

# The Sweet Truth Behind Honey

FROM HONEY BEE TO SUPERMARKET SHELVES TO THE KITCHEN PANTRY, THE HARVESTING OF HONEY IS A MULTIFACETED STORY.

## Harvesting Honey

- Harvesting honey is an ancient craft that begins with honey bees.
- Honey is made from nectar, gathered by honey bees from flowering plants.
- The honey comb is removed from the beehive and honey is extracted by a beekeeper.
- The craft of beekeeping naturally supports a healthy and thriving ecosystem.



## Filtering Honey

- To ensure quality, improve clarity and delay crystallization, many honey packers use a filtration method.
- Honey is warmed up to help it flow through filters to remove pollen or residues from the beehive. Because filtered honey is cleaner and clearer than non-filtered honey, it is less likely to crystallize as quickly and it's more consistent in texture.
- A recent study showed that filtering honey did not impact nutrient content<sup>1</sup>.
- Once the honey is filtered it goes through the bottling stage.



## The Finished Product

- Read the label. Honey contains only one ingredient: honey.
- With no added ingredients or preservatives, honey is just honey.
- Pure honey is sold in several forms: comb, liquid, creamed/whipped and organic. A honey blend or honey syrup should list the other ingredients or sweeteners.
- There are more than 300 varieties of honey in the United States.
- Visit [www.honeylocator.com](http://www.honeylocator.com) to find varieties near you.



## Versatile Pantry Staple

- Honey can be used beyond a simple sweetener. Think of it as a natural flavor booster.
- Honey can provide balance to any dish, complementing and enhancing a variety of foods and flavors: sweet, sour, bitter, salty and savory.
- For usage and recipe ideas, visit [www.honey.com](http://www.honey.com).



## Cough Soother

- Honey can be used as a natural cough suppressant.
- A teaspoon or two of honey can be taken to soothe and relieve the irritation of a cough, according to emerging research<sup>2</sup>.
- Click here to try out [Nurse Barb's Honey Cough Syrup](#) created by Nurse Practitioner Barbara Dehn, RN, MS, NP.



## Nature's Skin Care

- Honey is a humectant, meaning it attracts and retains moisture, giving your skin a natural glow.
- Add a little honey to your normal moisturizing routine, or enjoy a honey mask and reap the benefits of this liquid gold.
- Try making a [Body Moisturizer with Honey](#) as your first do-it-yourself recipe.



## Energy Booster

- At approximately 17 grams of carbohydrates per one tablespoon, honey is an effective, all-natural energy booster.
- Carbohydrates are the primary fuel the body uses for energy, making honey an ideal pick-me-up.
- For a quick energy boost, create your own [Honey Cherry Energy Bars](#), recipe made by Mitzi Dulan, RD, CSSD.



One ingredient. The way nature intended.

<sup>1</sup> Ropa, D. "Comparison of Vitamin, Mineral and Antioxidant Levels in Raw and Processed Honey." 2012. Research project funded by the National Honey Board.

<sup>2</sup> <http://news.psu.edu/story/192001/2007/12/03/honey-proves-better-option-childhood-cough-otcs>