



Visit the CSI website at www.sugar.ca to learn more about the Canadian Sugar Institute Nutrition Information Service, the role of sugar and carbohydrates in health, and the latest health and nutrition news!

1. What is sugar?

- a) a carbohydrate
- b) sucrose
- c) a product of photosynthesis
- d) all of the above

2. How many calories are in one teaspoon (4g) of sugar?

- a) 9
- b) 16
- c) 25
- d) 40

3. Low carbohydrate diets are more effective than other diets.

- a) True
- b) False
- c) It depends on many factors

4. Which foods provide sources of carbohydrates and sugars?

- a) Grain Products
- b) Milk Products
- c) Fruits and Vegetables
- d) all of the above

5. What % of total calories do Canadians consume on average from sugars added to foods?

- a) 5%
- b) 10%
- c) 20%
- d) 30%

6. On the food label, the claim “no sugar added” must meet which of the following criteria:

- a) no sugars (e.g. sugar, honey, fruit juice) have been added to the product
- b) no sweetener (e.g. aspartame, sugar alcohols) has been added to the product
- c) no sugar is in the product

7. Sugar is added to foods only to provide sweetness. True / False

8. What is the main source of energy normally used by the brain?

- a) Glucose
- b) Fatty acids
- c) Fructose
- d) Ketones
- e) I am not sure about the answer

9. The Glycemic Index ranks carbohydrate-containing foods by how much they raise our blood glucose levels. Which of the following has the highest glycemic index?

- a) White bread
- b) Table sugar
- c) Honey
- d) Apple juice
- e) Brown rice

10. Which of the following are considered sugars in the Nutrition Facts table on packaged foods? Please check ALL that you think is (are) CORRECT.

- a) Table sugar (sucrose)
- b) Lactose in milk and dairy products
- c) Fructose in honey
- d) Sucrose in maple syrup
- e) High fructose corn syrup
- f) Stevia (i.e. steviol glycoside)
- g) Fructose in apples and sweet peas

11. The naturally occurring sugars in fruits and vegetables include _____. Please check ALL that you think is (are) CORRECT.

- a) Glucose
- b) Fructose
- c) Sucrose
- d) Lactose

12. Added sugars consumption in Canada has been _____ over the past 20 years.

- a) Increasing
- b) Steady (neither increasing nor decreasing)
- c) Declining

13. Added sugars are more likely to contribute to weight gain than other carbohydrates in the diet.

- a) Agree
- b) Undecided
- c) Disagree

14. Sugars are addictive and make people crave more sugars-containing food, leading to overeating and weight gain.

- a) Agree
- b) Undecided
- c) Disagree

15. In addition to sugars, other fermentable carbohydrates (such as starches) also contribute to dental caries (tooth decay) formation.

- a) Agree
- b) Undecided
- c) Disagree

