

## **AVOID REFINED SUGAR**

In addition to adding inches to our waistlines and putting us in the dentist's chair more often, sugar production also has negative effects on the environment. White table sugar is derived from either sugar cane or beet sugar, but the source is not identified. Sugar cane is usually grown as a monoculture. Production in many countries has moved to marginal areas, removing natural rainforests, mangroves, and other sensitive environments. Sugar production is the number one cause of biodiversity loss compared to other crops. It is responsible for polluted rivers and seas, eroded fertile soils, use of pesticides and fertilizers, poor management of irrigation, air pollution from burning cane, and damage to coral reefs such as the Great Barrier Reef.

In the U.S., beet sugar accounts for about 55 percent of our domestic sugar crop. Ninety-five percent of our sugar beets are genetically engineered to resist Monsanto's herbicide Roundup. By definition, there are very few organic sugar beets.

For alternative sweeteners, you may want to try locally-sourced maple syrup or honey, stevia, or brown rice syrup.

Here's a great article about the effect of sugar on the environment.

<https://www.thoughtco.com/effect-of-sugar-on-the-environment-1204100#:~:text=Sugar%20Production%20Damages%20the%20Environment,tropical%20ecosystems%20near%20the%20equator>