

Raw Honey Vs Sugar

Raw Honey Vs Sugar. What are their differences?

Both sweeteners contain glucose and fructose. However, for sugar, in the process of manufacturing, the organic acids, protein, nitrogen elements, enzymes and vitamins in the sugar cane are destroyed, whereas honey, a natural sweetener, subjects only to minimal heating. Also, honey has certain beneficial antioxidant and antimicrobial properties which are not present in table sugar.



Here are three honey nutrition facts that will make you feel good about eating honey:

One:

One tablespoon of table sugar or sucrose contains 46 calories, while one tablespoon of natural sweetener honey has 64 calories. Though honey may have more calories, we actually need to use less of it since it is sweeter than table sugar. As a result, you may in fact consume even less amount of calories that you would with sugar. And in the long run even though honey is more expensive, it may be more economical than table sugar. I was taken aback when I first found out how much table sugar I was consuming when I take a can of coke -- 10 teaspoons, and a 50g chocolate bar -- 7 teaspoons!

Two:

Table sugar is sucrose, which is made up of two molecules bonded together. When we eat table sugar, our stomach has to use its own enzymes to separate the molecules apart before we can use the sugar's energy. Honey is quite different. The bees have added a special enzyme to the nectar that divides the sucrose into glucose and fructose -- two simple sugars for our bodies can absorb directly. Hence, honey vs sugar, honey has a healthier Glycemic Index (GI) which measures the negative impact of a given food on the blood-glucose level. The lower the GI rating, the slower the absorption and infusion of sugars into the bloodstream and hence a more gradual and healthier digestion process.

"The rapidity with which sucrose (table sugar) raises blood glucose levels can cause problems for people suffering from defects in glucose metabolism... When foods containing a high percentage of sucrose are consumed, many beneficial and required nutrients may be displaced from the diet, thus contributing to increased risks for several chronic diseases including diabetes, cardiovascular disease, some forms of cancers, osteoporosis and even neuro-degenerative diseases."

~ **The Honey Revolution, Dr Ron Fessenden**

Three:

Unlike honey, table sugar lacks minerals and vitamins (hence it's been often called empty calories), they draw upon the body's nutrients to be metabolized into the system. When these nutrients are all used up, metabolizing of undesirable cholesterol and fatty acid is impeded, contributing to higher cholesterol and promoting obesity due to higher fatty acid on the organs and tissues. That is why it is not uncommon for fat people to suffer from malnutrition and many other health related problems. So the message is, honey vs sugar, if you are watching your weight, honey will be a smarter choice than sugar. Besides the differences in nutrition, I feel sugar can never compete with honey in taste. Though both are sweet, honey has such a unique flavor that can be very useful and superior in many foods and beverages. The range of honey floral varieties is so vast that experiencing for yourself the uniqueness of each variety and being able to appropriate each variety to exploit every possibility to complement and improve taste of different types of foods becomes a skillful art.