



Sweeteners
Honey and sugar differentiate in water content mainly and sugar profile
Honey is sweeter than sugar



Food	Sugar	Honey
Classification	raw, refined, molasses	Nectar to honey. Raw or pasteurised honey
	icing and caramelised sugar,	Blossom or honeydew honey. Direct or industrial
	invert sugar, syrups and lactose	Comb honey, honeycomb pieces, drained, centrifuged, pressed.
Consumption	3,6kg	0,4kg
Composition:		
Water	it depends... close to 0%	< 20%
Fats		-
Carbs	Close to 100% sugar	85% 32% Glucose, 39% Fructose, <5% Sucrose
Fiber		-
Proteins		-
Vitamins	Very low to no vitamins	Some vitamins
Minerals	Very low minerals	Some minerals
By-products	candies, confectionery, chewing gum,	Nougat
	sugared almonds, marzipan and nougat	

Stimulants
xanthines from purine-derived alkaloids: Caffeine, Theobromine and Theophylline
150-200 mg/kg a day of caffeine
Tea is 1/3 [caffeine] compared to coffee and cocoa. Theine = caffeine
<u>Cocoa and by-products:</u> beans Criollo, Forastero and Trinitario. Cholesterol
Cocoa nibs, cocoa mass, cocoa butter, cocoa cake, cocoa powder (sugared)
Chocolate, milk chocolate, hot chocolate and white chocolate.
<u>Coffee:</u> coffee beans → seeds isolated and roasted. F 13%, C 30%, P 9%, H ₂ O 2%
Natural roast, roasted, blended, instant/soluble and decaffeinated coffees (methylene chloride, ethyl acetate, water or CO ₂ before roasting)
Coffee substitutes: Roasted chicory, malt and barley. <u>All of them without xanthines</u>
<u>Tea:</u> Thea leaves → treated and dried.
Green tea (not fermented, less caffeine), Black Tea (fermented, more caffeine), Decaffeinated Tea, Soluble tea extract (evaporated tea). Oolong tea (between Green/Black) and Rooibos (no xanthines)
Flavonoids with antioxidant properties

Condiments and spices
<u>Salt:</u> NaCl for food use. Table salt can have additives (anti-caking agents)
Sea salt, <u>refined salt</u> (coarse), table salt (fine) and special salts (iodised, fluorinated, iodine-fluorinated, nitrated)
<u>Vinegar:</u> double fermentation (alcoholic & acetic)
Wine vinegar (only wine) 5% of acetic acid Balsamic vinegar (grape must = 1 sugar 20%) others (apple cider vinegar). Other classification: sweet, semi-sweet, aged
<u>Spices:</u> dried leaves or seeds used to correct the taste
They have some characteristics like additives as preservatives and antioxidants but little action
Prepared condiments and seasoning: mix of spices for a specific use Spice substitutes: only for cinnamon, black or white peppers and cloves
<u>Sauces:</u> mix of treated ingredients used to eat alongside food
Ketchup: tomato concentrate with sugar and additives Mayonnaise: vegetable oils and eggs Mustard: mustard seed with vinegar "Fried" tomato, salad dressing, marinade, tomato sauce, hot curry sauce and hot ketchup