

FREE GUIDE • DIET SWAD

White Sugar vs Jaggery vs Desi Khand

An honest comparison - how each one is made, what is really inside it, which myths to stop believing, and how to tell real gur from the fake kind

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Ancient Wisdom, Modern Life

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Start here

Gur is having a moment. Every packet now says 'jaggery instead of sugar', as if that one word makes a sweet healthy. The truth is smaller and more useful than that.

Jaggery **is** better than white sugar. But it is still sugar. Both of those things are true at the same time, and this guide explains why - in plain language, with nothing oversold.

All three start in the same place

White sugar, jaggery and desi khand all come from one plant: sugarcane. What makes them different is only **how much is taken out** after the juice is squeezed.

	How it is made	What is left at the end
Jaggery (gur)	Cane juice is boiled in a big open pan until it thickens and sets. That is it.	Sugar, plus the minerals and colour that were in the juice
Desi khand	Juice is boiled, then partly cleaned and dried into loose golden crystals.	Mostly sugar, with a little of the original left
White sugar	Juice is boiled, filtered, bleached and spun until only white crystals remain.	Sugar. Nothing else.

"The less that is removed, the more the sweetener still resembles the plant it came from."

What is actually inside

This is where most posts exaggerate. Here is the honest version.

- **Jaggery does contain iron, potassium and magnesium.** That part is true - they survive because gur is never bleached.
- **The amounts are small.** Gur is a seasoning-sized food, not a supplement. Nobody eats enough gur in a day to meet their iron needs, and you should not try.
- **Gur also has a stronger taste** - which quietly matters, because a deeper flavour means you tend to use less of it.
- **Desi khand sits in the middle** - fewer minerals than gur, more character than white sugar.

- **White sugar brings nothing along.** That is not an insult, it is just what refining does.

Jargon buster: 'Unrefined'

It only means fewer steps were used to clean and whiten it. It does not mean low-sugar, low-calorie or diabetic-safe. Unrefined is about processing, never about sugar content.

Why gur feels different after a meal

Elders finish a meal with a small piece of gur, and there is sense in it. Gur is eaten in a tiny portion, it is warming, and the habit closes the meal - so the craving for something sweet is answered before it becomes a bigger sweet.

It is the *habit* doing most of the work, not a magic ingredient. A small square of real gur after lunch is a genuinely good practice. A gur-sweetened dessert eaten by the bowl is not.

Four myths worth dropping

The myth	What is actually true
"Gur is sugar-free"	It is roughly 65-85% sugar. It is unrefined sugar, not an absence of sugar.
"Diabetics can eat gur freely"	No. The body still reads it as sugar. Anyone managing blood sugar should treat gur like sugar and ask their doctor.
"Gur cures anaemia"	It contains some iron, which is not the same as treating a deficiency. That is a medical matter, not a snack.
"Dark gur means pure gur"	Colour comes from the cane and boiling time. Dark can be pure, and it can also be a covered-up cheap batch.

How to spot real gur

Adulterated gur is common - cheap sugar syrup and whitening agents get boiled in to raise weight and lighten the colour. Four checks you can do yourself:

1. **Look at the colour.** Real gur is usually deep brown or amber. A bright, pale, almost-yellow block often means whitening agents were used.
2. **Feel it.** Real gur is firm but not glassy. If it is unusually hard and shiny like a crystal, extra sugar syrup was probably added.
3. **Taste it.** Real gur tastes deep and slightly mineral, sometimes faintly salty. Flat, plain sweetness suggests it is mostly added sugar.
4. **Drop a small piece in water.** Real gur mostly dissolves. Chalky bits that sink and settle are added filler.

Buying tip

Buy gur you can actually see and touch, and prefer whole blocks over powder - powder is far easier to mix cheap sugar into without anyone noticing.

So which should you use?

- **Cooking a traditional sweet, chikki or kheer?** Gur, every time - the flavour is the point.
- **Want something closer to sugar's taste but less processed?** Desi khand.
- **Want the genuinely different option?** Neither - use dates, because they are a whole fruit with fibre, and fibre is the real brake.
- **Still using white sugar sometimes?** That is fine. This is about your everyday default, not perfection.

For exact portion sizes and a full swap list across every sweetener, comment **SWEET** on any of our reels for the companion guide - this one stays focused on gur.

How Diet Swad sweetens

No refined sugar in our bites

Royal Bites are sweetened with real jaggery (13.2%) and Millet Choco Cookies use jaggery too. Power Bites and Peanut-Sesame Delights are sweetened only by Arabian dates. Millet Butter and Coconut Cookies use desi khand. No refined sugars in Power Bites, Royal Bites or Peanut-Sesame Delights, and no artificial sweeteners in anything we make. Every product ₹499, FREE shipping across India - dietswad.in.

We are not claiming jaggery makes a sweet healthy. We use it because it brings real flavour and keeps the ingredient list honest - and then we keep the portions sensible.

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