TYPES OF SUGAR

Nutritive

1. REFINED WHITE SUGAR
SUCROSE
Most refined and common sugar.
16 CAL/TSP

2. BROWN SUGAR
SUCROSE
Raw sugar crystals combined with molasses.
16 CAL/TSP

3. TURBINADO/RAW SUGAR
SUCROSE
Semi-refined specialty brown sugar that is spared the final crystallization process, allowing molasses from the sugar cane juice to coat the sugar.
16 CAL/TSP

4. MOLASSES
SUCROSE
By-product of sugar cane and sugar beet refining process.
16 CAL/TSP

5. HONEY
FRUCTOSE, GLUCOSE, SUCROSE
Honey is the mixture of sugars that bees produce from plant nectar. Usually about 20% water, 40% fructose, 30% glucose, 1% sucrose, and a mixture of other sugars and minute traces of naturally present acids, vitamins, minerals and enzymes.
22 CAL/TSP

NON-NUTRITIVE CHEMICAL SWEETENERS

6. STEVIA, SWEET LEAF, TRUVIA
STEVIA REBIANA GLYCOSIDES
Natural sweetener derived from the Stevia plant. About 30-200 times sweeter than sugar.
O CAL, 1 G FIBER/TSP

7. SWEET-N-LOW
SACCHARIN
Petroleum derivative. About 300-700 times sweeter than sugar. Not metabolized by body.
4 CAL/TSP

8. EQUAL, NUTRASWEET
ASPARTAME
Derived from amino acids phenylalanine and aspartate. About 200 times sweeter than sugar. Cannot be used by those with phenylketonuria.
4 CAL/TSP

9. SPLENDA
SUCRALOSE
Chlorine derivative. Made from sucrose by a patented, multi-step manufacturing process that selectively replaces three hydroxyls with chlorine atoms. This molecular change makes sucralose 600 times sweeter than sugar. Not absorbed by body.
1.6 CAL/TSP

RAISING CANE – THE SKINNY ON SWEETENERS

South Florida has long been a global player in raising sugar cane. According to the USDA, Florida sugarcane farmers produce about 25% of the sugar produced in the U.S., more than any other state, turning out about 2 million tons of raw and refined sugar annually. The majority of that sugar will end up in our coffee and tea, and for baking purposes. But with so many options for sugar and sweeteners, do we really know what the difference is and what we are putting into our bodies?

Sugar is a simple carbohydrate, and can be either one molecule, or a monosaccharide (glucose, fructose and galactose), or two molecules joined together as a disaccharide, such as sucrose (glucose and fructose), or table sugar. By law, all products sold as sugar must be at least 96% sucrose. Almost all sugars have about 15 calories per teaspoon, or about 4 calories per gram, even for less refined sugars such as turbinado. And while it is certainly sweet, sugar does not provide any vitamins or minerals.

For sugar, the refining process involves many steps, along the way producing intermediate sugars, such as turbinado and brown sugars, before refined white sugar is made. To get white sugar, the raw sugar is rinsed of the yellow-brown film of molasses. The sugar crystals are then dissolved in water and filtered until the liquid is clear. That liquid is heated again until it evaporates, leaving crystals. Syrup that does not form crystals is used to make brown sugar.

SWEET POINT – WHAT IS VEGAN SUGAR? During the final purification process, cane sugar is filtered through an activated carbon process. About a quarter of the refined sugar in the U.S. is made using animal bone char as the source of charcoal. Because of this, some vegetarians and vegans will opt for vegan sugar. Sugar made from sugar beets does not use this filtration process.