



# TYPES OF SUGAR

## Refined sugar

Also known as white sugar, this is the most widely used type. It undergoes refining and receives additives to give it its white coloring.

## Crystal sugar

It goes through refinement but still has large crystals. About 90% of the minerals are removed during this process.

## Icing sugar

It also goes through refinement and grinding, and is the finest of all, becoming as smooth as powder.

## Brown sugar

It is the rawest form of sugar and does not go through the refining process, so it has more minerals. It is more humid and darker.

## Demerara sugar

Removed from cane molasses, it undergoes a slight refinement, and therefore has a nutritional value similar to that of brown sugar, but is a little lighter in color.

## Coconut sugar

Extracted from coconut palm fluid, it does not undergo refining and contains more minerals and vitamins. It has a lower glycemic index than that of cane sugar.

## Beet sugar

It is obtained from sugar beets through a process similar to cane sugar extraction. It is refined and also white in color.

## Light sugar

It is a mixture of refined sugar and sweeteners, which gives lower carbohydrate and energy content, to be used in diets with restriction of these nutrients.

Regardless of the type, sugar should be consumed in moderation and the daily intake should not exceed 25 g [5 teaspoons], including sugar added to preparations and from processed foods.