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Turbinado Sugar Bad for You? No matter how natural or raw a sugar claims to be, any form of added sugars is unhealthy when you get too much. Added sugars like turbinado sugar have very low (or no) nutritional value.
Turbinado Sugar: What It Is, Is It Healthy, and More - WebMD
: diet : what-is-turbinado-sugar
Turbinado sugar is a less processed option than white sugar that retains small amounts of molasses. However, it does not contribute significant nutritional value and is rather expensive. Though it can be a flavorful ingredient, sweetener, or topping, it's best used in moderation like all types of sugar.
What Is Turbinado Sugar? Nutrition, Uses, and Substitutes - Healthline
: nutrition : turbinado-sugar
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