

Nutrition

The key to sugar is to balance energy inputs (what we eat) with outputs (the energy we use) while understanding nutrition (what is good for us).

Sugar has half the calories of fat. 1 teaspoon of sugar contains 20 calories whereas 1 teaspoon of fat contains 45 calories.

The energy you put into your body needs to be balanced with the energy you use up. Physical activity, such as football, will help to keep your body balanced.



Sugar is our most precious crop that provides energy and so much more!

Sugarcane is a type of grass that contains sugar in the stalk. You may know sugar in its finished form, as white sugar or brown sugar. However, sugar comes in many other forms, such as caster sugar, icing sugar and molasses.

Sugar plays an important role in providing the energy necessary for our bodies to work properly. Our body needs sugar, which is a carbohydrate.

Natural sugar energy types are fructose, sucrose and glucose. Athletes, such as players from North Queensland Cowboys, need sugar so they have enough energy on the field.

The energy used to play sports comes from glucose.

Too much sugar is bad for you, but meeting your daily needs makes a balanced way of life.

Facts

Sugar is a type of carbohydrate and is good for easy and fast absorption into your body. Sugar gives body cells energy to produce **glucose**. The **glucose** makes the body run. Sugar is also stored as glycogen in the liver. When your body runs out of **glucose**, it uses the glycogen to produce energy. Once your body has stored enough **glucose** and glycogen, the rest is turned into fat. It's important to get the balance right to ensure you have enough energy for your activities and are not over-storing sugar supplies. Other types of carbohydrate-rich food includes breads, cereals, fruit, rice, potatoes and pastas.

Technology

World class research & development

What if you could grow cane with less water, fertiliser and chemicals? Australia is investing heavily in this area. As a direct result of the industry's intensive research and development program, advances have been made in cane production and many of our programs are considered world class and an example to other Australians and international industries.

Sugar is one of Australia's most important rural industries, worth around \$1.5 - \$2.5 billion to the Australian economy. Sugarcane farmers grow 32 - 35 million tonnes of cane per year, which when processed, equates to around 4.5 - 5 million tonnes of sugar.

Around 80% of Australia's sugarcane is exported as sugar overseas which is good for Australia's economy.

Learn why sugar can be good for us and our environment



CANEGROWERS



CARING FOR OUR COUNTRY

www.canegrowers.com.au