

# Fact Sheet

(CHS\_FS\_GNA\_023)

## FACTS ABOUT HONEY

**Honey:** The sweet syrup made by bees from the nectar of flowers.

**Contains:** 75 percent sugars (glucose and fructose)  
25 percent water

Honey is often used as a sugar substitute on the assumption that it contains more nutrients. While this is true, you would need to eat 11.2 kg to get the requirement of calcium, 4kg to get the requirement for iron and 0.5 kg for zinc.

Numerous studies have shown that the ingestion of honey is linked with infant botulism. (1) It is strongly recommended that honey be not given to infants under the age of twelve months. Clostridium Botulinum spores are found in soil and honey products (2) These spores can colonise in the bowel and synthesize toxin. Babies who develop botulism become very ill and often leads to respiratory failure. (2,3,4) Studies have found that some infants who died of Sudden Infant Death Syndrome in Europe had positive test results of Clostridium Botulinum spores. (4)

Honey has also been linked with Early Childhood Caries (5). The practice of honey on the baby's pacifier is not recommended.

Honey is safe for children over the age of one year.

### References:

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Source: Community Child Health Service: Royal Children's Hospital & Health Service District  
Last Updated: April 2005  
Review Date: April 2007

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