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Focus on Potential Health Benefits when using Natural Sweeteners in Place of Refined Sugar

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Abstract: *Sugarcane (70%) or sugar beet (30%) are the sources of sucrose, which is found in 99% of refined sugar, a processed product. In contemporary countries, sugar is still an important part of the diet and is valued for both its flavour and unique sweetening capabilities as well as its role in food preservation. On the other hand, a high intake of refined sugar is linked to various health problems, including a high risk of dental cavities, being overweight, and neuro developmental abnormalities in children, as well as non-communicable diseases. Due to their nutraceutical characteristics, alternatives like unrefined sugars have attracted a lot of interest as a healthy option. This essay aims to discuss the health benefits of sugar generated from natural sources and to identify potential health issues that may result.*

Keywords: Non-communicable diseases, food preservation, Refined sugar replacement, Natural sweetener, and Health benefits.

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