SUGARS

{INTRODUCTION & COMPOSITION}

- **Sugar** 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.

- **Compound sugars**, also called disaccharides or double sugars, are molecules composed of two monosaccharides joined by a glycosidic bond.

- Common examples are sucrose (glucose + fructose), lactose (glucose + galactose), and maltose (two molecules of glucose).

In the body, compound sugars are hydrolysed into simple sugars.

Table sugar, granulated sugar or regular sugar refers to sucrose, a disaccharide composed of glucose and fructose

Sucrose is especially concentrated in sugarcane and sugar beet, making them ideal for efficient commercial extraction to make refined sugar.

- Maltose may be produced by malting grain.

- Lactose is the only sugar that cannot be extracted from plants. It can only be found in milk, including human breast milk, and in some dairy products.

- A cheap source of sugar is corn syrup, industrially produced by converting corn starch into sugars, such as maltose, fructose and glucose.

COMPOSITION

S.NO.	SUGAR TYPE	PROTEIN (g)	MINERA -LS (g)	CARBOHYDR- ATES (g)	ENERGY (Kcal)	CALCI- UM (mg)	PHOSP- HORUS (mg)	IRON (mg)
1)	Sugar cane	0.1	0.1	99.4	398	12	1	0.155
2)	Honey	0.3	0.2	79.5	319	5	16	0.696
3)	Jaggery (cane)	0.4	0.6	95	383	80	40	2.64
4)	Jaggery (coconut palm)	1	5	83.5	340	1638	62	-

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5)	Jaggery (date palm)	1.5	2.6	86.1	353	363	62	-
6)	Jaggery (fan palm)	1	1.8	98.5	359	225	44	-
7)	Jaggery (sago palm)	2.3	3.7	84.7	349	1252	372	-
8)	Sago	0.2	0.3	87.1	351	10	10	1.3

THANK YOU