



Nutrition Bits and Bites!

Sugar



Naturally Occuring Sugars vs Added Sugar

There are two categories of sugar found in foods:

Naturally Occurring Sugar

Sugar found in milk products, fruit and some vegetables.

vs.

Added Sugar

Sugar, fructose or honey added to prepared foods and beverages such as soft drinks, candy, and baked goods.

For healthy individuals, there is no need to avoid naturally occurring sugar found in milk products, fruit and vegetables. However, food and drinks that are high in added sugars have extra calories and may have fewer nutrients. Too many sugary foods and sweet drinks can make children feel full, leaving less room for healthy foods.

The World Health Organization recommends adults and children consume less than 12 teaspoons of added sugar per day. A further reduction of less than 6 teaspoons per day would provide additional health benefits.



Hidden Sources of Added Sugars

Most people recognize that sweet beverages such as soft drinks or juice and sweets such as cookies or desserts are sources of added sugar, but there is also a lot of hidden added sugar in other processed foods. For example:

1 granola bar	3-6 teaspoons of added sugar
2 tablespoons of ketchup	2 teaspoons of added sugar
100g regular fruit yogurt	2 teaspoons of added sugar
¼ cup of dried cranberries	7 teaspoons of added sugar
2 tablespoons of BBQ sauce	3 teaspoons of added sugar

Sugar Swaps

Instead of:

Offer:

Soft drinks, fruit punch and sports drinks	Water with lemon, lime, orange, berries or cucumber slices.
Sweetened milk and yogurt drinks	White milk or unflavoured soy milk. Homemade smoothies made with milk, yogurt and fruit.
Sugary cereals and flavoured oatmeal	Plain cereals such as bran flakes, oat "o" cereal, shredded wheat and plain oatmeal. Add fruit for sweetness.
Flavoured yogurt, pudding and ice cream	Plain yogurt with whole or pureed fresh or frozen fruit for sweetness. Homemade pudding with less sugar added.
Cookies, packaged desserts, muffins and cereal bars	Homemade baked goods made with less sugar. Try adding applesauce, banana, raisins or dates for sweetness.
Fruit gummies, chews or roll ups	Fruit with yogurt dip. Dried fruit like apple, mango or pineapple slices with no added sugar.
Canned fruit in syrup	Canned fruit in juice or water. Fresh or frozen fruit.

(Source: Eat Right Ontario: "Kids, Sugar and Healthy Eating")

Banana Applesauce Muffins

This recipe makes 12 muffins, lightly greased or lined with paper cups. Preheat oven to 400°F (200°C).

2 cups whole wheat flour	2 ripe bananas, mashed, (about 1 1/3 cups/325 ml)
1 Tbsp baking powder	1 egg, lightly beaten
1 tsp baking soda	1 cup unsweetened applesauce
1/2 tsp salt	1/2 cup granulated sugar
	1/4 cup vegetable oil

1. In a large bowl, combine flour, baking powder, baking soda and salt.
2. In a medium bowl, combine bananas, egg, applesauce, sugar and oil. Stir into flour mixture until just combined.
3. Divide batter evenly among prepared muffin cups.
4. Bake in preheated oven for 15-20 minutes or until tops are firm to the touch and a tester inserted in the center of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely.

This is a freezer friendly recipe.

(Source: Simply Great Food by Dietitians of Canada)

** Refer to the Allergy Newsletter (September issue) for substitutions.

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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