



HONEY

Background:

Honey is a highly nutritional food with a low glycaemic index. Honey consumption reduces blood sugar levels and prevents excessive weight gain. It also improves lipid metabolism by reducing total cholesterol, triglycerides and low-density lipoprotein while increasing high-density lipoprotein, decreasing the risk of atherogenesis. In addition, honey enhances insulin sensitivity that further stabilizes blood glucose levels and protects the pancreas from overstimulation brought on by insulin resistance. There is therefore a strong potential for honey supplementation to be integrated into the management of metabolic syndrome, both as preventive as well as supplementary therapeutic agents. Metabolic syndrome is a cluster of diseases consisting of obesity, diabetes mellitus, dyslipidaemia and hypertension.

Studies of medical evidence:

- Indication: metabolic syndrome (Ramli et al., 2018): evidence level Ib
- Indication: diabetes mellitus (Meo et al., 2017): evidence level Ib

Health tourism potential:

Development of offers in close cooperation with beekeepers and hosts., e.g.:

- Sale of local honey in hotels
- Guided tours and honey tastings
- Restaurant menus that feature dishes containing honey

