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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Supplement all added
sugar on your cereal for
fresh or dried fruit.



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**Corporate
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This fortnight's healthy topic...

Facts on Food: Honey



What is honey?

- 100% sugar made up of sucrose and fructose
- Sugar is a type of carbohydrate that gives us energy
- Provides the same nutrition as other forms of sugar such as brown, caster and white sugar, molasses and plain syrup
- It is of low nutritional value since it only provides sugar with minimal vitamins, minerals and fibre

How much should I have?

Sugar isn't 'essential' in the diet. Other foods (fruit, dairy, bread, pasta, rice etc) will provide the body with enough carbohydrate. So you don't need to eat honey at all.

Large consumption of honey (or, sugar) is not recommended because it could lead to weight gain, increased triglyceride levels and tooth decay.

In moderation honey can be useful

- With 'fussy eaters', encourage healthy eating by adding a teaspoon of honey to nutritious foods such as natural yoghurt, wholegrain bread, healthy breakfast cereals and porridge.
- With physically active people, honey can be a useful source of 'instant energy' to fuel the muscles used during exercise.

Honey is sweeter than regular sugar where 1 teaspoon of honey tastes as sweet as 2 teaspoons of sugar. So if you're swapping over, use less honey than sugar.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**