



SUMMARY

Confectionery also called sweets or candy is a sweet food. Sugar confectionery includes sweets, candied nuts, chocolates, chewing gum and bubble gum, sweetmeats, pastillage, and other confections made primarily of sugar. The term confectionery varies in different countries. In Britain, Ireland, and some commonwealth countries, sweets or, sweeties, candy in US and Canada, and lollies in Australia and New Zealand, are used commonly for the most common varieties of sugar confectionery. Nutritionally, confections are low in micronutrients and protein but high in calories. Most of the sugar confections are considered empty calories. Excessive consumption of confectionery has been associated with increased incidences of type 2 diabetes, obesity, and tooth decay.

