

## UNCOVER THE TRUTH ABOUT SUGAR: **CONSUMPTION**

**Myth:** Canadians are eating more and more sugar

**TRUTH:**  
On average, Canadians consume 11% of energy from added sugars, and consumption has been declining

### Three Facts about Added Sugars Consumption in Canada:

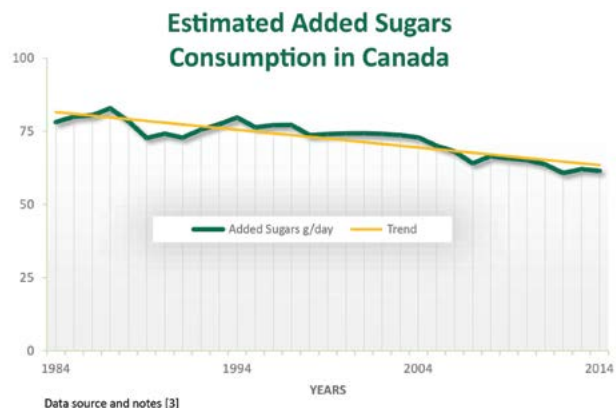
1. While many headlines suggest that Canadian intakes of added sugars are increasing, trends in availability of added sugars suggest that consumption in Canada has been declining over the past two decades [1].

Consumption of added sugars in Canada has been declining over the past two decades

2. In 2004, Canadian consumption of added sugars was about 11% of daily energy intake (53 g or 13 tsp per day), according to an analysis of dietary intake data from the Canadian Community Health Survey (CCHS) [1]. Average intake ranged from 9.9% of energy in adults aged 19 years and above to 14.1% of energy in adolescents aged 9-18 years; however, averages do not account for the variation in intakes between individuals.
3. Added sugars consumption in Canada is about 1/3 less than US consumption when comparing dietary survey data from a similar time frame [1]. Much of this difference can be explained by the fact that Canadian consumption of soft drinks is about half that of the US.

### Did You Know?

- Declining trends in added sugars consumption have also been seen in countries such as Australia [2].
- “Added sugars” includes all sugars added to foods at home and by food manufacturers (e.g. table sugar, honey, maple syrup) and sugars in beverages (e.g. high fructose corn syrup).
- When available, sugars data from CCHS 2015 will provide an estimate of dietary changes since 2004.
- On average, added sugars account for approximately half of total sugars consumed.



References:

1. Brisbois TD, Marsden SL, Anderson GH, Stevenpiper JL. Estimated intakes and sources of total and added sugars in the Canadian diet. *Nutrients*. 2014; 6(5):1899-912.
2. Brand-Miller J.C. & Barclay A.W. Declining consumption of added sugars and sugar-sweetened beverages in Australia: a challenge for obesity prevention. *Am J Clin Nutr* 2017 doi:10.3945/ajcn.116.145316
3. Data source: Statistics Canada. CANSIM. Adjusted for waste using updated USDA Loss-Adjusted Food Availability ([http://www.ers.usda.gov/data-products/food-availability-\(per-capita\)-data-system/](http://www.ers.usda.gov/data-products/food-availability-(per-capita)-data-system/).aspx#26705). Includes refined sugar, maple sugar, honey and sugars in soft drinks. Note: Variability in sugars and syrups reflects substitution with high fructose corn syrup in soft drinks so total sugars, syrups and soft drinks is an overestimate in some years. Sugars in soft drinks is an overestimate as soft drink data includes non-caloric soft drinks.