Nutrition Labels & Sugar

Canada’s Food Labels are changing! Sugars will now show a % Daily Value (DV). The percentage reflects how much of your daily amount is in a serving of the food. When comparing sugar content 5% DV or less is a little, and 15% DV or more is a lot. It allows consumers to compare products and make wiser choices.

How to identify Added Sugars?

An additional change is on the ingredient list, which focuses on identifying sources of added sugars to food.

Current: sugars are listed apart from one another in order by weight from most to least.

Proposed: the sugars will be grouped together within brackets, ordered by weight.

Should We Limit Natural Sugars too?

- Foods with natural sugar (fruit/veg and milk) carry important nutrients, fibre and energy and contribute to a healthy diet. However, they still have calories and effect blood sugar levels, so pay attention to portions and number of servings. This is especially important for those managing their weight or diagnosed with diabetes.
- Apart from enjoyment, added sugars can serve a role when calorie and carbohydrate needs exceed what can be achieved through wholesome nutrient rich sources, commonly seen in athletes.

Gabrielle Allison
Registered Dietitian has 30 years of experience in nutrition counselling. She specializes in creating nutrition plans for individuals based on their personal health goals.

Gabrielle competed in women’s physique many times, a class of body building. She shares her unique expertise in weight loss and sport nutrition— in person or phone consultations.

Visit our website www.uoguelph.ca/hpc/ for more information.

Call 519 767 5011 ext.1 to book an appointment.

Let them know about your $20 coupon from this newsletter.

Examples of Added Sugars:
- Sugar, sucrose, fructose
- High fructose corn syrup
- Honey, agave, rice syrup
- Fancy molasses
- Malted barley
- Fruit juice (concentrates or purees)
- Evaporated cane juice

Berry Smoothie

Makes 6 servings (Cookspiration.com)

Ingredients
1 banana chopped
1 cup frozen mixed berries
1 cup low fat yogurt
1 cup unsweetened 100% orange-strawberry-banana juice

Per 1 cup serving: 154kcal, 1.4g fat, 3g protein, 3g carbs; 34g fibre. 25g sugars (natural sugars from fruit, milk, 100% juice; use plain yogurt and 100% juice to avoid added sugars)

BOTTOM LINE (adapted NutritionAction.com – How Much Sugar Should You Eat?)
1. Aim to limit all added sugars -> 6-9 tsp /day (24-36 g) for women and men respectively
2. The nutrition facts label of a food containing little or no milk or fruit, will reflect the grams of added sugar.
3. The nutrition facts label of a food that does contain milk (eg yogurt) or fruit, will also reflect the naturally occurring sugars in that food, even though they are not included in the limit guidelines. So it is tricky to decipher exactly how much is added sugar in those foods, but the grouping of all sugars together will at least help identify all added sugar.
4. Avoid sugar-sweetened beverages.
5. Limit fruit juices to no more than 1 cup a day.
6. The naturally occurring sugars in fruit and dairy products can be part of a healthy diet, but be mindful of portions.

For individual guidance with our Registered Dietician, please contact the Health and Performance Centre for a personal consultation.

Mention this newsletter at your first appointment and receive $20 off your nutrition assessment.