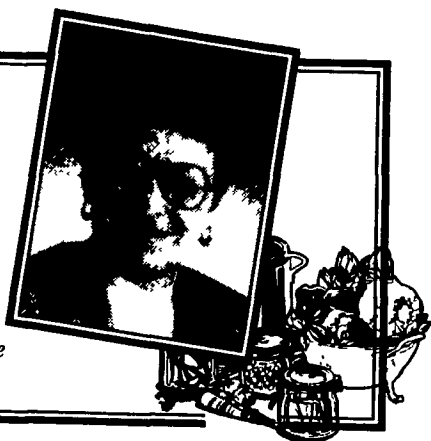


# Consuming Thoughts

by  
**Fay Strickler**

*Penn State Extension Home Economist For Berks Co.*



the same two monosaccharides, but they're joined to form the disaccharide sucrose. In the body, though, both sugar and honey are the same after digestion.

Nutritionally, honey has no real advantage over sugar. Despite claims it's a "wonder food," honey contains only a trace amount of protein, calcium, iron, vitamin A, thiamine, riboflavin, niacin or Vitamin C.

Natural and less refined sugars like honey do contain chromium, a trace metal which seems to offer a little protection against moderate amounts of natural sugar by enhancing insulin function. It's doubtful however, if chromium offers protection against large quantities of sugar, no matter how unrefined.

There are plenty of reasons for liking honey, but medicinal value and nutrition are not two of them. And although bee

pollen and royal jelly do wonders for bees, there is no scientific evidence they do anything out of the ordinary for humans.

Honey is a source of energy (calories) It differs from sugar in the way that it provides energy. Cane and beet sugars must be broken down into simpler sugars by digestive juices before they can be absorbed into the bloodstream and assimilated into the tissues. Honey is made up of simple sugars so little digestion is necessary and absorption takes place quickly, producing almost instant energy. For this to be of importance to you however, you'd have to be a marathon runner or long distance bicyclist. For the everyday average athletes, honey's "instant energy" isn't a factor.

The only other significant difference between sugar and honey is the number of calories

per spoonful. Sugar has fewer calories because sugar is less dense than honey. Crystals of sugar take up more space than liquid honey. When honey is used in place of sugar in cooking, less liquid is needed and more browning will take place.

Honey, as well as other sugars, plays a role in dental cavities. It may be of particular concern since it is sticky and stays in the teeth longer.

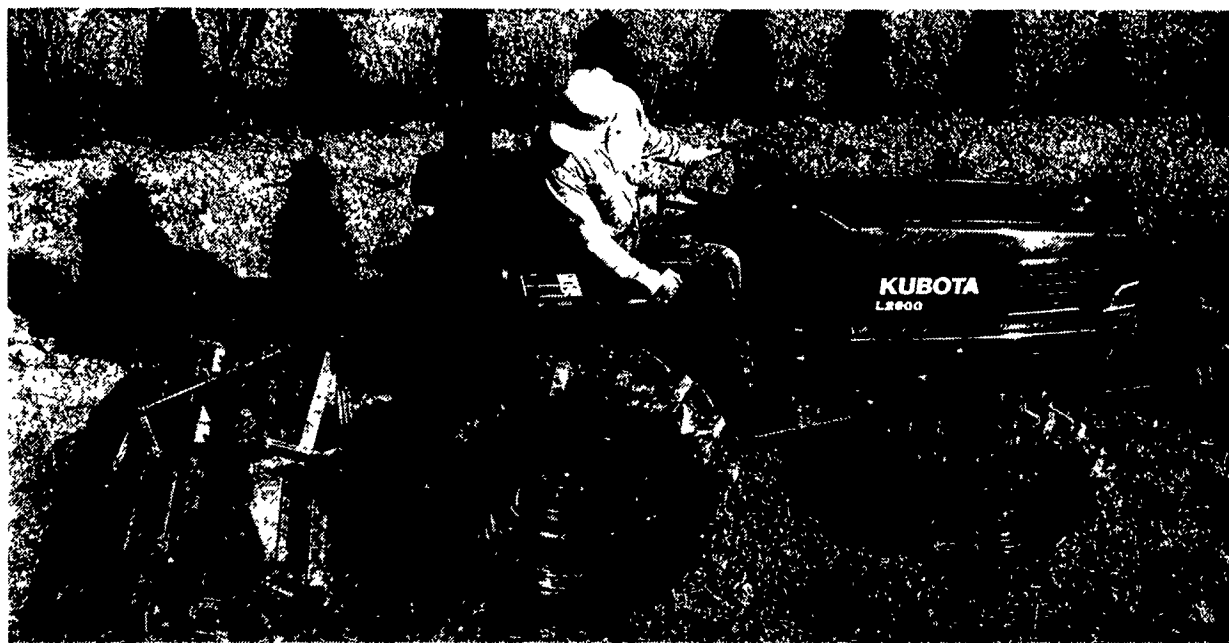
Honey may contain a bacteria, *C. botulinum*, that, under the right conditions can cause illness and death in infants. *C. botulinum*, the organism that causes botulism, is a bacteria found widely in nature. It isn't harmful unless it's allowed to grow and form a toxin. *C. botulinum* may grow and form the toxin in the large intestine of infants, so honey isn't recommended for infants under the age of one.

From a nutritional standpoint, it matters little how you take sugar, as white table sugar, brown sugar, raw, fructose or honey. The main reason for substituting honey should be taste—not nutrition or health. It's really wonderful on hot biscuits!

## Legg Represents Lackawanna County

MONTROSE (Susquehanna Co.) - Eleven Lackawanna County 4-H textile science members recently attended the multi-county 4-H fashion revue in Montrose. Four members from the Glenburn Sewing Club led by 4-H leaders, Hilda Lewis and Ann Northup, received recognition for their outstanding work. Those members were Amy Cruciani of Clarks Summit, winner in the junior wearable year one division, Julian Castellano of Dickson City, winner in the junior wearable year 3 and up division, Teresa Toth of Blakely, runner up in the junior wearable year 3 and up division, and Melissa Legg of Jermyn, winner in the senior wearable division.

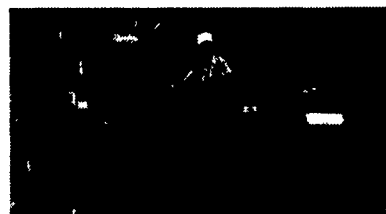
As a winner in the senior division, Legg will be representing the county at the State Fashion Revue contest on August 5 at Penn State University. She will be competing against members from across the state for the top 10 places. During the revue, Legg will attend workshops and model her hand made garment for judging. She will be judged on appearance, fit, design, modeling ability, and construction of the garment.



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