

Health Risks of a High Sugar Diet

- **Physical problems:**
 - High cholesterol, heart disease, kidney disease, gum disease, cavities, diabetes, neuropathies, liver disease, weight gain, stroke, breast cancer, insulin resistance, leptin resistance, high blood pressure, inflammation
- **Mental/Cognitive problems:**
 - Confusion, anxiety, fatigue, 'mental fog', depression, learning and memory impairment
 - Chronically high blood-sugar levels → cognitive decline (Alzheimer's)

♪ Pour Some Sugar On Me ♪

- The World Health Organization (WHO) - 10tsp
- Average Canadian Teen: 25-30tsp



Sugar Coating It...

Agave nectar, Barbados sugar, Barley malt, Barley malt syrup, Beet sugar, Brown sugar, Buttered syrup, Cane juice, Cane juice crystals, Cane sugar, Caramel, Carob syrup, Castor sugar, Coconut palm sugar, Coconut sugar, Confectioner's sugar, Corn sweetener, Corn syrup, Corn syrup solids, Date sugar, Dehydrated cane juice, Demerara sugar, Dextrin, Dextrose, Evaporated cane juice, Free-flowing brown sugars, Fructose, Fruit juice, Fruit juice concentrate, Glucose, Glucose solids, Golden sugar, Golden syrup, Grape sugar, HFCS (High-Fructose Corn Syrup), Honey, Icing sugar, Invert sugar, Lactose, Malt syrup, Maltodextrin, Maltol, Maltose, Mannose, Maple syrup, Molasses, Muscovado, Palm sugar, Panocha, Powdered sugar, Raw sugar, Refiner's syrup, Rice syrup, Saccharose, Sorghum Syrup, Sucrose, Sugar (granulated), Sweet Sorghum, Syrup, Treacle, Turbinado sugar, Yellow sugar

This makes it hard to know how much sugar you're eating!

SUGAR: Biggest Culprits

Obvious Sugary Foods	Less Obvious Sugary Foods
Pop – 10 tsp	Fruit Juice – 6 tsp
Sports Drinks – 9 tsp	Vitamin Water
Chocolate Milk – 6 tsp	Cereal
Iced Tea – 6 tsp	Cereal Bars
Flavoured coffees	Granola
Waffles	Flavoured yogurts
Muffins	White bread/bagels
Cookies	Crackers
Cakes	Ketchup & BBQ sauce
Chocolate bars	Canned Baked Beans
Candies	Spaghetti sauce
Baked Goods	Pre-made soups

SUGAR

What you need to know:

- 1. A high sugar diet is bad for your health**
- 2. Sugar is often hidden**
- 3. Make conscious choices**
- 4. Be realistic – Enjoy an occasional treat**
- 5. Treats? After intense exercise is best**