

# Sugarcane AND ITS ROLE in Nutrition

In Australia and New Zealand, sugar for commercial use is primarily extracted from sugarcane, a tall, thick grass that grows in warm places. It is mainly used to make sugar, but it can also be turned into syrup.

## What is sugarcane used for?

Sugarcane is used for many things, including:



### MAKING granulated SUGAR

The juice from sugar cane is turned into white, brown, and raw sugar for cooking and baking.



### MOLASSES

A smooth, thick, dark syrup made from sugar cane, used in baking and some sauces.



### Sugarcane JUICE

A sweet drink made by squeezing the juice from the stalks.



### ANIMAL feed

Leftover parts of the plant can be fed to animals.



### Making ALCOHOL

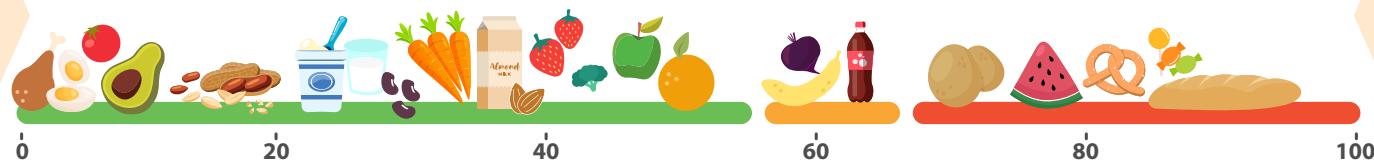
Some types of alcohol, like rum, are made from sugar cane.

[Read more](#)

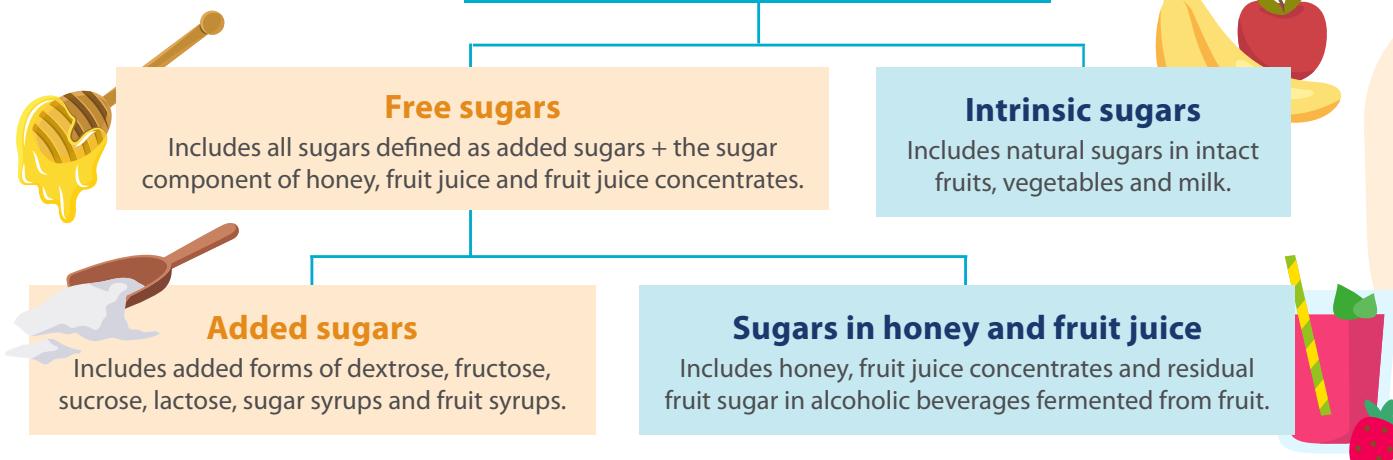
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## What is Glycemic Index (GI)?

**LOW GI**  
(55 and below)  
These foods raise blood sugar slowly and give longer-lasting energy.



**HIGH GI**  
(70 and above)  
These foods make blood sugar rise quickly and give fast energy, but you might feel hungry again soon.



*Total sugars = A measure of all naturally occurring sugars and sugars added to a food product. Measured using laboratory methods.*

## Sugar and Diet

Eating too many kilojoules (energy) can lead to weight gain. Being overweight or obese raises the risk of health problems such as high blood pressure, type 2 diabetes and heart disease.

Sugar provides the same energy, measured in kilojoules (kJ), per gram as other digestible carbohydrates like starch found in bread, rice and pasta. However, some foods contain a lot of sugar. It's important to remember that eating too much of any food can lead to weight gain.

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