

SUGAR & HEALTH

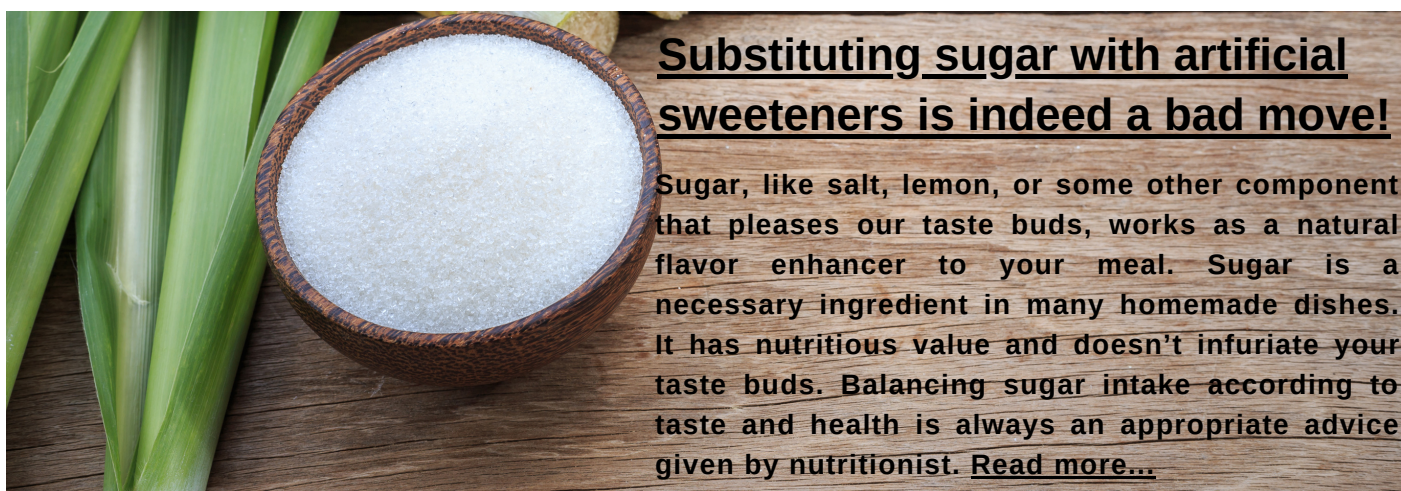
A newsletter by Meetha.org



A sweet message by ISMA

'Sugar & Health' Newsletter is an initiative of Indian Sugar Mills Association (ISMA). This newsletter is a sugary source of information for consumers, medical practitioners, nutritionists and chef's. It brings together scientific facts, research and news around 'Sugar & Health', natural sugar, artificial sugar and sugar substitutes.

“*“These days, selling anything by terming it ‘transfat-free’ or ‘sugar-free’ is lucrative. The only people benefitting are those in the food and weight-loss industries,”- Rujuta Dixekar (Nutritionist)*



Substituting sugar with artificial sweeteners is indeed a bad move!

Sugar, like salt, lemon, or some other component that pleases our taste buds, works as a natural flavor enhancer to your meal. Sugar is a necessary ingredient in many homemade dishes. It has nutritious value and doesn't infuriate your taste buds. Balancing sugar intake according to taste and health is always an appropriate advice given by nutritionist. [Read more...](#)

Isma.India @Indialsma

Do you think "sugar-free" tag benefit? "These days, selling anything by terming it 'transfat-free' or 'sugar-free' is lucrative. The only people benefitting are those in the food and weight-loss industries," says @RujutaDiwekar hindustantimes.com/health-and-fit... @nutritionrobot #dieting



Rujuta Diwekar on why you shouldn't skip rice, ghee an... In her new book, celebrity nutritionist and author Rujuta Diwekar tells you why you should not skip items usually... hindustantimes.com

6:56 AM · Jun 24, 2021

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Indian Sugar Mills Association about a month ago

SUGAR Nutrition Facts

1 teaspoon (4g) of granulated sugar contains-

Calories	Fat	Sodium	Carbohydrates
15.4	0g	0mg	4g
Fiber	Sugars	Protein	
0g	4g	0g	

#Didyouknow

#DidYouKnow #knowyourfood
Sugar, like all carbohydrates, contains food energy. Every gram of carbohydrate has about 4 calories.
#naturalsugar #health #healthyfood #healthylifestyle #sugar #Nutrition #madovermoderation #Covid19India #Facts #isma ... See More

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Did you know that sugar acts as a stress reliever!

