

UNCOVER THE TRUTH ABOUT SUGAR: **FUNCTIONAL ROLES**

Myth: Sugar is hidden in foods and provides empty Calories



TRUTH:

Sugar plays many roles in foods, beyond just sweetness and Calories

Six Roles Sugar Plays in Foods:

- **Helps to balance flavour:** A little bit of sugar balances the acidity of tomato- and vinegar-based products, such as dressings and sauces.
- **Helps improve taste of high-fibre foods:** A small amount of sugar can improve the flavour of high fibre sources, such as bran cereals and plain oatmeal.
- **Helps add colour to baked goods:** When heated, sugar caramelizes, browning the surface of cakes, breads and cookies while giving off a lovely aroma.
- **Helps create texture and mouthfeel:** Sugar helps provide the soft structure in baked goods and the smoothness in frozen dairy products.
- **Helps naturally preserve jams:** Sugar absorbs extra moisture to prevent bacteria from growing in jams and preserves.
- **Helps bread rise:** Sugar feeds yeasts in fermented foods, which is an essential step in making bread and other baked goods.



Sugar helps balance the flavour of tomato-based sauces.

Some functions are unique to granulated sugar while others can be achieved with other sweeteners. This can make it difficult to reduce or remove the amount of sugar in certain recipes, such as baked goods. If trying to reduce the amount of sugar in a recipe, it is best to experiment by reducing the amount used by small increments and see if the taste, texture, and colour remain to your preference.

Finding Information on Sugars Content of Foods and Beverages:

- The Nutrition Facts table lists “Sugars” as part of Carbohydrate (which includes sugars, starches, fibre).
- “Sugars” refers to all naturally occurring sugars (such as in milk products, fruits and vegetables) as well as sugars added to foods (e.g. table sugar, honey, maple syrup) and sugars in beverages (e.g. high fructose corn syrup, the main sweetener in soft drinks).
- The ingredient list tells you what ingredients are in a food or beverage. They are listed by weight, from most to least. Examples of ingredients you may see that refer to different types of sugars include:

Sugars listed in the ingredient list	Source of sugar
Sucrose, sugar, liquid sugar, invert sugar, brown sugar, icing sugar, golden syrup, turbinado sugar, molasses	Sugar cane or sugar beets
Glucose-fructose (high fructose corn syrup), dextrose, glucose, corn syrup solids, high maltose corn syrup	Corn starch
Agave syrup, coconut sugar, fruit juice concentrate, honey, maple syrup, rice syrup, sorghum syrup	Other

Nutrition Facts			
Per ½ cup (125 mL)			
Amount	% Daily Value		
Calories 90			
Fat 4.5 g	7 %		
Saturated 2.5 g	13 %		
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 280 mg	12 %		
Carbohydrate 12 g	4 %		
Fibre 1 g	4 %		
Sugars 0 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %