

Sugar

There are two main types of sugar:



1. Naturally occurring sugar – this is sugar that is found naturally in foods such as fruits, vegetables and dairy products. Excessive intake of such sugar can lead to weight gain and suboptimal control of glucose. Examples: fructose (found in fruits), lactose (found in milk).



2. Added sugar - this includes any sugar (including natural sugar) or caloric sweetener added to food or beverages during processing or preparation (such as when sugar is added to coffee or tea). Example of added sugar: molasses, high fructose corn syrup.