Name: _____

FoodFocus -- *Exploring Sugar in Individual Foods*

CLICK ON – **"All Programs"**
Select - **FoodFocus**

WHERE's the ADDED SUGAR in Beverages?

1. Of the following foods, which one contains the most added sugar per 100 grams? (Record the amount beside the food item to help you with questions #2 and #3.)

a) Carbonated drinks, Cream Soda ____g b) Carbonated drinks, Root Beer _____g
c) Carbonated drinks, Ginger Ale _____g d) Ice Tea, Lemon, Ready to Drink ____g
e) Coffee or Tea brewed _____g f) Carbonated drinks, Cola, aspartame _____g

HELPFUL HINTS ….
1ST Use **Food by Type| Beverages| Beverages Non-Alcoholic** to get a list of foods.
2nd On the Sorted by Food Name Window, click on the "**Sort ↓ by Carbohydrate ↓by Added Sugar** menu option. (**Don't** chose "Sort" on the FoodFocus main window as that will close the window with the list of foods and you will have to start over.)
3rd Click on the **food names** in the list and, in the lower right hand corner of the window, record the Added Sugar listed. (You can use the up and down arrows to move up and down the list to select different foods. Note that values of added sugar with a "?" are estimates.)
4th Search **down** the list starting from the top until you find the food that matches.

2. **How many kilometres would you have to walk** to burn off the added sugar in the beverages in Question #1? Assume you consumed two 355 ml cans of each beverage, that each gram of sugar contains about 4 kcal, that it takes about 50 kcal to walk a kilometre and for simplicity that 1 ml of each drink is about 1 gram. (Thus we want to multiply the answers in Question #1 by 2 *3.55 * 4 to get the # of kcal and then divide by 50 to get the distance walked- the same as multiplying each answer in Question #1 by 0.57)

a) Carbonated drinks, Cream Soda ____km b) Carbonated drinks, Root Beer _____km
c) Carbonated drinks, Ginger Ale _____km d) Ice Tea, Lemon, Ready to Drink ____km
e) Coffee or Tea brewed _____km f) Carbonated drinks, Cola, aspartame _____km

3. Now express the added sugar in Question #1 in terms of the **equivalent teaspoons of granulated sugar**. Use the fact that 1 tablespoon of white sugar (the same as three teaspoons of sugar) contains 50 kcal which is the same as the energy used to walk a kilometre. (Thus we want to multiply the answers in Question #2 by 3 to get the equivalent teaspoons of granulated sugar in two 355 ml cans of these beverages.)

a) Carbonated drinks, Cream Soda ____tsp b) Carbonated drinks, Root Beer _____tsp
c) Carbonated drinks, Ginger Ale _____tsp d) Ice Tea, Lemon, Ready to Drink ____tsp
e) Coffee or Tea brewed _____tsp f) Carbonated drinks, Cola, aspartame _____tsp

WHERE's the TOTAL SUGAR in Cereals?

4. Of the following foods, which one contains the most total sugar per 100 grams?

a) Sugar Crisp, Post ____g b) Just Right, Kellogg's _____g

c) Raisin Bran, Kellogg's _____g d) Granola, Low Fat, President's Choice ____g

e) Hot Oats Instant Quaker Maple & Brown Sugar _____g

f) Hot Oats, Large Flakes, Prepared, Quaker _____g

HELPFUL HINTS ….

1ST Use **Food by Type| Bread, Cereals, Related Products| Breakfast Cereals** to get a list of foods.

2nd On the Sorted by Food Name Window, click on the "**Sort | by Carbohydrate | by Sugars** menu option. (**Don't** chose "Sort" on the FoodFocus main window as that will close the window with the list of foods and you will have to start over.)

3rd Click on the **food names** in the list and, in the lower right hand corner of the window, record the Total Sugar listed. (You can use the up and down arrows to move up and down the list to select different foods.)

4th Search **down** the list starting from the top until you find the food that matches.

How are TOTAL + ADDED SUGAR related to nutrient density?

5. For the following foods, record the total sugar, added sugar per 100 grams. Also for each food record the number of GOAL nutrients that are present in an "OK" quantity. (Interpret "GOAL nutrients" as those nutrients, other than water, shown in the "Nutrients for Which Intake Should be 100% or More" section of the Analysis display in % Daily DRI display mode. For this question, assume that a food with at least 10% of the % Daily RNI for the default person in FoodFocus (a 21 year old sedentary female) has an "OK"[1] quantity of that nutrient.)

HELPFUL HINTS for 355 ml Carbonated Drinks, Cream Soda **EXAMPLE ….**

1ST Use **by Search** to get a window in which you can enter keywords to search for foods.

2nd On the Search All Regular Food Names by Keywords Window, enter Soda Drink as keywords and click on Start Search to get a list of foods.

