

THE BUZZ ABOUT.....

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BEE WELL NUTRITION

▶ Should I use Raw Honey?

Bee Well Nutrition
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Many consumers are now seeking ways to avoid High Fructose Corn Syrup and other overly processed sweeteners. Honey, a wonderfully rich golden liquid is the miraculous product of honey bees and a naturally delicious alternative to all processed sugars.

Raw Honey is primarily a collection of simple carbohydrates, but it also contains an assortment of vitamins, minerals, antioxidants, and amino acids. Because of its perceived antibacterial qualities, traditional cultures have long used honey to dress wounds.

Modern food-processing techniques often involve filtering honey for clarity and superheating it to avoid crystallization and extend its shelf life. However these processes can dilute much of the nutritional and health value of raw honey. Filtering might remove minerals, for example, and superheating honey partially destroys its vitamins, nutrients, and enzymes. The definition of raw honey is debatable, but generally it means honey that is strained (run through a screen to remove large particulate matter like chunks of beeswax) rather than fine-filtered, and not heated above ambient temperatures that could occur within the hive (generally nothing greater than 100 degrees).



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Tips for Enjoying Raw Honey:

1. Pay close attention to labeling to make sure you are getting a quality raw honey. It should be completely unprocessed and unheated. The valuable enzymes in honey are preserved only if the honey is never heated above 105 degrees, although purists claim that for honey to be truly raw, it should never be heated at all.
2. Raw honey will be opaque and creamy with a slightly crystallized texture. It's ideal for spreading on bread with almond butter or adding it to plain yogurt.
3. Raw honey should be added to foods after they have been cooked and never before, since any exposure to heat risks destroying

the beneficial nutrients in the honey.

4. Raw honey should be stored in sealed, airtight jars to prevent spoilage. It is a very stable food that becomes finer with age, just like a quality wine. Open jars will stay fresh for at least several months.

5. While all sugar is not created equal - and in fact many would say raw honey is superior to all other forms of sugar - in the end, raw honey is still, well, sugar. Eaten in excess, it can still have a negative impact on blood sugar levels and can cause related health problems. However, in moderation raw honey is a wonderful health food that is very nutritious and sweet.

Our program is designed to help you eat better forever!

A PERSONALIZED DIET THAT FITS YOUR LIFESTYLE AND IS BASED ON YOUR INDIVIDUAL NEEDS, FOOD PREFERENCES, AND HEALTH GOALS

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