



PURE Maple Syrup Natural and Nutritious

Pure Maple Syrup is a natural, nutritious and delicious sweetener and a smart choice as a sweet topping or as a flavorful ingredient in baking and cooking. *Maple Syrup* has a delightful and flavorful maple bouquet and has varied taste intensities to suit different consumer preferences.

Unlike many syrups and sugars *Maple Syrup* is 100 percent natural and unrefined, retaining the inherent nutritional value of the sap obtained from the maple tree.

Important Nutrient Source

Pure Maple Syrup is a valuable source of mineral nutrients. *Maple Syrup* delivers more nutrition than all other common sweeteners and has one of the lowest calorie levels. *Maple Syrup* contains mineral nutrients and vitamins which are an essential part of the daily diet in higher levels than other sweeteners. ✓

Nutritional Value for Various Sweeteners
% of Recommended Daily Value (DV) Per 1/4 cup (60 ml)

	Maple Syrup		High Fructose Corn Syrup		Honey		Brown Sugar		White Sugar	
	(1/4 cup / 60 g)		(1/4 cup / 78 g)		(1/4 cup / 85 g)		(1/4 cup / 55 g)		(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	0.59	0	0.02	2	0.19	0	0.02	0	0.0
Magnesium	7	16.3	0	0.0	1	1.75	2	5.0	0	0.0
Calcium	5	58.9	0	0.0	0	5.0	4	45.8	0	0.48
Iron	1	0.89	0	0.02	3	0.36	3	0.39	0	0.03
Selenium	1	0.4 µg	1	0.55 µg	1	0.95 µg	1	0.95 µg	1	0.3
Potassium	5	167	0	0.0	1	44.0	2	73.3	0	0.99
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.

The Original Sweetener

Native North Americans were the first to recognize *Pure Maple Syrup* as a source of nutrition and energy. Researchers have since documented that maple syrup has a higher nutritional value than all other common sweeteners. ✓

Other Health Considerations

In addition to its remarkable nutritional content, researchers have documented that *Maple Syrup* contains numerous phenolic compounds, commonly found in plants and in agricultural products such as berries, tea, red wine and flax seed. Some of these compounds may benefit human health in significant ways. For example, researchers have documented the natural presence of abscisic acid (ABA) in *Maple Syrup*, a compound thought to stimulate insulin release by the pancreas. ✓

Use of *Pure Maple Syrup* as an alternative to refined sugar can also add to the antioxidant content of the diet, similar to replacing refined grains with whole grains.

With its wholesome, natural flavour *Pure Maple Syrup* has one of the lowest calorie levels of common sweeteners.

Maple Syrup is also a natural product with no additives or preservatives.

**Choose Pure Maple Syrup,
a natural sweetener and a smart food choice.**

Maple Syrup Nutrition Guide

Kathleen Armour



Maple Syrup Nutrition Guide:

The Top Books of the Year Maple Syrup Nutrition Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. Maple Syrup Nutrition Guide : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Maple Syrup Nutrition Guide : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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