

Sugar and Energy Balance



Let's face it, sugar is yummy. It can be added to certain foods to make them sweet and delicious. However, eating too much added sugar can be bad for your body. Added sugars are sugars and syrups that are added to food or drinks when they are processed or prepared. This does not include the natural and healthy sugars that are found in fruits.

To keep your body healthy, limit foods that have added sugar.

The foods and drinks that have the most added sugar are:

- Soda, energy drinks and sports drinks
- Candy
- Cakes
- Cookies
- Pies and cobblers
- Desserts made of dairy products like ice cream
- Fruit drinks
- Pastries and donuts



➤ Fruits have healthy natural sugars, so don't worry about eating too much.



➤ Donuts and other treats are yummy but they have lots of added sugars. You can enjoy them occasionally, but try to limit your donuts, cookies and cakes.