



National Honey Board™



HONEY: A WHOLESOME FOOD HELPER

A Little Sweetness Can Go a Long Way

VEGETABLES

Just like Mom said, children (and grownups!) need to eat their vegetables: between 1 and 3 cups daily, depending on age, gender and physical activity level! Yet a whopping 87 percent of adults don't meet this recommendation—and kids fare even worse? A little swirl of honey added to nutrition-packed vegetables can help—particularly with kids, whose taste buds tend to be more averse to some veggie flavors.

- Honey can provide a sweet hint to help dull the bitter taste of veggies like asparagus and broccoli.
- Sweeter vegetables, like carrots and butternut squash, take on a whole new flavor when glazed with a bit of honey.
- Everyone loves to dip! Low-fat dips that include a touch of honey can encourage kids and adults alike to eat more veggies on the platter.
- Shake salad dressings with a little honey and drizzle the dressing over dark leafy greens, like kale and spinach.

FRUIT

Surprisingly, three-quarters of people don't meet the recommendations for fruit each day: 1½ to 2 cups of fruit daily for adults and 1 to 1½ cups a day for children¹². Fruits provide many important nutrients, including fiber, potassium and vitamin C³. Let honey help fancy up your fruit.

- Top off a colorful fruit salad with a touch of honey to boost fruit's natural sweetness.
- Whip up a smoothie packed with fruit, plain Greek yogurt and even veggies, like baby spinach. A little honey can add sweetness to the drink—great for breakfast, afterschool snacks and pre- or postworkout.

DAIRY

Most people need 3 cups of calcium-rich dairy foods daily! Greek yogurt is a particularly good source of protein, boasting 15 grams in each ½-cup serving compared to regular yogurt's 6 grams⁴. But Greek yogurt's tangy taste doesn't appeal to everyone. That's where honey comes in—a little drizzle provides a touch of sweetness that can make it more palatable.

WHOLE GRAINS

From farro to sorghum to quinoa and everything in between, whole grains are an important source of nutrients. Specifics vary depending on the type of whole grain. Several are good sources of protein; many offer fiber, magnesium, B vitamins and more! The average American eats less than one daily serving of whole grains⁵, so focus on ways to get more.

- Top whole-grain toast with almond butter and a drizzle of honey.
- Shake honey into dressing and fold it into whole-grain-based salads to add flavor. Honey's sweet taste can help counter the bitterness of some varieties of whole grains.
- Use honey in place of sugar in whole-grain baked goods. Honey is a natural humectant, so it helps to retain moisture in baked goods.
- Try whole grains for breakfast! Oatmeal, overnight oats and even quinoa with fruit are perfect paired with a swirl of honey.

SUBSTITUTING HONEY FOR SUGAR

Honey is up to 1½ times sweeter than sugar⁶. In most recipes, you can use about half the amount of honey called for in recipes when substituting for sugar.



HONEY APPLE YOGURT PARFAIT WITH HONEY ALMOND CHERRY GRANOLA



1½ tablespoons honey
1 cup plain Greek yogurt
1 tablespoon orange juice (100% natural)
¼ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
1 large Fuji apple
2 tablespoons lemon juice
¼ cup Honey Almond Cherry Granola*

In a medium bowl, mix yogurt, orange juice, honey, cinnamon and nutmeg together. Set aside. Dice apple into ½-inch cubes. Toss with fresh lemon juice to keep apple from browning. Build parfait by first layering ¼ cup spiced yogurt, ¼ cup diced apple, then ¼ cup granola. Repeat order and serve.

NUTRITIONAL INFO: Calories 272; Fat 8g; Sat Fat 4g; Carb 40g; Protein 12g; Fiber 3.5g; Cholesterol 14mg; Sodium 57mg; Potassium 162mg; Calcium 136mg; Iron 0.5mg; Vitamin D 0mcg

*Find the recipe for Honey Almond Cherry Granola at honey.com/recipe/honey-almond-cherry-granola.

BEEES IN THE GARDEN HERB DIP



1 pint sour cream
6 tablespoons honey
2 tablespoons orange juice thawed, undiluted
2 tablespoons Dijon mustard
1 tablespoon cream-style horseradish
2 teaspoons rosemary, crushed
1 teaspoon chervil, crushed
1 teaspoon basil, crushed
¾ teaspoon salt
½ teaspoon white pepper
¼ teaspoon garlic powder

½ cup feta cheese, finely crumbled
Assorted fresh vegetables (celery, carrots, cauliflower, broccoli)
Combine all ingredients; mix well. Refrigerate at least one hour to allow flavors to blend. Stir before using and serve with vegetables.

NUTRITIONAL INFO: Calories 66; Fat 5g; Sat Fat 3g; Carb 5g; Protein 1.5g; Fiber 0g; Cholesterol 15mg; Sodium 189mg; Potassium 7mg;

1. Choose MyPlate. USDA's MyPlate - Home Page, United States Department of Agriculture, www.choosemyplate.gov.
2. Moore L, Thompson F. Centers for Disease Control and Prevention. Adults Meeting Fruit and Vegetable Intake Recommendations—United States, 2013; July 10, 2015. 64(26):709-713.
3. More Matters. www.fruitsandveggiesmorematters.org.

4. www.nationaldairycouncil.org/content/2016/what-is-greek-yogurt.
5. Whole Grains Council. <https://wholegrainscouncil.org/whole-grains-101/what-are-health-benefits/whole-grains-important-source-essential-nutrients>.
6. McGee H. On Food and Cooking: the Science and Lore of the Kitchen. Scribner, NYC NY 2004. Page 667.