

## Alternative sugars and sweeteners

**Sugar Alcohol Sweeteners** – these reduced calorie sweeteners can occur naturally in fruits and vegetables or can be manmade. Commonly used in foods labeled “sugar free” or “no sugar added.” Examples of sugar alcohol sweeteners are erythritol and xylitol.

**Coconut Sugar** – made from coconut palm sap. Similar in appearance and flavor to brown sugar and can be used as a direct substitute for cane sugar in most recipes.

**Monk Fruit** – extracted from the fruit of the same name, this sweetener can be up to 200 times sweeter than sugar, with zero carbohydrates, sodium, calories or fats.

**Stevia** – a natural sweetener extracted from the leaves of the stevia plant. With zero calories and rating a zero on the glycemic index, stevia is much sweeter than sugar – at some estimates, up to 300 times more.

**Sucralose** – an artificial sweetener that cannot be broken down by the body, so it does not add calories during consumption. It is calculated to be 400 to 700 times sweeter than sugar.



### Reference Sources:

<https://www.thekitchn.com/whats-the-difference-muscovado-145157>

<https://culinarylore.com/specialty-foods:raw-or-turbinado-sugar-versus-white-sugar/>

<https://www.thekitchn.com/a-complete-visual-guide-to-sugar-ingredient-intelligence-213715>

# Your Guide To

# Sugar and Sweeteners



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*Know the difference between dextrose and demerara? How about stevia and sucanat? With so many sweeteners available in the marketplace, it can be hard to choose the right ones for your recipes. No worries! The information in this brochure will give you details about common sweeteners that can help you sort it all out.*



### **A lesson in sugars:**

The two main categories of sugars are monosaccharides and disaccharides. Monosaccharides include dextrose and fructose. Table sugar, or sucrose, is a disaccharide, meaning it is the combination of two types of sugar molecules – specifically fructose and dextrose. Although other sugars exist (for example, lactose), they are not typically used as sweeteners.

### **The following information will help you make choices about which sweetener is best for your needs:**

**Dextrose** – also called glucose. Extracted from corn for use in baked goods, confectionery applications, fruit and vegetable processing and dairy products and can be used to prevent fermentation.

**Fructose** – found in fruits and vegetables and honey, with most commercially available fructose coming from sugar cane. It is twice as sweet as table sugar and holds more water, resulting in moist baked goods. Addition of fructose to syrups and candies will also minimize crystallization in these items.

**Sucrose** – commonly known as table sugar, sucrose available in today's marketplace is derived from either sugar cane or sugar beets and is used in a wide variety of applications beyond simply sweetening a product.

### **Here is a list of commonly used types of sucrose:**

•**Table sugar** – highly refined and granulated this is the most commonly used form of sucrose and can be used in general cooking and baking applications, as well as added directly to sweeten beverages or other foods. When people say “pass the sugar” this type of sugar is what they usually mean.

•**Sanding Sugar** – used mainly for decorating. Large crystals treated with a confectioners glaze to add heat resistance and available in a wide range of colors.

•**Baker's Special Sugar** – an exceptionally fine grain sugar that dissolves quickly. Ideal for making meringues and frosting, as well as sweetening cold beverages.

•**Confectioners Sugar** – also referred to as powdered sugar, and often has a number associated with it like 6X or 10X. The number indicates how finely ground the sugar is – the higher the number the finer the sugar. Confectioners sugar typically contains a small amount of cornstarch to prevent clumping. Excellent for making icing and frosting as well as for use in decorating baked goods.

•**Cane Sugar** – also referred to as evaporated cane juice. Less processed and derived exclusively from sugar cane. Although slightly larger grained and darker than table sugar, it can, however, be used in the same ways.

•**Brown Sugar** – both light and dark brown sugars are refined white sugar with a small amount of molasses added in. They will have roughly the same size granule as table sugar, but are noticeably wetter and stickier, with a perceptible molasses flavor, although dark brown sugar's flavor is more intense.

### **Minimally processed forms of sucrose:**

**Demerara** – a form of cane sugar with large grains and a noticeably amber color due presence of molasses, with a slight molasses flavor. Great for sweetening beverages or for use as a topping on baked goods.

**Sucanat** – unrefined dehydrated sugar cane juice. Maintains amber color and a distinct molasses taste. Flavor complements baked goods with a bit of a bite – like gingerbread and spice cakes.

**Turbinado** – minimally processed, like Demerara, but slightly smaller grains. Still retains a touch of molasses, but resulting flavor is delicate and caramel-like. This is often marketed as raw sugar.

