



Honey

NUTRITIONAL VALUE

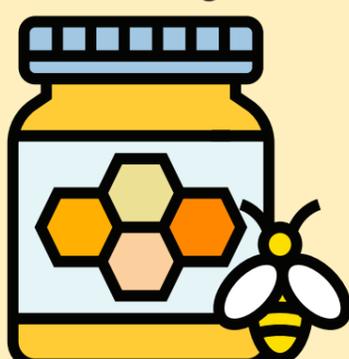
Vitamins (mg)

Phyllochinon 0.025
Thiamin 0.01
Riboflavin 0.01 - 0.02
Pyridoxin 0.01 - 0.32
Niacin 0.10 - 0.20
Panthothenic acid 0.02 - 0.11
Ascorbic acid 2.2 - 2.5

Energy

Carbohydrates 300kcal
Proteins 0.5g
Fats 0g

for 100 g



Minerals (mg)

Sodium 1.6 - 17
Calcium 3 - 31
Potassium 40 - 3500
Magnesium 0.7 - 13
Phosphorus 2 - 15
Zinc 0.05 - 2
Copper 0.02 - 0.06
Iron 0.03 - 4
Manganese 0.02 - 2
Chromium 0.01 - 0.3
Selenium 0.002 - 0.01

38%

fructose

31%

glucose

17%

water

8%

disaccharides

2%

other sugars

4%

other substances

WORLDWIDE THERE ARE MORE THAN 300 MONOFLORAL HONEY TYPES



Honey ranges in colour - from water white to dark brown/black



Due to its specific botanical origin, **tropical** honey tends to have higher pollen and humidity content.



Italy is the only country in the world that produces more than 30 varieties of honey, but it is also the country that consumes the least amount of honey.

Largest consumers of honey

(daily grams per capita)

1	Central African Republic	9.62	6	Austria	3.62
2	New Zealand	5.55	7	Turkey	3.33
3	Slovenia	4.4	8	Ukraine	3.15
4	Greece	4.24	9	Slovakia	3.02
5	Switzerland	3.87	10	Montenegro	3.01



BEE FACTS



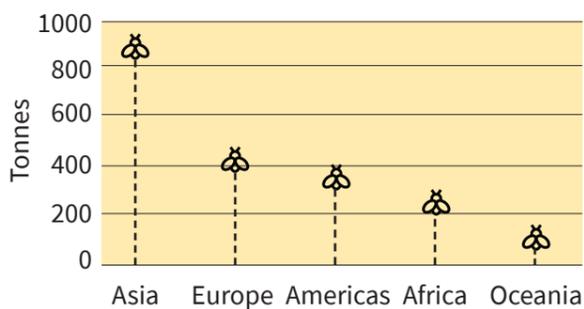
WHAT IS NEEDED TO PRODUCE 1 KG OF HONEY?

1 million flowers and 50,000 bee flights
40mg nectar for each bee flight
(2g nectar=1g honey)

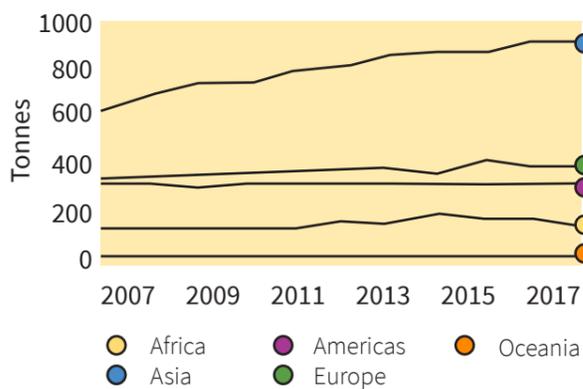
EACH BEEHIVE

can produce about 20 kgs of honey per year

TOP 9 HONEY PRODUCERS DISTRIBUTED BY GEOGRAPHIC AREAS



HONEY PRODUCTION IN THE LAST DECADE



Source: FAOSTAT, 2017