



Sugarcane has been grown in the Indian subcontinent for thousands of years, and the art of refining sugar was invented there 8000 years ago (6000 BCE) by the Indus Valley civilisation.[3][4][5] The English word "sugar" comes from a Sanskrit word sharkara for refined sugar, while the word "candy" comes from Sanskrit word khaanda for the unrefined sugar – one of the simplest raw forms of sweet.[6] Over its long history

On South Asian festivals – such as Holi, Diwali, and Raksha Bandhan – sweets are homemade or purchased, then shared.[2][12][13] Many social gatherings, wedding ceremonies and religious festivals often include a social celebration of food, and the flavors of sweets are an essential element of such a celebration.[14]

sweets are called by
numerous names, a
common name being
mithai. They include sugar,
and a vast array of
ingredients such as
different flours, milk, milk
solids, fermented foods,
root vegetables, raw and
roasted seeds, seasonal
fruits, fruit pastes and dry
fruits.[8] Some sweets such
as kheer and barfi are
cooked, varieties like
Mysore pak are roasted,

Sweetness is a basic taste most commonly perceived when eating foods rich in sugars. Sweet tastes are generally regarded as pleasurable. In addition to sugars like sucrose, many other chemical compounds are sweet, including aldehydes, ketones, and sugar alcohols.

Indian sweets, also known as

of ingredients such as milk,

sugar, ghee, and flour, these

mithai, have been an integral part

of the country's culinary heritage

for centuries. Made from a variety

sweets come in different shapes,

also known as the Silicon Valley

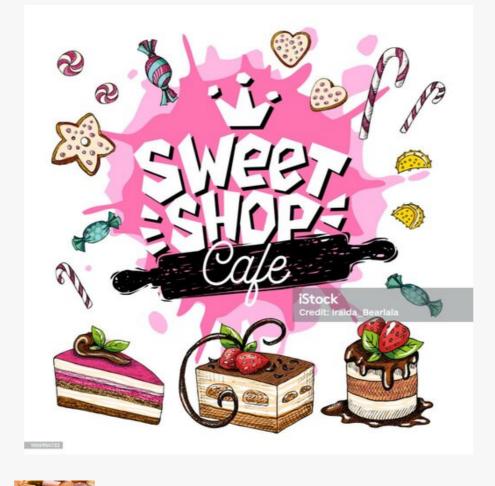
sizes, and flavours. Bangalore,

of India, is a city that is deeply

connected to the tradition of

Indian sweets.

Sweetness is a basic taste most commonly perceived when eating foods rich in sugars. Sweet tastes are generally regarded as pleasurable. In addition to sugars like sucrose, many other chemical compounds are sweet, including aldehydes, ketones, and sugar alcohols. Some are sweet at very low concentrations, allowing their use as non-caloric sugar substitutes.



keerthi sweets

The Earth's climate is currently changing rapidly, primarily due to emissions of greenhouse gases caused by human industrialisation. These emissions are projected to increase through this century, and under some scenarios atmospheric carbon dioxide (CO2) concentrations could reach more than 1000 parts per million (ppm) by the year 2100, compared with 280 ppm prior to industrialisation.

Provides energy: As we know that the sweets help in energizing the body. But few people believe that eating sweets is harmful for the body while the others say that sweets activates the body and improves the food habits.

Beneficial in high blood pressure: People often eat dark chocolates to reduce high blood pressure to a certain extent. Scientists say that people must take around 200 grams of dark chocolate or cocoa powder.

Reduces the threat of stroke: Eating sweets such as dark chocolate is beneficial. Studies show that eating 8 to 10 grams of dark chocolate reduces the problem of strokes

According to Harvard
School of Public Health,
regularly consuming sugary
foods and drinks increases
your risk of heart disease.
Sugar's acid-forming effect
increases inflammation in
the body, which can lead to
gout in the long term.

Candy and sweets increase insulin levels, putting you at a greater risk of developing diabetes. Eating candy and sweets as part of your diet adds a lot of empty calories to your daily caloric intake, which can easily cause excess weight gain and lead to obesity.

A study published in the "Journal of Nutrition" found that the disease notorious for being caused by alcoholism, fatty liver disease, can also be due to prolonged consumption of refined fructose, found in many candies and sweets.



advantege

disadvantage



