



HONEY | NUTRITION | HEALTH

Are Some honeys Better Than Others?

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Today's Talk

- Sugar: The New Villain in the Food World
- Sugar Intake in the U.S.
- Added Sugars 101
- Sweetener Nutrition Facts
- Honey Research
- Communication & Marketing Tips
- Let's Taste Some Honey!





Sweetener Intake in the U.S.

Table 2-6

America's sweet tooth increased 39 percent between 1950–59 and 2000 as use of corn sweeteners octupled

Item	Annual averages					
	1950–59	1960–69	1970–79	1980–89	1990–99	2000
	<i>Pounds per capita, dry weight</i>					
Total caloric sweeteners	109.6	114.4	123.7	126.5	145.9	152.4
Cane and beet sugar	96.7	98.0	96.0	68.4	64.7	65.6
Corn sweeteners	11.0	14.9	26.3	56.8	79.9	85.3
High fructose corn syrup	.0	.0	5.5	37.3	56.8	63.8
Glucose	7.4	10.9	16.6	16.0	19.3	18.1
Dextrose	3.5	4.1	4.3	3.5	3.8	3.4
Other caloric sweeteners	2.0	1.5	1.4	1.3	1.3	1.5

Note: Totals may not add due to rounding.

¹Edible syrups (sugarcane, sorgo, maple, and refiner's), edible molasses, and honey.

Source: USDA's Economic Research Service.

In 2000, the average per capita consumption of added sugar—from all sources and not including food waste—equaled about **32 teaspoons per day.**



Sweeteners & Metabolic Effects

- Research study supported by a grant from the National Honey Board and by the USDA Agricultural Research Service.
- Study **compared 50 grams of carbohydrate per day of honey, sucrose, and high fructose corn syrup** on circulating glucose, insulin, lipids, and inflammatory markers as well as body weight and blood pressure.
- Included adults with normal and impaired glucose tolerance (IGT).
- **Crossover design; all participants consumed all sweeteners** for 2 weeks, then 4-week washout, then another sweetener.
- **Few differences among treatments.**
- Increase in C-reactive protein for IGT in response to all sweeteners.
- Triglycerides increased significantly from pre- to post-treatment in response to all sugars among both groups (*i.e., normal vs. impaired glucose tolerance*).



A wooden spoon is tilted, pouring a thick, golden-brown liquid, likely honey or syrup, against a white background. The liquid is dripping from the tip of the spoon, forming a thick, elongated drop. The spoon is made of light-colored wood and has a smooth, polished surface. The liquid is viscous and has a slightly bubbly texture. The background is plain white, making the spoon and the liquid stand out.

What's the bottom line?

From a metabolic standpoint, **honey, granulated sugar, and high fructose corn syrup are the same.**