

Sugar Rush Cupcake Club 1 Donna Kauffman

Sugar can also be called sucrose; the scientific name for sugar. Sugar is a disaccharide, made up of two simple sugar units (monosaccharides), glucose and fructose. 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 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 how ... 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. 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. 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). 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 ... 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. Sugar (/ˈʃʊɡər/) 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.

[How To Stop Sugar Cravings: 8 Tips - Cleveland Clinic Health Essentials](#)
Different Types of Sugar Explained: Guide to Sugar Types & Uses

What is Sugar? What is Sucrose? Is Sugar a Carb? | Sugar.org

Sugar 101 - American Heart Association

Be Smart About Sugar | Healthy Weight and Growth | CDC
Sugar | Definition, Types, Formula, Processing, Uses, & Facts | Britannica

Facts About Sugar and Sugar Substitutes - Johns Hopkins Medicine

[Sugar - Wikipedia](#)

The sweet truth: All about sugar - Mayo Clinic Press

What is sugar - World Sugar Research Organisation

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