

Mayo Clinic Minute

The cautions and benefits of honey

VIDEO	AUDIO
Kate Zeratsky	"Honey, maple syrup, molasses – they're all more natural sugars."
Kate Zeratsky	"And they're all fine to use in a limited quantity."
	But Mayo Clinic dietitian Kate Zeratsky says, if you use them, it's important to remember ...
Kate Zeratsky	"Sugar is sugar."
Graphic: Daily added sugar Women: 100 calories Men: 150 calories	Any honey you drizzle on your breakfast counts toward your daily added sugar total, which the American Heart Association says should be no more than 100 calories a day for women and 150 calories for men.
	<i>Sound of preparing breakfast</i>
	The upside to honey is its more powerful flavor profile.
Graphic: Honey: 21 calories per tsp. Sugar: 16 calories per tsp.	Although a teaspoon of honey has slightly more calories than a teaspoon of sugar, it's also sweeter and more flavorful. So a little bit goes a long way.
	The same goes for molasses and maple syrup.
Title: Kate Zeratsky Dietitian Mayo Clinic	"In fact, in some baking, you can use any one of those ingredients to help you actually reduce the amount of added sugar because those sweeteners actually have additional flavors."
Kate Zeratsky	"... therefore, allowing you to use less sugar overall, but still have a good flavor."
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.