NEWS | RESEARCH

Research suggests switch to honey instead of sugar delivers same sweet taste

Sensory tests found that 0.6 Tbsp of honey provides as much sweet flavour as 1 Tbsp table sugar

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A new study published in the Journal of Food Science, funded by the National Honey Board, found that choosing honey instead of table sugar can help reduce added sugar intake and decrease calories while achieving the same sweetness. The findings demonstrate that 0.6 Tbsp of honey provides the same sweetness intensity for 10 fewer kcal compared to 1 Tbsp of table sugar. This is due to honey's unique aromas, which play a role in perceived sweetness intensity.

In this first-ever study to quantify honey's sweetness, four honey floral varietals (clover, wildflower, alfalfa, and orange blossom) were measured for sweetness intensity using a standard sensory testing method. Results revealed that when added to water, honey is 1.7 times sweeter than table sugar on an equal volume basis.

For consumers, this means that the same sweetness as table sugar can be achieved with approximately 40 per cent less honey, translating to about 21 per cent fewer calories for the same sweetness. The aromas naturally present in honey enhanced its sweetness, and the degree varied by floral source and sweetener concentration. At a concentration that represents typical sugar-sweetened beverages, honey aromas enhanced sweetness on average by 23 – 43 per cent depending on the floral varietal (23 per cent in wildflower, 26 per cent in clover, 28 per cent in alfalfa, and 43 per cent in orange blossom). Orange blossom honey has the most diverse aroma profile with 87 compounds characterised.

Read online: https://nuffoodsspectrum.in/news/17/21908/research-suggests-switch-to-honey-instead-of-sugar-delivers-same-sweet-taste.html

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