


International Sugar Organization

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EXECUTIVE DIRECTOR

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Various sugar related articles

The Executive Director would like to draw your attention to the article and links below from the Canadian Sugar Institute.


New Fact Sheet: Types of Sugars and Sweeteners

Is brown sugar healthier than white sugar? Are sugars such as honey, maple syrup, and date sugar, better choices than white sugar? Should artificial sweeteners be used in place of sugar? What is a sugar alcohol?

The dietitians and nutrition researchers at the Canadian Sugar Institute Nutrition Information Centre are pleased to share our latest fact sheet, "[Types of Sugars and Sweeteners](#)". This resource highlights the different types of sugars and other caloric and non-caloric sweeteners available in the Canadian marketplace, and answers frequently asked questions about their nutritional value, functional roles, and common uses.

Key Takeaways:

Types of Sugars & Sweeteners: Differences between white sugar, brown sugar, other sugars, low- and non-caloric sweeteners, and sugar alcohols.

Typical Uses and Functionality: Types of foods that the different sugars and sweeteners are commonly used in.

Calorie Content & Nutritional Value: Be able to identify and compare calorie contributions and nutritional content of different sugars and sweeteners.

Did You Know?: Answers to frequently asked questions about sugars and sweeteners.

TYPES OF SUGARS AND SWEETENERS

There are many types of sugars and sweeteners

All green plants, including sugar cane and sugar beets, produce sugar (sucrose) naturally. Sucrose is the product of photosynthesis, the process by which plants transform the sun's energy into food. A wide variety of sugars are produced by purifying and crystallizing the sugar juice from sugar cane and sugar beets.

There are also many other types of caloric and non-caloric sweeteners that you may see on store shelves and on food product ingredient labels. In Canada, non-caloric sweeteners and sugar alcohols are regulated as food additives.



White Sugar	Brown Sugar	Other Sugars	Low- and Non-Caloric Sweeteners	Sugar Alcohols
<p>White sugar is almost pure sucrose, purified to meet Canada's food standard for sugar, which is at least 99.8% sucrose.</p> <p>Includes: Granulated sugar, coarse sugar, pearl sugar, superfine sugar, liquid sugar, and liquid invert sugar.</p> <p>All provide 4 calories per gram.</p> <p>Typical Uses: Coffee, tea, baking, dairy products, jams/jellies, candy, and packaged food.</p> <p>Did You Know? Different crystal sizes for sugar are important to provide different functions in foods and beverages.</p> <p>For example, superfine sugar dissolves more easily than coarse sugar and tastes sweeter on the tongue.</p>	<p>Pure sugar crystals, together with small amounts of molasses, result in brown sugars with a range of colours and tastes.</p> <p>Includes: Dark brown sugar, yellow sugar, and light brown/golden sugar.</p> <p>Specialty brown sugars include: Demerara, Muscovado, and Turbinado sugars are sometimes called "raw" on package labels, but are partially purified sugars, making them safe to eat while leaving more molasses flavour and colour.</p> <p>All provide 4 calories per gram.</p> <p>Typical Uses: Baked goods, dry mixes, meat glazes and condiments.</p> <p>Did You Know? White and brown sugar have similar nutritional values but offer different functions and flavours in recipes.</p>	<p>Examples of other sugars include: molasses, honey, maple syrup, date sugar, coconut sugar, fruit juice concentrate and corn sweeteners (e.g. high fructose corn syrup).</p> <p>They are composed of different amounts of glucose, fructose, and sucrose.</p> <p>All have similar nutritional values to sugar, provide approximately 4 calories per gram, and contain insignificant amounts of vitamins and minerals.</p> <p>Typical Uses: Baked goods, sugars sweetened beverages and canned products.</p> <p>Did You Know? Fruit juice concentrate is a common sweetener in food products.</p>	<p>Examples of low- and no-calorie sweeteners include: aspartame, sucralose, saccharin, and stevia.</p> <p>Compared to sugar, these provide low to zero calories and higher sweetness.</p> <p>Typical Uses: Commonly used as a sugar replacement to sweeten foods and beverages.</p> <p>They can replace sugar's sweetness but not all functional properties, so are often used with bulking agents or starches such as maltodextrin or polydextrose.</p> <p>Note: Canada's Food Guide suggests "sugar substitutes are not needed to help you decrease the amount of sugars you eat or drink". Instead, choosing unsweetened foods and drinks, or those with little to no added sugars, is recommended.</p>	<p>Sugar alcohols are sweeteners known as polyols. They are not a sugar or an alcohol.</p> <p>Includes: Erythritol, isomalt, lactitol, maltitol, mannitol, sorbitol, xylitol.</p> <p>All provide about half the calories of sugar.</p> <p>Typical Uses: Food additive, bulking agent.</p> <p>Note: Can cause gut discomfort and laxative effects in some people when eaten in large quantities.</p> <p>Did You Know? Sugar alcohols and non-caloric sweeteners are regulated as food additives in Canada.</p> <p>Canadian food regulations require that the Nutrition Facts table shows the amount of sugar alcohols added to a product.</p>

[Canadian Sugar Institute Types of Sugar and Sweeteners\(1\).pdf](#)

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