



National Honey Board™



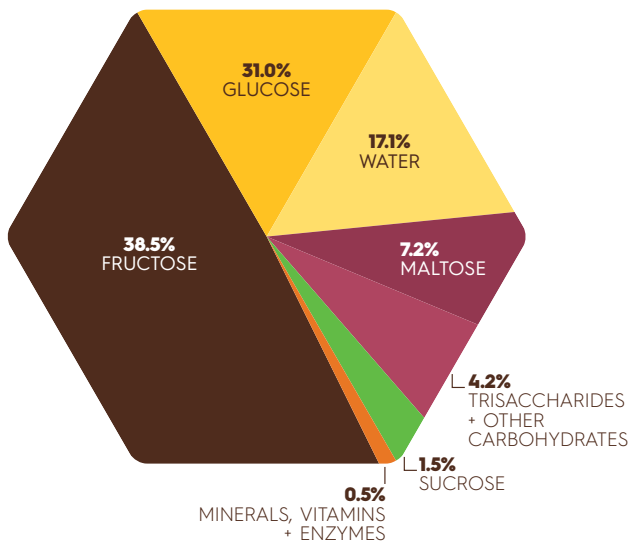
HONEY: SWEET BENEFITS

Honey is sweet—that’s a given. But it’s more than just its sweet taste. Honey offers some unexpected benefits, too.

HONEY NUTRITION

Honey is 100 percent pure honey, with nothing added. A complex compilation of different sugars, honey also contains an array of vitamins, minerals and enzymes. Antioxidants, such as flavonoids and phenolic acids, are found in honey¹. In general, darker honeys have been shown to be higher in antioxidants than lighter-colored honeys². The amount and type of these various compounds depend largely on the floral source.

HONEY'S NUTRITIONAL PROFILE



With 17 grams of carbohydrates and 64 calories per tablespoon, honey is about 1 to 1½ times sweeter than table sugar. So, although honey has more calories per serving than table sugar,* you end up using less. In most recipes, half the amount of honey is required when substituting for sugar.

*One tablespoon of sugar has 48 calories and 12 grams of carbohydrates.

Beyond Sweet Taste: HONEY'S HELPFUL USES

Honey has long been used for medicinal and other purposes. Here's a summary of all the things honey can do:

ALLEVIATE COLD SYMPTOMS

Honey has been used for centuries to help alleviate symptoms of the common cold. For children ages one and older, as well as adults, honey offers an effective and natural alternative to over-the-counter cough medicine³. Though time is the most important healer of a sore throat, a spoonful of honey can help relieve the irritation⁴.

Honey has not been proven to help alleviate symptoms of allergies. While there are anecdotal stories of people claiming relief from allergies by eating local honey, there is no published scientific evidence to support these claims. This subject is somewhat controversial, since some experts claim that the kinds of pollens that are the greatest cause of allergies are smaller windblown pollens that are not typically found in honey. Sources of information about pollen allergy include the National Institute of Allergy and Infectious Diseases and the American College of Allergy, Asthma and Immunology.

BEAUTY PRODUCTS

Honey is used in everything from lip balm to shampoo because of its ability to soothe the skin and condition hair⁵.

GUT HEALTH

The most common prebiotics are nondigestible oligosaccharides and honey contains a variety of these compounds, which may function as prebiotics. Research conducted at Michigan State University has shown that adding honey to fermented dairy products, such as yogurt, can enhance the growth, activity and viability of Bifidobacteria, a group of "good bacteria" thought to be important to maintaining optimal health of the gastrointestinal (GI) tract⁶.

HONEY + INFANTS

You may have heard that you should not feed honey to infants under one year of age. Here's why:

Until babies are a year old, the microflora in their digestive tract is not fully developed. This leaves them susceptible to a condition called infant botulism, a rare but serious disease that can affect the nervous system. **While infants are susceptible to infant botulism, children one year and older, and adults—including pregnant females—are not.** *C. botulinum* spores are widely found in nature: in soil, dust, the air and raw agricultural products, including honey. To prevent this disease, the National Honey Board, along with other health organizations, recommends that honey not be fed to infants under one year of age.



HONEY COUGH SYRUP*

- 1½ tablespoons lemon zest
- ¼ cup peeled, sliced ginger or
- ½ teaspoon of ground ginger
- 1 cup water
- 1 cup honey
- ½ cup lemon juice

In a small saucepan, combine lemon zest, sliced ginger and 1 cup of water. Bring mixture to a boil, simmer for 5 minutes, then strain into a heat-proof measuring cup. Rinse the saucepan out and pour in 1 cup of honey. On low heat, warm the honey, but do not allow it to boil. Add the strained lemon-ginger water and the lemon juice. Stir the mixture until it forms a thick syrup. Pour into a clean jar with a lid.

- For children ages 1 to 5, use ½ to 1 teaspoon every 2 hours.*
- For children ages 5 to 12, use 1 to 2 teaspoon every 2 hours.
- For children 12 and older and adults, use 1 to 2 tablespoons every 4 hours.

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HONEY LEMON COUGHSICLES*

- ½ cup Honey Cough Syrup
- 1½ cups water

Mix together Honey Cough Syrup (recipe above) and water. Pour into your favorite popsicle molds or a small plastic container to freeze.

Recipes courtesy of Nurse Practitioner Barbara Dehn, RN, MS, NP.

*Remember, honey is recommended for children after the age of one.



1. National Honey Board, "Nutritional Benefits of Honey," September 2008.
2. Gheldof N, et al. Antioxidant Capacity of Honeys from Various Floral Sources Based on the Determination of Oxygen Radical Absorbance Capacity and Inhibition of In Vitro Lipoprotein Oxidation in Human Serum Samples. *J Agric Food Chem.* 2002;50 (10): 3050-3055.
3. Paul IM, et al. Effect of honey, dextromethorphan, and no treatment on nocturnal cough and sleep quality for coughing children and their parents. *Arch Pediatr Adolesc Med.* 2007; 161(12):1140-1146.

4. Cohen HA, et al. Effect of honey on nocturnal cough and sleep quality: a double-blind, randomized, placebo-controlled study. *Pediatrics.* 2012; 130(3):465-471.
5. Burlando B, Cornara L. Honey in dermatology and skin care: a review. *J Cosmet Dermatol.* 2013; 12(4):306-313.
6. Chick H, Shin HS, Ustunol Z. Growth and acid production by lactic acid bacteria and bifidobacteria grown in skim milk containing honey. *J Food Sci.* 2001; 66(3):478-481.