

Sugars Consumption in Canada

Total Sugars

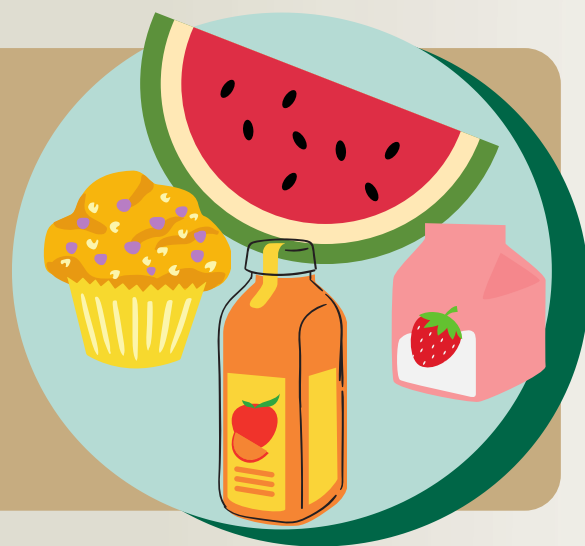
Sugars naturally present in fruits, vegetables, and dairy sources, plus sugars added to foods and beverages

Added Sugars

Sugars and syrups added to foods and beverages when they are processed or prepared

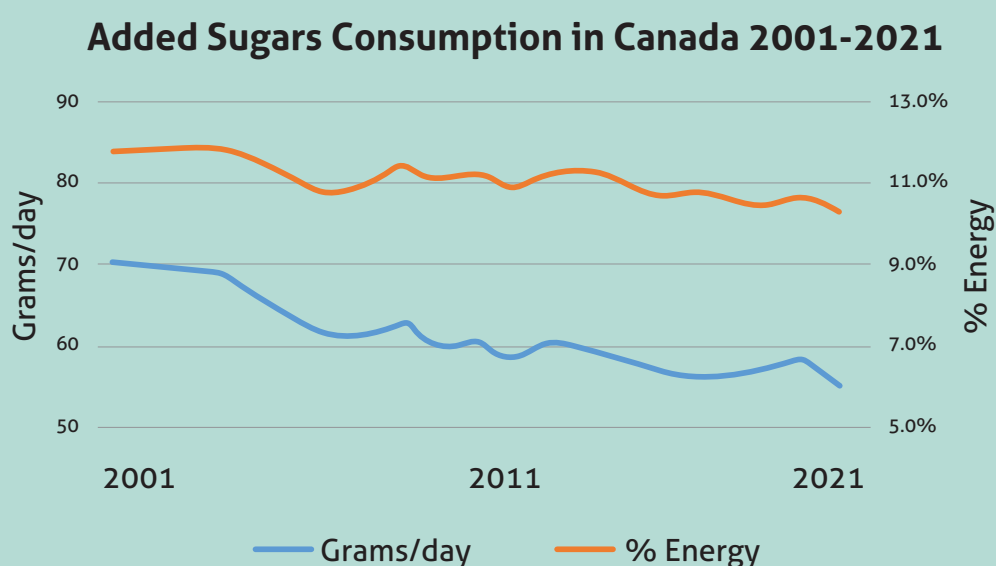
Free Sugars

Based on the World Health Organization definition, free sugars is equivalent to added sugars plus sugars in 100% fruit juices[^]



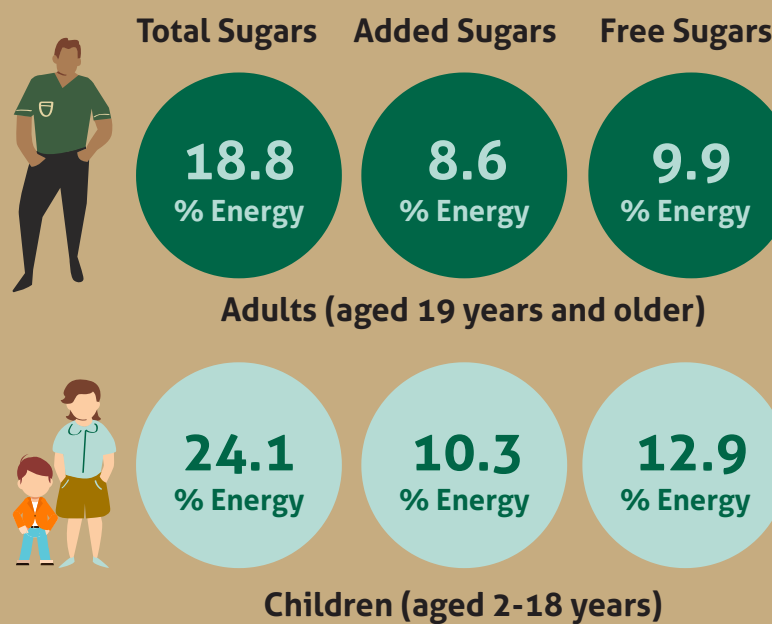
Consumption of Added Sugars Has Been Declining Over Time

According to Statistics Canada Annual Food Availability Data:



How Much Sugars Are Canadians Consuming?

According to data from the 2015 Canadian Community Health Survey:



Sugars and the Overall Diet: The Sweet Spot

Analysis of the 2015 Canadian Community Health Survey shows that Canadians with moderate intakes of total and added sugars had:



Higher* intakes of fibre, calcium, vitamin D, vitamin A, vitamin C, and potassium for adults (aged 19 years and older)



Higher* intakes of vitamin C and potassium for children (aged 2-18 years)

This was primarily due to greater* intakes of



Health Canada recommends a healthy eating pattern "where most sugars come from fruit, vegetables, and unsweetened dairy products, such as plain milk or yogurt".

DID YOU KNOW?

Canadian adults consume nearly 1/3 less added sugars than US adults, mostly due to lower intakes of soft drinks.

For more information, visit sugar.ca

[^]Refer to WHO definition of "Free Sugars" <https://sugar.ca/sugar-basics/carbohydrate-and-sugars-terminology>
*Compared to either high or low intakes of total sugars

References:
1.Canadian Sugar Institute. (2020). Consumption of Sugars in Canada. Retrieved from <https://sugar.ca/sugars-consumption-guidelines/consumption-of-sugars-in-canada>
2.Wang, Y., Chiavaroli, L., Roke, K., DiAngelo, C., Marsden, S., & Sievenpiper J. (2020). Canadian Adults with Moderate Intakes of Total Sugars Have Greater Intakes of Fibre and Key Micronutrients: Results From the Canadian Community Health Survey 2015 Public Use Microfile Data. *Nutrients*, 12(1124), 1-18. doi:10.3390/nu12041124
3.Health Canada (2018). Sugars. Retrieved from <https://www.canada.ca/en/health-canada/services/nutrients/sugars.html>

Produced by the registered dietitians and nutrition researchers at the Canadian Sugar Institute.