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Cane Sugar vs Granulated Sugar: Which is healthier?



Cane sugar and granulated sugar are both concentrated sweeteners. Granulated sugar supplies calories while providing almost no additional nutritional value. However, unrefined cane sugars like muscovado, whole cane sugar, jaggery, kokuto, and rapadura, provide additional nutritive value in the form of minerals including iron, potassium, chromium, and calcium as well as antioxidant compounds. This gives unrefined cane sugar a slight edge over highly refined granulated sugar. All sugars, even the slightly more nutritive unrefined cane sugars, should be consumed in moderation.

Sugar beets vs Sugar cane: Which is healthier?

The majority of white table sugar or pure sucrose in the US and other temperate climate regions comes from sugar beets, while tropical regions primarily grow and utilize sugar cane. The highly processed sugar products that come from either sugar cane or sugar beets does not differ nutritionally. Most sugar beets in the US are genetically modified. Individuals worried about consuming genetically modified(GMO) crops should select either cane sugar or non-GMO beet



sugar to help minimize GMO exposure. Regardless of its source, white table sugar is a concentrated source of calories and doesn't contain any fiber, vitamins, or minerals, and should be consumed in moderation. The American Heart Association recommends men should consume no more than 9 teaspoons(36 grams) of added sugar per day. For women, the recommendation is no more than 6 teaspoons(25 grams) per day.

Is sugar cane healthy to eat?

Sugarcane is most commonly used to produce sugarcane juice, refined sugar, as well as many other products. However, the sugarcane itself can also be eaten fresh by peeling and chewing sugarcane's fibrous, and sweet, and juicy stalks. Sugarcane contains a variety of nutrients including antioxidants, several B vitamins, and the minerals potassium, calcium, and iron. It has been used medicinally for its diuretic properties and other potential health benefits and although it contains more nutrients than refined sugars, it should be eaten occasionally and in the context of a health-promoting dietary pattern.

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Coconut sugar vs Cane sugar: Which is healthier?

Provided by the sap from a coconut palm tree, coconut sugar contains more nutrients than white cane sugar and is less processed. It does not taste like coconut but tastes similar to brown sugar. Coconut sugar has a slight advantage over white cane sugar nutritionally. It contains very small amounts of the minerals calcium, iron, potassium, and zinc, as well as a soluble and fermentable fiber called inulin. Inulin may reduce sugar absorption and the glycemic response to coconut sugar. White cane sugar is a concentrated source of calories and it doesn't contain any fiber, vitamins, or minerals. Coconut sugar is still a concentrated sweetener and high in calories. All sugars, even the slightly more nutritive less refined sugars, should be consumed in moderation. The American Heart Association's recommends men should consume no more than 9 teaspoons(36 grams) of added sugar per day. For women, the recommendation is no more than 6 teaspoons(25 grams) per day.

Sugar is an essential part of our diet, but it's important to understand the difference between natural and added sugars. Natural sugars are found in fruits, vegetables, and dairy products, while added sugars are found in processed foods and drinks¹. Added sugars are generally considered unhealthy because they can cause weight gain and increase the risk of chronic diseases¹. However, some added sugars may be less processed than others and contain more nutrients. For example, honey and molasses are two types of sugar that contain small amounts of vitamins and minerals. Coconut sugar is another type of sugar that is less processed than white sugar¹.



It's important to remember that sugar is sugar, and consuming too much of it can lead to weight gain and other health problems¹. If you're looking to cut back on sugar, try to limit your intake of processed foods and drinks and focus on eating more whole, unprocessed foods.

In summary, all types of added sugar should be consumed in limited amounts as part of a balanced diet. Natural sugars found in whole foods are generally healthier because they come packaged with other nutrients like fiber, protein, vitamins, and minerals¹². However, it's important to be intuitive about your body's reaction to different sugars and consume everything in moderation.

I hope you find this information helpful! **Content by Julie Lee—
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