

# MINUTE NUTRITION NEWS

April 2014

## How Much Sugar Should We Be Consuming?

Earlier last month, the World Health Organization announced updates to their guidelines on how much sugar people should consume. Although the guidelines are mostly unchanged, the updates do suggest that an even lower sugar intake than current recommendations would give additional benefits with weight management and dental health.

### What are the guidelines?

The current guidelines suggest for people to limit sugar intake to less than 10% of their daily calories. Using a 2000-calorie diet as an average, 10% of that would mean 200 calories or 50 grams of sugar or 12 teaspoons of sugar in a single day.

The new updates are sticking with the current guidelines. However, it suggests that a further limit of sugars to less than 5% of daily calories would provide extra benefit. For an average 2000-calorie diet, 5% of that would be 100 calories or 25 grams of sugar or 6 teaspoons of sugar in a single day.

	Current Guidelines	Proposed Guidelines
Percent of calories coming from sugars per day	Less than 10%	Less than 10%, but less than 5% is better
No. of calories from sugars per day (based on 2000-calorie diet)	Less than 200	Less than 100
No. of grams of sugar per day (based on 2000-calorie diet)	Less than 50g	Less than 25g
No. of teaspoons of sugar per day (based on 2000-calorie diet)	Less than 12 tsp	Less than 6 tsp

### What types of sugars do the guidelines include?

The guidelines refer to sugars that are added to foods by either food companies or the consumer. It also includes natural sugars in honey, syrups, fruit juices and fruit concentrates. It does NOT include natural sugars in milk, vegetables and whole fruits. For example, a glass of milk would not count towards your daily allowance of sugars whereas the added sugars in chocolate milk would.

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
<b>Calories</b> 80	
<b>Fat</b> 0.5 g	1 %
Saturated 0 g	
+ Trans 0 g	0 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
<b>Carbohydrate</b> 18 g	6 %
Fibre 2 g	8 %
<b>Sugars</b> 2 g	
<b>Protein</b> 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

### How do I know if I'm eating too much sugar?

Start by reading food labels. Look for the Nutrition Facts table on the back of food packages and look for the row that says "Sugars." Beside it you will find the number of grams of sugars the product contains. You may want to keep a journal for several days to get an idea of what your average sugar intake is over a day.

Don't be too driven by the numbers. The Nutrition Facts table does not distinguish between natural and added sugars so your sugar count will only be an estimate. Use it as a way to identify foods and beverages in your diet that is high in sugar. From there, see if you can find healthier options to replace it. It is more about making a gradual decrease in the overall sugar intake than reaching a certain number of grams per day.

# RECIPE OF THE MONTH

April 2014

## No-Cook Refrigerator Oatmeal

Here is a refreshing cold oatmeal recipe perfect for spring. A teaspoon of honey with 6 grams of sugar is all the recipe needs – that's half the amount found in some presweetened oatmeal packages in the market!

Simply combine the basic ingredients below along with one of the topping combinations. Try the suggested ideas below or change it up with your favourite spring and summertime fruits. The variety for this breakfast idea is endless!



Makes 1 serving (1 cup)

### Basic Ingredients:

¼ cup	uncooked old fashioned rolled oats (not instant or quick oats)
½ cup	skim milk
1 ½ tsp	dried chia seeds
1 tsp	honey, optional (or adjusted amount of sweetener of your choice)

### Topping Combinations:

- ¼ cup diced banana and 1 tsp reduced fat cocoa powder
- ¼ cup unsweetened applesauce and ½ tsp cinnamon

### Directions:

1. In a small mason jar or container, add basic ingredients and toppings. Close the container and shake until ingredients are thoroughly mixed.
2. Refrigerate overnight and enjoy this quick breakfast the next morning!

\*Can be kept in refrigerator for 2-3 days.