

Real Sugar is Grown, Not Made

The Sugar Association

Knowing what's in our food, where it comes from, and how it is produced are important factors for many people when making decisions about what to eat. When it comes to sugar, we get these questions a lot and the answers are simpler than many people realize. Real sugar is grown and harvested by sugar beet and sugar cane farmers. The sugar we buy at the grocery store and use in baking and cooking is the result of extracting the sugar from these plants, washing with water and crystalizing the sugar juice. The crystals are dried before packaging for distribution to grocery stores across the country.

A true farm-to-table ingredient

[Real sugar](#) is grown in 14 states across the country. Fifty-five percent of the real sugar in the United States comes from sugar beets and 45 percent comes from sugar cane.



Resources about Real Sugar's origins



[Where in the U.S. Does Sugar Come From?](#)



[Sugar Refining and Processing](#)

[Myths vs. Facts](#)

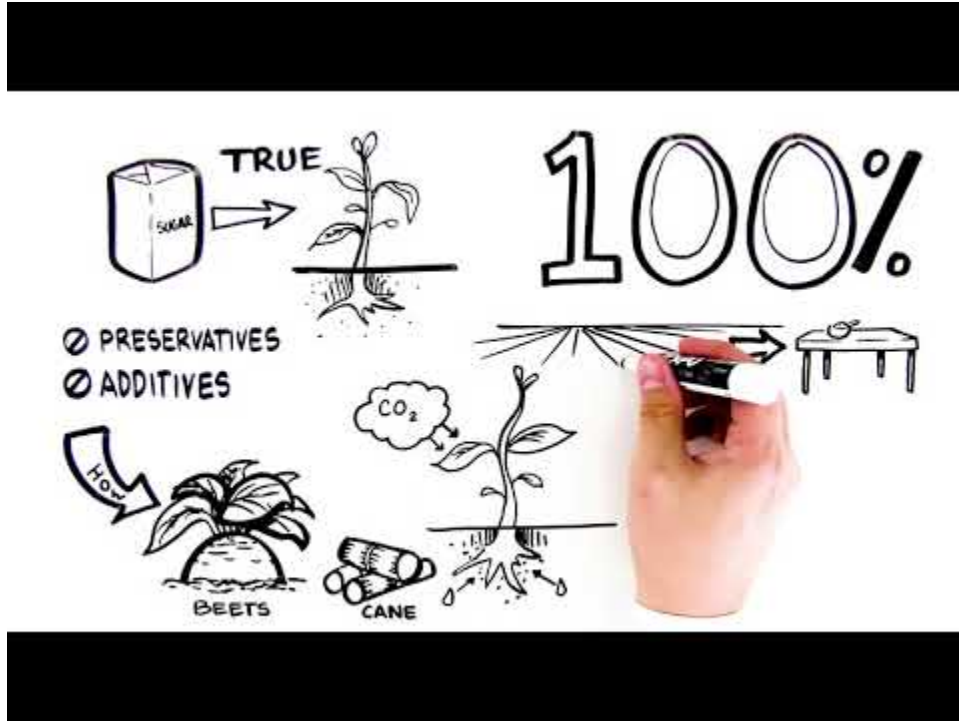


STEM Accredited Educational Materials

Interested in learning more? The Sugar Association is now a STEM.org Accredited Educational Program, offering resources for all ages and grade levels.

The Field to Table STEAM packet, designed for grades 7-12 is one of the resources that simply integrates the STEM disciplines. Students learn about sugar's history, how it is naturally made by plants, its impact on the environment, why it is added to foods and more.

Find FREE STEM Accredited resources here



About the Sugar Association:

The Sugar Association is the scientific voice of the U.S. sugar industry, representing nearly 12,000 sugar beet and sugar cane growers, as well as processors and refiners of sugar. The Association offers science-based educational resources to educators, consumers, and health professionals to enhance understanding and confidence in where sugar comes from and the roles that sugar plays in a nutritious, balanced and enjoyable diet. [Follow us on social media at @moretosugar.](#)