UNCOVER THE TRUTH ABOUT SUGAR: **OBESITY**

Myth: Sugar makes you fat and is the leading cause of obesity

TRUTH:
Sugar does not cause obesity; too many calories from all foods, including sugars, can lead to weight gain

Three Facts about Weight Gain and Obesity:

1. Obesity is complex. There are many different risk factors for obesity, including your dietary patterns, level of physical activity, gut (microflora) health, environmental factors, sleep patterns, stress, and genetics.

2. You're at increased risk of gaining weight when the energy (Calories) you ingest from food is greater than the energy you use to perform normal bodily functions like breathing, digestion, pumping blood, reading, daily movement, and physical activity.

3. Research suggests eating too many calories from all sources - sugars, starches, fats, proteins, alcohol - can contribute to weight gain as the excess calories are instead stored as fat [4].
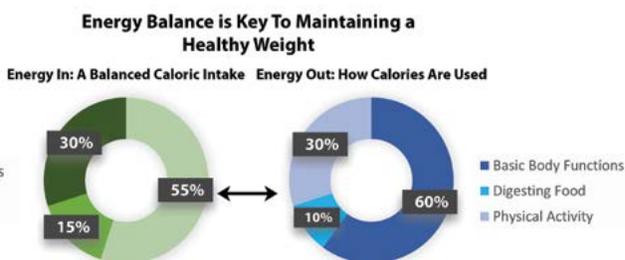
Sugar (sucrose) is a type of carbohydrate. Other carbohydrates include starches, fibres and other sugars.

All sugars provide 4 Calories of energy per gram, which is the same as all starches and proteins.

Fat provides 9 Calories of energy per gram; alcohol provides 7 Calories per gram; and fibre, 2 Calories per gram.

Key Pillars to a Healthy Weight:

- Trying to lose weight? Reduce the total Calories you eat and drink from all parts of your diet by choosing a variety of nutrient-dense foods from the four food groups and moderating portion sizes.

- Getting enough sleep and incorporating physical activity into your daily routine can also help maintain a healthy weight.

- A healthy eating pattern is one that has the right amount of Calories from a balanced ratio of carbohydrates, fats, and proteins, as well as enough of the essential vitamins, minerals, fibre and other nutrients our bodies need.

Energy Balance is Key To Maintaining a Healthy Weight

Energy In: A Balanced Caloric Intake

- Carbohydrates 55%
- Protein 15%
- Fat 30%

Energy Out: How Calories Are Used

- Basic Body Functions 60%
- Digesting Food 10%
- Physical Activity 30%

Reference:
4. Te Morenga L et al. Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. BMJ.2012;346:e7492