

# SUGAR

## FROM FIELD TO TABLE

IT STARTS WITH SUNLIGHT...



**SUGAR CANE**



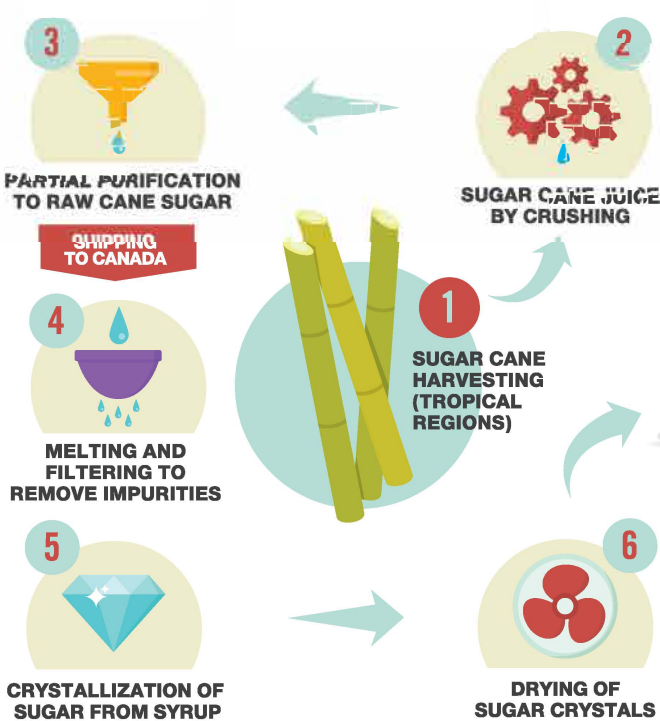
**SUGAR BEET**

All green plants, such as fruits and vegetables, produce sugar (sucrose) through photosynthesis, a natural process that turns sunlight into energy.

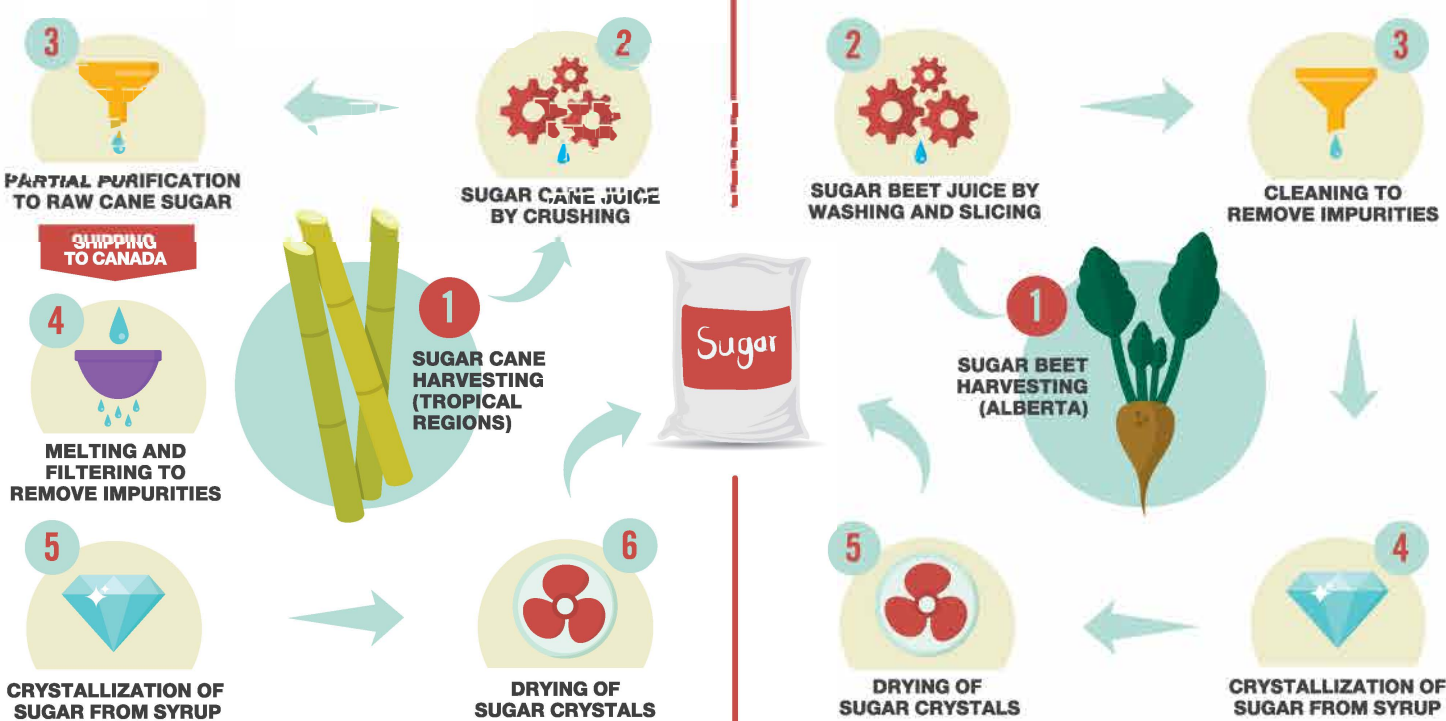
Sugar is obtained from sugar cane and sugar beets due to their high sucrose content. Sugar cane is grown and harvested in tropical regions while sugar beets require cooler temperatures, such as those in Alberta. The resulting granulated sugar produced from either cane or beets however is the exact same: pure sucrose.

### SUGAR PURIFICATION FROM CANE AND BEETS

#### CANE SUGAR REFINING



#### SUGAR BEET PROCESSING



In Canada, raw sugar refers to the partially purified cane sugar shipped to Canada for further refining to meet Canada's food regulations. So-called "raw sugar" that is packaged and sold in stores is a type of specialty sugar, such as turbinado.

#### DID YOU KNOW?

Pure sucrose is naturally white. The purification process removes impurities from the raw sugar to reveal the naturally white sugar crystals.

### TYPES OF SUGAR CREATED



**SUGAR**  
(Pure Sucrose)

- granulated sugar
- liquid sugar
- sugar cubes



**BROWN SUGARS**

- brown sugar
- yellow sugar
- golden sugar
- turbinado
- demerara



**MOLASSES**

Brown sugars are produced by blending pure white crystals with small amounts of molasses. More molasses means a darker colour and stronger flavour.

...AND ENDS ON YOUR TABLE



Whether from fruit, vegetables, honey, maple syrup, or table sugar, each gram of sucrose is used in the same way by the body, supplying 4 Calories of energy per gram.

When added to foods, sugars add flavour, colour, texture, and even help with preservation. By contributing to taste, sugars can help us enjoy nutritious foods important to our health.

Canadian consumption of added sugars has been declining over the past two decades. Canadians consume about 11% of their energy from added sugars, which is considered a moderate amount.



For more information, visit [sugar.ca](http://sugar.ca)