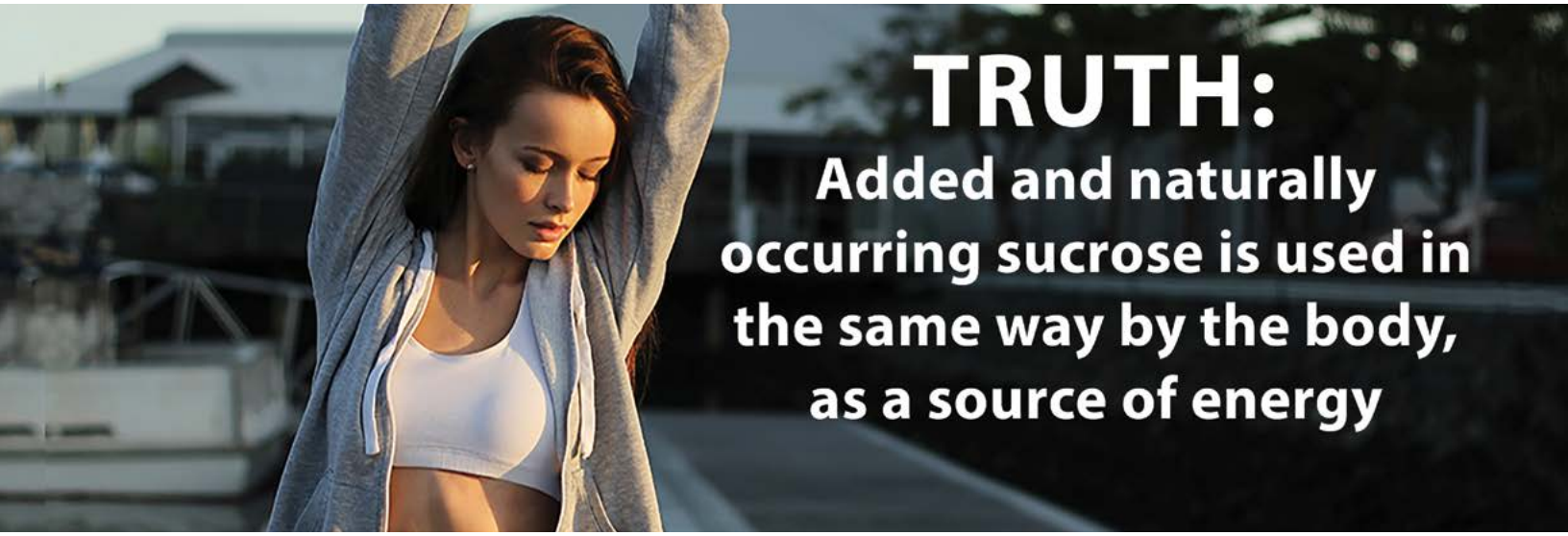
UNCOVER THE TRUTH ABOUT SUGAR: **SOURCES OF SUCROSE**

Myth: Our bodies use added sugars differently than other sources of sugars

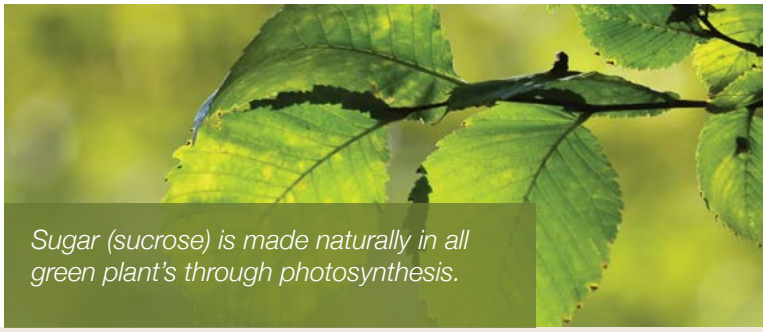


Added Sugars vs. Naturally Occurring Sugars:

- Glucose, fructose, and sucrose are made naturally in all green plants through photosynthesis, a process that converts energy from sunlight into food energy in the form of sugars and starches.
- Sucrose is found in your home's table sugar and can be added to foods. This is the same sucrose that is found naturally in fruits and vegetables, along with the other simple sugars, glucose and fructose.
- Fruits and vegetables also come packed with many important nutrients (e.g. vitamins, minerals, fibre) that our bodies need and benefit from.
- A small amount of sugar can improve the flavour of many nutritious foods like whole grains, breakfast cereals, and flavoured yogurts.
- Whether it is naturally occurring (from fruits or vegetables) or added to foods, our bodies use sucrose as a carbohydrate energy source for the body. Any excess carbohydrate or sugars consumed is stored for future use as glycogen or fat.

Key Facts about Sugar (Sucrose):

- The sucrose found in your home's table sugar and added to foods comes from one of two natural sources – sugar cane or sugar beets.
- Sucrose added to foods could be extracted from fruits such as bananas and mangos. However, sugar cane and sugar beets are the most economical source because of their high sucrose concentrations.
- Most sugar in Canada is purified at refineries from raw cane sugar, which is not safe to consume. This process removes impurities from the raw sugar, to reveal naturally white sucrose crystals. Nothing is added to the natural sucrose.
- Canadian regulations require that, whether purified from sugar cane or sugar beet, the resulting granulated sugar is at least 99.8% pure sucrose.



Sugar (sucrose) is made naturally in all green plant's through photosynthesis.

CANADIAN SUGAR INSTITUTE
Nutrition Information Service

The Canadian Sugar Institute Nutrition Information Service provides health professionals, educators, and the media with current scientific information on sugars and health. Learn more at sugar.ca and join the conversation about sugars on Twitter @CdnSugarNutr.