



How does sugar affect our health?

What is sugar?

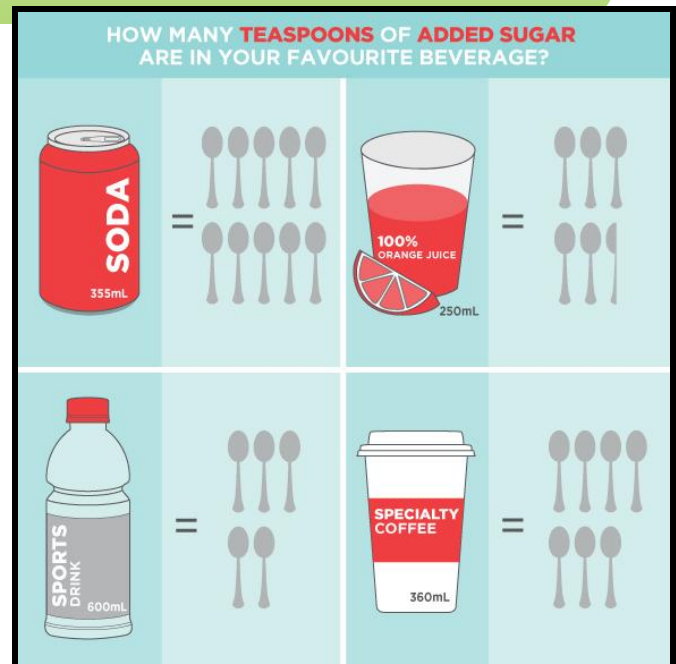
Sugar can occur naturally in foods or be added. **Sugar is a carbohydrate that provides energy (extra calories) to the body; it has no other nutritional benefits.** Added sugars are those added to foods and drinks and include glucose, fructose, sucrose, brown sugar, honey, corn syrup, maple syrup, molasses, etc.

Did you know?

Consuming too much sugar is associated with **heart disease, stroke, obesity, diabetes, high blood cholesterol, cancer and cavities.**

Here are some sugar reduction tips:

- While 100% fruit juice does have some nutrient value, it can quickly add a lot of calories/sugar without giving the benefit of all the nutrients (including fibers) you would find in a whole fruit. **So avoid or limit fruit juice, even when it is 100% fruit juice.**
- **Note :** One serving of juice is 125 mL (1/2 cup). For younger children one serving of juice is usually recommended a day, and one to two servings for older children over 6.
- **Drink water or lower fat plain milk (2% MF or less).** While milk has naturally occurring sugar (lactose as carbohydrate) it provides lots of nutrients, such as calcium and Vitamin D.
- **Avoid soft drinks, energy drinks and foods high in added sugar like baked goods and chocolates.**



The recommended maximum intake of sugar

The Heart and Stroke Foundation recommends to decrease our consumption of added sugar **to no more than 10 per cent of their total daily calories.** For an average 2,000-calorie-a-day diet, 10 per cent is **about 12 teaspoons of sugar.**

- **Read the Nutrition Facts table and the ingredient list on packaged foods.**

Pay special attention to the serving size total amount of sugar and read the ingredient list. The Nutrition Facts table will tell you the total amount sugar in the product (from both naturally occurring and added sugars) and the ingredient list will let you know where the sugar is coming from.

Nutrition Facts		Valeur nutritive	
Per 250 mL (260 g) / par 250 mL (260 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 130			
Fat / Lipides 2.5 g		4 %	
Saturated / saturés 0.3 g		2 %	
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 330 mg		14 %	
Carbohydrate / Glucides 19 g		6 %	
Fibre / Fibres 9 g		36 %	
Sugars / Sucres <1 g			
Protein / Protéines 8 g			

- **Understand what claims for sugar mean on packaged foods to make better choice.**

- ✓ **No added sugar** – The product contains no added sugar such as glucose, fructose, honey or molasses. However it may contain naturally occurring sugars such as those from fruit or dairy products.
- ✓ **Reduced or lower in sugar** – The food contains at least 25% and 5g less sugar than the food to which it is compared.
- ✓ **Unsweetened** – The food contains no added sugars or sweeteners such as aspartame or sucralose.
- ✓ **Sugar-free or sugarless** – Each standard serving contains less than 0.5g of sugar and less than 5 calories.

(Source : www.heartandstroke.com)

October is the Breast Cancer Awareness Month

BREAST HEALTH TOP 10



1. MAMMOGRAM

Have a mammogram every two years after the age of 50.



2. CLINICAL EXAMS

Go to your doctor once a year or every two years for a clinical examination.



3. BREAST OBSERVATION

Know your body and be aware of recent and persistent changes.



4. TOBACCO

Stop using tobacco and avoid second-hand smoke.



5. NUTRITION

Eat healthy. A diet that is low in fat, rich in fiber and well-balanced with fruits and vegetables reduces the risk of breast cancer.



6. PHYSICAL ACTIVITY

Run, walk, move. A minimum of four hours of exercise a week reduces the risk of breast cancer.



7. ALCOHOL

Moderate your alcohol intake. The risk of developing breast cancer increases with the amount of alcohol consumed.



8. HEREDITY

Be vigilant. Talk to your doctor if there is a history of breast cancer in your family.



9. WEIGHT

Watch your weight. People who are overweight have a higher risk of developing breast cancer.



10. BALANCED LIFE

Lead a balanced life and avoid stress. Physical and emotional well-being leads to good health.



Quebec Breast Cancer Foundation



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(Source : <https://rubanrose.org/impact/awareness/education>)