



# FOOD FACEOFF

## HONEY VS SUGAR

Honey and sugar are simple carbohydrates that can add the sweet taste to the foods we eat. But does your sweetener of choice make a difference?



One tablespoon:  
Calories: **64**  
Carbohydrates: **17**

### NUTRITION FACTS

Honey, a liquid, weighs more than sugar, a granulated solid. This is why a tablespoon of honey has more calories than a tablespoon of sugar.

**BUT...** honey has a stronger flavor than sugar, which may make you use less honey!



One tablespoon:  
Calories: **49**  
Carbohydrates: **13**



### Special Populations

- \* Honey is not recommended for infants under one year of age - it can cause infant botulism
- \* Avoid giving children under one year of age any food that has honey as an ingredient



### Baking Substitutions

- \* Use 1 cup of honey for every 1 ¼ cup of sugar
- \* Add ½ teaspoon of baking soda for every cup of honey to reduce the acidity and weight of honey
- \* Add ⅛ teaspoon of baking soda when baking with honey for even browning, and reduce oven temperatures by 25° F to help prevent overbrowning

Source: The University of Arizona Cooperative Extension



### Popular Honey Alternatives

	Calories	Price per ounce
Honey	60	33 ¢
	60	8 ¢
Corn syrup	50	10 ¢
Maple syrup	45	13 ¢
Evaporated cane juice	60	33 ¢

### Popular Sugar Alternatives

	Calories	Price per ounce
Granulated sugar	49	4 ¢
Cane sugar	30	3 ¢
Brown sugar	50	5 ¢
Coconut sugar	45	48 ¢
Maple sugar	32	81 ¢

### The Sweet Truth

How did your sweetener of choice compare? The Dietary Guidelines for Americans recommend reducing "intake of added sugars". Sugar, honey, and their alternatives are all sugar to the body and provide added calories- but they differ in taste, baking properties, and cost.

**So whatever your sweetener of choice, remember that to your body, added sugar is added sugar!**

Sources: 2010 Dietary Guidelines for Americans, Benefits of Honey (Michigan State University Extension), Not All Sugars Are Equal (Michigan State University Extension), Carbohydrates and the Sweetness of Honey (National Honey Board), Honey or Sugar (North Dakota State University), Sugars and Sweeteners (Colorado State University). Prices averaged from grocery chains in 4/15.

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