

Sugar vs Honey (vsdiff.com)

Aspect	Sugar (refined sucrose)	Honey (natural floral extract)
Primary composition	~ 100% sucrose (glucose + fructose bonded)	Mixture of <i>free</i> glucose, fructose, water, and minor acids/enzymes
Glycemic effect	Moderate to high (GI \approx 60-70)	Variable (GI \approx 30-85 depending on floral source)
Processing	Industrial refining from cane or beet; <i>bleaching</i> & crystallization	Harvested, minimally processed; sometimes pasteurized or filtered
Typical uses	Bulk sweetening, baking structure, fermentation substrate	Flavoring, glazing, antimicrobial dressing (topical in some cases)
Environmental notes	Large-scale monoculture (cane/beet) with fertilizer/pesticide inputs	Dependent on local ecosystems; sensitive to colony health

Source: <https://vsdiff.com/sugar-vs-honey/>