

# It's OK to 'Bee' Sweet on Honey

**H**oney has been around since history itself, and is known as nature's sweetener. In Valencia, Spain, there is evidence of honey harvesting on rock paintings, dating back 8,000 years. These paintings depict honey hunters harvesting honey from wild bee colonies. The thick, sweet amber substance we know as honey, is made by bees from the nectar of flowering plants. There are many different honey flavors and colors, which are dependent on the type of flower that the nectar is harvested from.



Honey has more benefits than just its great taste. It's a natural source of carbohydrate that can provide energy to the body. When comparing weight for weight, honey has fewer calories than regular refined sugar. It is a natural sugar made up of 30 percent glucose and 40 percent fructose. The glucose from the honey is quickly absorbed in the body and can give an instant energy boost, whereas the fructose will be absorbed slower, providing continuous energy. This is why honey is known to keep blood sugar levels fairly constant compared to other types of sugars. Athletes are encouraged to use honey as an energy source to boost performance, endurance, and reduce muscle fatigue.

Honey can also help the heart — the antioxidants in honey play a role in preventing cardiovascular disease. When replacing sugar with honey in a diet, studies have shown a slight reduction of blood pressure, lowering of "bad" LDL cholesterol, and also can lead to lower triglyceride levels. Some other benefits of honey that have not been scientifically recognized are its abilities to promote burn and wound healing, helping to suppress coughs or sooth a sore throat and aids in relieving digestive issues.



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Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

*Adapted from <https://www.naturalfoodseries.com>; <https://www.huffingtonpost.com>;  
<https://www.benefits-of-honey.com>; <https://www.ncbi.nlm.nih.gov>; <https://www.healthline.com>  
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