3rd On the Resorted by Food Name Window, double click on Carbonated Drinks, Cream Soda

4th Enter a quantity of 355 ml (in part 3 of the Enter Quantity for a new food Window) and click on "Show Nutrient Data"

5th Click on the355 ML button and the Scientific Units button on the Nutrient Analysis for One Food Window and record the Total Sugars and Added Sugars values (ie 49.3 and 49.3 grams)

6th Click on the % Daily RNI button on the Nutrient Analysis for One Food Window and count the number of nutrients listed in the "Nutrients for Which Intake Should be 100% or More" section with a % Daily DRI value of 10% or more. (zero nutrients with a % Daily DRI of 10% or more)

7th Record results

Example: 355 ml Carbonated Drinks, Cola:

total sugar _49_g, added sugar _49__g, # of OK nutrients _0_ (% DRI value 10% or +)

5.1 Record total sugar, added sugar and number of GOAL nutrients that are present in at least an "OK" quantity (% Daily DRI of 10% or more):

a) 355 ml Carbonated Drinks, Cola:
total sugar ____g added sugar _____g # of OK nutrients _____
b) 355 ml Orange juice, raw:
total sugar ____g added sugar _____g # of OK nutrients _____
c) 355 ml Milk, Fluid, Skim:
total sugar ____g added sugar _____g # of OK nutrients _____
d) 355 ml Apple juice, canned or bottled, without added Vitamin C:
total sugar ____g added sugar _____g # of OK nutrients _____

5.2 Rank these foods in descending order according to the amount of added sugar and the number of GOAL nutrients that present in an "OK" quantity (# 1 being the food with the largest amount, #2 the second largest amount, etc:

a) 355 ml Carbonated Drinks, Cola: added sugar #____ # of OK nutrients _____
b) 355 ml Orange juice, raw: added sugar #____ # of OK nutrients _____
c) 355 ml Milk, Fluid, Skim: added sugar #____ # of OK nutrients _____
d) 355 ml Apple juice: added sugar #____ # of OK nutrients _____

5.3 For these foods, what is the relationship between nutrient content and added sugar content?

_____
_____

5.4 Apple juice is often used by food processors as a sweetener so they can claim their product has "no sugar added". How does the nutrient content of apple juice compare to the nutrient content of orange juice which is less likely to be added to processed foods?

_____
_____

5.5 Grape juice is also often used by food processors so they can claim their product has "no sugar added". Considering the nutrient content of grape juice (canned or bottled without added vitamin C), is grape juice more like apple juice or orange juice?

_____
_____

Note #1: Health Canada says that a food with less than 5% or more than 15% of the % Daily Value of a nutrient on a Nutrition Facts panel has "a little" or "a lot" of that nutrient.

http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/index-eng.php

Name: _____

FoodFocus -- *Exploring Sugar in Individual Foods*

CLICK ON – **"All Programs"** **ANSWER KEY**
Select - **FoodFocus**

WHERE's the ADDED SUGAR in Beverages?

1. Of the following foods, which one contains the most added sugar per 100 grams? (Record the amount beside the food item to help you with questions #2 and #3.)

a) Carbonated drinks, Cream Soda 13.3g b) Carbonated drinks, Root Beer 10.6_g
c) Carbonated drinks, Ginger Ale 8.7__g d) Ice Tea, Lemon, Ready to Drink 9.?_g
e) Coffee or Tea brewed 0_____g f) Carbonated drinks, Cola, aspartame 0____g

HELPFUL HINTS ….
1ST Use **Food by Type| Beverages| Beverages Non-Alcoholic** to get a list of foods.
2nd On the Sorted by Food Name Window, click on the "**Sort ↓ by Carbohydrate ↓by Added Sugar** menu option. (**Don't** chose "Sort" on the FoodFocus main window as that will close the window with the list of foods and you will have to start over.)
3rd Click on the **food names** in the list and, in the lower right hand corner of the window, record the Added Sugar listed. (You can use the up and down arrows to move up and down the list to select different foods. Note that values of added sugar with a "?" are estimates.)
4th Search **down** the list starting from the top until you find the food that matches.

2. **How many kilometres would you have to walk** to burn off the added sugar in the beverages in Question #1? Assume you consumed two 355 ml cans of each beverage, that each gram of sugar contains about 4 kcal, that it takes about 50 kcal to walk a kilometre and for simplicity that 1 ml of each drink is about 1 gram. (Thus we want to multiply the answers in Question #1 by 2 *3.55 * 4 to get the # of kcal and then divide by 50 to get the distance walked- the same as multiplying each answer in Question #1 by 0.57)

a) Carbonated drinks, Cream Soda 7.6_km b) Carbonated drinks, Root Beer 6.04_km
c) Carbonated drinks, Ginger Ale 4.96_km d) Ice Tea, Lemon, Ready to Drink 5.13km
e) Coffee or Tea brewed 0____km f) Carbonated drinks, Cola, aspartame 0____km

