

# SUGAR: THE FACTS



## What is sugar?

**Sugars** is a term referring to all mono- and disaccharides in foods, while **sugar** refers only to sucrose. The main types of sugars and their food sources are:

	Types of sugars	Common food sources
Monosaccharides	<b>Fructose</b>	Fruits, honey, high fructose corn syrup, some vegetables
	<b>Glucose</b>	Cereals, breads, pasta, starchy vegetables, corn and other syrups
	<b>Galactose</b>	A component of lactose, found in milk and dairy products
Disaccharides	<b>Lactose</b> glucose + galactose	Milk and dairy products
	<b>Sucrose</b> glucose + fructose	Table sugar from sugar cane or sugar beets
	<b>Maltose</b> glucose + glucose	Malted beverages, bread, molasses, beer

## Roles of Sugar



Sugars, and generally carbohydrates, are natural source of energy in our food and the major source of fuel in the body.



Taste is the most obvious quality that sugars bring to food and beverages, but it is not the only one.



Beyond sweetness, sugars also contribute to some important functional qualities of food, such as food preservation, volume of baked goods and browning.

## Sugar Terms

**Sugars** – The total amount of mono- and disaccharides in a food.

**Free sugars** – All mono- and disaccharides plus sugars naturally present in honey and syrups added to foods and beverages during processing or preparation, as well as fruit juices and concentrates.

**Added sugars** – All mono- and disaccharides plus sugars naturally present in honey and syrups added to foods and beverages during processing or preparation.

## Health Impact of Excess Sugar



**Obesity:** High sugars consumption may lead to excess energy intakes, which are associated with increased body weight and risk of obesity.



**Metabolic Disorders:** A high consumption of added sugars is also an indicator of poorer diet quality, which may result in increased risk for metabolic disorders.



**Diabetes:** A diet with a higher glycemic index (GI) is associated with a greater risk of type 2 diabetes.



**Dental caries:** Higher consumption of sugars is associated with greater risk of dental caries. Unlike other sugars, lactose (found in milk and dairy) has little impact on development of dental caries.

## Sugar Recommendation

**World Health Organization** recommends limiting free sugars to:

Strong: <10% of total energy requirement

Conditional: <5% of total energy requirement



Adult  
2000 kcal



50g  
per day



Child  
1600 kcal



40g  
per day

### References

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