



Added Sugars – The Facts

How sugary foods and drinks affect our health?

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What is defined as sugar?

Natural sugar and Added Sugar

Natural Sugar = occurs naturally in foods that contain carbohydrates, such as fruits, vegetables, grains, and dairy.

Consuming natural sugar from whole foods is not harmful as the other nutrients contained in plant foods have many benefits. Plant foods are high in fibre, essential minerals, and antioxidants while dairy is high in calcium and protein.

Natural sugar offers a steady energy supply to human cells.



Added sugar = sugar that is added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugar from syrups and honey, and sugar from concentrated fruit or vegetable juices.

It is usually added to enhance the flavour and extend the shelf life of the product.



1 teaspoon of sugar = 4 grams

One 12-ounce (340 grams) of soft drink contains almost 10 teaspoons of sugar!

Key Facts

Added sugar top sources in diet are:

- Soft drinks
- Fruit drinks
- Flavoured yogurts
- Cereals
- Cookies
- Chocolates
- Cakes
- Candies
- Processed foods



Added sugar can be found in products that you never thought of, such as soups, bread, cured meats, ketchup.

In 2017-2018, the average added sugar daily consumption amongst US adults ages 20 and older was **17 teaspoons**, equivalent to 68 grams, about 270 calories. *(NHANES, 2017-2018)*

Higher than the
American Dietary
Guidelines



American Dietary Guidelines (2020-2025) recommend
less than 10% added sugars of total calories per day!

2,000 calories/day diet → 12 teaspoons of sugar (50 grams)

American Heart Association recommends:
less than 6 teaspoons (24 grams) for women
less than 9 teaspoons (36 grams) for men



Weight gain

Each sugar-sweetened beverages (SSBs) serving per day is associated with 0.12 kilograms (0.26 libras) increase in 1 year amongst adults.
(Malik V.S. et al., 2013)

SSBs are all drinks with added sugar (soft drinks, flavoured juice drinks, sports drinks etc.)



Heart Disease

A study conducted in 2014 over a 15-year period, indicated that people that had 17% to 21% calories of their total calories derived from added sugars, had 38% higher risk of dying from cardiovascular disease, in comparison with those with limited added sugar caloric intake of 8%.
(Yang Q. et al., 2014)



Type 2 Diabetes

One SSBs serving increase per day, is associated with 18% higher risk of Type 2 Diabetes. *(Imamura F. et al., 2015)*

Cancer

Higher SSBs consumption results in high caloric intake and hence obesity. Obesity, insulin resistance and Type 2 Diabetes are risk factors for different cancers. *(Makarem N. et al., 2018)*



Several studies assessing intermediate health risk factors provide strong evidence of the relationship between SSBs and risk of related chronic diseases. *(Malik V.S. & Hu F.B., 2022)*

Sugar Content in Common Foods & Drinks



1 soft drink can (330 milligrams)
= 35 grams of sugar



Dark chocolate (100 grams)
= 50 grams of sugar



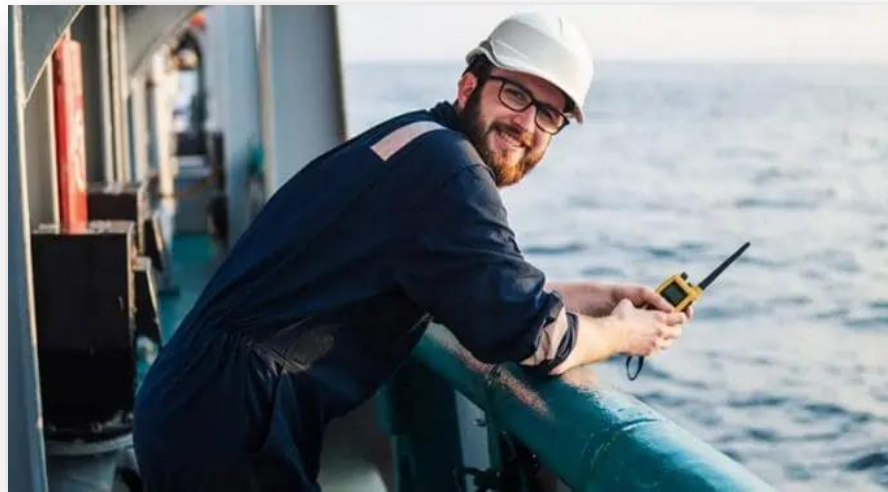
Milk chocolate (100 grams)
= 52 grams of sugar



White chocolate (100 grams)
= 59 grams of sugar

Tips to cut down Added Sugar

- ✓ Choose plain yogurt over flavoured with some fresh fruit.
- ✓ Choose water, herbal tea, coffee, and other beverages provided on-board without added sugar.
- ✓ Choose fresh fruits when sweets craving hits.
- ✓ Reduce the amount of added sugar in baking cakes or cookies, or use mashed ripe banana instead of added sugar (use ½ cup banana for 1 cup sugar).
- ✓ Your taste buds adjust to your sweetness levels! Cutting down sugar intake will reduce sweet cravings.





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