

Jaggery (also transliterated as jaggeree) is a traditional unrefined non-centrifugal whole cane sugar consumed in Asia, Africa, Latin America, and the Caribbean.[1] It is a concentrated product of cane juice without separation of the molasses and crystals, and can vary from golden brown to dark brown in color.[1] It contains up to 50% sucrose, up to 20% invert sugars, moisture content of up to 20%, and the remainder made up of other insoluble matter such as wood ash, proteins and bagasse fibers.[1]

Jaggery is considered by some to be a particularly wholesome sugar, retaining more mineral salts than refined sugar. Moreover, the process does not involve chemical agents. Indian Ayurvedic medicine considers jaggery to be beneficial in treating throat and lung infections; Sahu and Saxena[3] found that in rats jaggery can prevent lung damage from particulate matter such as coal and silica dust. Gandhi felt that jaggery was healthier than refined sugar, as it was not introduced into the blood as rapidly.[4] As such, he used it in his own personal diet and recommended it for use in his invented goat-milk diet (and all other diets and eating styles).

[Source](#)