

# Nutritional Value for Various Sweeteners

	Maple Syrup	Corn Syrup	Honey	Maple Sugar	Brown Sugar	Sugar
<b>Manganese</b>	100	0	3	29	9	0
<b>Riboflavin</b>	34	0	2	2	0	1
<b>Zinc</b>	11	3	1	5	1	0
<b>Magnesium</b>	5	0	0	3	7	0
<b>Calcium</b>	6	1	1	7	5	0
<b>Potassium</b>	5	0	1	4	6	0
<b>Calories</b>	217	241	258	170	211	194
<b>Sugars (in grams)</b>	54	65	70	41	54	50

Source: Canadian Nutrient File, 2007(Health Canada) and USFDA

## Antioxidants

Antioxidants are best known for their health effects in disease prevention. These chemicals have been linked with the prevention of neurological diseases, heart disease, and some forms of cancer. Maple syrup ranks well among some of the healthiest foods in antioxidant levels

## Antioxidants Value for Common Foods

ORAC Value per Serving		UMOL TE/Serving
Banana, raw	1 med. (118g)	1,037
Broccoli, raw	½ c.(46g)	627
Carrot, raw	1(72g)	480
Maple Syrup	¼ c. (60ml/80g)	480
Tomato, raw	1 medium(123g)	415
Cantaloupe	1/2c (85g)	268
Cabbage	½ c (37g)	188

USDA Database for the Oxygen Radical Absorbance Capacity(ORAC) of selected foods. Results showing the antioxidant power of maple syrup were obtained from Brunswick Laboratories, a USDA certified facility.