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started to become outlawed indirectly as gambling and smoking opium became illegal.

The ban was not very successful, however, at least until the Chinese cultural revolution.

on Mahjong culture - Wikipedia en.wikipedia.org

combinations of tiles to achieve the highest score.

The Most Popular Type of Mahjong Called: Ranking the Preferred Variant strawpoll.com

Is Turbinado Sugar Bad for You? No matter how natural or raw a sugar claims to be, any form of added sugars is unhealthy when you get too much.

Added sugars like turbinado sugar have very low (or no) nutritional value.

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Turbinado Sugar: What It Is, Is It Healthy, and More - WebMD

what-is-turbinado-sugar

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Turbinado sugar is a less processed option than white sugar that retains small amounts of molasses.

However, it does not contribute significant nutritional value and is rather expensive.

Though it can be a flavorful ingredient, sweetener, or topping, it's best used in moderation like all types of sugar.

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What Is Turbinado Sugar? Nutrition, Uses, and Substitutes - Healthline

nutrition : turbinado-sugar

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