March 25, 1975

Mrs. Aurelia Tornabene
3209 West 59th St.
Chicago, Illinois 60629

Dear Mrs. Tornabene:

Your letter of February 18 has been referred to my attention for answering and I will attempt to do just that. Great Western does not sell unrefined sugar because the product would be just that, unrefined and by unrefined I mean that impurities would still be in the product, such as, bits of soil, yeast, molds, etc. Great Western prefers to sell pure sugar so that there will never be a question as to the quality of the product that we market. All Great Western sugar is produced from the sugarbeet plant.

I am copying and attaching a portion of a paper prepared by the Sugar Information, Inc. located in New York City which will give you further information in regard to your questions and I hope will be helpful in determining if it will be possible for you to use our product. The sources of this information are located on the last sheet if you would be interested in acquiring more information about it.

By copy of this letter I am sending the same information to your sister, Mrs. Eliesiu in Gary, Indiana.

Sincerely,

(Mrs.) Mary Kennedy,
Communications Department

Attachments
4. Q. Wouldn't we be better off eating raw sugar instead of refined white sugar?

A. When people talk about "raw sugar," they are usually referring to cane sugar after its initial processing in a sugar mill, or to a stage in beet sugar after it has been clarified from diffusion juice but before it is fully refined. Raw sugar is about 96% pure carbohydrate, with such extraneous material as bits of soil, yeast, molds, waxes, bacteria, lint and beet pulp or cane fibers. It also contains moisture, mineral salts and organic non-sugars. The proportions of these vary depending on the source of the original sugarcane or sugar beet. At this stage, it must be noted, raw sugar is not considered under Food and Drug regulations as suitable for direct home consumption.

What advantages does raw sugar offer over refined sugar? It is sometimes suggested that raw sugar contains minerals and vitamins lacking in the refined product. This claim merits examination.

Minerals: Raw sugar contains less than one-half of one per cent (0.49%) of minerals-containing ash. Of this, calcium, potassium, magnesium, silicon and phosphorus
are found in limited amounts. Still smaller amounts of iron, sodium, manganese, aluminum and other metals can be detected. There is more iron in three slices of calf's liver, and more calcium in a serving of oyster stew, than in a pound of raw sugar.

Vitamins: A study by two Yale scientists, working under a grant in aid provided by the Sugar Research Foundation concluded that raw sugars and other sugar products contain vitamins in such small quantities "as to be completely impractical as a nutritional source." The thiamine in raw sugar, they found, is "reduced to the vanishing point." Eating a full pound of raw sugar a day would provide about 10 per cent of the recommended allowances of riboflavin and niacin (in the B-complex group of vitamins). It should be noted that two scrambled eggs offer 30 per cent of the daily riboflavin requirement, and a serving of broiled halibut contributes more than half of the niacin allowance.

Raw sugar hardly seems the answer to our need for these nutrients. There is no good reason why sugar should be required to supply minerals, vitamins or proteins in addition to calories--any more than eggs should be criticized for not supplying Vitamin C, or orange juice for being deficient in fat. Diets that include a proper variety of foods contain all necessary vitamins and minerals. If diets do not include these nutrients, the small amounts provided by raw sugar cannot be of much help.
SOURCES:


