CAHFSA
CARIBBEAN AGRICULTURAL HEALTH & FOOD SAFETY AGENCY

AN INSTITUTION OF THE CARIBBEAN COMMUNITY

HONEY

Value-Added Products & Health Benefits of Pure Honey



ADDING VALUE TO HONEY

Turning honey into new products can diversify income, support small businesses and create market opportunities.



Spreads

Creamed honey; honey-based fruit spreads.



Foods

Honey sweets, baked goods, cereals and sauces.



Drinks

Honey-sweetened beverages and fermented honey drinks.

Personal care

Formulated honey soaps and skin-care products.

Products with added ingredients must be clearly labelled. They should not be sold as pure honey.

HEALTH BENEFITS: WHAT THE EVIDENCE SAYS

May ease cough symptoms
Limited evidence supports short-term relief in people over 1 year old. Honey does not treat the underlying infection.

Provides energy
Its natural sugars supply energy. This does not make honey a low-sugar food.

Medical-grade honey has specialist uses
Specially prepared honey dressings may help some wounds. Table honey is not a substitute for medical-grade products.

ENJOY SAFELY

1. **Never give honey to infants under 12 months:** risk of infant botulism.
2. **Use small amounts.** Honey sugars count as free sugars and can contribute to tooth decay.
3. **Honey is not a cure or a replacement for prescribed treatment.**

Key Message

Add value responsibly. Label truthfully. Enjoy honey in moderation.

Sources: FAO, Value-added products from beekeeping; NICE NG120, acute cough; WHO, healthy diet; NHS, botulism; Mayo Clinic, Honey.