

# Sugar Identification Using Polarimetry

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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. 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 ... Apr 6, 2026 · A registered dietitian explains the health benefits

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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 ...

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**What Are the Different Types of Sugar?  
Added and Natural Sugars**

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*7 Healthiest Types of Sugar, Ranked*

**The sweet truth: All about sugar - Mayo  
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