

# sugar changed the world pdf

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## **Sugar - Wikipedia**

Sugar (/ ʃʊɡər /) 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.

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

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.

## **Facts About Sugar and Sugar Substitutes - Johns Hopkins Medicine**

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.

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

What is the difference between types of sugar? Find out if some are healthier than others and what it can mean for your health.

## **A simple way to look at sugar - Harvard Health**

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?

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

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 101 - American Heart Association**

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).

## **The sweet truth: All about sugar - Mayo Clinic Press**

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 we can adjust our relationship to them.

## **What is sugar - World Sugar Research Organisation**

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.

## **Is allulose a healthy sugar substitute? - MD Anderson Cancer Center**

Allulose is a sugar substitute that has been promoted as being lower in calories and better tasting than other sweeteners. But is it safe? Senior research dietitian Erma Levy shares what to know about allulose.