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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

Indian sweets, also known as mithai, have been an integral part of the country's culinary heritage for centuries. Made from a variety of ingredients such as milk, sugar, ghee, and flour, these sweets come in different shapes, sizes, and flavours. Bangalore, also known as the Silicon Valley of India, is a city that is deeply connected to the tradition of Indian sweets.

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,

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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.

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.

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

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