

REAL HONEY VS. FAKE HONEY

How To Tell The Difference





Honey is one of the essential commodities today and has been used by a wide variety of cultures for over 2,500 years. It is often consumed as food due to its numerous health benefits.

However, fake honey is now all over the place. Fake honey is a honey-like syrupy product modified with artificial flavors, dyes, fillers, and raw sugar.

Fake honey does not even contain a single drop of natural honey. Most fake honey products are made from inverted sugar solutions, beet syrup, and a mix of glucose syrups.

Identifying the differences between fake honey and pure, natural honey is a challenge people face daily.

This is because fake honey can bring about several health challenges and may even cause death if used extensively.

But not anymore, because this resource discusses how to tell the difference between real honey and fake honey.

Before we dive in, let's briefly highlight the benefits of using honey.

Benefits of Using Honey



Energy Booster - Honey is a fantastic energy booster as one tablespoon of honey has up to 64 calories. Honey also has easily digestible carbohydrates that convert speedily into glucose.

Assists in Weight Loss - According to an age-old tradition of taking honey in lukewarm water, one of the most efficient ways to burn excess fat in the human body is via honey. Mixing honey with cinnamon or lemon juice consumes fatty tissues in the body. This helps you lose an extra layer of fat.

Alleviates Cough - Honey is an incredible cough remedy for children with cough. URIs (upper respiratory tract infections) cause sleep complications for many children. Honey helps alleviate this problem so children can enjoy better sleep at night.

Healthy Sweetener - Honey is a healthy alternative sweetener to white sugar. If you have a sweet tooth, honey can fulfill that requirement for taste while meeting other health benefits.

Other health benefits of using honey include:

- Boosting the memory
- Enhancing the overall performance of the user
- Supplying rich minerals and vitamins
- Acts as an antioxidant, etc.

As you can see, the benefits of using honey are numerous. This is why it is essential to buy and use only natural or real honey instead of the fake variety.

But how can you tell the difference between fake and real honey? Find out in the next section.

Differences Between Fake and Real Honey



When it comes to getting original honey, there should be no compromise. The only that you can ensure that you do not buy fake honey is if you know how to differentiate them.

The differences between fake and real honey are highlighted below:

Appearance

Fake Honey: It is usually runny and incredibly light

Real Honey: It is highly viscous, i.e., relatively thick, and takes some time to move from one side of a bottle or jar to the other.

Aroma/Scent

Fake Honey: You will perceive sour industrial smells, or sometimes no scent.

Real Honey: It has a mild scent, which may be the actual smell of the flowers from which the bees obtained nectar.

Flavor/Taste

Fake Honey: Its taste remains for a long while due to added sweeteners, sugars, flavors, dyes, etc.

Real Honey: Its taste vanishes within minutes. Boiling and cooling natural honey alters its flavor and may kill off all nutritional and healing values.

Caramelize

Fake Honey: It will never caramelize, no matter how long you apply heat. The added sugars, flavors, sweeteners, etc., causes it to foam and become bubbly.

Real Honey: When you apply heat, it caramelizes within a few minutes without foaming.

Ability to Dissolve in Water

Fake Honey: It dissolves in water almost immediately. It also dissolves in methylated spirits but forms a milky solution.

Real Honey: It never dissolves in water but lumps up and settles at the bottom of the jar or container. You can only dilute it when you stir for a while. Moreover, mixing it with methylated spirits engenders zero reaction but settles at the bottom of the container.

Stickiness

Fake Honey: It is relatively sticky due to the high percentage of additives and added artificial sweeteners.

Real Honey: It will not be sticky when you rub it between your fingers.

Moisture Content

Fake Honey: If you spread it on a slice of bread, the latter becomes wet due to the fake honey's moisture content.

Real Honey: If you spread it on a slice of bread, the bread will harden within minutes.



Particles

Fake Honey: It has zero particles, i.e., looks clear and inviting.

Real Honey: It usually contains particles such as pollen, propolis, and bits of honeycomb.

Telling the difference between fake and real honey is not rocket science but if you do not know what to look out for, you could end up buying fake honey.

If you read this far, it means you can now tell the difference between fake and natural honey.

No one can hoodwink you into purchasing fake honey since you know what to look out for in real honey.

Would you like to get some real honey for yourself?

Head over to [Cairo Apiaries](https://www.CairoApiaries.com) to get your high-quality and unadulterated honey today!