



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

**Food and Nutrition Information Center
(U.S.)**



Maple Syrup Nutrition Guide:

The Complete Guide to Health and Nutrition Gary Null, Ph.D., 2009-09-23 The ultimate sourcebook from America's leading alternative health expert Yes you can feel better look better and extend the best years of your life through proper nutrition and exercise And there is no better guide to optimum health than this classic reference and sourcebook Compiled by Gary Null Ph D America's leading health and fitness expert a TV regular and host of his own nationally syndicated radio program this invaluable resource offers a comprehensive overview of protein carbohydrates lipids vitamins and minerals with the facts about their role in maintaining and restoring health Learn what's in the food you eat and what it can do for and to you Discover the pros and cons of supplements which to take how to take them and safe and effective dosages for each Find out The best way to lower high blood pressure and lose weight How to know if you're getting enough or too much protein The role of sugar in cardiovascular disease The best foods and supplements to meet changing nutritional needs Why exercise is more important than diet for weight control and which exercise is best of all The vitamin that slows down the aging process Why you may be inviting heart disease when you eliminate all cholesterol containing foods from your diet Gary Null cuts through the myths and hype and presents the facts everything you need to know about living well every day of your life

Nutrition Guide for Physicians and Related Healthcare Professions Ted Wilson, Norman J. Temple, George A. Bray, 2022-01-03 This fully updated and expanded third edition is a reference guide on nutrition and its clinical implications for health and disease through the life cycle The book endeavors to address the needs of those who would most benefit from up to date information on recent advances in the field of nutrition Written by experts in the field chapters cover a diverse range of nutritional areas that present a succinct overview of recent thinking and discoveries that have the greatest capacity to aid physicians and other healthcare professionals in improving the nutritional health of their clients The text is divided into eight parts Part one and two address the nutrient requirements and special nutrition related issues for people across all stages of the lifespan from pregnancy and infancy through the adolescent years to the older adult years Part three summarizes the role of nutrition in the prevention and management of chronic conditions frequently seen in clinical practice including obesity diabetes bone disorders coronary heart disease hypertension and cancer Part four describes different dietary patterns the Mediterranean diet the DASH diet the vegetarian diet and the ketogenic diet Part five describes nutrition challenges specific to surgery and several different acute diseases and disorders gastrointestinal disorders food allergy and intolerance diseases of the liver and pancreas kidney disease eating disorders bariatric surgery sarcopenia and drug interactions with food Part six looks at different aspects of the diet coffee tea dietary fat dietary sugars energy drinks alcohol dietary fiber vitamins minerals and the gut microbiome Part seven examines a range of factors that influence dietary health decisions creating nutritional behavior change methods for assessing nutritional status Dietary Reference Intakes an overview of the diet and food guides food labels and sources of nutrients Finally part eight looks at dietary supplements

including the problem of dishonest marketing and false and misleading information in the area of nutrition The growing nutritional impact of COVID 19 is discussed throughout the book where appropriate Nutrition Guide for Physicians and Related Healthcare Professions Third Edition serves as a comprehensive guide that is organized by age lifespan nutrition therapy in relation to chronic disease and COVID diet and its role in prevention dietary requirements and recommendations and influencing health decisions for the patient It is a valuable resource of practical and easy to access information on nutrition for physicians nurses pharmacists and others in their daily practice Nutrition Guide for Physicians and Related Healthcare Professionals Norman J. Temple, Ted Wilson, George A. Bray, 2017-03-31 This second edition volume is a desktop reference guide on nutrition and its clinical implications for health and disease Presented in a new softcover format and user friendly style it serves as a valuable resource of practical information on nutrition for physicians and other healthcare professionals in their daily practice The book covers all important aspects of nutrition including basic nutritional principles nutrition through the lifecycle and optimal nutrition patterns through all stages of development and diet and its role in prevention cause and treatment of disease Nutrition Guide for Physicians and Related Healthcare Professionals is thoroughly updated from its predecessor Nutrition Guide for Physicians and provides a wide perspective of the impact that nutrition has upon medical practice and will be an indispensable resource for primary care physicians and other medical professionals

