

# Stay

# Healthy

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## Weekly

eNewsletter

## Health Experts Warn: The Side Effects of Eating Too Much Honey



Story by Michael Colangelo, Christos Sittas, Lucía Ramos

### Expert opinion from Michael Colangelo

Master of Science (M.S.) in Nutrition · 15 years of experience · USA

Consuming too much honey will result in side effects similar to eating any concentrated sugar in excess. The most notable and reliable short-term effect would be a stomach ache and a blood sugar spike. If consumed regularly and in excess, the most likely side effect would be weight gain and possibly obesity from increased caloric intake. One tablespoon of honey contains about 64 calories, and for comparison, one tablespoon of table sugar contains about 48 calories. Obesity puts individuals at increased risk of cardiovascular disease and diabetes. How an individual responds to increased carbohydrate consumption in the short term is variable. For some people, isolated honey intake may improve mood after 60 minutes of ingestion, and it may decrease short-term cognition and increase fatigue in some people. To satisfy the desire for something sweet daily, choose whole fruits, which also contain other beneficial substances like fiber, antioxidants like vitamin C, and polyphenols.

### Expert opinion from Christos Sittas

MSc in Nutrition and Exercise Sciences · 3 years of experience · UK

Eating too much honey could result in a dysregulation in blood glucose levels which can lead to increased fatigue, nausea, and energy swings. Moreover, it can increase the amount of ingested calories, thus lead to weight gain.

### Expert opinion from Lucía Ramos





Bachelor of Science · 8 years of experience · Argentina

The side effects to eating too much honey are related to increased blood sugar. Honey is healthy in controlled measures due to its high content of fructose, a type of sugar. Diabetic individuals should avoid consuming honey. Children under one year of age should avoid consuming honey because of the risk of botulism.

*Disclaimer: This is for information purpose only, and should not be considered as a substitute for medical expertise. These are opinions from an external panel of individual doctors or nutritionists and not to be considered as opinion of Microsoft. Please seek professional help regarding any health conditions or concerns. Medical advice varies across region. Advice from professionals outside your region should be used at your own discretion. Or you should contact a local health professional.*

## How much salt should we consume daily?

### By age:

-  **1 to 3 years**  
1g of salt a day (0.4g sodium)
-  **4 to 6 years**  
2g of salt a day (0.8g sodium)
-  **7 to 10 years**  
3g of salt a day (1.2g sodium)
-  **11 years and over**  
5g of salt a day (2g sodium)



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