

## A Spoonful of Honey..... or Not?



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Honey is a commonly used ingredient in recipes and holiday desserts. Marketers often tout honey as a healthy alternative to sugar because it has antioxidant content. However, health experts advise against adding any extra sugar to your diet, including honey.

Regardless of the source of sugar, it is recommended that people keep their intake of sugar low, whether it is honey, sugar, maple syrup or corn syrup.

There are several claims regarding the benefits of honey, some proven and some speculation. But in most cases, honey is typically portrayed as a better option when compared to refined sugar, especially for people suffering from diabetes. But despite all these claims, health experts still recommend that honey should be consumed in moderation because it is still another form of sugar.

The federal Dietary Guidelines for Americans recommend that added sugars should be only about 6% of daily calories. One tablespoon of honey contains 64 calories. Honey has no fibre, no vitamins and very little protein. Research shows that honey can help relieve troublesome night-time cough in children over the age of 1. It is also often used to heal wounds and burns because it is believed to have antibacterial and anti-inflammatory qualities.

However, despite its many benefits, some proven, some not, honey should be used sparingly. You could use it to make some foods more palatable. But adding a tablespoon of honey every day as part of your daily diet, in addition to your regular intake of sugar, is not advisable.

Hence, there is nothing wrong with adding a bit of honey to an unsweetened product such as yogurt or adding a small amount to a portion of healthy food for some extra flavour. But making it a regular part of your diet and using it in addition to regular sugar and other sweet products is not recommended and should be avoided.

Source: [American Heart Association](#)

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