Nutrition Guide for Physicians Ted Wilson, George A. Bray, Norman J. Temple, Maria Boyle Struble, 2010-01-08

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and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976 *American Dietetic Association Complete Food And Nutrition Guide, Rev Updated 4e* Roberta Duyff, 2012-02-03 The new edition of the ADA's flagship food and nutrition guide updated based on the very latest Dietary Guidelines for Americans With over 200 000 copies sold in all editions this award winning resource from the world's leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life In this completely revised and updated new edition you'll find up to date evidence based practical answers for your many food and nutrition questions This cornerstone guide from the

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Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index The Young Runner's Guide to Nutrition Michele Pettinger,2025-03-04 Empower young runners to take control of their health and training with this practical guide that teaches them the basics of sports nutrition and includes over 40 balanced and healthy recipes Author lifelong runner and certified running and nutrition coach Michele Pettinger grew up running under the tutelage of her father the high school cross country and track coach With The Young Runner s Guide to Nutrition she plans to carry on the legacy of reaching youth runners and the communities that support them through nutrition education and practical easy to implement protocols With this practical guide young runners will learn the fundamentals of sports nutrition explaining why they need specific nutrients and what foods contain them These young athletes will also discover more about Navigating adolescence and the unique nutritional needs of the young runner like macronutrients micronutrients and hydration Nutritional challenges and health risks such as the female and male athlete triads disordered eating RED S and other areas of concern Strategic fueling and optimizing performance and recovery through nutrition planning and nutrient timing Empowering change by integrating nutrition education into running programs including how to foster positive body image and daily practical tools for upholding nutrition protocols And so much more Change in sports nutrition for young runners needs to start with the entire community that supports them their coaches trainers and families That s why The Young Runner s Guide to Nutrition also includes resources for coaches on how to integrate nutrition education into their training programs and content for parents on how to foster good nutrition at home that will support the needs of their young runner through meal planning cooking and conversation The Dental Hygienist's Guide to Nutritional Care E-Book Cynthia A. Stegeman,Judi Ratliff Davis,2018-03-01 Selected for Doody s Core Titles 2024 in Dental Hygiene Auxiliaries Learn how to apply nutritional principles to promote optimal patient care The Dental Hygienist s

Guide to Nutritional Care 5th Edition explains how teaching proper nutrition can improve your clients oral and systemic health Case studies and clear full color photos and illustrations provide a basis for assessing diagnosing planning implementing and evaluating the care of patients In addition a solid foundation in nutrition prepares you for the subject s increased emphasis on the NBDHE examination Written by an interdisciplinary author team with expertise in nutrition and dental hygiene this book was the first nutritional guide designed specifically for dental hygienists UNIQUE Biochemistry chapter covers the essential concepts tested on the National Board Dental Hygiene Examination NBDHE UNIQUE Coverage of vitamins and minerals is based on the oral effects of micronutrients Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations in each chapter Case studies and Health Applications demonstrate how nutrition concepts can be applied to specific patient situations Learning features include pretests and key terms highlighted in each chapter with definitions in the glossary Practice quizzes online allow you to test your comprehension and include feedback and remediation for incorrect answers NEW Updated content addresses interdisciplinary practice and the FDA s Food Safety Modernization Act with expanded coverage of older adults vitamin D and nutrigenomics NEW Coverage of the latest federal nutrition standards includes the Dietary Guidelines for Americans the Nutrition Facts label and more NEW UPDATED full color illustrations include additional clinical photos as well as food source photos in the micronutrient chapters

