



Pure Maple

A Healthy Food Choice

Pure Maple products are naturally good for you. *Maple* scores higher on every measure of nutritional value when compared to other sweeteners used in baking, cooking or as a sweet topping.

Source of Antioxidants

Pure Maple, like broccoli and bananas, is a natural source of antioxidants. Health experts say that antioxidants help prevent cancer and other serious diseases, reduce blood pressure and slow the effects of aging.



Important Nutrients

One quarter cup or 60 ml of *maple syrup* is a healthy source of vital mineral nutrients. (% of recommended daily value)



	Maple Syrup	One Egg	One Apple	Bread Slice
Manganese	100	1	2	7
Riboflavin	34	14	2	6
Zinc	11	4	0	1
Magnesium	5	2	2	2
Calcium	6	3	1	5
Potassium	5	2	4	1

Other Considerations

Preliminary research indicates that *maple syrup* contains levels of abscisic acid (ABA) significant to human health.



ABA is thought to stimulate insulin release by the pancreas, and may be beneficial in the control of blood sugar levels and obesity related inflammation.

Pure Maple, a smart and healthy food choice.

