



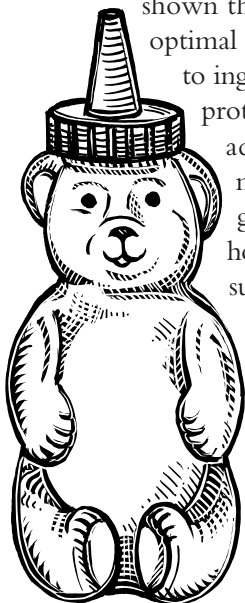
Honey and Exercise

# Honey Aids Athletic Performance

**Pre-Exercise** – Studies at the University of Memphis Exercise and Sports Nutrition Laboratory found that honey may be one of the most effective forms of carbohydrate to ingest just prior to exercise. Honey eaten before exercise is digested easily and released into the system at a steady rate for use by the body.

**During Exercise** – Research has shown that using honey as a carbohydrate source while exercising significantly improved performance during endurance cycling trials. This small study found that honey produced a statistically significant reduction in the time to finish the time trial and a significant increase in the athletes' average power when compared to a placebo. In these trials, honey performed as well as glucose, the most common carbohydrate supplement.

**Post-Exercise** – Research has also shown that honey may be an optimal source of carbohydrate to ingest along with post-workout protein supplements. In addition to promoting muscle recuperation and glycogen restoration, honey-protein combinations sustain favorable blood sugar concentrations after training that would help promote recovery.



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*Full research details  
available at [www.honey.com](http://www.honey.com)*

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# Honey Sports Beverages

These beverages closely resemble the nutritional value of currently available bottled sports beverages but with a higher level of potassium.

## **Honey Orange Thirst Quencher**

1/2 cup honey  
1/2 teaspoon lite salt  
2 cups orange juice  
5-1/2 cups water

Combine ingredients. Using lukewarm water will aid in dissolving honey. Then cool.  
Makes eight 8 oz. servings

*Nutritional information per 8 oz. serving:*  
Calories 75; Carbohydrate 21g.; Sugar 19g; Sodium 77mg.;  
Potassium 85mg.

## **Honey Lemon Thirst Quencher**

1/2 cup honey  
1/2 teaspoon lite salt  
1/4 cup lemon juice  
7-1/2 cups water

Combine ingredients. Using lukewarm water will aid in dissolving honey. Then cool.  
Makes slightly more than eight 8 oz. servings

*Nutritional information per 8 oz. serving:*  
Calories 60; Carbohydrate 17g.; Sugar 16g.; Sodium 72mg.;  
Potassium 85mg.

## **Flavored Honey Thirst Quencher**

1/2 cup honey  
1/2 teaspoon lite salt  
1 package unsweetened soft drink mix  
(similar to Kool-Aid® packets)  
7-1/2 cups water

Combine ingredients. Using lukewarm water will aid in dissolving honey. Then cool.  
Makes eight 8 oz. servings

*Nutritional information per 8 oz. serving:*  
Calories 60; Carbohydrate 17g.; Sugar 16g.; Sodium 77mg.;  
Potassium 85mg.

## Honey Usage Tips

Don't forget when planning your training that honey is a source of carbohydrates, providing energy, sweet flavor, as well as vitamins, minerals and antioxidants. And all at just 64 calories and 17 grams of carbohydrates per tablespoon.

Combining honey with other healthful foods can add to your total nutrition and give you an energy boost. Try these tips to fuel your diet with the sweet goodness of honey:

- Looking for a substitute for energy gels? Try packets of honey or honey sticks.
- One of the most important things to remember when you're on the go is to stay hydrated. A squeeze of honey in your bottle is an easy substitute for sports drinks.
- Whether you are active or not, it's important to start the day with a healthy breakfast. Honey can be spread on a bagel or toast, drizzled over hot cereal or fruit or added to a fruit smoothie.
- Snack time is a great time to add an extra serving of fruit and vegetables to your diet. Try mixing together peanut butter and honey or honey and light cream cheese as a dip for fresh fruits or vegetables.



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