar from



1. What do you notice from the circle graph

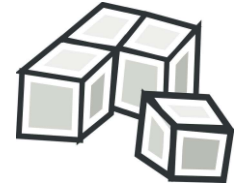
2. The new food guide recommends we choose water as our drink of choice. After looking at the graph above, why do you think they recommend water?

3. What do you drink often? Is it high in sugars?

Name: _____

Date: _____

Sugar



Common Manufacturing Names for Added Sugar

Dextrose	Sucrose	Maltose	Date Sugar	Fruit Puree
Fructose	Fruit Juice Concentrate	Molasses	Stevia	Brown Rice Syrup
Evaporated Cane Juice	Natural Sweetener	Corn Syrup	High Fructose Corn Syrup	Acesulfame potassium
Sucralose	Aspartame	Maltodextrin	Agave Nectar	Honey

Questions

1. Why would companies use different names and types of sugar?

2. What foods are most likely to contain added sugar? List examples:

3. Some of the sugars above are artificial sweeteners. What do you think they are? Are they healthier because they have no calories?

4. Not all sugar is bad for us. What sugars should we limit ourselves to?

Name: _____

Date: _____

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Sugar - Fact or Myth

There is a lot of misinformation out there about sugar! Read the following information and circle **Fact** if you think it's true, and **Myth** if you think it's not.

Information	Fact	Myth
There is a condition known as soft teeth that lead to cavities.	Fact	Myth
Half of the sugar we consume comes from drinks	Fact	Myth
Diet drinks are healthier because they have zero calories	Fact	Myth
Fruit is unhealthy because it has a lot of sugar in it	Fact	Myth
Every 1 gram of sugar has 4 calories	Fact	Myth
Fruit is high in sugar so it must be empty calories	Fact	Myth
Sugar consumption should vary depending on a person's exercise habits	Fact	Myth
Sugar is a simple carbohydrate, which makes it instant energy for the body	Fact	Myth
Sport drinks are healthier than fruit juice	Fact	Myth
Drinks with the word "fruit" are healthier than soda drinks	Fact	Myth