**Sugar** is a carbohydrate that provides energy to the body**. Sugar** can occur naturally in foods such as milk, fruit, vegetables, *Added* sugars are those not naturally occurring but instead added to foods and drinks.

The Heart and Stroke Foundation recommends that Canadian women consume no more than 100 calories (24 grams) of added sugar per day and men no more than 150 calories (36 grams).This does not include sugar that occurs naturally in the foods we eat.

1. Select 5 prepared (packaged) foods plus one beverage that you eat and drink on a regular basis (eg. jarred tomato sauce, ketchup, yogurt, breakfast cereal, granola bar, soda pop, sports drinks, salad dressing, peanut butter, jam, coffee with sugar, Starbucks, candy, chocolate).
2. Report the amount of added sugar per serving in each product.
3. Calculate the amount of added sugar you ingest from these products over a one month period. This will depend on how often you eat each food.
4. From your monthly estimate, calculate your average daily added sugar intake from these foods.
5. Do you think there are other foods you eat that also have added sugar?
6. What are the immediate effects on body after eating sugar. 5
7. Name three possible conditions that may develop if a person consistently ingests excessive amounts of added sugar over long time.
8. Pick one of these conditions and describe what the reported symptoms of this condition are.
9. Is this condition reversible?
10. What are some healthier options to your chosen 5 foods and 1 beverage ?