Fitness, Health and Wellness Newsletter

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FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +

A Guide to Decoding Sugar Labeling

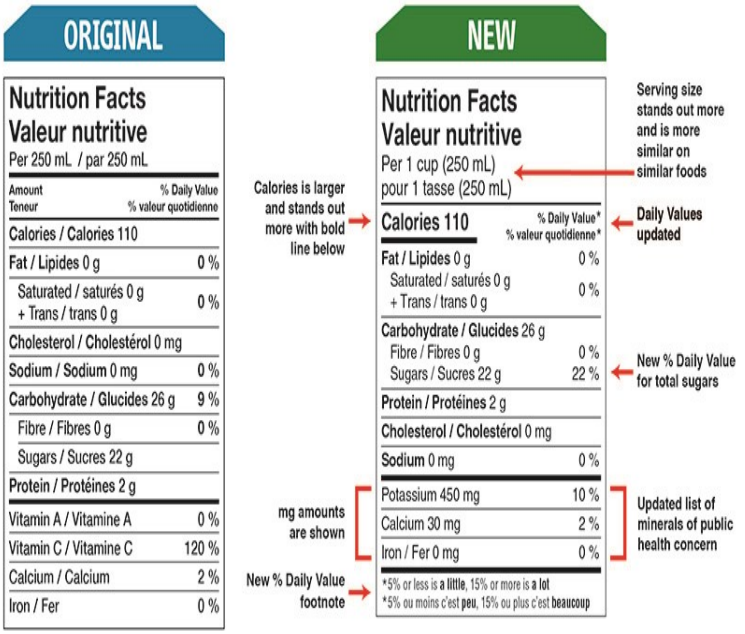
Introduction

Canada's new Food Guide which was unveiled in January of this year and reviewed in the April Forever Active's newsletter states very definitely that Canadians need to minimize their intake of sugar. This is a very good general recommendation, however, there is much confusion as to exactly how much sugar we should consume, the difference between natural and added sugars and whether ones a healthier choice. .

This newsletter will try to answer these questions so that a better understanding and compliance of the Canadian Food Guide can occur.

Did You Know

In 2016, Health Canada released new regulations for disclosing sugar on food products Nutritional Fact Labels.



Understanding Sugar Labels

Making good food choices at the grocery store is necessary for serving a nutritious meal at the dinner table. All the often confusing information that pertains to sugars does not make that job any easier. Here is what you need to know:

1. Natural, Added and "Free" Sugars

Key Point - Not all sugars need to be avoided

Natural Sugars — occurs in whole fruit (fructose) and plain milk and yogurt (lactose). These foods are loaded with vitamins, minerals and in the case of fruit, fibre and antioxidants.

These foods are not to be avoided.

Added Sugars — these are sugars added by the food industry and at home to add sweetness, thickening and browning to the food being prepared. White and brown sugar, cane syrup and honey are common sugars added in food preparation. **Avoid.**

Free Sugars — these are sugars removed from their natural source and added back to foods for sweetening, found in products such as fruit juices, syrups and sweetened yogurt. **Avoid.**

Example 1 - 8 oz glass of pure orange juice has 34 grams of free sugar or 8.5 teaspoons (4 g of sugar/carbohydrate = 1 teaspoon). You would need to eat two large oranges to consume the same amount of sugar

Example 2 – the label to the right states that there are 19 grams of sugar per serving size of 170 grams. If you check closely under ingredients you see an alternative name for sugar 'evaporated cane juice' plus 'fruit concentrate'. So, using the formula of 4 g = 1 tsp, 19 grams is almost 5 teaspoons of sugar. We know that 1 teaspoon per 100 gram is lactose which means that in 170 grams there will be 1.7 teaspoons of natural lactose sugar. This means that 5 teaspoons in total minus the 1.7 teaspoons of lactose leaves 3.3. There are over 3 teaspoons of added or 'free sugars' in this yoghurt. That is half your daily recommend amount. If you are going for a yogurt, buy plain greek yogurt and add your own whole fruit if needed.

QUESTIONS OR COMMENTS? CALL 1-877-847-6181 www.chobani.com 36-8216

Nutrition Facts

Serving Size: 6oz (170g)
Servings Per Container 1

Calories 140
Calories from Fat 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount Per Serving	%Daily Value*	Amount Per Serving	%Daily Value*
Total Fat 0g	**0%**	**Total Carbohydrate** 20g	**7%**
Saturated Fat 0g	**0%**	Dietary Fiber less than 1g	**4%**
Trans Fat 0g		Sugars 19g	
Cholesterol 0mg	**0%**	**Protein** 14g	**28%**
Sodium 65mg	**3%**		

Vitamin A 0% • Vitamin C 2% • Calcium 20% • Iron 0%

KEEP REFRIGERATED

INGREDIENTS: NONFAT YOGURT (CULTURED PASTEURIZED NONFAT MILK. LIVE AND ACTIVE CULTURES: S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS AND L. CASEI). FRUIT ON THE BOTTOM (STRAWBERRIES, EVAPORATED CANE JUICE, PECTIN, NATURAL FLAVORS, LOCUST BEAN GUM, FRUIT AND VEGETABLE JUICE CONCENTRATE [FOR COLOR]).

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2. How Much Sugar is Too Much

In 2004 Canadian consumed on average 16 teaspoons of sugar / day, which is 30 kg / yr or 15 bags of sugar. WOW!

Health Canada does not specifically recommend an amount of sugar Canadians should consume daily. However, the World Health Organization (WHO) in 2015 recommended that adults and children reduce their intake of sugars to less than 10 % and ideally 5 % of daily calories. For the average adult who eats a 2,000 calorie diet that is 50 or 25 grams (4 cal = 1 gram of sugar) or approximately 10 —5 teaspoons (5 grams ~ 1 teaspoon). However, WHO states very clearly that

"Less is best."

3. Sugar Content Claims

Health Canada permits 5 sugar related claims on food packages;

1. "No Added Sugar" - this means that particular food does not contain free sugars (ie— added sugars, fruit juice concentrate or fruit juice). However, these foods are allowed to contain artificial sweeteners (ie– aspartame) that you may not want to consume.
2. "Unsweetened" - these foods do not contain free sugars, artificial sweeteners or sugar alcohols (ie—sorbitol).
3. 'Sugar-Free" (a.k.a. zero sugar, sugarless) - these foods contain less than 5 calories for every serving. (ie– sweetened drinks and sugarless gum).
4. "Reduced Sugar" — indicates a food that has been processed or reformulated to contain at least 25% less sugars than the regular version.
5. "Lower in Sugar" or "less sugar" - this product has 25% less sugar compared with food in the same food group, but it has not been reformulated to do so.

4. Nutrition Facts and Ingredient Lists

A daily value (DV) is now given for total sugars, set at 100g for a standard 2,000 calorie diet. A DV of 15% (15 grams) is considered "a lot" of total sugar. Most foods that exceed the daily value are high in free sugars (ie– cookies, fruit juices, sweetened yogurt). Unfortunately, the amount of total sugars listed on the nutrition label in grams lumps together free sugars and naturally occurring sugars so you still can't tell how much sugar that has been added by the food industry.

In the Ingredient list all free-sugar ingredients are grouped together under the common name "sugars". The placement of sugars in the ingredient list depends on the total weight of the sugar ingredients combined. The ingredients on the list are listed by weight, from most to least.