The Heart Health Guide Dr Catherine Itsiopoulos,2020-09-29 From the bestselling author of The Mediterranean Diet and The Mediterranean Diet Cookbook Australia s leading expert on the Mediterranean diet shows us how to improve our heart health Heart disease is the single leading cause of death in Australia Every one of us either has or knows someone who has a common risk factor of heart disease such as high cholesterol or high blood pressure Diet is a key factor in preventing and reducing the risk factors of heart disease Scientifically backed by decades of peer reviewed research the Mediterranean diet is a rigorously tested diet that has been proven to prevent heart disease and diabetes help with weight management and promote longevity Dr Catherine Itsiopoulos provides 80 delicious recipes easy to follow meal plans and clear advice on why the Mediterranean diet is the 1 diet recommended by cardiologists around the world Sustainable satisfying and suitable for the whole family this is a diet that is a proven pathway to better heart health as much as it promotes long term good health and wellbeing This is a specially formatted fixed layout ebook that retains the look and feel of the print book

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focus is on therapeutic nutrition and dietary management First Bites: A Science-Based Guide to Nutrition for Baby's First 1,000 Days Evelyn Rusli, Arianna Schioldager, 2023-01-31 Help your little one become a good healthy eater Until age 2 a child's body develops at superspeed with 60 percent of calorie intake going straight to brain development so good nutrition is essential Reviewed and approved by a board of pediatricians First Bites connects nutrition and development with hard hitting data fascinating facts and flavorful healthy food Part One examines the significance of the first 1 000 days the most important nutrition window in life Discover which nutrients mother and baby need when and which fundamentals to keep on hand Learn how to start solids avoid creating a picky eater and spot changes in your child's digestion Part Two offers more than 60 easy to follow recipes from pregnancy dishes for expecting mamas to basic blends for infants starting solids and tantalizing finger foods for toddlers all free of added sugars gluten and dairy Strategically introducing your wee one to 100 ingredients by age 2 the recipes proceed by baby age meal and total time so you can make something tasty quick and simple or something good that takes a little more time From an Apricot Turmeric Bowl and Beet Chips to Quinoa Cornbread and Zucchini Fritters these aren't your grandma's recipes They'll help you optimize quality and time while feeding your little one and find some much needed inner peace Sugar Shock! Connie Bennett, Stephen Sinatra, 2006-12-26 The perfect guide to getting healthy by kicking your sugar habit for good with 20 simple sugar free success strategies There's no sugarcoating it succumbing to sweets too often could damage your health But to what extent Most readers already know that succumbing to sweets too often can lead to obesity and diabetes What many don't know however is that too many quickie carbs can bring on a host of other maladies such as brain fog fatigue mood swings heart disease and even cancer from which millions may be suffering because of their sugar or carbohydrate habits In this engaging jargon free book Connie Bennett and contributing author Dr Stephen T Sinatra bring you the shocking truth backed by medical studies With insights from thousands of physicians nutritionists researchers and sugar sufferers worldwide SUGAR SHOCK will teach you how to kick the sugar habit for good Spills the beans on the shocking impact of simple carbohydrates on aging and quality of life a double whammy for humanity Mehmet C Oz M D host of The Dr Oz Show *Power of 5 Test Kitchen Cookbook Your Guide to Healthy Cooking & Eating* Melissa C Bernstein, OT, FAOTA, 2023-02-20 Are you ready to impress family and friends with your yummy meals and dish up great nutrition at the same time Are you ready to experience the health and longevity benefits of eating based on the physician recommended The Power of 5 This is your guide to making the right choices on what and how to cook to maximize your wellness without compromising on flavor These delicious and nutritious Mediterranean inspired recipes are easy to cook and easy to adapt to any eating preferences and dietary restrictions with options in each recipe In this book you will get Nutritious Mediterranean inspired recipes Healthy snack choices Lifestyle guidance on benefits of eating common foods What foods are healthy and which ones to avoid The powerful benefits of herbs and spices and the top 12 you need to be using regularly Healthy eating tips and recipes for dogs with ingredients right from your kitchen Healthy eating is the key to

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