

## Nutritional Value for Various Sweeteners

% of Recommended Daily Value (DV) Per ¼ cup (60 ml)

	Maple Syrup (1/4 cup / 80 g)		High Fructose Corn Syrup (1/4 cup / 78 g)		Honey (1/4 cup / 85 g)		Brown Sugar (1/4 cup / 55 g)		White Sugar (1/4 cup / 51 g)	
	% DV	mg	% DV	mg	% DV	mg	% DV	mg	% DV	mg
Riboflavin	37	0.59	1	0.01	2	0.03	0	0.0	1	0.01
Thiamin	1	0.01	0	0.0	0	0.0	0	0.0	0	0.0
Manganese	95	1.89	4	0.07	4	0.07	2	0.04	0	0.0
Zinc	6	0.58	0	0.02	2	0.19	0	0.02	0	0.0
Magnesium	7	16.5	0	0.0	1	1.75	2	5.0	0	0.0
Calcium	5	58.0	0	0.0	0	5.0	4	45.8	0	0.48
Iron	1	0.09	0	0.02	3	0.36	3	0.39	0	0.03
Selenium	1	0.4 µg	1	0.55 µg	1	0.66 µg	1	0.65 µg	1	0.3
Potassium	5	167	0	0.0	1	44.0	2	73.3	0	0.96
Calories	216		220		261		216		196	

**Source:** USDA Nutrient Database and Canadian Nutrient File

**Notes:** The values shown are the overall minimum values for the minerals and nutrients and the overall maximum values for the calories reported by the USDA Nutrient Database and the Canadian Nutrient File. The percent daily values (% DV) were calculated using the Health Canada recommended daily intake values for an average 2,000 calorie diet.

## Antioxidant value for common foods

ORAC Value 100g of fresh product	µmol TE <sup>2</sup> /100g	ORAC Value per serving		µmol TE <sup>2</sup> / serving
Broccoli, raw	1,362	Banana, raw	1 medium (118g)	1,037
Banana, raw	879	Broccoli, raw	½ cup (46g)	627
Carrot, raw	666	Carrot, raw	1 (72 g)	480
Maple Syrup	600	Maple Syrup	¼ cup (60 ml/80 g)	480
Cabbage, raw	508	Tomato, raw	1 medium (123 g)	415
Tomato, raw	337	Cantaloupe	½ cup (85 g)	268
Cantaloupe	315	Cabbage	½ cup (37 g)	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.