A study by the University of California had found that sugar reduces the levels of stress hormone, cortisol.



#didyouknow

ISMA (Indian Sugar Mills Association) on LinkedIn: #didyouknow #naturalsugar #sugarandhealth

#didyouknow Sugar acts as a stress reliever! A study by scientist from the University of California had found that sugar reduces level ...

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"The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended."

World Health Organization [WHO]

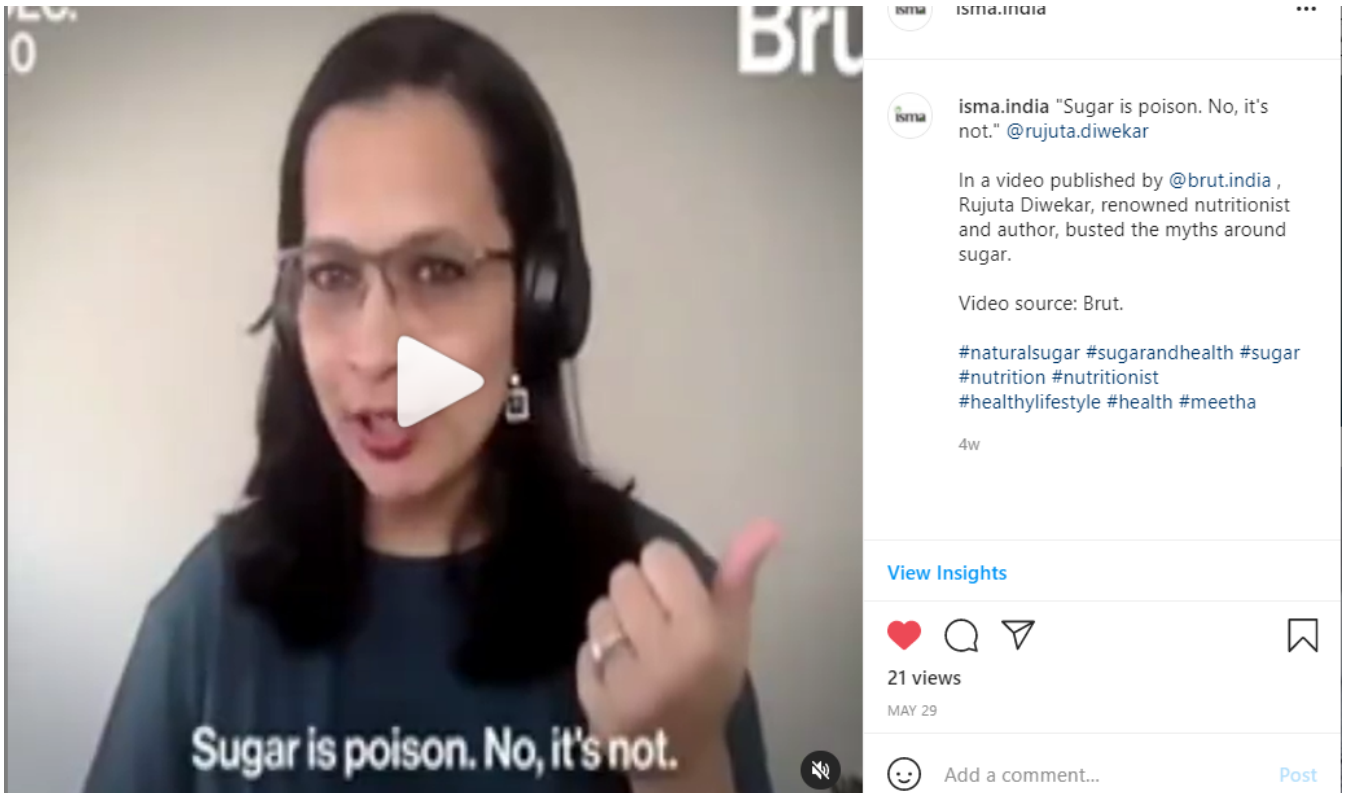


#Didyouknow

ISMA (Indian Sugar Mills Association) on LinkedIn: #naturalsugar #health #calories

Healthy lifestyle promotes moderation rather than prohibition. Demonizing one ingredient in food will not overcome the fact that...

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Sugar & Culinary : Role of Sugar in Culinary World | Podcasts | Episode 05

"If you eliminate sugar life and food will be taste less."
Listen to the 'Sugar and Health' Podcast, "Role of Sugar in Culinary World" with @chefananyabanerjee to find out what sugar brings to food! Chef Ananya Banerjee is a renowned chef, artist, and author.