

# Sugar Rush Cupcake Club 1 Donna Kauffman

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. 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 how ... 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 ... Sugar Price: Get all information on the Price of Sugar including News, Charts and Realtime Quotes. 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). 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. Sep 8, 2025 · Sugar is not just a source of calories—it’s a powerful substance that alters brain chemistry. Research shows that sugar stimulates the brain’s reward pathways in ways strikingly similar to addictive ... Apr 14, 2026 · The Dietary Guidelines for Americans recommends that children younger than 11 do not have any added sugar. Adolescents and adults should also limit sugar consumption. 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 health. Sugar (/ ʃʊɡər /) 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.

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**Be Smart About Sugar | Healthy Weight and Growth | CDC**

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

**Sugar 101 - American Heart Association**

[Sugar - Wikipedia](#)

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**The Truth About Sugar and Its Effect on Your Body  
Facts About Sugar and Sugar Substitutes - Johns Hopkins Medicine**

*The sweet danger of sugar - Harvard Health*

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