

Sugar Technology Books

Sugar Checked Sugars (clockwise from top-left): white refined, unrefined, brown, unprocessed cane sugar Sugar (/ ʃʊgər /) is a class of sweet-tasting, soluble carbohydrates, many of which are used in ... Get the facts about sugar and sugar substitutes, including which types of sweeteners are best for your health. Apr 6, 2026 · Too much added sugar can be one of the greatest threats to cardiovascular disease. Here's how to curb your sweet habit. Sugar has a bittersweet reputation when it comes to health.... 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. 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 · Sugar 101 Understanding the two types of sugars There are two types of sugars in foods: naturally occurring sugars and added sugars. Naturally occurring sugars are found naturally in ... The scientific voice of the U.S. sugar industry, the Sugar Association makes a difference by continuously supporting scientific research and sharing knowledge. Apr 14, 2026 · Avoid high-sugar foods and sugary drinks, including candy, cake, cookies, sodas, fruit drinks, and sports and energy drinks. Ensure access to drinking water and other healthier drinks in ... 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 ... 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.

The sweet truth: All about sugar - Mayo Clinic Press

Sugar | Definition, Types, Formula, Processing, Uses, & Facts | Britannica

How To Stop Sugar Cravings: 8 Tips - Cleveland Clinic Health Essentials

Sugar 101 - American Heart Association

The sweet danger of sugar - Harvard Health

Be Smart About Sugar | Healthy Weight and Growth | CDC

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

[The Sugar Association | There's more to sugar.](#)

[Facts About Sugar and Sugar Substitutes - Johns Hopkins Medicine](#)

Sugar - Wikipedia

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