
HONEY FACTS

What do you know about this natural sweetener?

Nutrition Information:

A tablespoon of honey packs 64 calories and 17 grams of sugars. In terms of vitamins and minerals, that calorically-dense serving doesn't offer any with a Daily Value (DV) of more than 1%.

Now let's look at sugar. **Sugar has 45 calories in a tablespoon, with 12 grams of sugars.** So even though honey is sweeter than sugar, which means that you could replace the same amount of sugar with a smaller amount of honey, the calories wouldn't necessarily be reduced because sugar has fewer calories per serving than honey.

If you use honey instead of sugar for caloric reasons, choose a way that provides fewer calories than the original.

Health Impact:

Traditional and Modern Uses of Natural Honey in Human Diseases: A Review by Tahereh Eteraf-Oskouei and Moslem Najafi found that honey is loaded with antioxidants, can fight fungi, bacteria, and even some viruses, and is associated with "significantly lower glycemic index than with glucose or sucrose."

Studies in rats also indicate that honey may raise "good" cholesterol levels and fight weight gain more effectively than other sugars.

However, moderation is the name of the game. Although honey appears to have positive effects across a wide range of conditions, it is still a calorically-dense sweetener. Make it a part of your diet in order to reap its health benefits, but be sure to consume it in small quantities.

