

Nutritional value for various sweeteners (% of Daily Value)

	Maple Syrup	Corn Syrup	Honey	Maple Sugar	Brown Sugar	Sugar
Manganese	100	0	3	29	9	0
Riboflavin	34	0	2	2	0	1
Zinc	11	3	1	5	1	0
Magnesium	5	0	0	3	7	0
Calcium	6	1	1	7	5	0
Potassium	5	0	1	4	6	0
Calories	217	241	258	170	211	194
Sugars (in grams)	54	65	70	41	54	50

Source: Canadian Nutrient File, 2007 (Health Canada) and US Food and Drug Administration.

Nutritional value for various foods (% of Daily Value)

	¼ Cup of Maple Syrup	1 Large Egg	1 Medium Apple	1 (30g) Slice of Bread
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

Sources: US Department of Agriculture Nutrient Data Laboratory. The Canadian Nutrient File - Health Canada and US Food and Drug Administration.

Antioxidant value for common foods

ORAC Value 100g of fresh product	µmol TE ² /100g	ORAC Value per serving	µmol TE/serving
Brocoli, raw	1,362	Banana, raw	1 medium (118g) 1,037
Banana, raw	879	Broccoli, raw	½ cup (46g) 627
Carrot, raw	666	Carrot, raw	1 (72 g) 480
Maple Syrup	600	Maple Syrup	¼ cup (60 ml/80 g) 480
Cabbage, raw	508	Tomato, raw	1 medium (123 g) 415
Tomato, raw	337	Cantaloupe	½ cup (85 g) 268

Cantaloupe	315	Cabbage	½ cup (37 g)	188
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USDA Database for the Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods.
Results showing the antioxidant power of maple syrup were obtained from Brunswick
Laboratories, a USDA-certified facility.