

WHITE GOLD

FASCINATING FACTS ABOUT SUGAR AND SALT

At different times in history, both sugar and salt were called "white gold," because they were so expensive and difficult to get. But there are many more interesting facts about sugar and salt...

- Christopher Columbus introduced ¹ to the New World in 1493 on his second voyage.
- If you eat too much ² (about .03 ounces per 2.2 pounds of weight), you can die. This was a method of ritual suicide in ancient China.
- Salzburg in Austria was called "the city of ³
- If you want to check if an egg is fresh, put it in a cup with water and ⁴ . If the egg floats, it isn't very fresh.
- In Brazil, fuel made from ⁵ is used in cars instead of gas.
- Americans eat or drink about 5 pounds of ⁶ a month.
- ⁷ is used to make glass, laundry detergent, and paper.
- ⁸ kills some bacteria, and so helps food to last longer, which is why cheese contains a lot.
- If you put ⁹ into a vase of flowers, the flowers last longer.
- ¹⁰ only contains energy. It doesn't contain any vitamins or minerals.
- *Sure* and ¹¹ are the only two words in the English language that begin with "su" and are pronounced "sh."
 - We need to have a little ¹² in our diet, but not more than 4 grams a day, which is about one teaspoon.

