

# All About Sugar

## Types of Sugar

- Simple sugars like lactose (milk), fructose (fruit) and sucrose (table sugar). This also includes liquid sugar like maple syrup and honey.
- Starches turn to a sugar called glucose in the body. They are found in whole grains, starchy vegetables like parsnips and winter squash and legumes. Starches are also found in white rice, white pasta, and white flour; be mindful of these food sources and choose whole grains (unrefined sugars) instead.



*Photo from Unsplash.com*

## Sugar and Your Health

Not all sugars are the same. If you have too much added sugar in your diet such as from sweetened foods (sweets and desserts) and beverages (juice, pop, sports drinks), this can increase your triglyceride levels. Triglycerides are fats in your blood. When triglyceride levels in your blood are too high, this can increase your risk for developing heart disease.

## Swapping Out Sugar for Healthier Alternatives

Sugar is found naturally in carbohydrate foods. See our section on carbohydrates for more information. Learn more about healthy snack alternatives, healthy cooking and meal planning so that you can confidently reduce your intake of added sugars and refined carbohydrates for better heart health.

### PDF Documents: Healthy Snacking and Sugar Shock/Hidden Sugar in Foods

- ▶ Alberta Health Services – Healthy Snacking  
[AHS-healthy-snacking.pdf](#)
- ▶ Hidden Sugar in Foods – Sugar Shock Revealing Hidden Sugar Sources in Food  
[Sugar Shock Revealing Hidden Sugar Sources in Food.docx](#)

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