

# HONEY ADULTERATION



## Honey adulteration is simply food fraud

Like many other food commodities Honey Adulteration is very common and food fraud is wide spread, it is easy to cheat customers. It is historically well documented that honey has long been subject to fraud, however the conditions for honey fraud have never before been so well aligned.

1. Honey is becoming a scarce and expensive to produce product.
2. There is an opportunity for strong profits through fraud.
3. The modes of honey adulteration rapidly change

## Different types of honey fraud can be achieved through.

1. Dilution with different syrups produced, e.g. From corn, cane sugar, beet sugar, rice, wheat, etc.
2. Harvesting of immature honey, which is further actively dehydrated by the use of technical equipment, including but not limited to vacuum dryers.
3. Using ion exchange resins to remove residues and lighten honey colour.
4. Masking and /or mislabelling the geographical and/or botanical origin of honey
5. Artificial feeding of bees during a nectar flow.

## Pure Honey comes from bees not factories

Honey can be a wonderful alternative to your refined sugar which is just a source of empty calories.

This lovely ingredient made by nature can not only sweeten your life but it's also abundant in minerals nutrients and living enzymes, it consists of various probiotics, and amino acids it has potent anti microbial properties that make it useful as a natural antibiotic

## How to test pure honey

1. **Lid pop.** When you open a jar you might hear a little 'pop' sound that might be an indicator it is not pure
2. **Thumb test** Place a small amount on your thumb and check if it spills or spreads around like any other liquid,
3. if it does, it may not be pure. Pure honey is thick while impure honey will be runny, pure honey sticks to the surface it is applied to and does not drip away. More over the taste of impure honey may linger due to the presence of added sugar.
4. will settle at the bottom in a lump
5. **The Flame tests.** Pure honey is flammable. Light a match and try to burn the honey if it burns then it is pure. Impure or low quality honey often contains extra water that keeps it from burning
6. **Heat test.** If you heat pure honey it will caramelise quickly and not become foamy, but fake honey will not caramelise and become bubbly

**\*\*\*Know what to buy and always purchase from a trusted and local source.\*\*\***