



Sugar Sources

Some sugar is naturally found in healthy foods such as fruit and milk. These foods make up part of a healthy diet, as they are full of nutrients that your child needs. But sugar is sometimes added to food and drinks that have little nutrition. Drinks like pop, fruit punch, and coffee drinks and chocolate, candy, frozen desserts, baked goods and processed foods (breakfast cereals and granola bars) can all contain added sugar.

Limit how much added sugar you and your child eats.



Shopping tips to help you reduce sugar:

- **Choose cereals that are low in sugar.** For a 30 gram serving of cereal, aim for less than 8 grams of sugar. You can find this information on the Nutrition Facts Table.
- **Watch out for sugar in processed food.** Ingredients are listed by weight, so if sugar is one of the first ingredients listed, there will be a lot of it in the food.
- **Know the many words for sugar found on the label.** These words include glucose, fructose, honey, sucrose, corn syrup, high fructose corn syrup, dextrin, and concentrated fruit juice.
- **Drink water or milk instead of sugary drinks like pop, slushes and iced tea.**
- **Eat whole fruits instead of drinking juice.** Both contain natural sugars, but fruit juice does not contain fibre, a healthy part of fruit. It can be easy to drink the juice (and sugar) of many whole fruits in just one glass, box or bottle. For example, a 591 mL bottle of orange juice has the juice and sugar from 4-5 oranges. If you do drink juice, limit it to one serving (125 mL or ½ cup) of 100% pure juice per day.



Did you know?

One can (355mL) of sugar sweetened pop contains about **10 tsp (40 ml)** of added sugar.

For more information on healthy drinks, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>