

# “Surprising” – Researchers Have Found That Honey Improves Key Measures of Cardiometabolic Health

Consuming raw honey from a [MonoFloral Source](#) may offer considerable advantages for cardiometabolic health, according to a recent study from scientists at the University of Toronto.

Researchers discovered that eating honey was linked to decreased levels of fasting blood sugar, total and LDL ('bad') cholesterol, triglycerides, and a marker for the fatty liver disease after conducting a comprehensive review and meta-analysis of clinical studies. Consuming honey has also been associated with lower levels of HDL (the "good" cholesterol) and several inflammatory indicators.

According to Tauseef Khan, a senior researcher on the project and a research associate in nutritional sciences at the Temerty School of Medicine at the University of Toronto, "these results are surprising considering honey is roughly 80% sugar." Yet honey is also a complex mixture of widely and uncommonly occurring sugars, proteins, organic acids, and other bioactive substances that almost certainly have beneficial effects on health.

Earlier investigations, particularly in vitro and animal studies, have demonstrated that honey can enhance cardiometabolic health. The current analysis has the most in-depth information on processing and floral source of any review of clinical trials done to yet.

The Nutrition Reviews journal only just published the findings.

"A sugar is a sugar," said John Sievenpiper, the primary investigator and an associate professor of nutritional sciences and medicine at the University of Toronto. He is also a clinician-scientist at Unity Health Toronto. These findings demonstrate that this is not the case, and they call into question the inclusion of honey as a free or added sugar in dietary recommendations.

Sievenpiper and Khan stressed that it was important to understand the findings' context, which consisted of clinical studies in which individuals had healthy diets with added sugars making up no more than 10% of daily calorie intake.

If you already avoid sugar, we're not suggesting that you start consuming honey, added Khan. The key message is to replace sugars with honey if you're currently consuming table sugar, syrup, or another sweetener. This may reduce your chance of developing cardiovascular and metabolic diseases.

Almost 1,100 participants from 18 controlled studies were analyzed by the researchers. They evaluated the trials' quality using the GRADE approach and discovered that most of the studies had low confidence in the strength of the evidence, but that honey consistently had either neutral or positive effects depending on processing, floral source, and quantity.

In the trials, the average daily intake of honey was 40 grams or nearly two teaspoons. The experiment lasted an average of eight weeks. Raw honey, honey from Monofloral sources like Robinia (also sold as acacia honey), honey from Fake Acacia or Black Locust Trees, and clover, which is widespread in North America, were the main drivers of many of the positive outcomes in the research.

The effect of a hot drink on raw honey depends on a number of factors and is likely to not completely destroy all of its health benefits, according to Khan. Processed honey clearly loses many of its health benefits after pasteurization, which typically occurs at 65 degrees Celsius for at least 10 minutes.

He also mentioned some more applications for unheated honey, including its use in salad dressings, spreads, and yogurt.

According to Khan, future research should concentrate on raw honey from a Monofloral source. The objective would be stronger evidence and a deeper comprehension of the various chemicals in honey that have amazing health benefits. We require a reliable product that can consistently provide positive health effects, according to Khan. "The market will then follow,".

Research by: **UNIVERSITY OF TORONTO**