



The Thin Line between HONEY and SUGAR



“I don’t take sugar; I use honey instead”. I hear these words on a regular basis when I discuss nutrition. The truth is honey and sugar contains glucose and fructose.

Sugar is made of sucrose, which has two simple sugars, fructose and glucose and these two are a combined unit.

Sugar is of no value for those trying to lose weight. Sugar being ‘high in energy’ is just another way of saying that it is ‘high in calories’ and that is exactly what sugar is. It is just high in calories with no other nutrients (empty calories).

Honey is also made up of fructose and glucose, but they exist as individual units.

This little difference has a huge impact on our body because our bodies tolerate honey more than sugar especially those with mild diabetes.

Sugar has NO nutritional value unlike honey in its unprocessed form which has lots of nutritional values such as vitamins, minerals, amino acids, plus it is high in antioxidants (i.e. compounds which fight free radicals).

“Did you know that if you eat 1 teaspoon of sugar per cup of tea and if you have 4 cups of tea a day, you will consume 23,424 non nutritional calories more per annum?”

What's The Difference Between RAW UNPASTEURIZED HONEY & PASTEURIZED PROCESSED GOLDEN HONEY?

| EFFECTS/CONSTITUENTS | RAW HONEY | PROCESSED HONEY |
|--|-----------|-----------------|
| Anti-Viral | ✓ | |
| Anti-Fungal | ✓ | |
| Anti-Bacterial | ✓ | |
| Anti-Carcinogenic | ✓ | |
| Cough Suppressing | ✓ | ✓ |
| Stabilizes Blood Sugar | ✓ | |
| Contains High Fructose Corn Syrup | | ✓ |
| May Contain Antibiotics | | ✓ |
| Gold Appearance, Syrup Consistency | | ✓ |
| Cloudy Opaque Appearance, Viscous | ✓ | |
| Rich in Beneficial Enzymes/Vitamins | ✓ | |
| Superior Aroma and Flavor | ✓ | |
| Superior Wound Healing | ✓ | |
| Keeps Free Radicals At Bay | ✓ | |
| Increases LDL Cholesterol | | ✓ |
| Decreases LDL Cholesterol | ✓ | |
| Rich in Flavonoids/Phytonutrients | ✓ | |
| Contains Melittin/ Anti-inflammatories | ✓ | |
| Contains Royal Jelly/ Bee Pollen | ✓ | |
| Replicates Comb Structure in Water | ✓ | |
| Stabilizes Blood Pressure | ✓ | |
| Boosts Immunity | ✓ | |
| Promotes Digestive Health | ✓ | |
| Reduces Ulcers and GI disorders | ✓ | |
| Prevents Cancer and Heart Disease | ✓ | |



Before we go all out with sweetening our tastes buds with honey, there are some facts you should know about honey.

- **Go for Unprocessed Honey** - There are well over 30 commercial producers of honey that have no traces of pollen and lack beneficial vitamins and enzymes among a host of other natural constituents which are removed due to pasteurization and processing. Most golden honey you see at your local grocery store is dead and far from the health promoting powerhouse of its raw unpasteurized counterpart. Processed honey is not honey at all and if you desire any kind of health benefits, you must stick to the real stuff.
- **Honey Calories vs Sugar Calories** - Honey is a type of sugar and it contains calories. In fact, there are more calories in honey than in regular sugar. One teaspoon of sugar contains 16 calories. One teaspoon of honey contains 22 calories. So apples for apples, honey is more fattening than sugar but like I always preach, quality over calories and eat to nourish your body. Although honey has more calories, you may use less of it (portion control) because it is sweeter.

Honey may be a healthier replacement for Sugar particularly for those with mild diabetes and people on a lifestyle modification diet. Endeavour to choose a raw variety, which contains more vitamins, enzymes, antioxidants and nutrients than sugar. And use it in moderation.

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