

Nutritional Facts of Pure New Hampshire Maple Syrup

Pure New Hampshire Maple Syrup is a naturally nutritious, low calorie sweetener. The healthy choice as a sweet topping and a flavorful ingredient in baking and cooking. Pure Maple Syrup is the simple concentration of early spring sap harvested from our local maple trees.

NO ADDITIVES. NO PRESERVATIVES.

With its wholesome, 100% natural flavor, Pure Maple Syrup is the oldest sweetener in America!

SUGARS

Sugars are an important source of energy. The main sugar in pure maple syrup is sucrose, which is the sole sugar in the Grade A Golden with Delicate Flavor grade syrups. The darker grades of syrup contain a small and variable amount of fructose and glucose. In order of sweetness, sucrose is less sweet than fructose, but sweeter than glucose. Maple syrup caloric value is 52 calories per tablespoon, molasses 40, corn syrup 60 and honey is 45. With a glycemic index of 54, maple syrup is considered a low glycemic product, which means it affects blood sugar to a lesser degree than sugar (GI 58) or honey (GI 87).

(source: Summary of Health Benefits of Pure Maple Syrup: Summary of Information Compiled by the International Maple Syrup Institute. Accessed at http://www.internationalmaplesyrupinstitute.com/uploads/7/0/9/2/7092109/nutrition_and_health_benefits_of_pure_maple_syrup.pdf on July 31, 2015)

| Serving Size | 4 Tbsp. | |
|---------------------------|------------|----------------------------|
| Amount Per Serving | | |
| Calories | 200 | Calories from Fat 0 |
| | | % Daily Value* |
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | |
| Cholesterol | 0g | 0% |
| Sodium | 7g | 0% |
| Total Carbohydrate | 53g | 18% |
| Dietary Fiber | 0g | 0% |
| Sugars | 53g | |
| Protein | 0g | 0% |

MINERALS

Minerals have specific and nonspecific nutritional functions in the body metabolism. In pure filtered maple syrup the main minerals present are: potassium, calcium, magnesium, sodium, zinc, manganese, phosphorus, iron, and selenium.

| Per 60 ml (1/4 cup), in % DV | Maple Syrup | HFCS | Honey | White Sugar | Brown Sugar |
|------------------------------|-------------|------|-------|-------------|-------------|
| Manganese | 100 | 4 | 3 | 0 | 9 |
| Riboflavin | 37 | 4 | 2 | 1 | 0 |
| Zinc | 18 | 0 | 2 | 0 | 1 |
| Magnesium | 7 | 0 | 1 | 0 | 7 |
| Calcium | 5 | 0 | 0 | 0 | 5 |
| Potassium | 5 | 0 | 1 | 0 | 6 |
| Calories | 200 | 220 | 261 | 196 | 211 |

Oxygen Radical Absorbance Capacity (ORAC) Value of Maple Syrup

The ORAC unit, ORAC value, or "ORAC score" is a method of measuring the antioxidant capacity of different foods and supplements. It was developed by scientists at the National Institutes of Health. It is believed that foods higher on the ORAC scale will more effectively neutralize free radicals which will slow the oxidative processes and free radical damage that can contribute to age-related degeneration and disease.

| ORAC Value per 100g | µmol TE ² /100g | Serving size | µmol TE ² /serving |
|---------------------|----------------------------|---------------------------|-------------------------------|
| Broccoli, raw | 1362 | 1 medium (118 g) | 1037 |
| Banana, raw | 879 | ½ cup (46 g) | 627 |
| Carrot, raw | 666 | 1 (72 g) | 480 |
| Maple Syrup | 600 | ¼ cup (60 ml/80 g) | 480 |
| Cabbage, raw | 508 | 1 medium (123 g) | 415 |
| Tomato, raw | 337 | ½ cup (85 g) | 268 |
| Cantaloupe | 315 | ½ cup (37 g) | 188 |

Taste Our Proud Tradition

 **New Hampshire
Maple Producers
Association, Inc.**
www.nhmapleproducers.com