



Honey vs sugar

Do you choose to add honey into your tea, onto your breakfast and/or in your baking because its healthier than sugar? Is it really? Let's compare the two;

- Energy value: 1 teaspoon of honey has more kilojoules/calories than a teaspoon of sugar.
- Glycemic Index: Both honey and sugars have very similar GI scores, both sitting in the moderate category. However, this depends on the type of nectar the honey bees ate. For example; yellow box honey is lower GI.
- FODMAPS: Honey is very high in fructose (a natural sugar) that those suffering from fructose intolerance or irritable bowel syndrome can have trouble digesting. Sugar is FODMAP friendly.

Although, honey does have some anti-oxidant and anti-bacterial properties, you would need to consume an enormous amount of honey to receive these benefits.

So which is the best choice?? It's a tie! Nutritionally, these two products are surprisingly very similar.

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