

SUGAR INTAKE IN PRESCHOOLERS

TYPES OF SUGARS

Total sugars are all sugars present in foods, derived from any source.

Free sugars include added sugars and sugars that are naturally present in honey, syrups, fruit juices and fruit juice concentrates.

Added sugars are sugars that are added to foods during processing or preparation.

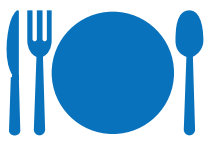


HEALTH CONSIDERATIONS

EXCESSIVE FREE AND ADDED SUGAR INTAKE HAS BEEN LINKED TO:



Dental decay



Poor diet quality



Heart Disease



Obesity



GUELPH FAMILY HEALTH STUDY: OUR FINDINGS



<https://doi.org/10.9778/cmajo.20200178>

The Guelph Family Health Study is a family-based lifestyle obesity prevention study from the University of Guelph in Ontario, Canada.

The study sample included 109 preschool-aged children between the ages of 1.5 and 5 years.

80% of participants had **free sugar** intakes >5% of daily total energy recommendation by the World Health Organization.*

20% of the participants had **added sugar** intakes >10% of daily total energy recommendation by the American Heart Association.

*also endorsed by the Heart and Stroke Foundation of Canada

TOP SOURCES OF FREE AND ADDED SUGARS



Bakery products
Sugars and sweets
Cereals and refined grain products
Beverages



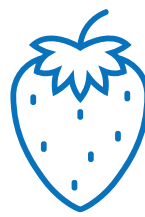
TIPS FOR REDUCING SUGAR INTAKE

It is recommended that added sugars should be avoided for children <2 years and limited to <6 teaspoons (25 grams) per day for children >2 years

Consume water instead of sugary drinks



Encourage whole fruits and vegetables instead of juice



Limit intake of baked goods and sweets

Early intervention programs and policies should focus on limiting children's intake of ALL food and beverage sources of free and added sugar

Guelph Family
Health Study

UNIVERSITY
of GUELPH

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IMPROVE LIFE.

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