The difference between refined white sugar and organic sugar:

One invisible difference hides in the glycemic index (GI): white refined sugar has a GI of about 80, and organic sugar has a GI of 47. On the glycemic index scale, that's a pretty significant difference!

Refined white sugar is 99.99% pure sucrose, a chemical marvel of cleanliness. Organic sugar is not. The "impurities" that are left behind in organic sugar are minerals…you know, the good stuff you pay money for in supplements.

Organic sugar is not a "health" food by any definition, but it is a better option than refined white sugar.

If reducing environmental impact is a priority for you, the organic process is significantly more eco-friendly, using healthy agricultural processes and a cleaner refining process. Where does sugar fall on your priority list?

Better health, better planet!

Organic Sugar Making Process:

Like other foods, the USDA "organic" label means the sugar cane was grown without synthetic chemical pesticides and fertilizers. However, unlike other organic foods, organic sugar is processed differently from conventional sugar, guaranteeing an entire process free from synthetic chemicals or man-made compounds. The organically-grown sugar cane is washed, chopped, and crushed to extract the cane juice. The juice is then boiled, spun in a centrifuge, and dried into sugar crystals. To remove extra molasses (the dark brown liquid part of sugar cane juice), the crystals are then steam cleaned. The resulting sugar is a pale brown color and retains the trace nutrients (iron, calcium, vitamin B6, chromium, magnesium, selenium, and potassium) found in the cane juice.

Conventional Sugar Refining Method:

The sugar cane fields are first burned to remove extra leaves and debris. Then the sugar cane is harvested, washed, chopped, and juiced. The juice is clarified by phosphatation, sulfitation, or carbonation.
-Phosphatation: phosphoric acid, lime (the calcium oxide, not the fruit), and polyacrylamide are used to create a calcium phosphate floc (kind of like a scum layer at the top of a pond) to pull out impurities in the juice.
-Sulphitation: lime and sulphur dioxide are used to pull out impurities, sometimes leaving trace amounts of sulphur behind
-Carbonation: lime and carbon dioxide are used to pull out impurities and form a calcium carbonate precipitate.
All three clarification methods involve lime. Now, the sugar heads to decolorization to make it more white. The light brown sugar liquid is decolorized with the help of activated carbon and/or bone char. (It's exactly what it sounds like: burned cow bones.) After being clarified, the sugar is sent to crystallization with the assistance of isopropyl alcohol and a low-grade sugar crystal seed (previously refined sugar). The newly-crystallized sugar is spun in a centrifuge to remove the molasses (color).