

High fructose corn syrup and other added sugars

What is high fructose corn syrup?

Fructose is a natural sugar found in most fruits and some vegetables. High fructose corn syrup is not a natural sugar. It is a man-made sweetener that has more fructose than regular corn syrup. It is a sugar that is added to many foods such as candy, juice, pop, and snack foods.

High fructose corn syrup is not the cause of the growing obesity problem in Canada. But we know that Canadians eat too much of all types of added sugars including high fructose corn syrup.

Should my child eat foods with added sugar?

We recommend that you limit the amount of foods with added sugars (including high fructose corn syrup) that your child eats.

Foods high in added sugars are usually high in calories and low in protein, vitamins and minerals. Eating high calorie foods and drinks can lead to weight gain and obesity. Also, foods with a lot of added sugars such as pop, often replace healthy foods such as milk.

Eating foods on a regular basis with added sugar can:

- Increase your child's triglyceride level. Triglycerides are a type of fat found in the blood. High levels of triglycerides are linked to heart disease.
- Decrease your child's ability to use food for energy. When this happens, blood sugar levels increase. This can lead to Type 2 diabetes.

How do I find out if a product has added sugars?

The **ingredient list** will show you if the food product has added sugars. Look for these ingredients:

- sugar
- cane sugar
- glucose-fructose
- sugar/glucose-fructose
- fructose syrup
- honey
- dextrose
- corn syrup
- corn syrup solids
- fruit juice concentrate

Ingredients on a food label are listed in order of their amount by weight. The ingredient in the largest amount is listed first and the one with the smallest amount is listed last.

How do I find out how much sugar is in a food product?

Reading the **Nutrition Facts** on a food label is the best way to find out the grams of sugar in a serving of a product.

Example - This food has 14 grams of sugars in one serving

Nutrition Facts	
Per 2 cookies (34 g)	
Amount	% Daily Value
Calories 170	
Fat 9 g	12%
Saturated 4.0	20%
+ Trans 0 g	
Cholesterol 5 mg	2%
Sodium 135 mg	6%
Carbohydrate 22	7%
Fibre 1 g	4%
Sugars 14 g	
Protein 2 g	

The serving is 2 cookies

In 2 cookies there is 14 grams of sugars

Choose products with less than 10 grams of sugar in a serving

Other tips

- Encourage your child to drink water when they are thirsty.
- Choose low fat milk (skim, 1%) more often (2 to 4 servings a day). Limit the amount of pop, juice, fruit drinks and ice teas your child drinks to no more than 2 drinks a week.
- Choose fresh fruit instead of fruit juices.
- Choose fresh or frozen fruits and vegetables as they have no added sugar, only natural sugars.

The chart on page 4 "Guidelines to eating less added sugars" will help you choose cereal and snack foods with less than 10 grams of sugar in a serving.

Dietitian notes:

Guidelines to eating less added sugars

Food	Choose MORE often (less than 10 grams of sugar in a serving)	Choose LESS often (more than 10 grams of sugar in a serving)
Cereals	<ul style="list-style-type: none"> • Fibre 1 (regular or honey clusters) • All Bran (original or honey) • Quaker Natural Wheat Bran • Smucker’s Red River • Quaker Weight Control – Cinnamon • Post Shredded Wheat • Corn Bran Squares • Robin Hood Large Flake Oats • Weetabix – Whole Grain • Alpen Original 	<ul style="list-style-type: none"> • Some cereals – you need to read the Nutrition Facts label
Cookies	<ul style="list-style-type: none"> • Arrowroot • Animal Crackers • Social Tea • Lifestyle (such as No Added Sugar Fruit Crème, Bran Crunch, Cranberry Citrus Oak Crunch) • Simple Pleasures (such as Digestives, Cinnamon Snaps, Spice Snaps, Lemon Social Tea, Maple, Almond) 	<ul style="list-style-type: none"> • Some cookies – you need to read the Nutrition Facts label
Other Snacks	<ul style="list-style-type: none"> • Hop & Go Banana Nut • Nutrigrain Much Ems • Thinsation cookies • Del Monte No Sugar Added Diced Peaches packed in water • Hunt’s Snack Pack Juicy Gels Strawberry Orange • Quaker Chewy Chocolate Chip • Rice Krispie Square • Quaker Crunchy (roasted almond) • Kool-Aid Jammers Sensible Solutions (artificially sweetened) • Kool-Aid Singles Just Add Water • Crystal Light drink mixes 	<ul style="list-style-type: none"> • tarts • pies • snack cakes • candy • pop/soda • ginger ale • tonic water • juice • fruit drinks