3. Now express the added sugar in Question #1 in terms of the **equivalent teaspoons of granulated sugar**. Use the fact that 1 tablespoon of white sugar (the same as three teaspoons of sugar) contains 50 kcal which is the same as the energy used to walk a kilometre. (Thus we want to multiply the answers in Question #2 by 3 to get the equivalent teaspoons of granulated sugar in two 355 ml cans of these beverages.)

a) Carbonated drinks, Cream Soda 22.8tsp b) Carbonated drinks, Root Beer 18.1_tsp
c) Carbonated drinks, Ginger Ale 26.1_tsp d) Ice Tea, Lemon, Ready to Drink 27__tsp
e) Coffee or Tea brewed 0_____tsp f) Carbonated drinks, Cola, aspartame 0____tsp

WHERE's the TOTAL SUGAR in Cereals?

4. Of the following foods, which one contains the most total sugar per 100 grams?

a) Sugar Crisp, Post 53.7g b) Just Right, Kellogg's 46.1_g

c) Raisin Bran, Kellogg's 28.1_g d) Granola, Low Fat, President's Choice 17.7g

e) Hot Oats Instant Quaker Maple & Brown Sugar 31.4__g

f) Hot Oats, Large Flakes, Prepared, Quaker 0.2__g

HELPFUL HINTS ….

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3rd Click on the **food names** in the list and, in the lower right hand corner of the window, record the Total Sugar listed. (You can use the up and down arrows to move up and down the list to select different foods.)

4th Search **down** the list starting from the top until you find the food that matches.

How are TOTAL + ADDED SUGAR related to nutrient density?

5. For the following foods, record the total sugar, added sugar per 100 grams. Also for each food record the number of GOAL nutrients that are present in an "OK" quantity. (Interpret "GOAL nutrients" as those nutrients, other than water, shown in the "Nutrients for Which Intake Should be 100% or More" section of the Analysis display in % Daily DRI display mode. For this question, assume that a food with at least 10% of the % Daily RNI for the default person in FoodFocus (a 21 year old sedentary female) has an "OK"[1] quantity of that nutrient.)

HELPFUL HINTS for 355 ml Carbonated Drinks, Cream Soda **EXAMPLE ….**

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3rd On the Resorted by Food Name Window, double click on Carbonated Drinks, Cream Soda

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6th Click on the % Daily RNI button on the Nutrient Analysis for One Food Window and count the number of nutrients listed in the "Nutrients for Which Intake Should be 100% or More" section with a % Daily DRI value of 10% or more. (zero nutrients with a % Daily DRI of 10% or more)

7th Record results

Example: 355 ml Carbonated Drinks, Cola:

total sugar _49_g, added sugar _49__g, # of OK nutrients _0_ (% DRI value 10% or +)

5.1 Record total sugar, added sugar and number of GOAL nutrients that are present in at least an "OK" quantity (% Daily DRI of 10% or more):

a) 355 ml Carbonated Drinks, Cola:
total sugar 33.4g added sugar 33.5_g # of OK nutrients 0____
b) 355 ml Orange juice, raw:
total sugar 31.2g added sugar 0____g # of OK nutrients 8____
c) 355 ml Milk, Fluid, Skim:
total sugar 18.7g added sugar 0____g # of OK nutrients 12___
d) 355 ml Apple juice, canned or bottled, without added Vitamin C:
total sugar 35.8g added sugar 0____g # of OK nutrients 0____

5.2 Rank these foods in descending order according to the amount of added sugar and the number of GOAL nutrients that present in an "OK" quantity (# 1 being the food with the largest amount, #2 the second largest amount, etc:

a) 355 ml Carbonated Drinks, Cola: added sugar #_1__ # of OK nutrients _3___
b) 355 ml Orange juice, raw: added sugar #_2__ # of OK nutrients _2___
c) 355 ml Milk, Fluid, Skim: added sugar #_2__ # of OK nutrients _1___
d) 355 ml Apple juice: added sugar #_2__ # of OK nutrients _3___

5.3 For these foods, what is the relationship between nutrient content and added sugar content?

_____
_____

5.4 Apple juice is often used by food processors as a sweetener so they can claim their product has "no sugar added". How does the nutrient content of apple juice compare to the nutrient content of orange juice which is less likely to be added to processed foods?

_____
_____

5.5 Grape juice is also often used by food processors so they can claim their product has "no sugar added". Considering the nutrient content of grape juice (canned or bottled without added vitamin C), is grape juice more like apple juice or orange juice?

_____
_____

Note #1: Health Canada says that a food with "less than 5%" or "more than 15%" of the % Daily Value of a nutrient on a Nutrition Facts panel has "a little" or "a lot" of that nutrient.

http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/index-eng.php