

## **Dietary Assessment**

### **Added and Free Sugars Intake in the Canadian Diet and Changes Over the Past Decade**

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**Introduction:** Consumption of sugars has been shown to be either stable or decreasing in both absolute (grams/d) and relative (% energy intake) terms globally. However, data on current consumption trends of added and free sugars in Canada is lacking.

**Objectives:** The purpose of this study was to assess the current consumption of added and free sugars in Canadians and to assess changes over the past decade.

**Methods:** Dietary intake data reported by Statistics Canada from the 2015 Canadian Community Healthy Survey (CCHS) were compared to CCHS 2004. Added sugars were estimated by combining food categories that contain sugars added to foods and beverages. Free sugars were estimated by combining added sugars with sugars in fruit juices. Annual food availability data (adjusted for losses) from Statistics Canada were analyzed for added sugars by summing the availability of “sugars and syrups” with the availability of “soft drinks” (as a proxy for high fructose corn syrup).

**Results:** In 2015, estimated added sugars consumption represented 10.5%, 11.4% and 9.0% of energy intake for children aged 2-8y, 9-18y and adults 19y and older, respectively, and free sugars contributed 13.5%, 13.6% and 10.2% of energy for these age groups, respectively. When comparing 2015 intakes to 2004, intake of estimated added and free sugars increased slightly for children (1.4% and 0.4%, respectively), decreased slightly (-0.3% and -0.6%, respectively) for adolescents, and for adults, added sugars increased slightly by 0.2% and free sugars decreased slightly by -0.3%. The availability data on added sugars over the past decade demonstrate a slight declining trend (-1.0% 2015 vs 2004).

**Conclusions:** Dietary intake data from CCHS 2015 compared to 2004 indicate no overall great change in estimated consumption of added and free sugars among Canadian children and adults over the past decade, while availability data demonstrates a slight declining trend of added sugars over the past decade.

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