

SUGAR FROM FIELD TO TABLE

IT STARTS WITH SUNLIGHT...



SUGAR BEET

All green plants, such as fruits and vegetables, produce sugar (sucrose) through photosynthesis, a natural process that turns sunlight into energy. One of the crops that contains sugar is sugar beets. Currently, sugar beets are grown in Alberta as they require cooler temperatures, but historically they have been grown across the country. Alberta sugar beets are harvested and then processed into granulated sugar at the Roger's Sugar Factory in Taber. This is the only sugar beet plant left in Canada and sole source of 100% Canadian sugar.

SUGAR BEET PROCESSING



The sugar produced from the Roger's Sugar plant in Taber has a black stamp on the package that starts with the number 22. Look for that stamp to help support local farmers produce Canadian sugar.

DID YOU KNOW?

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

TYPES OF SUGAR CREATED FROM SUGAR BEETS



SUGAR (Pure Sucrose)

- granulated sugar
- liquid sugar



SUGAR BEET PROCESSING BY-PRODUCTS

Leaves and tops of sugar beets are removed after harvesting and used as livestock feed. Sugar beet pulp is used to produce a highly nutritious animal feed or is further processed for use as fibre.



SPECIALTY SUGARS

- icing sugar

...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 asbg.ca



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Nutrition Information Service