

AVAILABLE/IN-SEASON
YEAR-ROUND

Updated 11/2024

Michigan Sugar

Michigan sugar: Locally grown sugar beets bring sweetness to your table.

Michigan Sugar Facts:

- More than 1.3 billion pounds of sugar is produced in Michigan each year by Michigan Sugar Company.
- Michigan Sugar Company's roughly 865 grower-owners plant, grow, and harvest about 140,000 acres of sugarbeets each year.
- Michigan Sugar Company is the third largest of eight sugarbeet processing companies in the United States and Michigan is one of 11 states in the country where sugarbeets are grown.
- Michigan Sugar Company's Pioneer Sugar brand can be found in many grocery stores throughout Michigan, Ohio, Indiana, and other Midwest states.
- No part of the sugarbeet is wasted. Michigan Sugar Company's byproducts include pulp and molasses that are both used in producing livestock feed.

Nutrition

- Sugar has 4 calories per gram, 15 calories per teaspoon.
- To consumers, "sugar" means table sugar or sucrose. In a food's ingredient statement, "sugar" always means sucrose.
- During digestion, sugars such as sucrose (table sugar) and other carbohydrates such as starches break down into simple sugars.
- These then travel through the blood stream to body cells where they provide energy and are stored for future use.
- Researchers do not know why diabetes occurs, but they know sugar intake does not cause it. Diabetes is a disorder in the way the body handles sugars.
- Extra calories may come from any energy-containing nutrient (proteins, fats, carbohydrates and alcohol). As carbohydrates, sugars actually contain fewer calories than fats and alcohol.

Nature's preferred sweetener, sugar, is abundant in Michigan! Michigan sugar is a "real sweet" deal for our state's economy, and it's available to Michiganders and neighboring states all year long.

