

Title:

Like Your Tea Sweet? Add Honey Instead of Sugar

Word Count:

499

Summary:

Most people think of honey as the sweet, sticky stuff you put on toast or drop into hot tea, b

Keywords:

health benefits of tea, honey, sugar, beverage, antioxidants

Article Body:

One of life's purest pleasures is a cup of steaming tea. Some like it pure but most like it sw

Sugar is the quintessential source of energy and most foods, when digested, are metabolized by

A healthier alternative is honey. Honey is one of the oldest sweeteners used by man and was hi

^Honey is the ultimate in products derived from herbs. It's like liquid gold. Fashioned throug

A study published in the Journal of Agricultural and Food Chemistry, shows that the level of a

Researchers at the University of Illinois studied 25 healthy men who consumed various combinat

So the next time you're having a cup of tea, do your health a favor by added a spoonful of hon

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