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Uses Facts A simple way to look at sugar.

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Sugar is the generic name for sweet tasting soluble carbohydrates many of which are used in food

Simple sugars also called monosaccharides include glucose fructose and galactose
Dec 11 2025 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 common sugar is sucrose a crystalline tabletop and industrial sweetener used in foods and beverages Apr 1 2025 On one hand consuming too much sugar is linked to weight gain diabetes and cardiovascular disease

On the other high amounts of sugar are found in many nutritious foods including some fruits vegetables and grains. So should you avoid sugar as much as possible or just consider the source? 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 May 15 2025 Sugar is a type of carbohydrate that is found naturally in fruits vegetables grains and dairy

Besides sugar these foods also provide essential nutrients like fibre antioxidants minerals and protein Aug 3 2025 What is the difference between types of sugar? Find out if some are healthier than others and what it can mean for your 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. What is sugar? By definition sugar is sucrose a disaccharide made up of two sugars glucose and fructose bound together that is naturally made by and found in all green plants

Sugar found in the food supply is harvested from sugar beets and sugar cane Aug 4 2025 Confused about sugar? Learn the difference between natural and added sugars how much is too much and how to enjoy sweets mindfully and healthfully 5 days ago Added sugars hide in more foods than you think

Discover the top sources of added sugar and easy ways to cut back for better health.

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