



**CANADIAN
SUGAR
INSTITUTE**

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Please Fax or mail this form to the Canadian Sugar Institute. Please allow 4 weeks for delivery. **All materials distributed in Canada are free of charge.**

Visit the Canadian Sugar Institute Web site for convenient access to these documents and information about sugars and health at **www.sugar.ca**

Quantity HEALTH PROFESSIONAL RESOURCES

Carbohydrate News *Annual newsletter for health and education professionals.* (max.: 1 copy of each title)

- Carbohydrate for Healthy Active Living, 2009. **NEW!**
- Glycemic Index: Clinical and Public Health Significance, 2008.
- Navigating Your Eating Environment, 2007.
- Current Issues in Child Nutrition, 2006.
- Obesity, Physical Activity and the Built Environment, 2005.
- Dietary Reference Intakes for Sugars, 2004.
- Evolving Evidence and Continuing Controversies in Carbohydrate Nutrition, 2002.
- Low Carbohydrate Diets for Weight Loss: Myth or Reality?, 2001.
- Obesity: Genetics or Environment?, 2000.
- Carbohydrates in the Classroom, 1999.
- The Functional Role of Sugars in Food, 1998.

Estimates of Added Sugars Consumption in Canada, 2006. (max.: 1 copy)

Quantity TEACHING MATERIALS

Nature's Sweet Mystery. Revised in 2009! *A comprehensive curriculum-based educational booklet for grades 4-6 designed to guide students in an exploration of food energy including food chains, food production, the human body, and energy balance; includes teacher background information and planning notes, overhead masters, and reproducible activity sheets.* (max 1 copy) **Available for download at www.sugar.ca**

Quantity CONSUMER MATERIALS

Clips on Sugars *Fact sheets offering practical information about sugar.* (max.: 25 copies of each title)

- Calories and Body Weight. **NEW!**
- Understanding the Glycemic Index.
- Healthy Teeth for a Healthy You!
- Sugars and Health.
- Balancing Food and Activity for Healthy Weights.
- Fuel for Your Activity.
- Different Sugars for Different Tastes.
- Sugar: From Plant to Food.

A Taste of Sugar *Delicious recipes and information about sugar and health.* (max.: 25 copies of each title)

- Desserts: Rena's Fruit Crisp • Mini Cheesecake Delights
- Entrees: Dijon Chicken • Tomato Zucchini Penne with Pesto
- Vegetables: Simply Sweet Butternut Squash • Orange-Glazed Peppers & Zucchini
- Marinades/Toppings: Spicy Citrus Marinade • Mexican Peppers and Onions
- Baked Goods: Cinnamon Raisin Scones • Homestyle Banana Bread

Please note that all resources can be downloaded or printed free of charge at www.sugar.ca