

# Sugar Engineering

Apr 6, 2026 · A registered dietitian explains the health benefits of cutting back on sugar and what to do if you feel like your cravings are out of control. Feb 2, 2024 · Explore the different types of sugar and sweeteners. Learn about sugar types, their uses, and how different kinds of sugar impact taste and health. While it might sound man-made, sucrose is simply the chemical name for sugar, the simple carbohydrate we know and love that is produced naturally. Apr 29, 2026 · Consuming too much added sugar can contribute to health problems such as weight gain and obesity, type 2 diabetes, and heart disease. Added sugars are sugars added during the ... Apr 6, 2026 · Eating too much sugar is well known for raising the risk of obesity and diabetes, but many people may be surprised to learn that their taste for sugar can have a serious impact on their heart ... Sugar (/ ʃʊgər /) is a class of sweet-tasting, soluble carbohydrates, many of which are used in food. Simple sugars, also called monosaccharides, include glucose, fructose and galactose. Sugar is an umbrella term for many types of simple carbohydrates, including white table sugar. Also called sucrose, this is the most common sweetener used in sweet desserts and baked goods. Apr 24, 2026 · Sugar, any of numerous sweet, colorless, water-soluble compounds present in the sap of seed plants and the milk of mammals and making up the simplest group of carbohydrates. The most ... Dec 17, 2024 · Sugar - particularly added sugar - is in nearly all of our food. Whether you have a sweet tooth or not, it's important to know the benefits and consequences of all three kinds of sugar, and ... Sep 23, 2024 · There are two types of sugars in foods: naturally occurring sugars and added sugars. Naturally occurring sugars are found naturally in foods such as fruit (fructose) and milk (lactose).

*The sweet truth: All about sugar - Mayo Clinic Press*

## Sugar 101 - American Heart Association

**Get the Facts: Added Sugars | Nutrition | CDC**

**Different Types of Sugar Explained: Guide to Sugar Types & Uses**

[How To Stop Sugar Cravings: 8 Tips - Cleveland Clinic Health ...](#)

**Sugar - Wikipedia**

[The sweet danger of sugar - Harvard Health](#)

[What is Sugar? What is Sucrose? Is Sugar a Carb? | Sugar.org](#)

[Sugar | Definition, Types, Formula, Processing, Uses, & Facts ...](#)

**Facts About Sugar and Sugar Substitutes - Johns Hopkins Medicine**

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