

Incorporating Local Honey into your Diet

Britton Mann, HR office coordinator and Beekeeper

There are many reasons to celebrate honeybees. As pollinators, they're essential to the survival of all plant life – which means they're also essential to human survival. Honey also has health benefits. As a natural sweetener, it tastes great and has a lower GI value than sugar.¹ It also contains healthy antioxidants, and has antibacterial properties.² When honey is sourced locally, it has even more benefits, helping to reduce inflammation and allergy symptoms.³ Because honey is high in sugar, it should be enjoyed with moderation.



Here are Britton's suggestions for tasty ways to incorporate local honey into your diet.

- Add to tea or coffee
- Drizzle over yogurt, fruit and nuts
- Spread on a biscuit or roll
- Use in a glaze for chicken or ribs
- Add to oatmeal, with shaved almonds and blueberries

¹ "Honey vs. Sugar: Which Sweetener Should I Use?" *Healthline*. Dec. 16, 2021. Website: <https://www.healthline.com/health/food-nutrition/honey-vs-sugar#Honey-vs.-sugar>. Accessed Sept. 26, 2022.

² Dżugan, Małgorzata; Tomczyk, Monika; Sowa, Patrycja; Grabek-Lejko, Dorota, Almajano, María Pilar, Academic Editor; McPhee, and Derek J., Academic Editor, "Antioxidant Activity as Biomarker of Honey Variety." *National Institutes of Health (NIH): National Library of Medicine / National Center for Biotechnology Information*. Aug. 18, 2018. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6222484/>. Accessed Sept. 26, 2022.

³ Tukuā, Debora. "6 Amazing Benefits of Local, Raw Honey." *Farmers Almanac*. Dec. 5, 2020. <https://www.farmersalmanac.com/local-raw-honey-22439>. Accessed Sept. 26, 2022.