



CANADIAN
SUGAR
INSTITUTE

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PUBLICATIONS ORDER FORM

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Please Fax or mail this form to the Canadian Sugar Institute. Please allow 4 weeks for delivery. **All materials distributed in Canada are free of charge.**

Visit the Canadian Sugar Institute web site for convenient access to these documents and information about sugars and health at www.sugar.ca

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HEALTH PROFESSIONAL RESOURCES

Carbohydrate News *Annual newsletter for health and education professionals.* (max.: 5 copies of each title)

- Sugars and Health: The Current Science, 2015. **NEW!**
- The Not So Toxic Truth About Sugar, 2013.
- Carbohydrates and the Cognitive Performance of Children, 2012.
- Estimated Intakes of Added Sugars in Canada and Relationship to Trends in Body Weight, 2011.
- Further Analysis of Statistics Canada Health Report: Sugar consumption among Canadians of all ages, 2011.
- Sucrose: From Field to Table, 2010.
- Carbohydrate for Healthy Active Living, 2009.
- Glycemic Index: Clinical and Public Health Significance, 2008.
- Navigating Your Eating Environment, 2007.

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TEACHING MATERIALS

Nature's Sweet Mystery, 2009. *A comprehensive curriculum-based educational booklet for grades 4-6 designed to guide students in an exploration of food energy including food chains, food production, the human body, and energy balance; includes teacher background information and planning notes, overhead masters, and reproducible activity sheets.* (max.: 1 copy) **Available for download at www.sugar.ca**

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CONSUMER MATERIALS

Clips on Sugars *Fact sheets offering practical information about sugar.* (max.: 25 copies of each title)

- Facts on Sugars
- Breakfast Brain Booster.
- Sugar: From Plant to Food.
- Calories and Body Weight.
- Understanding the Glycemic Index.
- Healthy Teeth for a Healthy You!
- Sugars and Health.
- Balancing Food and Activity for Healthy Weights.
- Fuel for Your Activity.
- Different Sugars for Different Tastes.

A Taste of Sugar *Delicious recipes and information about sugar and health.* (max.: 25 copies of each title)

- Appetizers: White Bean Dip • Balsamic Bruschetta
- Breakfast: Energizing Granola • Blueberry Bran Muffins
- Quickbread: Corn and Chives Madeleines • Whole Wheat Molasses Loaf
- Salads: Apple Bulgur Salad • Classic Balsamic Vinaigrette
- Soups: Creamy Carrot Soup • Thick and Tasty Tomato Soup
- Desserts: Rena's Fruit Crisp • Mini Cheesecake Delights
- Entrees: Dijon Chicken • Tomato Zucchini Penne with Pesto
- Vegetables: Simply Sweet Butternut Squash • Orange-Glazed Peppers & Zucchini
- Marinades/Toppings: Spicy Citrus Marinade • Mexican Peppers and Onions
- Baked Goods: Cinnamon Raisin Scones • Homestyle Banana Bread

Please note that all resources can be downloaded or printed free of charge at www.sugar.ca